



VIII **BukowaCup** 30.04-03.05.2021

BULLETIN no 1

Competition of the Poland Central Calendar (coefficient of Z=1.10)



Flamma.

świeca rzepakowa



Dear Competitors,

The 8th edition of the Bukowa Cup competition is ahead of us.

This year we invite you to spend the May weekend in Szczecin.

We promise that we will use this time effectively therefore we offer you as many as 6 runs included in the general classification, extra forest sprint and two stages TrailO.

Bukowa Cup is not only FootO but also an opportunity to promote the sport of disabled people and integration of our environment.

We want to show you that TrailO is not as scary as they say it and can be an alternative form of training also for FootO runners.

Our competitions are created with passion for Orienteering.

The running routes lead through the picturesque Bukowa Beech Forest.

We hope that this year's event like previous editions will meet your expectations and participation in the event in addition to the spilled sweat will bring you complete satisfaction.

We will be very pleased to host you again in Szczecin - a city that smells of chocolate.

We wish you a lot of fun on the road.

Bartłomiej Mazan

Event Director

ORGANISER

Klub Orientacji Sportowej BnO Szczecin
Ul. Somosierry 32c
71-181 Szczecin

CO-ORGANISERS

Urząd Miasta Szczecin
Urząd Marszałkowski Województwa Zachodniopomorskiego
Polski Związek Orientacji Sportowej
Zachodniopomorski Okręgowy Związek Orientacji Sportowej
UKS Sprint Pełczyce
SP 47 w Szczecinie

PARTNERS

Gmina Stare Czarnowo
Etcetera Reklama Szczecin
Ekspert Zdrowia
Gospodarstwo Agroturystyczne „Mała Wenecja”
Fotopoligraf.pl – fotografia ślubna i studyjna
Decathlon Szczecin
Szczecin Floating Garden
Szczecin Kibicuje
Nadleśnictwo Gryfino
Biernat Chłodnictwo Klimatyzacja Wentylacja
Flamma.
Mariano Italiano
Lech Free
Miody Fujarskich

RANK & FORM OF THE COMPETITION

Orienteering: Individual competition, combined ranking after SIX courses;
Competition ranked by CTZ, Z=1,10 ratio
Trail-0: Individual competition, separate rankings for Temp0 i Pre0

THE ORGANISER'S TEAM

Director: Bartłomiej Mazan

Head Referee: Hubert Kula

Office Manager: Aleksandra Mazan

Referee at the start: Krzysztof Polec

Referee at the finish line: Artur Haptar

Speaker: Sławomir Cygler

Cartographers:

E1 : Hubert Świerczyński

E2: Wojciech Dwojak, Jacek Morawski

E3: Hubert Świerczyński

E4,5,6: Wojciech Dwojak, Jacek Morawski

Forest sprint: Wojciech Dwojak, Jacek Morawski

Pre0 i Temp0: Bartłomiej Mazan

SportIdent Service: Joanna Kotkowiak, Hubert Świerczyński

Course builders:

E1,2,3,4,5,6: Bartłomiej Mazan

Pre0 i Temp0: Bartłomiej Mazan, Aleksandra Mazan

Leśny sprint: Bartłomiej Mazan

THE EVENT OFFICE

The office can be found every in the Competition Centre

DATE AND PLACE

30.04.2021 (Friday)

E1 - Sprint – Primary School No. 59 Dąbska Street

GPS 53.37009, 14.66471

1.05.2021 (Saturday)

E2 - middle, E3 - night and Pre0 – Bukowa Forrest

GPS 53.322093, 14.706036

glade near "Leśnictwo Kołowo"

Forest sprint - Szmaragdowe Lake

GPS 53.373678, 14.617824

Former Restaurant "Grotta" at the end of Grabowa Street

2.05.2021 (Sunday)

E4 – middle, E5 – night and Temp0 – Bukowa Forrest

GPS 53.322093, 14.706036

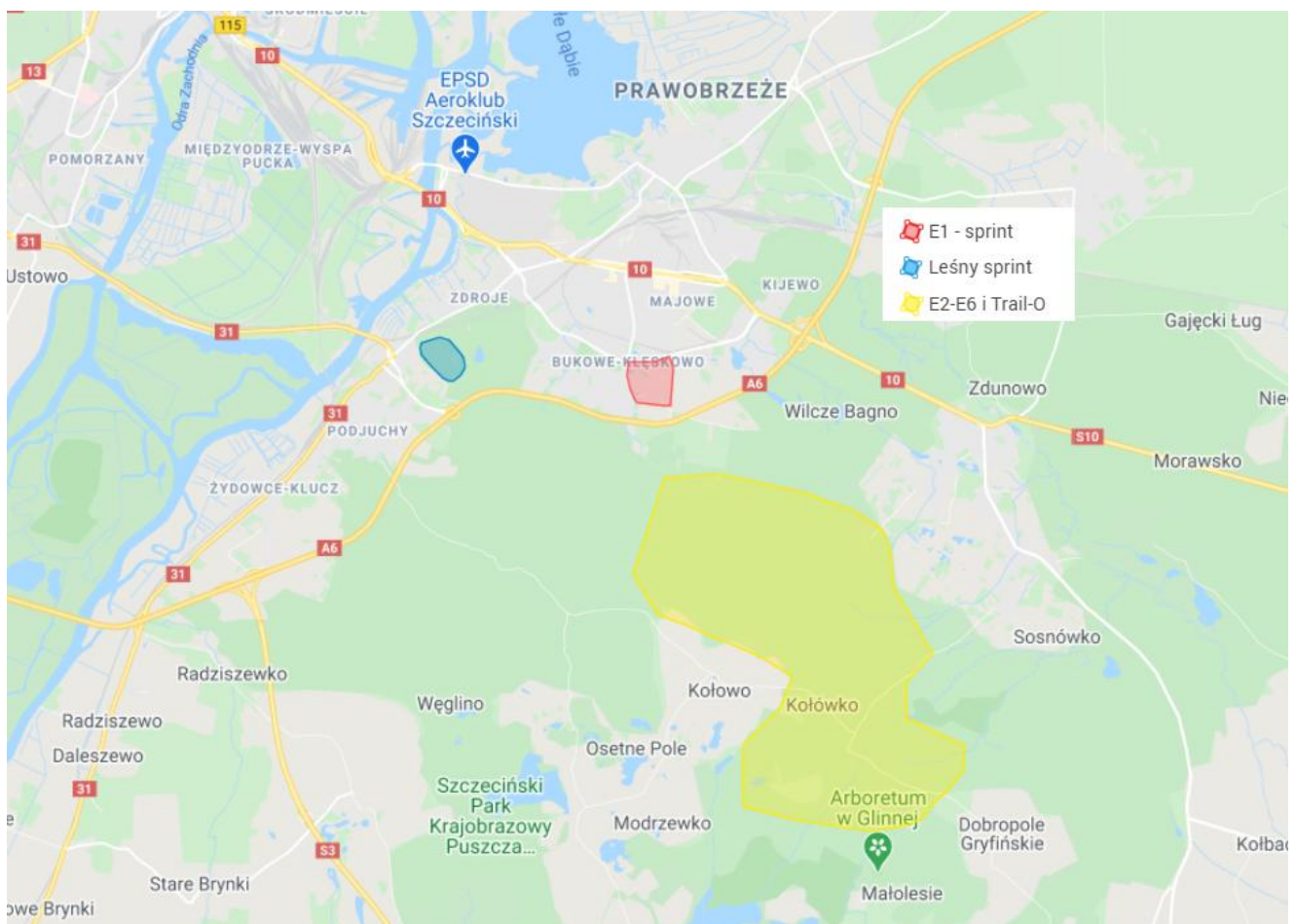
glade near “Leśnictwo Kołowo”

3.05.2021 (Monday)

E6 – Średni – Bukowa Forrest

GPS 53.322093, 14.706036

glade near “Leśnictwo Kołowo”



PROGRAMME

We strongly encourage all the participants to enter both orienteering and Trail-O coursed. For those who will participate in both events, the organisers will adjust their starting minutes.

30 April (Friday):

17:30 – Competition Centre opens
19:00 – E1 sprint

1 May (Saturday):

8:00 – Competition Centre opens
9:00 – Pre0
10:00 – E2 middle
16:00 – forest sprint
21:00 – E3 night

2 May (Sunday):

10:00 – Competition Centre opens
11:00 – E4 middle
12:00 – Temp0
20:30 – E5 night

2 May (Monday):

9:00 – Competition Centre opens
10:00 – E6 middle
13:30 – Closing ceremony

PARTICIPATION

According to the PZOS rules, every competitor who wishes to participate in competitions ranked in CTZ has to prove that they have a valid license issued by PZOS in order to compete for PZOS's ranking points. Lack of such licence does not interfere with taking part in Bukowa Cup, that competition is open for every participant.

All participants are required to have been checked medically before the competition and have been cleared for taking part in sports competitions. Partakers who can't verify that they have been cleared by a doctor, have to state that they are taking part in the Bukowa Cup for their own responsibility.

All participants registered as impaired have to deliver a proof as in line with PZOS rules (attachment 12a of the PZOS licence rules).

MAP AND TERRAIN

Stage 1

Sprint:

The area of a modern housing estate with park parts with difficult runnability. Flat area.

Map: "Zielony Zakątek" - scale 1: 4,000, e = 2m, ISSprOM 2019, A4 format, April 2021, H. Świerczyński

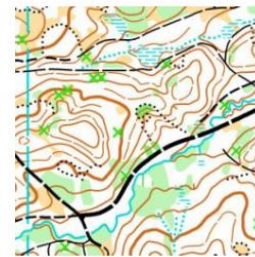
Area never used for Sports Orientation competitions.

Stages 2-6

Middle and night:

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

Maps: "Kołowo", "Kołówko", "Droga Bieszczadzka" - scale 1:10 000, veterans 1: 7500, e = 5m, ISOM 2017, A4 format, valid in spring 2021.



PreO:

scale 1 : 4 000, e=2m, ISSOM 2007, format: A4, summer 2020, B.Mazan

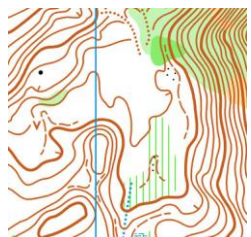
Estimated number of points: 15

Never before used for Trail-O

Forrest sprint:

Remainings of an old chalk mine. Various terrain with multiple steep slopes. Mobility limited with local wetlands. Competitors on a wheelchair are advised to enter the terrain with a guide.

Map: „Kopalnia kredy” – scale 1 : 4 000, e=2m, ISSOM 2007, format A4, Summer 2019, W. Dwojak



Temp0:

Typical morain with mobility scaling from very good to very limited. Well-developed route network. Forrest is highly-exploited economically.

scale 1 : 4 000, e=2m, ISSOM 2007, format A4, summer 2020, B.Mazan

Estimated number of stations: 5

Never before used for Trail-O

CATEGORIES

Orienteering:

K10N, K10, K12, K14, K16, K18, K20 K21, K35, K40, K45, K50, K55, K60, K65, K70, K75, K80, K85, K90+

M10N, M10, M12, M14, M16, M18, M20, M21, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90+

OPEN COURSES:

N – course with markings

SHORT – easy, short, suitable for beginners of every age

MIDDLE – slightly harder and longer for more advanced participants of every age

LONG – the hardest and most exploiting for advanced runners of every age

FAMILY – very easy and short, for parents with small children

Pre0 i Tempo

OPEN – for every participants no matter the sex, age and level of impairment

PARA – for every participant with documented impairment (attachment no 12a of the PZOS's license book)

MŁODZIK – for every participant who is 14 years or younger (birth year of 2006 and later) no matter the sex

CONTROL POINTS

The Bukowa Cup will use the electronic system to verify competitor's points validation – Sportident. The event's version of the system does not require physical contact using Sportident AIR+ capabilities.

It is possible to rent SI chips from the Organisers. Should you require that kind of help, please make sure to note that in your registration form.

PreO competition will be conducted with traditional start cards. Time Trials will be recorded with the help of TiM app.

TempO will use a TiM app to conduct the event. Participants will be additionally equipped with cards as a backup.

REGISTRATION AND ENTRY FEE

DEADLINE	TrailO	Bukowa Cup E1-E6				Forest Sprint
	Elite (Open, Para, Młodzik)	K/M 10-14 FAMILY K/M10N	K/M 16-18	K/M 20 and older	SHORT MIDDLE LONG	
Promotion term until March 31	30 PLN per stage	100 PLN	130 PLN	190 PLN	130 PLN	30 PLN
basic term until April 19	45 PLN per stage	130 PLN	170 PLN	235 PLN	170 PLN	40 PLN

Forest Sprint for KM10-14 and Family categories - promotional term PLN 15, basic term PLN 20.

Start in one stage of BnO:

KM10-14 + Family - PLN 25 / stage

KM16-18 + OPEN - PLN 30 / stage

From KM20 - PLN 40 / stage

Renting a SI AIR + chip for the entire competition PLN 30. - limited quantity, the order of applications is decisive,

Renting an SI chip - an older model for the entire competition PLN 18.

Losing the SI chip - PLN 300 / item

Any changes, i.e. the number of the chip or category after April 19 or in the Competition Center - PLN 10.00 / change

Resignation from participation - In the event of resignation from the competition, after making the payment - the entry fee is not refundable.

Competitors who did not appear at the start, but have made the application, are required to cover 50% of the starting fee.

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

Changes and additions to the data, including the SI card number, will be accepted until April 19, 2021.

Applications of competitors from abroad will be accepted by e-mail
kontakt@bno.szczecin.pl

The entry fee should be wired using bank transfer to:

Stowarzyszenie Klub Orientacji Sportowej Bn0 Szczecin

IBAN 13 1950 0001 2006 2172 4628 0001

SWIFT IEEAPLPA

IDEA Centrala

In the title please enter:

BukowaCup 2021 and Club Name (or the name of primary contact person)

BUFFET

There will be a well-stocked grill buffet at the E2-E6 competition center.

OFFICIAL T-SHIRT

You can order the official Bukowa Cup T-shirt.

Orders should be placed by e-mail by April 19. The cost of a T-shirt ordered before the competition is PLN 110 / item.

People who do not decide to order a t-shirt before the competition will have the option to buy it at the Competition Center - cost PLN 120 / item. - while stocks last.



FOOTNOTE

Participants should be insured on their one. The organiser is insured from civic responsibility in accordance to Polish Law.

The Organiser will provide medical help.

ACCOMMODATION

It is possible to book accommodation in the Hostel near the Competition Center. We are working on the organization of an overnight stay at school 25km to CZ in tourist conditions. The availability of accommodation will depend on the current epidemiological situation.

People interested in the above-mentioned accommodation, please contact us by e-mail: kontakt@bno.szczecin.pl

CONTACT

E-mail: kontakt@bno.szczecin.pl

Website: bno.szczecin.pl

Office Manager: Aleksandra Mazan mobile +48 721 121 141

Director: Bartłomiej Mazan mobile +48 668 009 601

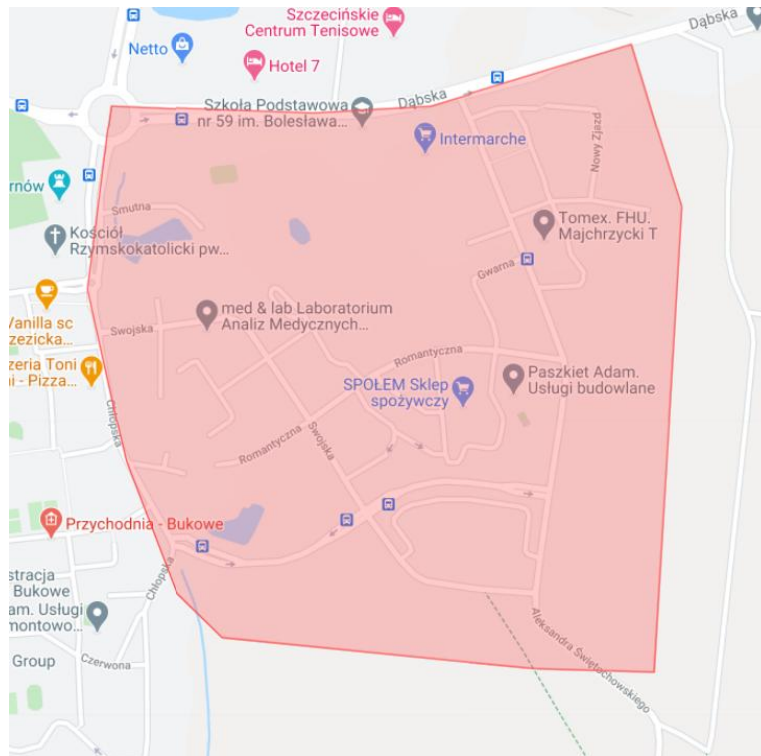
CLOSED TERRAIN

The Organiser closes the terrain in which the competition is going to held.

T&C's apply:

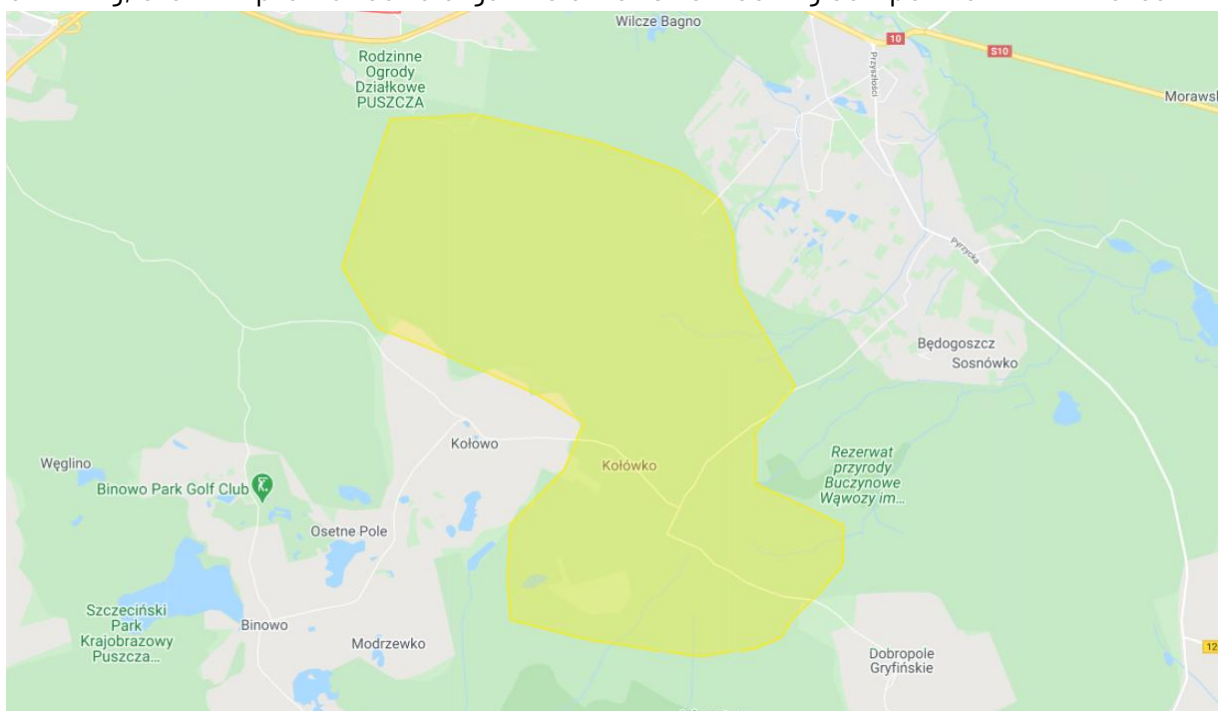
Sprint - Stage 1

It is acceptable to remain in the closed area as a resident, student or while in business or leisure travel. It is prohibited to remain in the terrain with orienteering map, running or orienteering.



Forrest Courses – Stages 2-6 and Pre0 or Temp0

The closed area is banned from any physical activity, including walking, running, biking or skiing, etc. It is prohibited to organise other Orienteering competitions in this area.



INFORMATION AND RECOMMENDATION REGARDING COVID-19 PANDEMIC

Bukowa Cup VIII – 30 April – 3 May 2021 – Szczecin
bno.szczecin.pl

1. Participants should apply social distancing at all times while in or around the Competition Centre.
2. It is recommended to wear a facial mask while in the Competition Centre, especially if a competitor predicts that maintaining social distancing could be difficult.
3. The Organisers will conduct the event so that there won't be more than 150 participants per hour on the course.
4. Please find and use the sanitizers accessible in the Competition Centre. Participants are obliged to sanitize before entering the Organisers Office.
5. The Office work will be conducted in order to maintain social distancing between competitors and organisers, including queueing 2m apart
6. Visits in the Office should be limited to a minimum amount of time. The caretakers and trainers are obliged to represent it's pupils in the Office. It's prohibited to approach the Organisers' Office or to queue with a child.
7. The Office will be maintained in a sanitary fashion with regular decontamination of touch points, such as: tables, SI dock, etc.
8. It's not required to wear a face mask while jogging/walking to the start line. It is recommended though to maintain social distancing.
9. There will be intervals between players starting.
10. Participants on the start line have to maintain distance from Organisers.
11. The Organisers in the office and on the start line will be equipped with facial masks and sanitary gloves.
12. SI docks located on control points will be contactless-ready. In order to turn on SIAC contactless mode in your SI chip, you have to first CLEAR your chip and then dock the CHIP to the START control point (non-contactless). Participants who do not possess SI AIR+ chips can still validate control points using ordinary SI chip dock.
13. Participants are not obliged to use masks while on the start line or on the course
14. Participants are asked to swiftly leave the Competition Centre after completing the course
15. The results will be published on Organiser's website: www.bno.szczecin.pl
16. It is essential for the participants who just entered the finish line and approaches the SI reading station to sanitize their hands before approaching the Organisers. Please also remember to apply social distancing while queueing.
17. We urge all those who have been in contact with people tested positively for COVID-19 to stay home!
18. We also recommend staying home to all those who live or are often in contact with elderly or chronically ill.
19. Stay home and seek medical help if you have any of these symptoms: fever, running nose, cough, shortness of breath, chest pain, loss of taste or smell, diarrhea.
20. We recommend bringing your own tissues, facial mask, sanitizer and a bottle of water

21. If possible, avoid public transport en route to the event
22. Bath thoroughly after coming back from the event
23. Launder your tracksuit
24. Remember about making sure you will not run out of sanitizers or tissues between event days. Or that you haven't lost your facial mask.
25. During Bukowa Cup, every course was built so that every category could have an entirely different route
26. Seek for available medical help if needed. The paramedics are always present in the Competition Centre
27. Registering for the event means that the participants accepts these rules, accepts Bukowa Cup rules and agrees to processing their data.