



Bulletin #3

published: May 11th 2010

World Cup in Mountain Bike Orienteering - round 2
1st Mountain Bike World Masters Orienteering Championships
5th European Mountain Bike Orienteering Junior Cup
5th European Mountain Bike Orienteering Youth Cup
Polish Cup Mountain Bike Orienteering - round 4
5th Pomerania Cup - Open Competitions
2nd - 6th June 2010, Gdańsk, Poland

Under the patronage of:

Mr Lech Wałęsa - Former President of Poland

Mr Paweł Adamowicz - The Mayor of Gdańsk

Mr Roman Zaborowski- Pomorskie Governor

Mr Mieczysław Struk - The Marshal of Pomorskie Voivodeship

Mr Zdzisław Szudrowicz - Pomorskie Voivodeship School Superintendent

Mr Zbigniew Kaczmarczyk - Director of Regional Directorate of State Forest in Gdańsk

General Organizer:

IOF - International Orienteering Federation

PZOS - Polish Orienteering Federation

Organizer:

Pomorski Klub Orientacji "HARPAGAN" Gdańsk

Organizing Committee:

Event Director: Karol Kalsztein

Managing Director: Magdalena Kwiesielewicz

Event Secretary/Event Office Director: Bożena Pieczka

Organizing team:

Press: Monika Moskal

Referee/ Results board: Marek Plich

Start Line: Paweł Morawski

Finish Line: Henryk Marcinkiewicz

SI-card office : Maciej Krzyśko, Marek Sobiegraj

Event Area Technical Staff Manager: Krystian Stenka

Event Office: Olga 'Pszczola 'Kulczyńska, Jagoda ' Jadzka' Niemczyk

Controllers:

IOF Event Advisor: Alexey Kuzmin /Russia/

National Controller: Jan Cegiłka

Information:

event secretary: Bożena Pieczka, phone: +48 694 42 60 40

e-mail: worldcup@harpagan.pl

web: www.harpagan.pl/worldcup

event office: Wąsowicza 30, Gdańsk 80-318

Embargoed Areas:

See the interactive map on the web page -> [Map of embargoed areas](#)

Programme

2nd June 2010, Wednesday. Arrival, secretarial procedures.

3rd June 2010, Thursday. Opening ceremony.

WCup, WMOC - training area (possibility to take part in open competition, Pomerania Cup - sprint distance)

EJOCup, EYOCup - sprint distance

Pomerania Cup - 1st day - sprint distance

4th June 2010, Friday.

WCup, EJOCup, EYOCup - long distance

WMOC - 1st day - ultra long distance

Pomerania Cup - 2nd day - long distance

5th June 2010, Saturday.

WCup, EJOCup, EYOCup - middle distance

WMOC - 2nd day - long distance

Pomerania Cup - 3rd day - middle distance

6th June 2010, Sunday. Relay; Closing ceremony; Departure.

WCup - relay mix event

WMOC - 3rd day - long distance - handicap start

EJOCup, EYOCup - relay event

embargoed for time period of 01.11.2009 - 06.06.2010

Event Schedule

Up-to-date: 10th May, 2010

2nd June 2010, Wednesday

15:00 - 23:00 Opening hours of the Event office (EC);

15:00 - 23:00 Opening hours of the Press centre (EC);

17:00 - 19:00 Model event, ;

19:30 - 21:00 Dinner.

3rd June 2010, Thursday

07:00 - 09:00 Breakfast;

08:00 - 12:00 Opening hours of the Event office (EC);

08:00 - 12:00 Opening hours of the Press centre (EC);

10:00 - 12:00 Model event WCup, WMOC;

12:00 - 14:00 Lunch;

13:00 - 17:30 Opening hours of the Event office at Sprint finish area;

13:30 - 17:30 Opening hours of the Press centre at Sprint finish area;

14:00 - 14:30 Opening ceremony;

15:00 - 17:30 Sprint distance (EJOC, EYOC, Pomerania Cup, Polish Cup, open event 'Gdańsk on bikes');

17:30 - 18:00 Sprint distance competition prize giving ceremony (EJOCup, EYOCup);

19:00 - 22:00 Opening hours of the Event office (EC);

19:00 - 22:00 Opening hours of the Press centre (EC);

19:00 - 20:00 Team leaders meeting WCup, EJOC, EYOC;

19:00 - 20:30 Dinner.

4th June 2010, Friday

07:00 - 09:00 Breakfast;

09:00 - 16:00 Opening hours of the Event office at finish area;

09:00 - 16:00 Opening hours of the Press centre at finish area;

10:00 - 16:00 Long distance (WCup, EJOC, EYOC, Pomerania Cup, Polish Cup) and Ultra Long Distance (WMOC);

15:00 - 17:00 Lunch;

18:00 - 22:00 Opening hours of the Event office (EC);

18:00 - 22:00 Opening hours of the Press centre (EC);

18:30 - 19:30 Team leaders meeting;

19:00 - 20:30 Dinner.

20:00 - 21:00 Long and ultralong distance competition prize giving ceremony (WCup, WMOC, EJOC,

EYOC);

5th June 2010, Saturday

07:00 - 09:00	Breakfast;
09:00 - 15:00	Opening hours of the Event office at finish area;
09:00 - 15:00	Opening hours of the Press centre at finish area;
15:00	Deadline for Relay competition entries (WCup, EJOcup, EYOCup) at the Event office at finish area;
10:00 - 15:00	Middle distance (WCup, EJOcup, EYOCup, Pomerania Cup, Polish Cup) and Long Distance (WMOC);
14:00 - 16:00	Lunch;
18:00 - 22:00	Opening hours of the Event office (EC);
18:00 - 22:00	Opening hours of the Press centre (EC);
18:30 - 19:30	Team leaders meeting;
19:00 - 20:30	Dinner;
20:00 - 21:00	Middle and long distance competition prize giving ceremony (WCup, WMOC, EJOcup, EYOCup);

6th June 2010, Sunday

07:00 - 09:00	Breakfast
09:00 - 14:00	Opening hours of the Event office at Relay finish area;
09:00 - 14:00	Opening hours of the Press centre at Relay finish area;
10:00 - 14:00	Relay (WCup, EJOcup, EYOCup) and Long Distance (WMOC);
11:00 - 12:00	Pomerania Cup and Polish Cup competition prize giving ceremony (finish area);
13:30 - 15:00	Lunch;
14:00 - 14:30	Relay competition prize giving ceremony (WCup, EJOcup, EYOCup);
14:30 - 15:00	WMOC competition prize giving ceremony;
15:00 - 15:30	Closing Ceremony at the Event area;
16:00 - 19:00	Opening hours of the Event office (EC)
16:00 - 19:00	Opening hours of the Press centre (EC);
16:00 - 17:00	Dinner.
16:00 - 19:00	Departure of teams;

Classes:

WCup: WE, ME;

WMOC: W/M-40, 50, 60, 70;

EJOcup: W-20, M-20;

EYOCup: W-17, M-17;

Polish Cup: W/M 14, 17, 20, 21, 40, 50, 60; M-70; Open OTK, OTS, OTD;

Pomerania Cup: W/M 14, 17, 20, 21, 40, 50, 60; M-70;

'Gdańsk on bikes' : Open competition, open GDA

Start Groups

Start group allocation will be limited to Red Group on Middle and Long. All the other competitors will be drawn randomly within the main start group. The members of the Red Group will include the reigning World Champion of the format and the required number of riders based on the World Ranking List to comprise 10 competitors for the Red Group.

The list of the Red Group will be published 10 days before the event.

Start bibs

There will be only one start bib for every competitor for individual events. Start bibs for relays will be specially handled. Start bibs for World Cup competitors will be distinctively different.

Start bib should be attached in front of the bike.

Participation's restrictions:

In each competition federation may enter:

- Individual events (WCup) max. 6 men, 6 women/ federation
- Relay event (WCup) max. 4 teams of 3 riders/ federation. Each team must include at least one woman;
- Individual events (EJOcup, EYOCup) max. 6 men, 6 women /federation

- Relay events (EJOCup, EYOCup) max 2 female, 2 male teams/ federation.

Both individual and club entries will be accepted for the following events:

- Individual events (WMOC) open competition/ a 3-day event.
- Pomerania Cup open competition for everyone/ a 3-day event.

Participants:

		WORLD CUP				WMOC			EJOCup					EYOCup					POMERANIA CUP			PUCHAR POLSKI		
		WOMEN	MEN	MIX	OFFICIALS	WOMEN	MEN	OFFICIALS	WOMEN	MEN	relay women	relay men	OFFICIALS	WOMEN	MEN	relay women	relay men	OFFICIALS	WOMEN	MEN	OFFICIALS	MEN	WOMEN	OFFICIALS
1	AUSTRALIA	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2	AUSTRIA	2	5	2	1	0	5	0	1	1	0	0	2	0	3	0	2	0	1	3	0			
3	BELGIA	0	0	0	0	0	2	0	0	0	0	0	0											
4	BIALORUŚ	0	0	0	0	0	0	0	0	0	0	0	0											
5	BRAZYLIA	0	0	0	0	0	0	0	0	0	0	0	0											
6	BULGARIA	0	0	0	0	0	0	0	0	0	0	0	0											
7	CHORWACJA	0	0	0	0	0	0	0	0	0	0	0	0											
8	CZECHY	6	6	4	1	0	1	0	2	2	1	1	1	2	3	0	0	0	0	2	0			
9	DANIA	0	0	0	0	3	10	0																
10	ESTONIA	0	0	0	0	0	3	0																
11	FINLANDIA	4	6	4	1	0	2	1																
12	FRANCJA	0	0	0	0	0	1	0																
13	HISZPANIA	0	0	0	0	0	0	0																
14	HOLANDIA	0	0	0	0	0	0	0																
15	JAPONIA	0	0	0	0	0	0	0																
16	KANADA	0	0	0	0	0	0	0																
17	LITWA	3	4	2	0	2	1	0																
18	ŁOTWA	0	0	0	0	0	0	0																
19	NIEMCY	2	1	1	0	3	8	0	0	2	0	0	0	0	0	0	0	0	0	0				
20	NORWEGIA	0	0	0	0	0	0	0																
21	NOWA ZELANDIA	0	0	0	0	0	0	0																
	POLSKA	0	0	0	0	0	3	0																
22	PORTUGALIA	0	0	0	0	0	6	0																
23	ROSJA	0	0	0	0	0	1	0																
24	SŁOWACJA	0	0	0	0	0	1	1																
25	SŁOWENIA	0	0	0	0	0	0	0																
26	SZWAJCARIA	2	3	1	0	1	1	0																
27	SZWECJA	0	0	0	0	0	0	0																
28	TURCJA	0	0	0	0	1	0	0																
29	UKRAINA	2	4	0	2	0	2		0	0	0	0	0	0	2	0	0	0	2	2	0			
30	USA	0	0	0	0	0	0	0																
31	WĘGRY	1	2	1	0	1	4	0	1	2	0	1	0	0	3	0	1	0						
32	WIELKA BRYTANIA	2	2	1	0	2	6	0																
33	WŁOCHY	1	6	1	2	0	1	0											0	1	0			
TOTAL		26	39	17	7	13	58	2	4	7	1	2	3	2	11	0	3	0	3	8	0	0	0	0

Event Center:

Gdansk Oliwa, Hala Sportowo-Widowiskowa OLIVIA Al. Grunwaldzka 470, 80-309 Gdańsk

[Maps, Photo, Google Earth:](#)

GPS coordinates: N54° 24' 02,8" E18° 34' 18,1"

The Event Center will be located in Gdańsk Oliwa, Pomerania region (Poland), 30 minutes (by bus/taxi) from Gdansk Lech Walesa Airport, 20 minutes (on foot) from Gdansk-Oliwa station.

Map Scales:

World Cup:

Sprint open event 1:7500 / 2,5m

Long 1:20000 / 5m

Middle 1:15000 / 5m

Relay 1:15000 / 5m

WMOC:

Sprint open event 1:7500 / 2,5m

Ultra Long 1:20000 / 5m

Long 1:15000 / 5m

Long 1:15000 / 5m

EJOCup, EYOCup:

Sprint 1:7500 / 2,5m

Long 1:20000 / 5m

Middle 1:15000 / 5m

Relay 1:15000 / 5m

Courses:

3rd June 2010, Thursday; map: Bogdan Gackowski, course planner: Karol Kalsztein

Competition	Distance	Category	Lenght (km)	Optimal Lenght (km)	Total optimal climb	Number of controls	Number of refreshment points	Expected winning time(in minutes)
WorldCup – open race	Sprint	W21	4,2	6,2	10	20	0	20-30
		M21	5,2	7,6	15	18	0	20-30
World Masters Champs - open race	Sprint	W40	3,7	5,6	5	15	0	20-30
		W50	3,7	5,6	5	15	0	20-30
		W60	3,2	5,0	5	14	0	20-30
		W70	2,7	4,5	5	12	0	20-30
		M40	4,8	7,0	10	18	0	20-30
		M50	4,4	6,4	10	17	0	20-30
		M60	3,7	5,6	5	15	0	20-30
EJOC	Sprint	W20	3,7	5,6	5	15	0	20-30
		M20	4,8	7,0	10	18	0	20-30
		W17	3,2	5,0	5	14	0	20-30
EYOC	Sprint	M17	4,4	6,4	10	17	0	20-30

4th June 2010, Friday; map: Remigiusz Nowak, course planner: Remigiusz Nowak

Competition	Distance	Category	Lenght (km)	Optimal Lenght (km)	Total optimal climb	Number of controls	Number of loops	Number of refreshment points	Expected winning time(in minutes)
World Cup	Long	WE	15,4	24,9	575	20	2	1	80-90
		ME	20,9	29,8	675	25	2	1	110-120
World Masters Champs	Ultra Long	W40	8,9	12,8	400	13	2	1	70-80
		W50	8,0	11,6	325	12	2	1	60-70
		W60	6,3	8,2	210	10	1	0	50-60
		W70	4,2	6,9	180	8	1	0	40-50
		M40	13,4	21,4	610	18	2	1	100-110
		M50	10,4	15,9	500	17	2	1	90-100
		M60	8,9	13,2	250	11	2	1	80-90
EJOC	Long	W20	6,9	9,3	200	9	1	0	70-80
		M20	12,0	16,7	460	17	2	1	60-70
		M20	15,9	24,9	635	21	2	1	70-80
EYOC	Long	W17	9,9	15,1	325	16	2	1	60-70
		M17	12,3	17,4	580	20	2	1	70-80

5th June 2010, Saturday; map: Andrzej Olech, course planner: Andrzej Olech

Competition	Distance	Category	Lenght (km)	Optimal Lenght (km)	Total optimal climb	Number of controls	Number of refreshment points	Expected winning time(in minutes)
World Cup	Middle	WE	13.2	18.8	330	20	1	50-60
		ME	15.5	22.8	475	20	1	60-70
World Masters Champs	Long	W40	9.7	15.4	350	17	1	50-60
		W50	8.2	11.5	220	15	1	40-50
		W60	7.6	10.4	155	13	1	30-40
		W70	6.2	9.9	185	10	1	30-40
		M40	12.7	19.2	400	20	1	60-70
		M50	11.2	16.2	220	15	1	50-60
		M60	8.9	12.9	240	13	1	40-50
EJOC	Middle	W20	7.1	10.2	165	13	1	40-50
		M20	10.2	15.6	290	16	1	50-60
		M20	13.5	18.9	260	19	1	50-60
EYOC	Middle	W17	9.2	12.5	255	16	1	40-50
		M17	10.2	14.4	280	15	1	40-50

6th June 2010, Sunday; map: Andrzej Olech, course planner: Andrzej Olech

Competition	Distance	Category	Lenght (km)	Optimal Lenght (km)	Total optimal climb	Number of controls	Number of refreshment points	Expected winning time(in minutes)
World Cup	Relay mix	MIX	13.2	18.4	250	17	1	40-60
World Masters Champs	Long	W40	9.2	11.2	160	13	1	50-60
		W50	8.1	11.8	165	15	1	50-60
		W60	7.2	9.8	130	11	1	40-50
		W70	6.6	9.9	140	12	1	40-50
		M40	15.2	20.1	310	18	1	80-90
		M50	12.3	15.00	230	15	1	70-80
		M60	9.7	12.6	180	16	1	60-70
		M70	8.6	11.2	200	13	1	50-60

EJOC	Relay	W20	9.2	9.6	175	13	1	40-45
		M20	11.5	13.5	250	16	1	40-45
EYOC	Relay	W17	7.2	9.6	155	11	1	35-40
		M17	9.1	13.4	310	14	1	35-40

Time keeping system:

The SPORTident system will be used for all events. Competitors can use their own SI Card or the Organizer can provide an SI Card upon request. SI Card renting: € 10 for all events (with € 40 deposit) in case the SI card is lost or damaged

Entry fees:

WORLD CUP:

Sprint distance open event € 15 / person

Middle distance € 35 / person

Long distance € 35 / person

Relay € 105 / team

Officials € 30 / person

Fee includes maps of all WCup events.

WMOC:

Sprint distance open event € 15 / person

All starts (ultra long, long, long) € 105 / person for 3 starts

Fee includes maps of all WMOC events.

EJOCup, EYOCup:

Sprint distance € 15 / person

Middle distance € 15 / person

Long distance € 15 / person

Relay € 45 / team

Officials € 30 / person

Fee includes maps of all EJOCup and EYOCup events.

Pomerania Cup:

All 3 events (sprint, long, middle) € 24 / person birth year <1990

All 3 events (sprint, long, middle) € 12/ person birth year >=1990

One single event (sprint, long, middle) € 8 / person birth year <1990

One single event (sprint, long, middle) € 4 / person birth year >=1990

Fee includes maps of all Pomerania Cup events.

'Gdańsk na rowerach': free start

All entries after 15th May mean entry fee + 50%.

Transport:

All sites of the event, including Model Event are reachable by bike, within 10 km from Event Center. All accommodation and catering places are within 3 km from Event Center.

Transport to and from Gdansk Airport and Warsaw Airport can be organized by the Organizers for a fee.

From Gdansk airport to Event Center or accommodation place (and return) - 20 euro /per person and bike

From Warsaw airport to Event Center or accommodation place (and return) - 100 euro /per person and bike

Transport from event center or accommodation place to all competitions(4 days) - 40 euro /per person and bike

Please inform the organizers of any assistance you require with transport within Poland.

You can get to Gdańsk- Oliwa from Warsaw (and other cities) by train. More information here: <http://rozklad-pkp.pl/?q=en/node/143>.

It is also possible to get to Gdańsk by ferry from Sweden, Denmark and Finland.

Payments:

Payments for World Cup, WMOC, EJOCup Cup and EYOCup participants must be made by bank transfer to :

account name: Pomorski Klub Orientacji HARPAGAN

72 Ogarna Street

80-826 Gdańsk, Poland

Account number: 40 1090 1098 0000 0001 1340 7957

Bank name: Bank Zachodni WBK S.A.
Bank address: ul. 3 Maja 3, 80-958 Gdańsk, Poland
IBAN: PL4010901098000000113407957
BIC/SWIFT: WBKPPLPP

The World Cup, WMOC, EJOcup Cup and EYOcup entries, accommodation, board and transport will be accepted and confirmed after the arrival of the transfer.

Deadline for transfers reaching the organizers is by May 15, 2010.

Pomerania Cup participants may pay in cash upon registration.

Please identify your bank transfer with your Country or Federation name or first name and surname in case of individual entries..

Entry Form B (final entry) by May 15, 2010:

- country
- number of competitors of each sex (final)
- number of relay teams (final)
- accommodation and entry fees
- team manager's name, e-mail address/ address and telephone/ fax numbers
- each competitor's family name and first name, class or sex and year of birth
- information on whether the athlete borrows an SI-card or uses his owns SI-card (enter the SI-card number)
- family name and first name of each team official

Visas:

Link to the Republic of Poland Ministry of Foreign Affairs --> [visas information](#)

Old maps:

Old Maps are available in "maps" bookmark on Worldcup webpage.

Local Weather:

June is a first month of summer and everything can happen!

The first days of June may be warm or even hot with temperatures up to 30 degrees C. On the other hand we may have heavy rains and thunderstorms which would lead to temperatures about 10 degrees C.

More on weather here: <http://new.meteo.pl> (forecast based on numerical weather model COAMPS)

Other information:

- All events will be organized in accordance with the 2009 IOF Competition Rules for MTB Orienteering Events.
- Competitors must get to all control points with their bikes.
- Riding off tracks is allowed.
- In Poland one drives on the RIGHT side of roads. Therefore riders must ride on the RIGHT side on all roads and tracks.
- Overtaking slower riders should be done on the LEFT.

Medical care :

- Organizer will provide first aid at the competition centre of each event and in the finish area. Organizer will not bear costs of health insurance of participants. We recommend a personal health insurance. Each participant takes part on its own risk.
- There are hospitals near to the event areas.

Training opportunities:

No official training camp will be organized, but the Organizers are happy to invite you to a 2-day MTB-O competition in Gdańsk on 15-16.05.2010.

More information on web site <http://www.harpagan.pl/klub/aktualnosci.php>

Additional information:

Bożena Pieczka: worldcup@harpagan.pl , phone: +48-694-42-60-40

Updates and additional information: www.harpagan.pl/worldcup