



WORLD CUP MOUNTAIN BIKE ORIENTEERING
30.05-3.06.2012 DUSZNIKI ZDRÓJ - ZIELENIEC, POLAND

Bulletin 1

30 May – 3 June 2012

Mountain Bike Orienteering World Cup Round II

Organizer

IOF	International Orienteering Federation
PZOS	Polish Orienteering Federation
ZOZOS	Zachodniopomorski Okręgowy Związek Orientacji Sportowej
Event Director	Janusz Rajzer
Event Vice-Director	Jan Cegielka
Event Secretary	Monika Kajzer-Marcinkiewicz
Media	Igor Błachut
Sport Ident	Maciej Krzyśko, Marek Sobiegraj
Course Setter	Jan Cegielka, Maciej Krzyśko, Marek Sobiegraj

Event controlling

IOF Event Advisor	Jan Eg Pedersen /DEN/
National Controller	Lech Trzpił

Information

PZOS 00-024 Warszawa
 Ul. Al. Jerozolimskie 30/21
 Poland
 Fax + 48 22 6295004
 Tel. + 48 22 6295004
 Email: orienteering@orienteering.pl
 Website: www.orienteering.org.pl

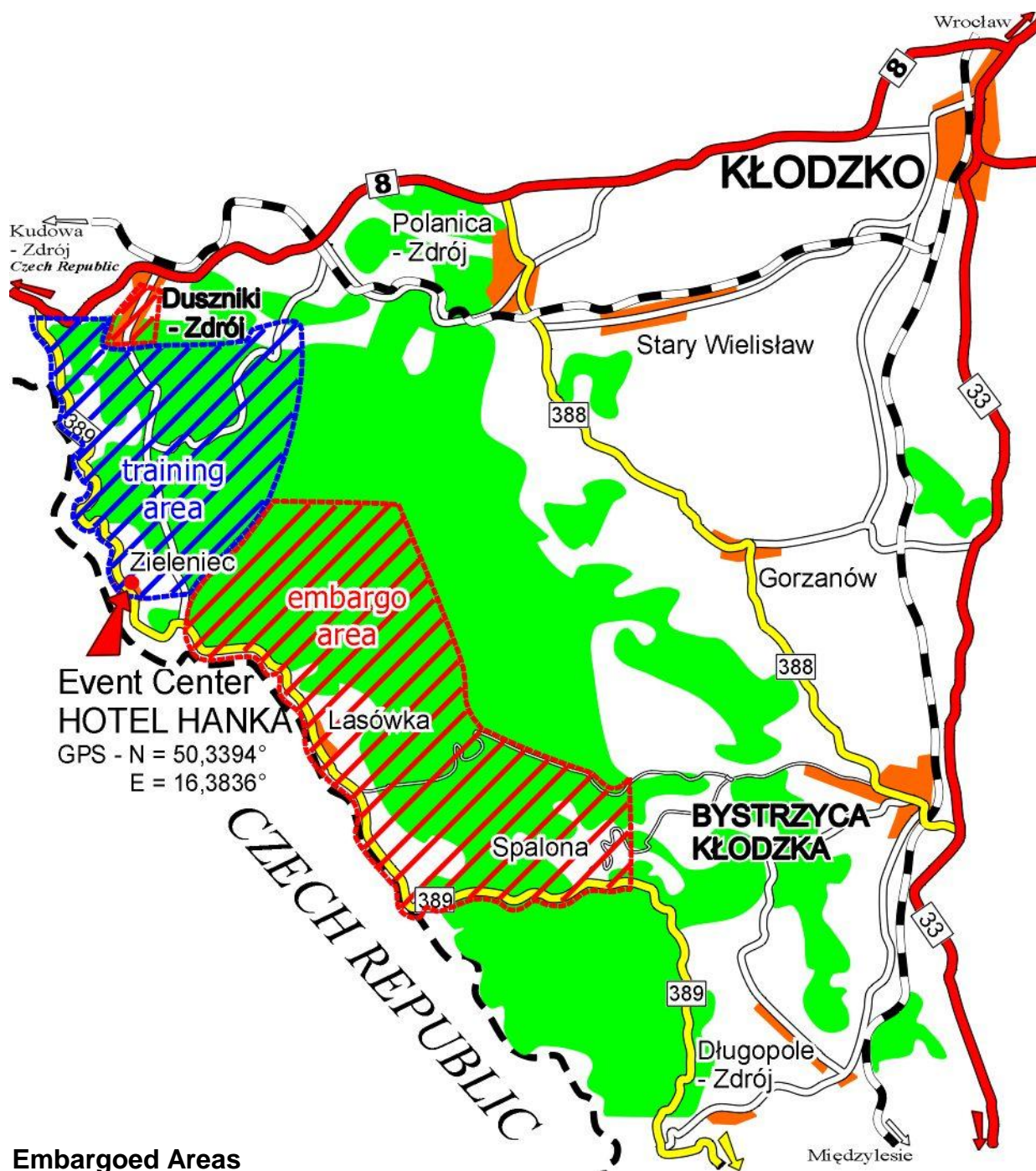
Event Center

Hotel Hanka resort & spa
 57-340 Duszniki Zdrój
 Zieleniec 17

Tel/fax: +48 74 8660436
 Email: hanka@zieleniec.pl
 Web page: www.hanka.zieleniec.pl



GPS - N = 50,3394° E = 16,3836°



Embargoed Areas

See map on the last page. Areas embargoed during 1 August 2011 - 3 June 2012.

Program

30 May 2012. Wednesday	Arrival, model event
31 May 2012. Thursday	Arrival, model event, opening ceremony
1 June 2012. Friday	Sprint distance
2 June 2012. Saturday	Middle distance, Banquet
3 June 2012. Sunday	Long distance mass start, closing ceremony;
departure	

Classes and participation restrictions

Classes: **MTBO World Cup:** W 21, M 21

MTBO open competitions: W/M 14, 17, 20, 21, 40, 50, 60, 70.

Participation restrictions: Each federation may enter a team of 12 competitors – up to 6 women and 6 men in each MTBO World Cup event, and an unlimited number of team officials.

For each individual event a federation may enter max. 6 men and 6 women / federation.

Entries

Entry deadlines for MTBO World Cup and MTBO open competitions

ENTRY FORM A (preliminary entry) **by 27 February 2012** giving:

- country
- number of competitors of each gender (preliminary)
- number of team officials
- category of accommodation
- **team manager's** name, address and telephone/fax numbers

ENTRY FORM B (final entry) **by 30 March 2012:**

- country
- number of competitors of each gender (final)
- accommodation and entry fees
- **team managers** name, address and telephone/fax numbers
- payment for accommodation, meals and entry fees.

NAME ENTRY FORM **by 05 May 2012:**

- each competitors family name and first name, class or gender and year of birth
- information on whether the athlete borrows an SI-card or uses his owns SI-card (also enter the SI-card number)
- family name and first name of each team official.

Account number for payments will be published at the event website on 5 January 2012.

Entry fee for competitors and team officials.

Entry fees:

MTBO World Cup

All participants = competitors + officials

€ 40 / per person

Sprint distance

€ 40 / per person

Middle distance

€ 40 / per person

Long distance

€ 40 / per person

Fee includes maps of all World Cup events, and the banquet.

MTBO open competitions

Sprint distance

€ 10 / per person

Middle distance

€ 10 / per person

Long distance

€ 10 / per person

Banquet

€ 30 / per person

Distances from airports and railway

Warsaw airport and railway station	Zieleniec event centre	– 470 km
Wroclaw airport and railway station	Zieleniec event centre	– 140 km

Transport

The use of private cars is allowed.

From Warsaw airport / Warsaw East railway station to Zieleniec € 70 / per person / bike

From Zieleniec to Warsaw airport / Warsaw East railway station € 70 / per person / bike

From Wroclaw airport / Wroclaw railway station to Zieleniec € 30 / per person / bike

From Zieleniec to Wroclaw airport / Wroclaw railway station € 30 / per person / bike

Transport from event center to all competitions € 20 / per person / bike.

Punching system

The SportIdent system will be used for all events. Competitors start with their own SI-card. Organizer provides SI-cards on request.

Maps

Maps new MTB orienteering maps

Scale 1:5000, 1:10 000, 1:15 000, 1:20 000

Vertical contour intervals 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).

Rules

All events will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events, valid from January 1, 2010. Please consult <http://orienteering.org/mtb-orienteering/rules/>.

In this specific event:

- Competitors must get to all control points with their bikes. SI Card must be attached to the bike.
- Riding off the track, trail or path is allowed.
- In Poland one drives on the RIGHT side of road.

Therefore riders must ride on the RIGHT side on all roads and tracks.

Overtaking slower riders should be done by the LEFT.

Anti-Doping

Doping is forbidden. Doping control will be done throughout the competition.

The organizers are committed to do everything required to assist the official anti-doping authorities at MTB Orienteering World Cup to successfully and transparently undertake their work. We strongly support all positive efforts to keep our sport clean and doping-free.

This event applies IOF Anti-Doping Rules, valid from 1 February 2010.

Please consult <http://orienteering.org/anti-doping/>.

Health Care

The Organizer will provide first aid at the competition centre and at the arenas of each event.

The Organizer will not bear costs connected to health insurance of participants. We recommend each individual to arrange their own personal health insurance. Participants take part at their own risk.

Weather

During May/June you can expect temperatures from 17° to 27° Celsius during the day and from 10° to 16° at night. There are about 30-40% rainy days in May/June.

Training opportunities

First training camp on 27-29 May 2012

We can offer 3 maps for training with control point – 0 km from World Cup event center.

Map samples:

