



# International Orienteering Event Pomorze Sprint Cup 2024 World Ranking Event

Kwidzyn 24<sup>th</sup> – 26<sup>th</sup> May 2024  
[www.pomozesprintcup.pl](http://www.pomozesprintcup.pl)

## Knock-Out Sprint Polish Championship

### Honorary Patronage

Mr. Janusz Lewandowski - Member of the European Parliament  
Mr. Leszek Czarnobaj - Senator of the Republic of Poland  
Mr. Jerzy Godzik - Starosta of the Kwidzyn District  
Mr. Andrzej Krzysztofiak - Mayor of the City Kwidzyn



# Bulletin No. 1

## 1. Organizer

Uczniowski Międzyszkolny Klub Sportowy w Kwidzynie  
(Interschool Student Sports Club in Kwidzyn)

82-500 Kwidzyn, ul. Warszawska 13, <http://umskkwidzyn.pl/>

## 2. Co-organizer

Polish Orienteering Association

00-024 Warszawa, Al. Jerozolimskie 30/21, <https://orienteering.org.pl/home>

International Orienteering Federation

Drottninggatan 47 31/2 tr., SE-65225 Karlstad, Sweden, <https://orienteering.sport/>

## 3. Partnerships

Municipal Office of Kwidzyn

82-500 Kwidzyn, ul. Warszawska 19, <https://kwidzyn.pl/>

Kwidzyn County Office

82-500 Kwidzyn, ul. Kościuszki 29b, <http://powiatkwidzynski.pl/>

Kwidzyn Sports and Recreation Centre

82-500 Kwidzyn, ul. Sportowa 6, <https://kcsir.pl/>

Kwidzyn Cultural Centre

82-500 Kwidzyn, ul. 11 Listopada , <https://kckkwidzyn.pl/>

## 4. Date and location

24<sup>th</sup> – 26<sup>th</sup> May 2024 - Kwidzyn

## 5. Main officials

Competition Director –Tomasz Müller– tel.+48 500 175 747, e-mail: [t.muller@umskkwidzyn.pl](mailto:t.muller@umskkwidzyn.pl)

IOF Advisor –Jerzy Antonowicz– tel.+48 603 923 897, e-mail: [jerzy.antonowicz@gmail.com](mailto:jerzy.antonowicz@gmail.com)

Main referee – Stanisław Leśnicki

Course setters – S4 - Przemysław Jędras,

S1, S2, S3 - Rafał Podziński (builder of the "Course of the Year 2022" in the world)

Cartography – Rafał Podziński (author of the map for the "Course of the Year 2022" in the world)

## 6. Program

24/05/2024 (Friday)	S1 - Kwidzyn (WRE)	16.30 – 18.30
25/05/2024 (Saturday)	S2 - Kwidzyn (W, M Elite – Knock-Out) – qualification (approx. 70% of the route length)	10.00 – 11.30
	Other categories	10.00 – 12.15
	S3 – Kwidzyn (W, M Elite – Knock-Out) – quarter-finals,	15.00 – 16.00
	Other categories	16.15 – 18.10
	(W, M Elite – Knock-Out) – semi-finals	18.15 – 19.15
	(W, M Elite – Knock-Out) – finals	19.20 – 17.40
26/05/2024 (Sunday)	S4 – Kwidzyn (WRE) Prize-giving ceremony	10.30 – 12.40 13.10

In the event of a large number of applications, the start times on Saturday, May 25, may be slightly changed.



## 7. Form of the competition

Three-day, four stages, individual sprint orienteering event. Included in the Polish Orienteering Association ranking, with a Polish ranking index 1100.

For W Elite (W21E) and M Elite (M21E) categories

- Stage 1 and 4 included in the World Ranking Event
- Stage 2 and 3 will be played in the form of Knock-Out Sprint
- Stage 2 – about 70% of the route length – Knock-Out Sprint qualification (winner time 9'30")
- Stage 3 – **quarter-final Knock-Out Sprint**
  - all competitors will be divided into 12 races (6 for women and 6 for men), from each quarter-final the competitors finishing in the first 3 places will qualify to semifinals (winner time 6')
  - **semi-final Knock-Out Sprint**
  - competitors will be divided into 6 races (3 for women and 3 for men, from each semifinal the first 2 places will qualify for the final (winner time 6')
  - **Knock-Out Sprint final**
  - 6 male and 6 female competitors run in the final (winner time 6')

During stages 2 and 3, competitors in the W/M20 category will also compete in the Knock-Out Sprint, respectively W20 in the W21E category and M20 in the M21E category.

Competitors in the W16, W18, M16 and M18 categories can also compete in the Knock-Out Sprint, but the 2nd and 3rd stage of the competition will not be counted for them in the overall classification of the Pomorze Sprint Cup 2024. The general classification of Pomorze Sprint Cup 2024 in the W20, W21E, M20 and M21E categories includes S1, S2, S3 (quarter-finals) and S4.

For other categories, Pomorze Sprint Cup 2024 will include all 4 stages in the general classification.

## 8. Maps

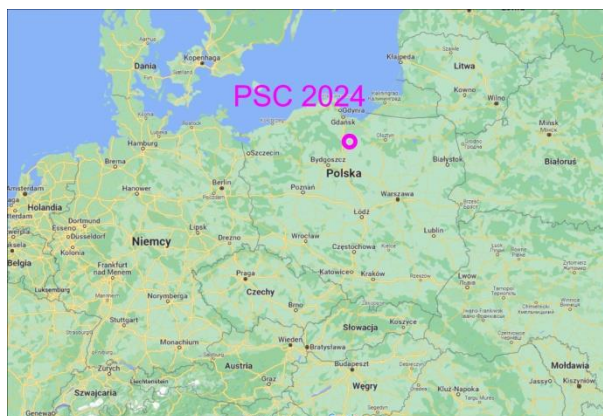
4 new maps, 2 maps in new terrain that has never been used in orienteering competitions before, validity of all maps May 2024, standard ISSPrOM 2019.

On the organizer's website [www.pomorzespripcup.pl](http://www.pomorzespripcup.pl), in the "Terrain and maps" tab, there is an old map "Kwidzyn - Zamek" used only during the Polish Youth Cup 2019 and first edition of "Pomorze Sprint Cup 2019", covering part of the area of this year's edition of the competition.

## 9. Competition area

The competition will be held in northern Poland, about 100 km south of Gdańsk.

All courses will be marked out in the urban area in the city of Kwidzyn.



POWIAT  
KWIDZIŃSKI



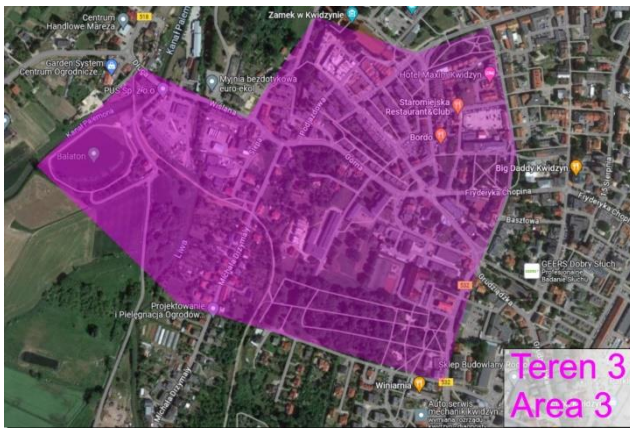
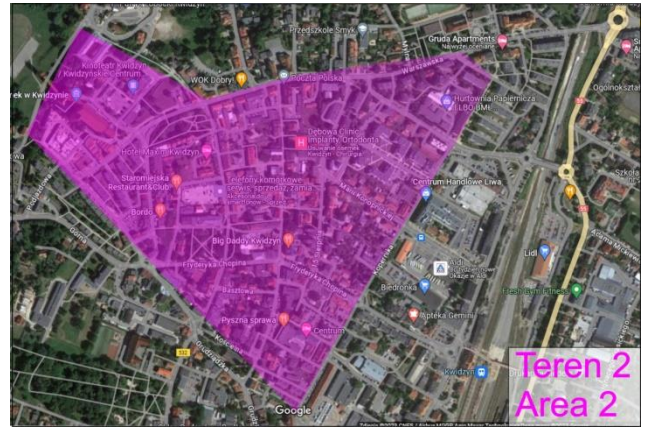
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AKTYWNOŚCI I TRENINGOWE PRACOWNI



## 10. Embargoed areas

Designated areas in the administrative area of Kwidzyn, marked on the maps below, are subject to an embargo. Competitors, coaches and persons who may influence the results of the competition through their knowledge of the terrain are prohibited from entering the embargoed zones. These areas are embargoed until the publication of Bulletin 2. Bulletin 2 will provide details of the competition grounds where the embargo will be maintained and the organizer's special rules on the day of the competition.





## 11. Classes

Women – W10, W12, W14, W16, W18, W20, W21E (WRE), W21A, W35, W40, W45, W50, W55, W60, W65, W70

Men – M10, M12, M14, M16, M18, M20, M21E (WRE), M21A, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80

Open classes:

- 10R - Family (very easy and short, for beginners and families with children).
- Middle - more difficult, longer, for intermediate runners.

The organizers reserve the right to combine categories in the case of a small number of participants. All athletes in W21E and M21E classes need to have an IOF athlete's license to participate in WRE.

## 12. Entries and entry deadlines

The first entries deadline: **17/03/2024**

Final entries deadline: **13/05/2024**

Applications in all categories will be accepted:

- for competitors with a Polish Orienteering Association (PZOS) license through the application form on the website

<https://orienteering.org.pl/pzos/detail/entries/1099>

- for competitors who do not have a Polish Orienteering Association (PZOS) license through the application form on the website

<https://orientharper.pl/?cmp=entries&action=makeEntry&id=221>

Competitors of the W21E and M21E categories for WRE runs must also register via the IOF Eventor 24/05 (Friday) <https://eventor.orienteering.org/Events/Show/7940>

26/05 (Sunday) <https://eventor.orienteering.org/Events/Show/7941>

Due to the Knock-Out Sprint organization, it is not possible to apply after May 13th, 2024 for the W20, W21E, M20 and M21E categories. Applications after 13.05.2024, in other categories will be possible only in place of vacancies and only by e-mail: [psc2024@umkskwidzyn.pl](mailto:psc2024@umkskwidzyn.pl)



### 13. Fees (in PLN)

Participants with the PZOS (Polish Orienteering Association) licence								
Classes	W/M10-14		W/M 16-20 Krótka (Short) Średnia (Middle)		W/M 21A, W/M35+		W/M 21E	
	1 stage	4 stages	1 stage	4 stages	1 stage	4 stages	1 stage	4 stages
1 <sup>st</sup> deadline – 17/03/2024	30	90	40	120	60	180	70	210
2 <sup>nd</sup> deadline – 13/05/2024	40	120	50	150	70	210	80	240
After 13/05/2024	50	150	60	180	80	240		

Participants without the PZOS (Polish Orienteering Association) licence										
Classes	W/M10-14		W/M 16-20 Krótka (Short) Średnia (Middle)		W/M 21A, W/M35+		W/M 21E		*Residents	
	1 stage	4 stages	1 stage	4 stages	1 stage	4 stages	1 stage	4 stages	1 stage	4 stages
1 <sup>st</sup> deadline – 17/03/2024	40	120	50	150	70	210	80	240	10	40
2 <sup>nd</sup> deadline – 13/05/2024	50	150	60	180	80	240	90	270	10	40
After 13/05/2024	60	180	70	210	90	270			10	40

**The competition entry is valid upon payment of the entry fee. The date of the registration is the payment date.**

\* Residents registered in the Kwidzyn Districts, without the PZOS (Polish Orienteering Association) licence.

#### Attention!

**Participants who register and pay the entry fee in 1<sup>st</sup> deadline (until March 17th, 2024) and who are ranked in the top 20 of Sprint World Ranking valid on March 01st, 2024, will be given 50% discount on the entry fee.**

**Participants who register and pay the entry fee in 1<sup>st</sup> deadline (March 17th, 2024) and who are ranked 21-50 of Sprint World Ranking valid on March 01st, 2024, will be given 25% discount on the entry fee.**

All competitors in all categories who complete the registration and pay the entry fee on the first registration deadline (by 17/03/2024), will receive a commemorative fan bell as part of the entry fee. For production reasons, it is not possible to order bells at a later date.



- b) Change of a participant, change of age category or change of SI card number after 13/05/2024 – PLN 15
  - c) Withdrawal from the competition until 13/05/2024 – return of 50% fee; after the deadline payments are not refundable
  - d) Renting an SI card – PLN 10,00 for 1 stage, PLN 30,00 for 4 stages
  - e) Losing the rented SI card – PLN 300,00
- f) Underage individual participants can compete only upon a written consent of their legal guardians (available at [www.pomorzesprintcup.pl](http://www.pomorzesprintcup.pl) under "Bulletin" tab), delivered by a legal guardian to the event office – it is a condition of issuing the starting materials.

#### 14. Payment

All payments must be sent to the account:

**UMKS Kwidzyn, ul. Warszawska 13, 82-500 Kwidzyn**  
**Santander Bank Polska S.A. O/Kwidzyn, SWIFT/BIC WBK PPL PP**  
**IBAN PL 93 1090 2620 0000 0001 1800 4820**

With the transfer title: Entry fee "Pomorze Sprint Cup 2024" and your club name.

All currency conversion costs are the responsibility of the registrant and do not reduce the entry fee.

#### 15. Punching system

SPORTident Air+ punching system will be used during the entire competition.

#### 16. Accommodation and food

The organizers have prepared an accommodation in the school gym at the Elementary School No. 6 in Kwidzyn, near the area of the 4th stage of the competition, with your own mattress and sleeping bag. The organizers do not arrange other forms of accommodation or food.

There are plenty of accommodation facilities with different standards in Kwidzyn and the surrounding area. Accommodation in the school gymnasium - 15 PLN per person per night, to be paid to the club's account until 13/05/2024.

Reservations for overnight stays at the school gymnasium should be sent to the following email address: [psc2024@umkskwidzyn.pl](mailto:psc2024@umkskwidzyn.pl)

Number of places limited, the order of reservations confirmed by transfer is decisive.

#### 17. Transport

Kwidzyn is easy to reach from the south and north of Poland via the A1 highway. There are good train and bus connections to Kwidzyn from Gdansk airport and the ferry terminals in Gdansk and Gdynia.

The organiser is also considering providing additional transport on the first and last day of the competition, from and to Gdansk airport..

#### 18. Prizes in general classification (sum of times from 4 stages)

Classes W/M10 - K/M 14 – for places 1-3 diplomas, medals and small prizes

– for places 4-6 diplomas

Classes W/M35+ – for places 1-3 diplomas, medals and small prizes

Classes **W/M 16, 18, 20, 21E** – **for places 1-3 diplomas, medals and financial prizes**

All Classes: for places – for places 1-3 souvenir statuettes or medals



- 10R – all competitors diplomas and small gifts  
 Krótka (Short), Średnia (Middle) – for places 1-3 diplomas and small prizes  
 Classes W/M21E – statuettes from each stage of WRE and Knock-Out Sprint

### Knock-Out Sprint Polish Championship

- for places 1-3 diplomas and Polish Championship medals  
 – for places 4-6 diplomas

### 19. Team classification

The team classification includes the results from all 4 stages of the competition. At each stage, 12 best competitors in all age categories score points.

The contestants are awarded points according to the key:

Place	1	2	3	4	5	6	7	8	9	10	11	12
Points	15	12	10	9	8	7	6	5	4	3	2	1

Detailed rules and regulations of the team classification can be found on the competition website [www.pomorzescup.pl](http://www.pomorzescup.pl) in the tab 'Newsletters'.

### 20. Rules and general information

20.1 Competition rules that apply are the following: The Competition Rules for IOF Foot Orienteering Events, valid from 1 February 2024.

The Polish Knock-Out Sprint Championships will be held in accordance with the current "PZOS Orienteering Sports Regulation".

20.2 Anti-doping

Doping is forbidden. "Think positive – test negative"!

For categories W21E and M21E IOF Anti-Doping Rules apply, valid as of January 1, 2024.

By entering the competition, the athletes and coaches will confirm that they are subject to sanctions in the event of any doping offence.

All other athletes are subject to the regulations of the Polish Anti-Doping Agency POLADA

20.3 Climate

Average temperature in Kwidzyn in the last days of May lies between 18 and 20° C in daytime.

20.4 VISA PERMITS

The condition for coming to Poland from the countries of the Schengen Area is to have a valid Identity Card. A valid passport is a condition for coming to Poland from outside the Schengen Area.

For travelers from certain countries a visa or further documents are required.

Please check with your embassy if you need visa permits.

### 21. Additional information

- all participants compete at their own risk
- clubs and registering institutions are responsible for the possession and validity of medical examinations of the registered athletes.





- the organizer reserves the right to the final interpretation of this Bulletin
- all disputes will be settled by the main referee of the competition
- the organiser in accordance with the "PZOS Orienteering Sports Rules" in the Knock-Out Sprint during the semi-final and final races may include additional competitors.
- participants, who register for Pomorze Sprint Cup 2024 individually or through clubs or other organizational units, agree for publication of their image, name, surname and year of birth, in media coverage of the competition, results, final reports, competition marketing materials, social media and competition website
- competitors shall insure themselves on their own.
- the organizer provides medical care during the competition stages.
- while completing the courses, all competitors are strictly obliged to follow traffic regulations and all recommendations and orders of the organizer
- during all stages, a free kindergarten will be available in the competition centre for children of competition participants.

**We kindly invite you and look forward to seeing you in Kwidzyn and in the Powiśle.**  
**ORGANIZERS**

