



Bulletin 1

Polish MTBO Clubs Championship Team and Individual MTBO Poland Cup XI Childrens Cup MTBO Poland

26-28.04.2013 WARSZAWA WAWER

Organiser: Stowarzyszenie Team 360 stopni, ul. Gościniec 152A/9, 05-077 Wesola
Urząd Dzielnicy Warszawa Wawer m. st. Warszawa
Nadleśnictwo Celestynów
Polski Związek Orientacji Sportowej

Event Center: Szkoła Podstawowa 124, Bartoszycka 45/47, Falenica near Warsaw
<http://mapa.targeo.pl/Bartoszycka/45-47/Warszawa/ulica>

Classes
Individual event

Category	Year of birth	Age	Women / Men
Children Youth Junior Elite Veteran	2001 –	– 12	K12 / M12
	1999 – 2000	13 – 14	K14 / M14
	1996 – 1998	15 – 17	K17 / M17
	1993 – 1995	18 – 20	K20 / M20
	1974 – 1992	21 – 39	K21 / M21
	1964 – 1973	40 – 49	K40 / M40
Open R	1954 – 1963	50 – 59	K50 / M50
	1944 – 1953	60 – 69	K60 / M60
	– 1943	70 –	K70 / M70
Open R	family		

Relay event

Category	Age	Women	Men
Children	– 14	KD	MD
Youth & Junior	15 – 20	KJ	MJ
Elite	21 –	K	M
Veteran	40 –	KV	MV

2 people big teams.

Starting number: Each participant will receive a personal starting number, which is valid during the whole event

Responsibilities of Participants: Participants must have helmets fastened on the head during the competition. Children under the age of 10 must remain under adult supervision.

Entries: Before 22.04. please use entries form on the web-page www.orienteering.waw.pl or by e-mail jan_cegielka@sggw.pl (in the e-mail is mandatory to put year of birth of Participants)
Entries by e-mail valid after your confirmation.

Entry fee: Individual	KM 12/14, OTR	– 10 PLN each start
	KM 17+	– 20 PLN each start
Relay	KD / MD	– 20 PLN each team
	KJ, MJ, K, M, KV, MV	– 40 PLN each team

Accommodation: Szkoła Podstawowa nr 124, ul. Bartoszycka 45/47, Falenica (Event centre)
Hard floor with our sleeping bags 10, 00 PLN per one person/per one night.
Self-catering. <http://mapa.targeo.pl/Bartoszycka/45-47/Warszawa/ulica>

Demand for accommodation should be given in the entries.

Program:	26.04.2013	Fri	15:30	sprint distance
	27.04.2013	Sat	11:00	2-leg sprint relay
	27.04.2013	Sat	15:00	middle distance
	28.04.2013	Sun	10:30	classic distance mass start

Terrain: Area with a large number of roads and varied terrain.

Map Specialised MTBO maps
sprint 1:7500, middle, relay 1:10000, classic 1:10000 i 1:15000, e – 2,5 m,
updated in April 2013 by Jan Cegiela and Tomasz Nitsch

Prizes: Medals for places 1-3, diplomas for places 1-6 in all age categories which start at least 4 people (organizer reserves the right to combine categories)

Prize giving ceremony 26.04.2013, 20:00 at event center (sprint,)
28.04.2013, 13:00 at event center (relay, middle, classic)

Punching system Sport-Ident punching system will be used for all races.

More information at: www.orienteering.waw.pl , www.mtbo.pl, www.team360.pl