



## BULLETIN 2 INTERNATIONAL MTBO TRAINING CAMP 3-10.07.2016 SUPRAŚL POLAND

**Organizer** UKS FALENICA WARSZAWA

**Center** Sports Hall in Supraśl – Powiatowy Ośrodek Sportu i Rekreacji ul. Piłsudskiego 64  
GPS: N 53.2129334, E 23.3368546

### Program

Date	Name	Place	Distance	Start
03.07	Training	Supraśl	Middle Distance	16:30
04.07	Training	Supraśl	Memory training	11:00
04.07	Training	Supraśl	Sprint Distance	15:00
05.07	Training	Supraśl	Riding in pairs	10:30
05.07	Training	Supraśl	Middle Distance	15:00
06.07	Training	Lipowy Most	Memory training	10:00
06.07	Training	Lipowy Most	Sprint Distance	12:00
06.07	Training	Lipowy Most	Middle Distance	16:00
07.07	Training	Supraśl	Relay	10:00
07.07	Training	Supraśl	Riding in pairs	15:30
08.07	Trening + canoes	Supraśl	Sprint Distance	12:00
08.07	Training	Lipowy Most	Memory training	16:00
09.07	Training	Jurowce	Memory training	10:30
09.07	Training	Białystok	Sprint Distance	16:00
10.07	Event	Supraśl	Clasic Distance	10:00
04-09.07	Course discusion	Bukowisko	Konfernce hall	19:45

### Accomodatio, meals and fees

Hard flor with your sleeping bags 12 PLN/person/night – need should be given in entry form. It is possible to book accommodation on its own. Full board (3 meals a day) 40 PLN/person/day. Cost of training maps – 10 PLN/person/day.

**Maps and terrain** Special map for MTBO, the same scale for World Championships in Portugal. Terrain – forest, urban area, very different terrains.

**Classes**

Classes	birth	age	Women, Mean
Children	2002-2003	13-14	<b>K14 M14</b>
Youth	1999-2001	15-17	<b>K17 M17</b>
Junior	1996-1998	18-20	<b>K20 M20</b>
Senior	1977-1995	21-39	<b>K21 M21</b>
Veteran	1967-1976	40-49	<b>K40 M40</b>
	1957-1966	50-59	<b>K50 M50</b>
	1947-1956	60-69	<b>K60 M60</b>
	1946 - before	70-	<b>K70 M70</b>



**Entries**

Until **22.06.2016** by <http://www.orienteing.waw.pl/pl/entry/race> giving the number of Si card, order for accommodation and meals, and the date of arrival, or by e-mail [jan\\_cegielka@sggw.pl](mailto:jan_cegielka@sggw.pl)

**Punching**

The camp will be conducted using an electronic confirmation system checkpoints Sport-Ident.

At the camp will take part Polish MTBO National Team and approximately 20 athletes from Russia at the age of 12-35. Therefore, you are cordially invited to joint training, which will definitely raise the level of sports participants.

