



Bulletin 2

XIII Polish Championships MTBO Official Training Camp EMTBOC 2013, 10-12.05.2013 KRASNYSTAW, BIAŁKA

Organiser UKS Trop Białystok, ul. Grottgera 9, 15-225 Białystok
Polski Związek Orientacji Sportowej
Podlaski Okręgowy Związek Orientacji Sportowej
Stowarzyszenie Team 360 stopni

Event Centre : Friday 10.05.2013 Oddział Stada Ogierów w Białce open until 13:00
See you map:

http://www.zumi.pl/1951841.Stado_Ogierow_Bialka_Sp_z_o.o.,Bialka.firma.html#!s=homePage

Classes – individual event

| Category | age | Women | Mean |
|----------|--|-------|------|
| Children | 11–14 | K-14 | M-14 |
| Youth | 15–17 | K-17 | M-17 |
| Junior | 18–20 | K-20 | M-20 |
| Elite | 21–39 | K-21 | M-21 |
| Veteran | 40–49 | K-40 | M-40 |
| | 50–59 | K-50 | M-50 |
| | 60–69 | K-60 | M-60 |
| | 70– | K-70 | M-70 |
| Open | Open R – family Open K, S, D /short, middle, long/– | | |

Relay event:

| Zawodnicy | age (year) | Women | Mean |
|----------------|------------|-------|------|
| Children | 11–14 | KD | MD |
| Youth & Junior | 15–20 | KJ | MJ |
| Elite | 21– | K | M |
| Veteran | 40– | KV | MV |

Entries : Before 21.04. please use entries form on the web-page

www.orienteering.waw.pl or by e-mail jan_cegielka@sggw.pl

Entries by e-mail valid after your confirmation.

Entry fee: KM 14 OTR – 50 PLN
KM 17; 20; 21+, OTK; OTS, OTD – 100 PLN

Entries included 4 starts /3 individual and one relay/

Accommodation: Internat I LO, Krasnystaw, str. Piekarskiego 1 See you map
<http://www.cylex.pl/firmy/internat-liceum-og%C3%B3lnokszta%C5%82c%C4%85cego-nr-i-10489752.html>

Rooms for 2-4 person 30, 00 PLN/per one person/per one night

Hard floor with our sleeping bags 10, 00 PLN per one person/per one night.

Meals – it the organizer does not run the an agency in safing of board during competition and training camp.

Program: 10.05.2013 /Friday/ - arrival and middle distance start 15:30
11.05.2013 /Saturday/- sprint distance start 11:00
11.05.2013 /Saturday/- mixed sprint relay, relay team including one male and one female team member (women: legs 1 and 3, men: legs 2 and 4). start 15:30
12.05.2013 /Sunday/ - classic distance mass start 11:00

Terrain Many roads, hills and ravines – very similar area on EMTBOC 2013 – only 60 km from event centre EMTBOC 2013.

Map Special MTBO – maps 1:7 500, 1:10 000, 1:15 000, e - 5 m, brought up to date in April/May 2013 by Andrzej Olech, Jan Cegielka.

Prizes: Medals for 3 first competitors in all categories after 3 days,
Diplomas 1-6 place competitors all categories after all days,

Prize giving ceremony 11.05. 14:00 and 12.05. 13:00 at the event center.

Punching system Sport-Ident punching system will be used for all races.