

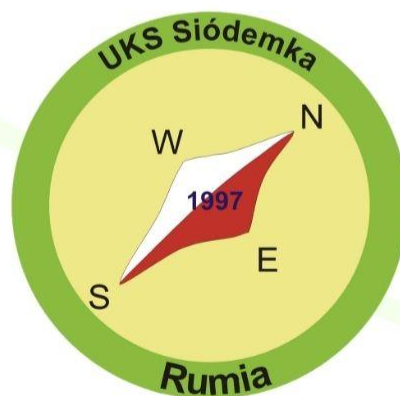
XXV ORIENTEERING

BALTIC CUP

Łężyce 21-23.08.2020

XX ANNA TADEJEWSKA MEMORIAL

Bulletin No. 2



18 August 2020

**Organizer:****UKS Siodemka Rumia**

29 Batorego str., PL-84-230 Rumia, Poland

e-mail: bn0@siodemka.rumia.pl phone: +48 502 316 364

**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

**The date and the place:**

Rumia-Łężyce –21st – 23rd August 2020

**Form of the competition:**

Individual, Baltic Cup competition consists of 6 separate sport events:

1. Stage 1 (morning round)
2. Stage 1 (afternoon round)
3. Stage 2 (morning round)
4. Stage 2 (afternoon round)
5. Stage 3 (morning round)
6. Stage 3 (afternoon round)

The overall classification of the Baltic Cup competition consists of the sum of the times of Stage 1 (morning or afternoon round), Stage 2 (morning or afternoon round) and Stage 3 (morning or afternoon round).

During the Baltic Cup in class **W18** the **XX 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 setters – Stage 1 Jacek Borzyszkowski, Janusz Porzycz
Stage 2 Jacek Borzyszkowski, Robert Niewiedziała
Stage 3 Jacek Borzyszkowski, Przemysław Olech
- Cartographer – Robert Niewiedziała, Michał Motała
- Competition Office – Barbara Niewiedziała



Competition Office

21-23.08.2020 at the Competition Centre in Łężyce

21.08.2020 – Fri – from 08.30

22-23.08.2020 – Sat and Sun – from 09.00

Detailed opening hours mentioned in *Programme* section.



Programme:

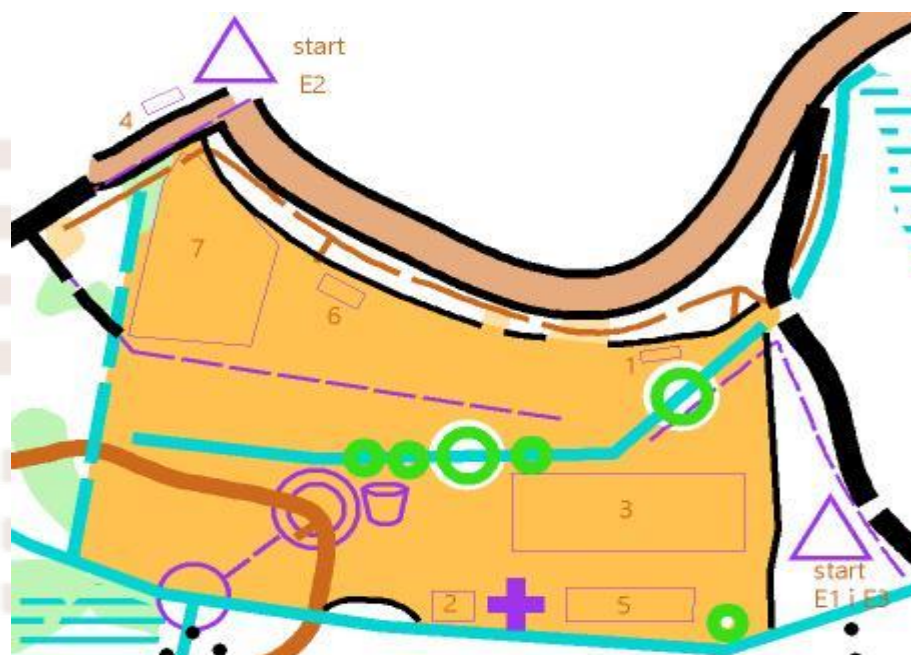
Day	Time	Detailed programme	Place
21.08.2020 Friday	08.30 – 11.00 14.00 – 16.00	Opening of the Competition Office in the Event Centre	forest meadow located on the north west of Łężyce GPS 54°30'55.8"N 18°21'18.0"E (54.515511, 18.355001 – plus code G984+62 Gacyny)
	10.00	Start of Stage 1 (morning round)	
	to 13.45	competitors of Stage 1 (morning round) must leave Competition Centre	
	from 14.00	competitors of Stage 1 (afternoon round) can visit Competition Centre	
	15.00	Start of Stage 1 (afternoon round)	
22.08.2020 Saturday	09.00 – 11.00 14.00 – 16.00	Opening of the Competition Office in the Event Centre	
	10.00	Start of Stage 2 (morning round)	
	to 13.45	competitors of Stage 2 (morning round) must leave Competition Centre	
	from 14.00	competitors of Stage 2 (afternoon round) can visit Competition Centre	
	15.00	Start of Stage 2 (afternoon round)	
23.08.2020 Sunday	09.00 – 11.00 14.00 – 16.00	Opening of the Competition Office in the Event Centre	
	10.00	Start of Stage 3 (morning round)	
	to 13.45	competitors of Stage 3 (morning round) must leave Competition Centre	
	from 14.00	competitors of Stage 3 (afternoon round) can visit Competition Centre	
	15.00	Start of Stage 3 (afternoon round)	

Competition Centre

Forest meadow located on the north west of Łężyce GPS 54°30'55.8"N 18°21'18.0"E (54.515511, 18.355001 – plus code G984+62 Gacyny)

The Competition Office, finish, SI card reading, toilets, first aid point are located in the Competition Centre.

There is a possibility to leave club tents at the CC during Baltic Cup competition.



1 – Competition Office

2 – SI card reading

3 – club tents area

7 – organizer's parking

4 – toilets

5 – organizer's tent

6 – isolatorium

Location of the last control, finish and directions to starts of each stage are also shown on the scheme.

Parking:

Access to parking – beginning of market route in village Łężyce from crossing Aleja Parku Krajobrazowego and concrete road GPS 54°30'37.6"N 18°22'02.1"E (54.510440, 18.367247 – plus code G968+5V Gdynia). Then follow 800 m concrete road the parking is located on the right side of the road.

Access from parking to Competition Centre – 300 m marked with orange stripes (traffic rules for pedestrians valid).

Parking fee – 15,00 PLN (3 days) or 5,00 PLN (1 day).

Please prepare exact amount of money.

Terrain description:

Terrain with many contour features, mostly good and very good runability. Very good net of roads and paths. There are some areas with dense vegetation. There are some marshes in the terrain. In the north east part typical moraine terrain with differences of hills up to 30 meters.

Maps:

Stage 1 - „Łężyce Południe” updated August 2020 scale 1:10000 e – 5m

Stage 2 - „Piekiełko” updated August 2020 scale 1:10000 e – 5m

Stage 3 - „Łężyce Północ” updated August 2020 scale 1:10000 e – 5m

For category W/M65 and older all maps in scale 1:7 500

There is a mistake on the maps – countours are 5 m, not 2,5 m like printed on the maps.

Classes:

W10, W12, W14, W16, W18, W20, W21E, W21S, W35, W40, W45, W50, W55, W60, W65, W80.

M10, M12, M14, M16, M18, M21E, M21S, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80.

W21S and M21S – short technical courses

Open classes: Free start:

Free start - between 00 and 60 (all stages – morning and afternoon rounds)

10N – routes marked with violet stripes

10R – routes marked with violet stripes – for children with caretakers

OPEN 1 – easy route for beginners

OPEN 2 – more difficult route

Punching System:

Sport Ident AIR+ punching system will be used.

Distances to start:

	CC - START
Stage 1	350 m
Stage 2	750 m
Stage 3	300 m

The way to start marked with white stripes.



🕒 **Prizes:**

For every competitor the jubilee medal will be handed out.

For the best 3 runners in each class in overall classification.

Because of COVID-19 the Prizegiving Ceremony will be NOT organized. Just after the results of each class will be known the competitors will be called to the Competition Office to collect the prizes. The remaining prizes will be handed out during the Grand Prix Pomorza in Gdynia. In case of absence during the Grand Prix Pomorza, the prizes will be handed out during competition in September.

🕒 **Jubilee draw:**

On the occasion of the 25th Baltic Cup jubilee, 25 attractive prizes in the form of vouchers will be drawn among all competitors. The draw will be carried out on Saturday and the prizes will be available for collection on Sunday at the Competition office.

To win:

- 5 vouchers to the ZAZU Sports store worth PLN 100 each;
- 10 vouchers for free entry to the 26th Baltic Cup 2021;
- 10 vouchers for a 50% discount on the entry fee for the 26th Baltic Cup 2021.

🕒 **Fees:**

- SI card rental – 3 PLN/race
- Fine for lost SI card – 120 PLN
- Entry fee according to the competition regulations.
- SI card change after verification deadline – 10 PLN

🕒 **Accreditation:**

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

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

During accreditation you have the last chance to change the SI number. Competitors with wrong SI numbers at the start will not be allowed to take part in the competition.

🕒 **Baltic Cup shirts:**

Persons who purchased Baltic Cup shirts are kindly requested to pick up point which will be located near the Competition Office.





Technical information:

- Control descriptions – on the maps and available on the start
- Time limit - 150 minutes
- Bib numbers - runners are obliged to start with their bibs numbers collected at the competition office. Bib must be placed at the runners chest.
- Beverages: mineral water at the finish line
- Results will be available only on-line
- Fair Play rules are required – maps will be not collected after race
- Participants of Baltic Cup are obliged to agree for publication their image on the Baltic Cup website, media and promotional materials. The organizer will use it only for purpose regarding competition.
- 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.

Remarks:

- The organizer provides medical care during each stage
 - Valid medical check-up is applied to all competitors
 - The organizer is insured against liability
 - Because of epidemic situation the buffet will be not available
 - The organizer does not take the responsibility for individual insurance
- Up-to-date information available on the competition website:

<http://www.balticcup.org.pl/>



 **Course parameters:**

Class	STAGE 1			STAGE 2			STAGE 3		
	km	CP	climbing	km	CP	climbing	km	CP	climbing
10N	1,6/2,5	6	45	1,8/2,9	6	15	1,5/2,5	6	30
10R	1,5/2,5	6	45	1,8/2,9	6	15	1,5/2,5	6	30
M10	1,6	6	45	1,8	6	15	1,6	6	30
M12	2,2	10	95	2,4	8	40	2,0	8	50
M14	2,7	11	115	3,2	9	65	2,7	8	80
M16	3,8	14	130	6,2	11	155	3,9	15	80
M18	4,9	20	160	7,0	11	145	4,8	15	150
M21S	4,3	18	140	5,7	14	95	4,5	15	40
M21E	5,8	25	210	10,2	25	320	6,1	19	170
M35	4,9	20	175	7,8	15	165	5,0	16	150
M40	4,6	20	155	7,1	13	150	4,7	17	140
M45	4,4	19	150	6,3	13	145	4,6	16	140
M50	4,0	17	160	6,2	13	130	4,1	13	130
M55	3,8	15	140	5,4	11	70	3,9	13	120
M60	3,7	15	140	4,9	11	75	3,7	10	120
M65	3,5	13	135	4,4	11	60	3,5	13	100
M70	2,6	11	120	3,3	7	50	2,9	9	90
M75	2,5	12	100	2,6	6	35	2,5	9	50
M80	2,2	10	90	1,9	5	20	2,0	8	40
W10	1,5	6	45	1,7	5	15	1,6	6	30
W12	2,1	10	90	2,3	7	45	2,0	7	50
W14	2,6	12	110	3,1	7	65	2,6	9	60
W16	3,2	15	120	4,6	11	75	3,4	13	60
W18	3,7	16	140	5,1	12	130	3,9	11	150
W20	4,0	16	150	6,1	10	155	4,2	13	130
W21S	3,6	16	125	4,4	12	80	4,2	16	80
W21E	5,1	20	195	6,9	13	175	5,4	16	150
W35	4,2	16	140	5,8	12	175	4,3	13	140
W40	4,0	16	140	5,1	10	80	4,4	15	100
W45	3,8	15	140	4,7	12	70	4,1	12	130
W50	3,6	16	120	4,6	10	70	3,9	13	100
W55	3,4	15	120	4,5	11	70	3,7	12	80
W60	3,3	14	115	4,7	8	70	3,5	11	80
W65	2,8	12	75	4,0	8	50	2,9	11	60
W80	2,0	10	70	1,7	5	20	1,9	6	30
OPEN1	2,5	10	70	3,2	8	50	2,8	12	90
OPEN2	4,7	14	125	5,3	11	65	4,6	12	90

COMPETITION INFORMATION AND RECOMMENDATIONS RELATED TO COVID-19

Due to the limitations related to counteracting COVID-19, all competitors are required to strictly comply with the orders and regulations of the Minister of Health and the Minister of Sport in force on the day of the competition.

1. Participants in the Competition Center stay / move within 1.5 meters of the distance.
2. In case of not keeping the minimum distances between participants, it is obligatory to wear protective masks.
3. The competition is conducted in two rounds a day - morning and afternoon, each with a number of participants not exceeding 250 people.
4. Disinfecting liquid will be available at the Competition Office, competitors are required to use it before approaching the Competition Office staff.
5. The work of the Competition Office will be organized in such a way as to keep safe distances between participants, please keep the intervals while waiting for your turn.
6. A visit to the Competition Office should be kept to a minimum.
7. The Competition Office will be regularly disinfected (tables, SI reading station, all frequently used areas).
8. It is not required to wear masks when approaching the start, keep the recommended distances between competitors.
9. The organization of the start includes an interval start (max. 4 people per minute).
10. The competitors keep the recommended distance from the start staff.
11. The Competition office and start staff will be equipped with masks.
12. Before entering the starting box, each competitor is obliged to disinfect their hands - appropriate liquids will be prepared.
13. Competitors do not have to use masks during the race.
14. After finishing the competition, it is recommended to leave the Competition Centre efficiently.
15. The results will be published on the organizer's website.
16. After finish line, before approaching reading SI cards tent, you must disinfect your hands and maintain the required safe distances between competitors while waiting for the reading of the SI card and take out the printout with the result.
17. In case of a sudden onset of symptoms characteristic of Covid-19, the event participant is obliged to go to the isolatorium as soon as possible.

18. Due to the concern for the health and life of all participants of the competition, the organizers ask to refrain from participating in the competition for all those who will experience elevated body temperature on the day of the competition and whose mood may indicate any respiratory infections, as well as those who have recently had contact with people infected with Covid-19 or in quarantine.

19. All competitors are also asked to use a disinfectant after each use of the toilets located in the competition centre.

20. The coaches are responsible for the observance of the above guidelines among minors.

 Sponsors:

SIGN POLSKA

ZAZU
SPORTS