

Organizer: UKS Siodemka Rumia

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🖉 Co-organizers:

- > Office of the City of Rumia
- Pomeranian Voivodeship
- > District Governor's Office in Wejherowo
- Polish Orienteering Federation
- National Forests
- Sport & Recreation Center in Rumia

O The date and the place:

Gniewowo –16th – 18th August 2024

Form of the competition:

Individual, total results after 3 stages

During the Baltic Cup in class **K18** the **XXIV Anna Tadejewska Memorial** will be held. The best runner after 3 stages will be awarded with an additional memorial cup.

Team of the main organizers:

- Manager of the Competition Jacek Borzyszkowski
- Chief or referees Janusz Porzycz +48 502 316 364
- IT service Artur Szymerowski
- Course setter– Stage 1 Bartłomiej Ogdowski
 - Stage 2 Bartłomiej Ogdowski
 - Stage 3 Jacek Nowak, Janusz Porzycz
- Cartographer Wojciech Dwojak, Jacek Morawski, Bartłomiej Ogdowski
- Competition Office Barbara Niewiedziała

\oslash Competition Office

Gniewowo – forest meadow https://maps.app.goo.gl/QLY3qsqrF8qu88PQ9 Detailed opening hours mentioned in Programme section.

Programme:

Day	Time	Place		
16.08.2024	13.00 – 16.00	Opening of the Competition Office in the Event Centre		
Friday	15.00	Start of Stage 1		
17.08.2024 Saturday	09.00 - 11.00	Opening of the Competition Office in the Event Centre	Gniewowo – forest meadow	
	10.00	Start of Stage 2	<u>https://maps.app.goo.</u> gl/QLY3qsqrF8qu88PQ	
18.08.2024	09.00 - 11.00	Opening of the Competition Office in the Event Centre	<u>9</u>	
Sunday	10.00	Start of Stage 3	1.9	
	about 13.30	Award Ceremony		

Competition Centre

Stage 1,2,3 — Gniewowo – forest meadow https://maps.app.goo.gl/QLY3qsqrF8qu88PQ9

The Competition Office, finish (except Stage 2), SI card reading, toilets, buffet, first aid point and washing point are located in the Competition Centre. There is a possibility to leave club tents at the CC during Baltic Cup competition.

ATTENTION: Access to parking is described in the Parking section.



O Parking:

Access to parking – from junction of Wejhera and Ogrodowa streets in Gniewowo https://maps.app.goo.gl/dmqkyxjKqbNEwkMg8

Parking fee – 25,00 PLN (3 days) or 10,00 PLN (1 day). Please prepare exact amount of money.

The distance from parking to the Competition Centre - 800 m

O Terrain description:

Typical moraine terrain with hills up to 50 m, mostly good and very good runability. There are also some with dense vegetation. Very good net of roads and paths.

Maps:

Stage 1 - "Gniewowo I" updated spring 2024 scale 1:10000 e - 5m

Stage 2 - "Gniewowo II" updated spring 2024 scale 1:10000 e – 5m

Stage 3 - "Gniewowo III" updated spring 2024 scale 1:10000 e – 5m

For classes **K/M60** and older all maps in scale 1:7500

⊘_{Classes:}

K10, K12, K14, K16, K18, K21E, K21S, K35, K40, K45, K50, K55, K60, K65, K70, K75 M10, M12, M14, M16, M18, M20, M21E, M21S, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80

K21S and M21S – short technical courses

Open classes: Free start: Free start - between 00 and 60 minutes of start

10N – routes marked with red stripes 10R – routes marked with red stripes – for children with caretakers Krótka – easy route for beginners Długa – more difficult route

O Punching System:

Sport Ident AIR+ punching system will be used.

Distances:

	CC - START	FINISH - CC
Etap 1	850 m	0 m
Etap 2	1350 m	1100 m
Etap 3	1100 m	0 m

The way to the start marked with white stripes.

The way from finish (during Stage 2) marked with orange stripes.

Prizes:

For every competitor the commemorative medal will be handed out.

For the best 3 runners in each class in overall classification. In classes KM10-KM14 the places 4-6 will be also awarded.

The Award Ceremony will be held at the Competition Centre on Friday 20th of August about 13.30. The drawing of the attractive prizes is planned at the end of the Award Ceremony.

Fees:

- SI card rental 5 PLN/day
- Fine for lost SI card 150 PLN
- > Entry fee according to the competition regulations wrriten in Bulletin no 1.
- > SI card change after verification deadline 10 PLN

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Accreditation:

Accreditation of the teams in the competition office is possible within its opening hours. During accreditation the team leader is bound to present the confirmation of the entry fee and settle additional payments.

Team leaders are bound to check the SI number of their team members.

1 - last control (Stage 1)

() Scheme:

- 2- last control (Stage 3)
- 3 the way to parking
- 4 the way to start (Stage 2 and 3)
- 5 the way to start (Stage 1) and to finish (Stage 2)
- 6 forbidden area

Forbidden area:

Due to the fact that the nest of bird protected by Polish law was discovered just before competition there is the forrbiden area showed on the scheme above. We were forced to change the courses of two stages and change of the location of finish during Stage 2. In the terrain the area will be marked by "ZAKAZ WSTĘPU" plates.

Therefore we kindly ask to obey the forbidden area and DO NOT enter there during way from parking to Competition Centre, to starts, from finish to Competition Centre (during Stage 2) and competing during Stage 1. The courses DO NOT cross this area.

C Technical information:

- > Control descriptions on the maps and available on the start
- Time limit 180 minutes
- Beverages: mineral water at the finish line. During stage 2 there are 2 refreshment points available in the forest.
- > Results will be available at the Competition Centre and on-line
- > Fair Play rules are required maps will be not collected after race

⊘_{Buffet:}

At the competition centre the bufet will be located. The hot meals, cakes and beverages will be available.

P Remarks:

- > The organizer provides medical care during each stage
- Applying for the competition is tantamount to consenting to the use of the image recorded in the photos and videos taken for promotional purposes and marketing of the Baltic Cup.
- > Valid medical check-up is applied to all competitors
- > The organizer is insured against liability
- The organizer does not take the responsibility for individual insurance Up-to-date information available on the competition website: <u>http://www.balticcup.org.pl/</u>

CLASS	STAGE 1			STAGE 2		STAGE 3			
CLASS	km	STAGE 1 km CP climbing		km			km CP climbing		
10N	1,3	6		1,8			1,8		
	(2,2)	6	25	(2,5)	6	65	(2,5)	6	45
10R	1,3 (2,2)	6	25	1,8 (2,5)	6	65	1,8 (2,5)	6	45
К10	1,5	6	25	1,7	6	75	1,8	6	45
K12	2,1	9	35	2,0	6	90	2	8	60
K14	2,8	11	130	3,9	9	145	2,5	9	105
K16	3,3	13	170	4,7	12	195	3	12	135
K18	3,7	14	180	6,2	12	265	3,5	13	165
K21E	4,6	17	230	7,6	15	295	4,5	14	240
K21S	3,6	13	180	5,8	14	230	3,3	11	170
K35	3,9	13	185	6,0	14	250	3,4	11	200
K40	3,6	14	175	5,1	12	200	3,1	11	140
K45	3,3	13	160	4,9	10	205	2,9	11	150
K50	3,2	13	150	4,8	12	205	2,8	10	120
K55	3,1	12	150	4,6	10	170	2,7	10	130
K60	2,9	11	140	3,7	11	140	2,5	10	130
K65	2,8	12	120	3,3	10	125	2,4	10	100
K70	2,6	11	90	3,1	8	100	1,9	8	80
K75	2,3	10	75	3,0	9	95	1,9	8	80
M10	1,7	7	25	1,7	6	80	1,8	6	45
M12	2,3	8	35	2,2	7	90	2,1	8	65
M14	2,9	14	135	4,2	12	155	2,7	10	120
M16	3,7	15	200	5,8	12	245	3,5	11	135
M18	4,7	17	235	7,3	16	290	4	12	210
M20	4,8	16	245	7,6	16	340	4,4	15	225
M21E	5,5	21	280	10,2	19	385	5,6	16	260
M21S	4,4	16	215	6,2	13	230	4,1	12	220
M35	4,8	16	235	7,7	17	335	4,5	15	230
M40	4,3	16	215	7,4	15	295	4,4	15	230
M45	4,1	17	205	6,8	15	300	4,1	12	170
M50	4,1	14	195	6,3	13	290	4	12	175
M55	4	14	190	6,0	14	245	3,8	13	170
M60	3,6	13	160	5,0	13	230	3,3	11	150
M65	3,3	12	160	4,7	13	165	2,7	11	130
M70	2,9	12	140	4,0	10	155	2,5	10	125
M75	2,4	10	100	3,6	10	145	2,4	10	100
M80	2,3	10	80	2,3	8	95	1,9	8	80
DŁUGA	4,3	15	200	5,4	11	205	4,3	11	220
KRÓTKA	2,9	12	130	2,4	9	85	2,7	11	85