



BUKOWA CUP

**BULLETIN
NO. 1**



1-5.05.2024
SZCZECIN



Dear Orientalists,

The 11th edition of the Bukowa Cup competition is ahead of us. We warmly invite you to spend a long May weekend in Szczecin. After the organizational success of last year's jubilee six-stage event, we have decided to raise the bar even higher. This year, we will offer as many as eight stages, following the well-received points calculation formula, where the final classification will include the six best results.



This year's Bukowa Cup serves as a dress rehearsal for the upcoming Junior European Championships, both for us as organizers and for the participants. Therefore, it will be the last opportunity for an official training camp before the June EYOC. We also haven't forgotten about our national participants who are preparing for the Polish Orienteering Championships in night and middle-distance orienteering – especially for you, we have prepared two night races.

Bukowa Cup is not just orienteering; it is also an opportunity to promote sports for people with disabilities and integrate our community. In the prepared program, everyone will find something for themselves because Bukowa Cup is created with a passion for orienteering, and the routes lead through the picturesque Bukowa Forest.

We cordially invite you to Szczecin, recognized as the capital of Polish orienteering in 2024, a city fragrant with chocolate. We wish everyone a great time on the trails!

Bartłomiej Mazan

Event Director

ORGANISER

Klub Orientacji Sportowej BnO Szczecin
Somosierry 32c street
71-181 Szczecin

CO-ORGANISERS AND PARTNERS

Miasto Szczecin
Pomorze Zachodnie
Nadleśnictwo Gryfino
CX80
Etcetera
Polski Związek Orientacji Sportowej
Zachodniopomorski Okręgowy Związek Orientacji Sportowej
Hufiec ZHP
Flamqa
SP74

RANK & FORM OF THE COMPETITION

Orienteering: Individual competition, total point classification after eight stages – 6 best results of the competitor from 8 will be taken into account.

Time to points conversion for each stage:

Athlete's score = $1000 * \text{winner's time} / \text{competitor's time}$

CTZ ranked competition with $Z=1,10$.

O-Trail: Tempo

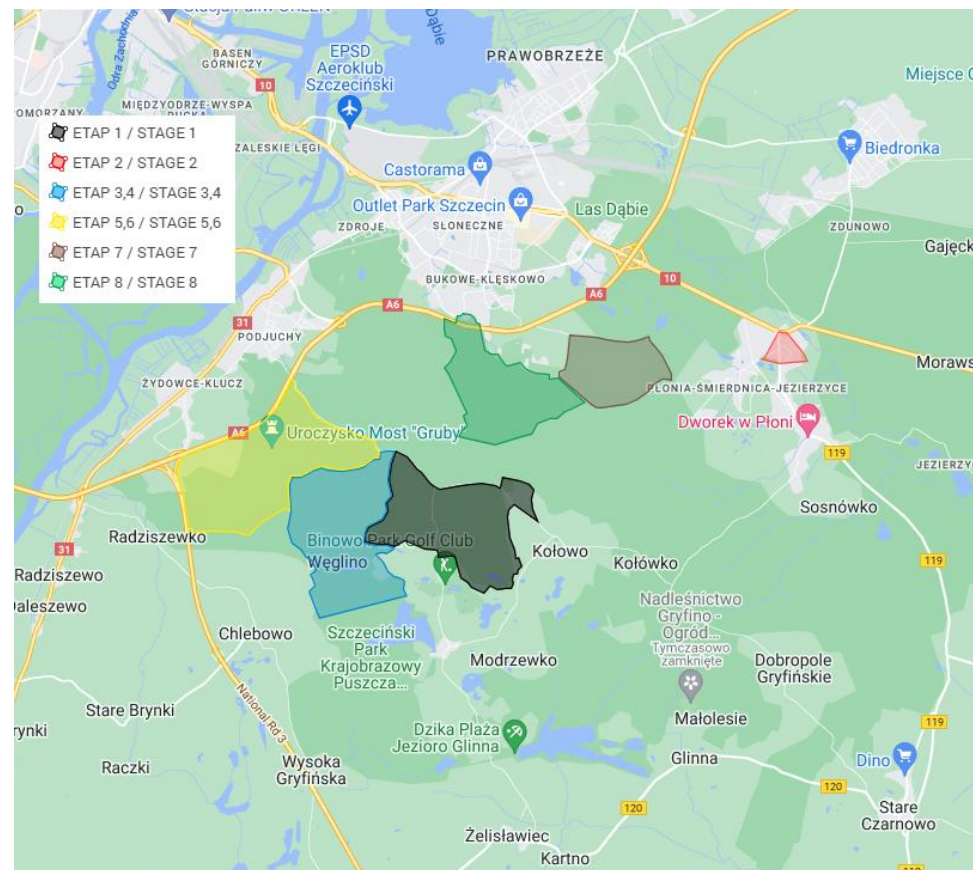
THE ORGANISER'S TEAM

Event Director	Bartłomiej Mazan
Main Referee	Artur Haptar
Office Manager	Aleksandra Mazan
Course setters	STAGE1 and STAGE3-STAGE8: Bartłomiej Mazan STAGE2(sprint): Rafał Podziński
Speaker	Sławomir Cygler
Cartographers	STAGE1 and STAGE3-STAGE8: Wojciech Dwojak, Jacek Morawski STAGE2 (sprint): Hubert Świerczyński
SportIdent Service	Hubert Świerczyński

DATE AND PLACE

STAGE1 - long	1.05.2024	STAGE1: Głaz Serce Puszczy GPS 53.334980, 14.664534
STAGE2 - sprint	Wednesady	STAGE2: Sports field GPS 53.356366, 14.740645
STAGE3 - middle	2.05.2024	Stanica Harcerska Bukowina Binowo
STAGE4 - night	Thursday	GPS 53.316429, 14.635484
STAGE5 - middle	3.05.2024	Puszcza Bukowa
STAGE6 - night	Friday	GPS 53.343129, 14.600310
STAGE7 - middle	4.05.2024	Primary School No. 74, Seledynowa street
Trail-0	Saturday	GPS 53.363489, 14.654998
STAGE8 - long	5.05.2024	Primary School No. 74, Seledynowa street
	Sunday	GPS 53.363489, 14.654998

TERRAINS



Link to the interactive map:
<https://www.google.com/maps/d/u/0/edit?mid=1C9oWy8Rq4wwJkycbbBFiF3eX2-oZBl&ll=53.34720521767467%2C14.678178766614627&z=12>

PARTICIPATIONS

According to the PZOS regulations, competitors taking part in CTZ competitions who want to participate in sports competitions organized by PZOS (competition for ranking points) are obliged to have a current PZOS license. However, the lack of a license does not exclude competitors from sports competition during the Bukowa Cup, the competition is open to everyone.

Everyone is required to have valid medical examinations. Persons taking part in the Bukowa Cup competition who do not have valid medical examinations are obliged to present a declaration of participation at the Competition Center at their own risk.

PROGRAMME

1.05.2024 Wednesady	09:00 – Competition Center opens 10:00 – STAGE1 long 17:00 – Competition Center opens 18:00 – STAGE2 sprint
2.05.2024 Thursday	09:00 – Competition Center opens 10:00 – STAGE3 middle 20:00 – Competition Center opens 21:00 – STAGE4 night
3.05.2024 Friday	10:00 – Competition Center opens 11:00 – STAGE5 middle 20:00 – Competition Center opens 21:00 – STAGE6 night
4.05.2024 Saturday	09:00 – Competition Center opens 11:00 – STAGE7 middle 14:00 – Trail-0
5.05.2024 Sunday	09:00 – Competition Center opens 10:00 – STAGE8 long 14:30 – Prize-giving ceremony

THE EVENT OFFICE

The Event Office can be found every day in the Competition Center.

OFFICAL CAMP BEFORE EYOC 2024

On April 26-30, there will be an official camp before the European Junior Championships in the form of technical training using the electronic SportIdent system. The summary of the camp will be participation in the Bukowa Cup XI competition. If you are interested in participating in the April training, please contact Aleksandra Mazan (mobile +48 721 121 141) or send an e-mail to kontakt@bno.szczecin.pl. After consultations, we will prepare and print maps.



CATEGORIES

K10N, K10, K12, K14, K16, K18, K20 K21E, K21A, K35, K40, K45, K50, K55, K60, K65, K70, K75, K80, K85, K90+

M10N, M10, M12, M14, M16, M18, M20, M21E, M21A, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90+

RECREATION AND SPORTS ROUTES:

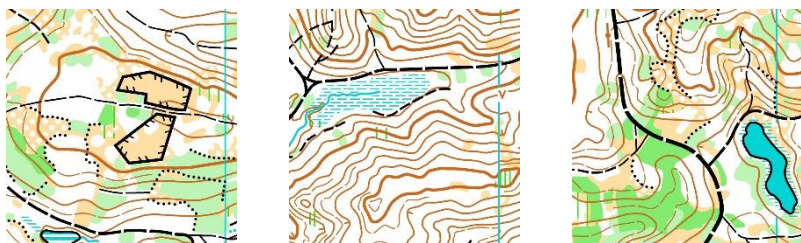
N	ribbon route
KRÓTKA	easy, short, for beginners without age restrictions
ŚREDNIA	more difficult, longer, for intermediate people with no age restrictions
DŁUGA	technically difficult and technically demanding, without age restrictions
RODZINNA	very easy and short, for families with small children
K21A, M21A	technically difficult routes, but significantly shorter than K21E and M21E

TERREINS AND MAPS

STAGE 1 – long (1.05.2024 – Wednesday)

A typical moraine with a very good to very difficult course and a well-developed road network. The forest is heavily used for economic purposes.

Map: scale 1 : 10 000, for the K/M60 and older categories 1 : 7 500, contour lines every 5m, ISOM 2017, A3-A4 format depending on the category, updated in spring 2023.



STAGE 2 – sprint (1.05.2024 – Thursday)

The area of a Polish housing estate with both single-staircase and multi-staircase blocks, with a fragment of a single-family house estate. Flat terrain. There is normal car traffic on the premises.

Map: scale 1 : 4 000 and 1 : 3 000 for the K/M60 and older categories, contour lines every 2m, ISSprOM 2019-2, A4 format, March 2024.

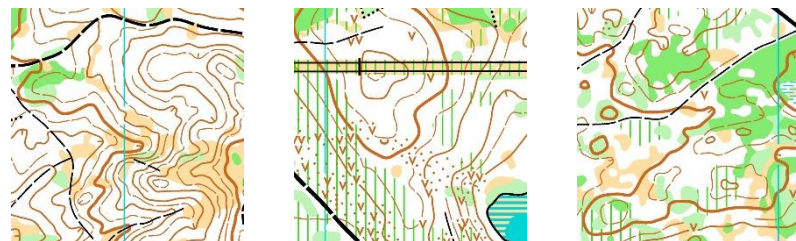
The area has never been used for Orienteering competitions.



STAGE 3 – middle, STAGE 4 – night (2.05.2024 – Friday)

The first part of the area is a typical moraine, with a very good to very difficult traversability with a well-developed road network, in the second part there is a smaller elevation gain with elements of micro-relief and lush vegetation. The forest is heavily used for economic purposes.

Map: scale 1 : 10 000, for the K/M50 for the K/M60 and older categories 1 : 7 500, contour lines every 5m, ISOM 2017, A4 format, updated in spring 2023.



STAGE 5 – middle, STAGE 6 – night (3.05.2024 – Saturday)

The first part is a typical moraine, with traversability ranging from very good to very difficult with a well-developed road network. The second part is a flat area that is a military training ground. It is characterized by a large number of holes, depressions, ditches and various military infrastructure facilities. Convenience ranges from very good to difficult. The forest is heavily used for economic purposes.

Map: scale 1 : 10 000, for the K/M50 for the K/M60 and older categories 1 : 7 500, contour lines every 5m, ISOM 2017, A4 format, updated in spring 2023.



STAGE 7 – middle (4.05.2024 – Saturday)

The area consists of two parts: moraine, with a very good to very difficult traversability with a well-developed road network. The second part is an area with many holes and a coniferous forest. Forest is heavily used for economic purposes.

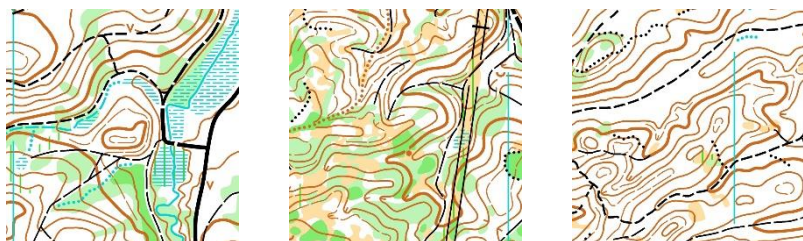
Map: scale 1 : 10 000, for the K/M50 for the K/M60 and older categories 1 : 7 500, contour lines every 5m, ISOM 2017, A4 format, updated in autumn 2023.



STAGE 8 – long (5.05.2024 – Sunday)

A typical moraine, with traversability ranging from very good to very difficult, with a well-developed road network. The forest is heavily used for economic purposes.

Map: scale 1: 10 000, for the K/M65 for the K/M60 and older categories 1: 7 500, contour lines every 5m, ISOM 2017, A3-A4 format depending on the category, updated in spring 2023.



CONTROL POINTS

The SportIdent AIR+ contactless checkpoint confirmation system will be used during the competition.

It is possible to rent an SI chip from the Organizer. This should be indicated in the application.

ENTRIES AND FEES

ALL 8 STAGES				
term	K/M 10-14 RODZINNA K/M10N	K/M 16-18	from K/M 20	KRÓTKA ŚREDNIA DŁUGA
Term I until March 18	190 PLN	270 PLN	390 PLN	270 PLN
Term II until April 15	230 PLN	310 PLN	470 PLN	310 PLN
after April 15	310 PLN	350 PLN	550 PLN	350 PLN
ONLY ONE STAGE				
term	K/M 10-14 RODZINNA K/M10N	K/M 16-18	from K/M 20	KRÓTKA ŚREDNIA DŁUGA
Term I until March 18	25 PLN	35 PLN	50 PLN	35 PLN
Term II until April 15	30 PLN	40 PLN	60 PLN	40 PLN
after April 15	40 PLN	45 PLN	70 PLN	45 PLN
Temp0				
Term	OPEN		PARA	
until April 15	30 PLN		0 PLN	

Attention!! The validity of the application on a given date is determined by the payment of the entry fee to the organizer's account, and not by the fact of completing the application form.

SI AIR+ chip rental for the entire competition 50 PLN/pcs - limited quantity, first come first serve basis,

SI chip rental - older model for the entire competition 24 PLN/pcs.

Losing the SI chip – PLN 360/pcs.

Any changes, i.e. chip or category number **after April 16** or at the Competition Center – 10 PLN/change

Resignation from participation – In the event of resignation from the competition, after making the payment, the entry fee is non-refundable. It is not possible to transfer the entry fee to another competitor.

Competitors who did not show up at the start but registered are obliged to cover 50% of the entry fee.

Applications will be accepted via the PZOS application form www.zielonasport.pl

Changes and additions to data including the SI card number will be accepted until April 15, 2024.

The entry fee should be transferred to the bank account:

Stowarzyszenie Klub Orientacji Sportowej BnO Szczecin
IBAN 27 1090 2806 0000 0001 4992 9495
SWIFT WBPPLPP
Santander Bank Polska

In the transfer title please enter:

Bukowa Cup 2024 and the name of the Club (or the name of the contact person)

ACCOMMODATION

The organizer provides accommodation in the following places and conditions:

- Hostel near the Competition Center (14 km) – 85 PLN per night without food
- Primary School No. 74, Szczecin, – 25 PLN per night (own mattress and sleeping bag required)
- Stanica harcerska Bukowina w Centrum Zawodów:
 - 60 places in cottages (mostly bunk beds, 6 people per room) for 45 PLN per day (own sleeping bag required)
 - Camping site – 30 PLN per day.

Persons interested in the above accommodation, please inform us by e-mail kontakt@bno.szczecin.pl

OFFICIAL T-SHIRT

It is possible to order the official Bukowa Cup T-shirt. Orders should be placed by e-mail by April 15, specifying the size and design of the T-shirt. The cost of a T-shirt ordered before the competition is 110 PLN/piece. People who do not decide to order a T-shirt before the competition will have the opportunity to purchase it at the Competition Center – cost 120 PLN/piece. – while supplies last.

MODEL NO. 1



MODEL NO. 2 (while stocks last)



FOOTNOTE

Competition participants take out their own insurance. The organizer is insured against civil liability.

The organizer provides medical care.

CONTACT

E-mail: kontakt@bno.szczecin.pl

Website: bukowacup.pl

Office Manager: Aleksandra Mazan mobile +48 721 121 141

Event Director: Bartłomiej Mazan mobile +48 668 009 601

CLOSED TERRAINS - SPRINT

The organizer only closes the sprint race area (Stage 2) under the following rules: You may stay in a closed area as a resident or student for business or tourist purposes (e.g. sightseeing, visiting a restaurant, shopping, participating in indoor sports events). In a closed area it is prohibited to: stay with a Sports Orienteering map, run, orienteer.

