



BULLETIN 3

III TRAINING CAMP

17-23.08.2014 SUPRAŚL

WORLD MTB ORIENTEERING CHAMPIONSHIPS

JUNIOR WORLD MTB ORIENTEERING CHAMPIONSHIPS

MASTERS WORLD MTB ORIENTEERING CHAMPIONSHIPS

MTB ORIENTEERING WORLD CUP ROUND 3

EUROPEAN MTB ORIENTEERING YOUTH CUP

INFORMATION

POZOS (Podlaski Regional Union of Orienteering)

Grottgera St. 9

15-225 Białystok POLAND

fax: +48 85 722 96 40

tel.: +48 85 722 96 48

email: krzysztof.sobolewski@bialystok.lasy.gov.pl

website: www.wmtboc.2014.pl www.team360.pl

EVENT CENTRE

Hotel Bukowisko

Piłsudskiego St. 64

16-030 Supraśl

POLAND

tel/fax: +48 85 718 35 45

email: bukowisko@bukowisko.com.pl

website: www.bukowisko.com.pl

GPS: N 53°21'

E 23°33'



PROGRAM

16th August 2014 - Saturday	Arrival of teams
17th August 2014 - Sunday	Arrival of teams, Middle Distance
18th August 2014 - Monday	Long Distance
19th August 2014 - Tuesday	Middle Distance and Sprint Distance
20th August 2014 - Wednesday	Long Distance
21st August 2014 - Thursday	Sprint Mix Relay and Middle Distance
22nd August 2014 - Friday	Long Distance
23rd August 2014 - Saturday	Free Order

DETAILED PROGRAM

16th August 2014 - Saturday

14:00 - 23:00

Arrival and refistration at the event centre

18:30 - 19:00

Dinner

DETAILED PROGRAM CONTINUANCE

17th August 2014 - Sunday

09:00 - 10:00	Breakfast
09:00 - 11:00	Arrival and registration at the event centre
14:00 - 18:00	Middle Distance Supraśl I maps 1:10 000, e-2,5 m, A-4 format
18:30 - 19:00	Dinner

18th August 2014 - Monday

09:00 - 10:00	Breakfast
11:00 - 15:00	Long Distance Supraśl II maps 1:15 000, e-2,5 m, A-3 format
18:30 - 19:00	Dinner

19th August 2014 - Tuesday

09:00 - 10:00	Breakfast
11:00 - 14:00	Middle Distance Lipowy Most maps 1:10 000, e-2,5 m, A-4 format
14:00 - 16:00	Sprint Distance Lipowy Most maps 1:5 000, e-2,5 m, A-4 format
18:30 - 19:00	Dinner

20th August 2014 - Wednesday

09:00 - 10:00	Breakfast
11:00 - 16:00	Long Distance Lipowy Most maps 1:15 000, e-2,5 m, A-3 format
18:30 - 19:00	Dinner

21st August 2014 - Thursday

09:00 - 10:00	Breakfast
11:00 - 13:00	Sprint Mix Relay Lipowy Most maps 1:5 000, e-2,5 m, A-4 format
13:00 - 17:00	Middle Distance Lipowy Most maps 1:10 000, e-2,5 m, A-3 format
18:30 - 19:00	Dinner

22nd August 2014 - Friday

09:00 - 10:00	Breakfast
11:00 - 15:00	Long Distance Krzemienne Góry maps 1:15 000, e-5 m, A-3 format
18:30 - 19:00	Dinner

23rd August 2014 - Saturday

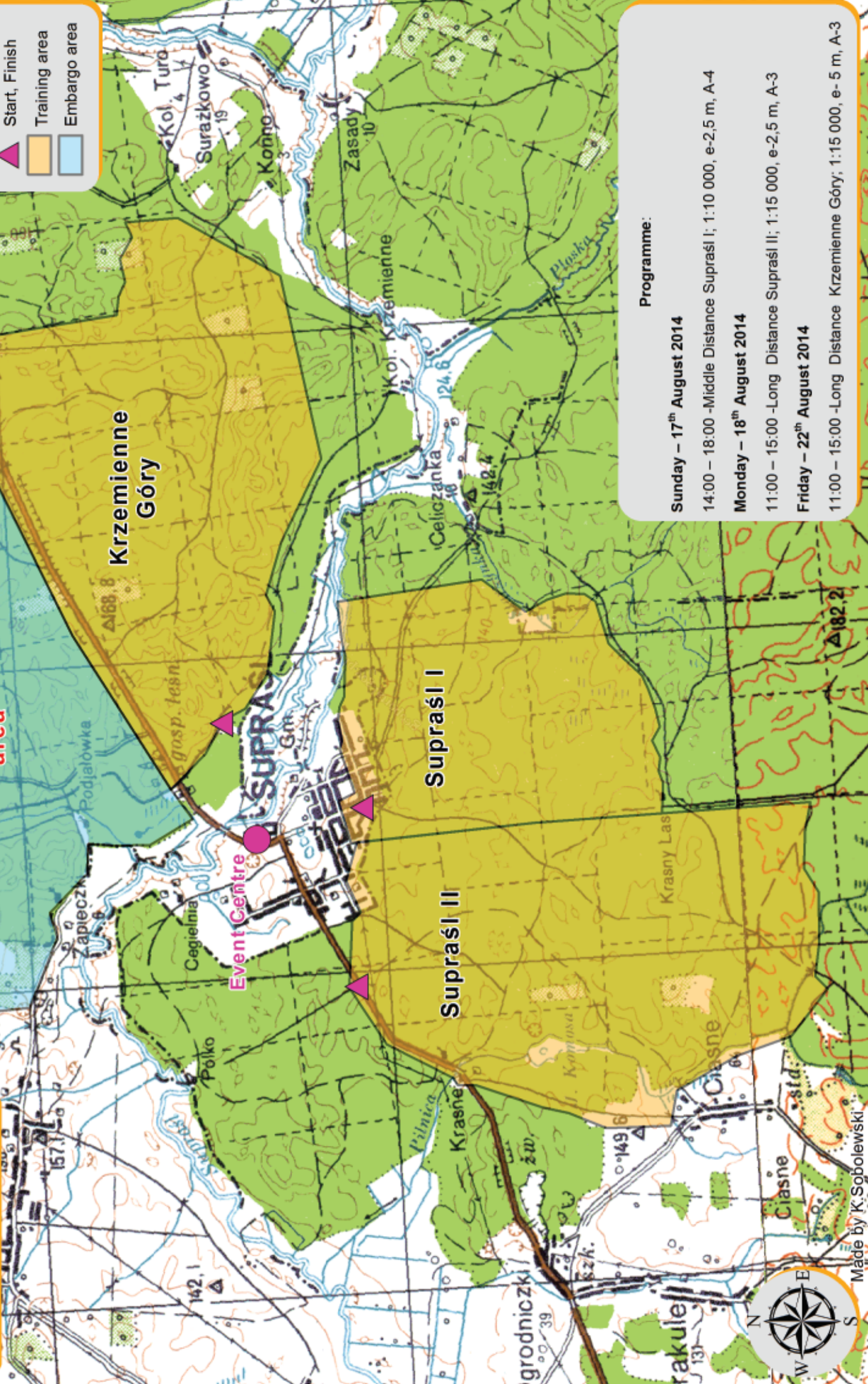
09:00 - 10:00	Breakfast
11:00 - 16:00	Free Order Lipowy Most maps 1:15 000, e-2,5 m, A-3 format

TRAINING CAMP MAPS

**III Training Camp
17-23.08.2014 Supraśl**

- Legend**
- Event Centre
 - Start, Finish
 - Training area
 - Embargo area

**Embargo
area**



Programme:

Sunday – 17th August 2014
14:00 – 18:00 -Middle Distance Supraśl I; 1:10 000, e-2,5 m, A-4

Monday – 18th August 2014
11:00 – 15:00 -Long Distance Supraśl II; 1:15 000, e-2,5 m, A-3

Friday – 22th August 2014
11:00 – 15:00 -Long Distance Krzemienne Góry; 1:15 000, e-5 m, A-3



Made by K.Sobolewski

ACCOMMODATION

Reservations (accommodation and meals) are valid after 100% of the payment has been received. The deadline for this payment is 12 August 2014:

Accommodation fee for competitors and team officials (without board):

Hotels: Knieja, Supraśl, Lipowy Most /1,0-12,6 km from Event Center/

A-1 single rooms (availability - 5 rooms)

17-23.08.2014 /training camp/

One night

240 EUR (per room)

40 EUR (per room)

A-2 twin rooms (availability -102 rooms)

17-23.08.2014 /training camp/

One night

360 EUR (per room)

60 EUR (per room)

A-3 triple rooms (availability -15 rooms)

17-23.08.2014 /training camp/

One night

486 EUR (per room)

81 EUR (per room)

Hotel Pięć Dębów /2,0 km from Event Center/

B-2 twin rooms (availability -25 rooms)

17-23.08.2014 /training camp/

One night

252 EUR (per room)

42 EUR (per room)

Hotel Bukowisko /Event Center/

C-2 twin rooms (availability -16 rooms)

17-23.08.2014 /training camp/

One night

180 EUR (per room)

30 EUR (per room)

C-3 triple rooms (availability - 26 rooms)

17-23.08.2014 /training camp/

One night

270 EUR (per room)

45 EUR (per room)

C-4 quad (4 person) rooms (availability - 13 rooms)

17-23.08.2014 /training camp/

One night

330 EUR (per room)

55 EUR (per room)

Camping Houses /5,4 km from Event Center/

D-9 camping houses with 9 beds in 3 rooms (availability – 9 houses)

17-23.08.2014 /training camp/

One night

720 EUR (per house)

120 EUR (per house)

Hotel Bukowisko /Event Center/

E-1 Hard floor, shower, toilet.

17-23.08.2014 /training camp/

23-31.08.2014 (150 places)

One night

20 EUR (per room)

32 EUR (per person)

4 EUR (per person)

Room descriptions /prizes included/ :

A-1,A-2, A-3

- beds, TV, telephone, shower, toilet, wi-fi,

B-2,

- beds, TV, shower, toilet, wi-fi.

C-2,C-3, C-4

- beds, TV, shower, toilet, wi-fi.

D-9

- beds, shower, toilet.

E-1

- hard floor, shower, toilet.

All accommodation places are situated near to the event center. All prices include bike storage and security.

MEALS

During training camp (17-23.08.2014) – half board (breakfast and dinner)

A-1, A-2, A-3, B-2, C-2, C-3, C-4, E-1: at accommodation € 20/per person/per day

D-9: meals cannot be combined with this accommodation option

DISTANCES FROM AIRPORTS AND RAILWAY

Warsaw airport and railway station

Białystok railway station – 210 km

Białystok railway station

Supraśl event center – 15 km

TRANSPORT

The use of private cars is allowed.

From Warsaw airport / Warsaw East railway station to Supraśl € 50 / per person / bike

From Supraśl to Warsaw airport / Warsaw East railway station € 50 / per person / bike

Transport from event center to all competitions € 50 / per person / bike

Deadline for ordering transportation is 16th July 2014; entry forms available on the event website

Information about public transport:

By Bus <http://warszawa.pks.busportal.pl/>

By Train <http://www.rozklad.pkp.pl/>

In Poland it is possible to travel with a bike in most trains; if the bike is packed into a case, you don't have to pay extra for it.

Rent a car – website [here](#)

DEADLINES

Final entries and full payment of accommodation, meals, transport and entry fees

14.08.2014

ADDRESS FOR ENTRIES

Entry forms are available on the event website

on line on the web-site www.wmtboc2014.pl

or by e-mail address jan_cegielka@sggw.pl entries valid after our confirmation.

	Payments By 16.07.2014	After 16.07.2013
Entree fees :	€ 10 per person per one start	€ 15 per person per one start
Rent Si-card:	€ 5 per person per all events	

Payments /please write Training Camp III/

All payments are to be made in Bank account number .

Beneficiary POZOS (Podlaski Okręgowy Związek Orientacji Sportowej)

Account number 21 1160 2202 0000 0002 5615 7541

IBAN PL 21 1160 2202 0000 0002 5615 7541

SWIFT BIG BP LPW

Bank Bank Millenium SA. ul. Stanisława Żaryna 2A, 02 - 593 Warszawa

PUNCHING SYSTEM

The SportIdent system will be used for all events. Competitors start with their own SI-card.

MAPS

Maps new MTB orienteering maps

Scale 1:5000, 1:10 000, 1:15 000

Vertical contour intervals 2,5 m and 5 m

Terrain type hilly, various kinds of roads.

All events will be organized in accordance with the IOF International Specification for MTB

Orienteering Maps (2010).

More information : www.wmtboc2014.pl www.team360.pl

Graphic design by
Anna Bukrym - Zalewska

BIAŁYSTOK POLAND 2014

World Mountain Bike Orienteering Championships



Ministerstwo
Sportu i Turystyki



Białystok



Województwo
Podlaskie



Powiat
Białostocki



Regionalna
Dyrekcja
Lasów
Państwowych
w Białymstoku



Supraśl



Czarna
Białostocka



Michałowo



Sokółka



Powiat
Sokółski

