



## International Orienteering Event Pomorze Sprint Cup 2024 World Ranking Event

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

### Bulletin No. 0

#### 1. Organizer

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

82-500 Kwidzyn, ul. Warszawska 13, [www.umkskwidzyn.pl](http://www.umkskwidzyn.pl)

#### Co-organizer

Polish Orienteering Association

00-024 Warszawa, Al. Jerozolimskie 30/21, [www.orienteing.org.pl](http://www.orienteing.org.pl)

#### 2. Date and location

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

#### 3. Contact

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

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

#### 4. Program

Date	Stage and location	Preliminary
24/05/2024 (Friday)	S1 – Kwidzyn (WRE)	16.30 – 18.30
25/05/2024 (Saturday)	S2 – Kwidzyn (W, M Elite - knockOut) – qualification S3 – Kwidzyn (W, M Elite - knockOut) – QF, SF, F	10.00 – 12.00 16.00 – 19.00
26/05/2024 (Sunday)	S4 – Kwidzyn (WRE) Prize-giving ceremony	10.30 – 12.30 13.00



## 5. Form of the competition

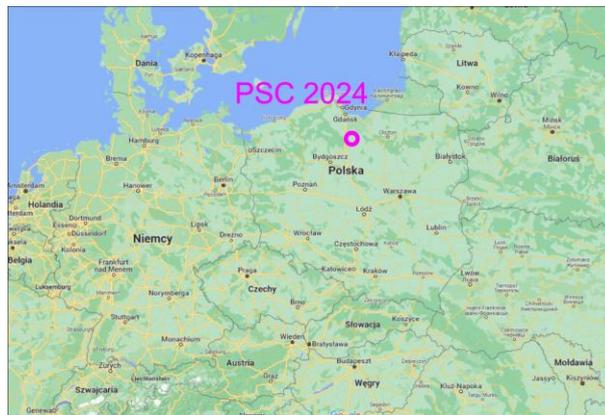
Three-day, four stages, individual sprint orienteering event. Included in the Polish Orienteering Association ranking, with a polish ranking index 1100. 2 World Ranking Event stages included. For some categories, Stages 2 and 3 will be played in the form of KnockOut - SPRINT. Details will be given by January 31, 2024 in Bulletin no. 1

## 6. Maps

4 new maps update May 2024, standard ISSPrOM 2019.– 2 maps of a new terrain that hasn't been used for orienteering competitions before.

## 7. Competition area

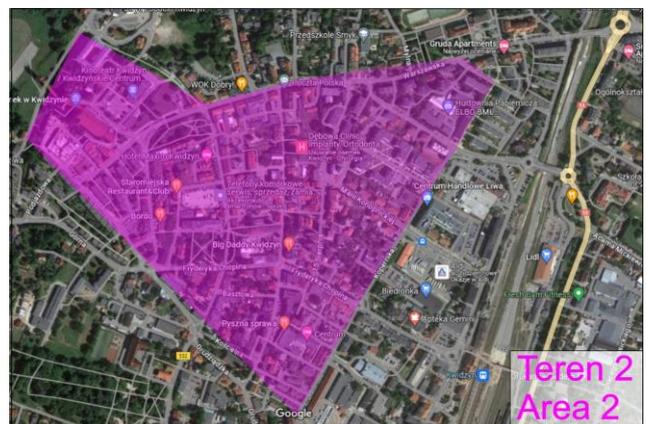
All courses will be set out in the urban area - Each stage will take place in a different area - from the area of a typical housing estate with lots of backstreets, green areas and enclosures, through the centre of the old town, park areas to sports and recreation areas.

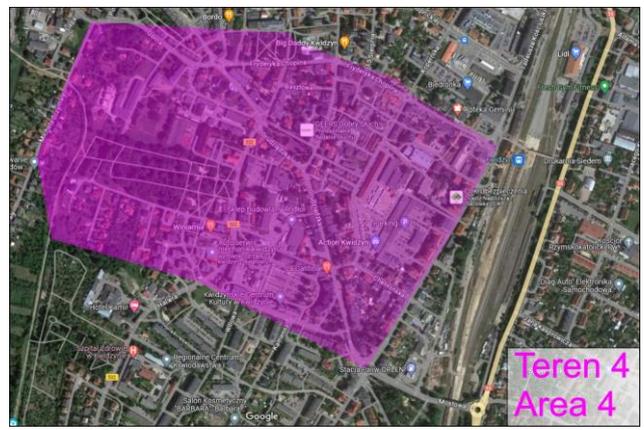


## 8. Embargoed areas

Designated areas in the administrative area of the city 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.





## 9. Class

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.

## 10. Entries and entry deadlines

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

Entries deadline: **13/05/2024**



Applications in all categories will be accepted:

- Competitors with a Polish Orienteering Association (PZOS) license through the application form on the website <https://orienteering.org.pl/pzos/detail/entries/1099>
  - 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 enter the IOF application form:

24.05 (Friday) <https://eventor.orienteeing.org/Events/Show/7940>

26.05 (Sunday) <https://eventor.orienteeing.org/Events/Show/7941>

Due to the Knock Out Sprint organization, it is not possible to apply after May 13, 2023 for the W20, W21E, M20 and M21E categories. Applications after 13.05.2023, in other categories possible only in place of vacancies and only by e-mail: [t.muller@umkskwidzyn.pl](mailto:t.muller@umkskwidzyn.pl)

## 11. Punching system

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

## 12. Fees

They will be given in the Bulletin No. 1, which will be published by January 31, 2024

### Attention!

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

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

## 13. Accommodation and food

The organiser does not arrange accommodation or catering, but in Kwidzyn and in the vicinity there are many accommodation facilities of various standards.

Information about the possibility of accommodation at the school will be published in bulletin 1

## 14. 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 would like to organise additional transport ( on request) from and to Gdansk airport.

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

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

All Sport Classes – for places 1-3 diplomas medals and small prizes

10R – all competitors diplomas and small gifts

Middle – for places 1-3 diplomas and small gifts

## 16. Team classification

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.pomorzesprintcup.pl](http://www.pomorzesprintcup.pl) in the tab 'Newsletters'.

## 17. Rules and general information

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

### 17.2 Anti-doping

Doping is forbidden. "Think positive – test negative"! 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. The team leader will have to sign for the whole team.

### 17.3 Climate

Average temperature in Kwidzyn at the end of May between 18 and 20° C in daytime.

### 17.4 Visa

You do not need a visa if you come from EU or the Schengen area. Other international travelers may be required to hold a Polish visa prior to travel to Poland, depending on your country of residence.

## 18. Additional information

- all participants compete at their own risk
- participants registering for Pomorze Sprint Cup 2024 agree to have their image, name and surname, and year of birth published in the media coverage as well as results, final protocols and marketing materials of the competition.
- participants are responsible for their own insurance
- the organizer provides medical care during every stage of the competition
- there will be a free kindergarten for participants' children available during every stage of the competition in the event centre
- all athletes and coaches are obliged to sanitary regulation with the rules applicable in Poland on the day of the competition

**We invite you and see you in Kwidzyn  
in Powiśle  
ORGANIZERS**

