

Polish Orienteering Federation is very glad to welcome the best mountain bike orienteers of the world in the Mazuria Highlands, in the heart of Poland. Here you will have the opportunity to compete in very interesting and beautiful terrains. But

beside the sport engagement you will spend unforgettable days together in our attractive Event Center. There are some beautiful lakes nearby which enable to practice water sports. Special attractions are Teutonic Castles in nearby towns and every-day canal cruises along Ostróda – Elbląg water canal (the unique monument of water building).





Organizer

IOF International Orienteering Federation

PZOS Polish Orienteering Federation

WMOZBnO Warmińsko Mazurski Okręgowy Związek BnO

Honorary presidium:

prof. dr hab. Ryszard Górecki	Rektor UWM
Tomasz Głazewski	Prezydent Miasta Olsztyna
Hanna Kowalska	Dyrektor Wydziału Edukacji i Sportu – Olsztyn
Włodzimierz Brodiuk	Starosta Ostródzki
Wojciech Wieciński	Nadleśniczy (Nadleśnictwo Stare Jabłonki)
Gustaw Marek Brzezin	Wójt Gminy Ostróda
Tadeusz Patejko	President Polish Orienteering Federation

Organizing committee

Event director:	Jan Cegiełka, vice-president of PZOS
Event vice-director:	Danuta Mikielska, president of WMOZBnOiRS
Economic director:	Jan Szepelak, vice-president of WMOZBnOiRS
Event centre provider:	Andrzej Olech
Technical director:	Ryszard Chachurski (KU AZS WAT Warszawa)
Cartographer:	Marek Sobiegraj, Jarosław Bartzak, Maciej Krzyško, Jan Cegiełka, Ryszard Chachurski, Jacek Kozłowski, Dariusz Sokalski.
Course Setter:	Jan Cegiełka, Maciej Krzyško, Marek Sobiegraj, Ryszard Chachurski

- Event office chief: Monika Kajzer-Marcinkiewicz
Press office chief: Tomasz Gronau
IT headman: Marek Sobiegraj
(UKS Sprint Pełczyce)
Internet reporting: Maciej Krzyśko
(UKS Sprint Pełczyce)
Start chief: Jacek Kijewski
(KU AZS WAT Warszawa)
Finish chief: Grzegorz Zwoliński (Burza Wrocław)
Results board: Marek Sobiegraj
(UKS Sprint Pełczyce)
Media: Igor Błachut (Eurosport Polska),
Maria Cutova (Slovakia)
Health care: Arkadiusz Jaworski
National controller: Lech Trzpil (OKS Otwock)
IOF event adviser: Arbo Rae (EST)

Event Center

Hotel Anders resort & spa

ul. Spacerowa 2

14-133 Stare Jabłonki

tel. +48 (89) 642 70 00, -01, -02

faks.: +48 (89) 642 70 13

e-mail: anders@hotelanders.pl

Web-page: www.hotelanders.pl

In Event Centre you can find during MTB-WOC 2008: Event office with information desk, Press Office, room for Team Leader's Meeting, IT centre and more.



Programme

Sunday - 24th August 2008

- 10:00 — 23:00 Opening hours of the Event office (EC)
10:00 — 23:00 Accreditation, accommodation
10:00 — 23:00 Opening hours of the Press centre (EC), internet
12:00 — 14:00 Lunch
14:00 — 18:00 Model event
——— 20:00 Deadline for Sprint competition entries
19:00 — 20:30 Dinner

Monday - 25th August 2008

- 7:30 — 9:00 Breakfast
9:00 — 9:30 Team leaders meeting
8:00 — 14:00 Opening hours of the Event office(EC)
8:00 — 18:00 Opening hours of the Press centre (EC), internet
9:00 — 12:00 Model event
12:00 — 14:00 Lunch
——— 12:00 Deadline for Middle distance competition entries
13:00 — 14:30 Departure to sprint event
/by car 30-45 minut from event center/
14:30 — 18:15 Sprint
——— 14:30 First start in Women/Mean JWOC category
——— 15:45 First start in Women/Mean WOC category
——— 17:30 First start in Women/Mean WMOC & Open event category
18:00 — 18:45 Opening ceremony, Sprint prize giving ceremony
19:30 — 21:00 Dinner
19:00 — 22:00 Opening hours of the Event office (EC)
20:30 — 21:00 Team leaders meeting

Tuesday - 26th August 2008

- 7:00 — 9:00 Breakfast
8:00 — 9:30 Opening hours of the Event office (EC)
8:00 — 9:30 Opening hours of the Press centre (EC), internet
10:00 — 12:00 Opening hours of the Event office at Middle finish area
10:00 — 16:00 Opening hours of the Press centre at Middle finish area
10:00 — 15:00 Middle WOC&JWOC
——— 12:00 Deadline for Long distance competition entries
14:20 — 14:35 Flower ceremony at finish area

- 14:00 — 16:00 Lunch
 16:30 — 18:00 Classic distance WOMC&Open event
 16:00 — 22:00 Opening hours of the Event office (EC)
 16:00 — 22:00 Opening hours of the Press centre (EC), internet
 18:30 — 19:00 Middle distance competition prize giving ceremony (EC)
 19:00 — 19:30 Team leaders meeting
 19:00 — 21:00 Dinner

Wednesday - 27th August 2008

- 7:00 — 9:00 Breakfast
 8:00 — 9:30 Opening hours of the Event office (EC)
 8:00 — 9:30 Opening hours of the Press centre (EC), internet
 10:00 — 2:00 Opening hours of the Event office at Long-Q finish area
 10:00 — 16:00 Opening hours of the Press centre at Long-Q finish area
 10:00 — 14:00 Long qualification WOC&JWOC
 14:00 — 16:00 Lunch
 16:30 — 18:00 Middle distance WOMC&Open event
 16:00 — 22:00 Opening hours of the Event office (EC)
 16:00 — 22:00 Opening hours of the Press centre (EC), internet
 19:00 — 21:00 Dinner

Thursday - 28th August 2008

- 7:30 — 9:00 Breakfast
 8:00 — 10:00 Opening hours of the Event office (EC)
 8:00 — 10:00 Opening hours of the Press centre (EC), internet
 10:30 — 13:00 Ultra Long WOMC&Open event (mass start all category)
 13:00 — 14:30 Lunch
 15:00 — 22:00 Opening hours of the Event office (EC)
 15:00 — 22:00 Opening hours of the Press centre (EC), internet
 18:00 — 20:00 Dinner
 19:00 — 20:00 Team leaders meeting

Friday - 29th August 2008

- 7:00 — 9:00 Breakfast
 8:00 — 9:00 Opening hours of the Event office (EC)
 8:00 — 9:00 Opening hours of the Press centre (EC), internet
 9:30 — 15:00 Long final WOC&JWOC
 10:00 — 14:00 Opening hours of the Press centre at Long-F finish area
 11:00 — 14:00 Opening hours of the Event office at Long-F finish area
 — 12:00 Deadline for Relay competition entries



- 14:30 — 14:45 Flower ceremony at finish area
- 14:00 — 15:30 Lunch
- 17:00 — 18:30 Free order WOMC&Open event (mass start all category)
- 16:00 — 22:00 Opening hours of the Event office (EC)
- 16:00 — 22:00 Opening hours of the Press centre (EC), internet
- 18:00 — 20:00 Dinner
- 19:00 — 19:30 Team leaders meeting
- 20:00 — 20:30 Long distance competition prize giving ceremony (EC)

Saturday - 30th August 2008

- 7:00 — 9:00 Breakfast
- 8:00 — 18:00 Opening hours of the Event office (EC)
- 8:00 — 18:00 Opening hours of the Press centre (EC), internet
- 9:45 — 14:00 Relay
- 9:45 Start of 1st legs - relay Men JWOC
- 9:50 Start of 1st legs - relay Women JWOC
- 10:00 Start of 1st legs - relay Men WOC
- 10:10 Start of 1st legs - relay Women WOC
- 12:30 Mass start 1 st legs & 2 st legs WOMC&Open category relay event
- 13:30 — 14:00 Relay competition prize giving ceremony
- 14:00 — 15:30 Lunch
- 18:00 — 19:30 Dinner
- 19:30 — 20:30 Closing ceremonies (EC)
- 20:30 — 00:30 Banquet

Sunday - 31th August 2008

- 7:00 — 9:00 Breakfast
- 9:00 — 12:00 Departure of teams
- 7:00 — 10:00 Opening hours of the Event office (EC)
- 12:00 Closing of the Event centre

Event office:

Event office is located in a reserved houses (name Dębowa) near camping houses of the Event centre. Event office will be opened as specified in the programme. Maps, start lists, start bibs, results, information and other things will be available in the office. You can contact chief of the Event office by phone on number: **+48 601509595, +48 600210178**

Registration:

Upon registration all teams are required to pay the entry fee and the accommodation fee ordered through WOC organizers (in case they haven't already paid them). Afterwards the team leaders (on behalf of the whole team) will receive Programme (Bulletin4), accommodation vouchers, meal tickets, WOC ID cards, Model event maps and other team materials.

Accommodation:

Accommodation is prepared by teams requests in three locations:

A1, A2, A3, Hotel Anders resort & spa

ul. Spacerowa 2, 14-133 Stare Jabłonki

tel. +48 (89) 642 70 00, -01, -02

e-mail: anders@hotelanders.pl

Web-page: www.hotelanders.pl

A4, Camping Elemis

ul. Turystyczna 1, 14-133 Stare Jabłonki

tel. +48 89 6411492, +48 604438257 **Web-page :** www.elemis.alpha.pl

A5, Camping Stanica Wodna

ul. Turystyczna 5, 14-133 Stare Jabłonki

tel. +48 89 6411422, +48 603 639 405 **Web-page** www.stanica.mazury.pl

Vouchers for accommodation will be given to team leaders on registration. For finding your way to Camping Elemis or Camping Stanica Wodna you can use map on backside of this Bulletin.

Catering:

The catering is arranged in place of your accommodation. Consists of breakfast, lunch and dinner, starting with lunch Sunday 24th August and finishes with breakfast Sunday 31th August. The meals include basic drinks (tee, coffee, fruit juice on the breakfast, tee or mineral water on lunch and dinner). Other drinks are available to buy cash. All meals will be served based on special provided in competition office.



Internet:

Internet will be accessible in Press centre of the Event centre during opening hours. Accommodation A-1, A-2, A-3, A-4 is covered by WI-FI signal in common areas. In A-5 accommodation category is reduced access to internet.

Bike Storage:

In each accommodation place will be locked rooms for bike storage.

Transport:

Use of private cars for transport to competition finish arena (and to Model event area) is allowed (and recommended). Organizer will provide individual transport on request.

Rules:

Competitions will be organized according to the "COMPETITION RULES FOR IOF MTB-O EVENTS", valid from 1 July 2008. Deviations from the rules are:

1. In Sprint Event map is not prepared according to the International Specification for MTB-O Maps (2007) due to urban terrain. Scale 1:5000 and map symbol set for Foot-O Sprint is used. See chapter Maps, Model Event and Sprint Competition for more details.
2. Red Group for Sprint Event consist also reigning World Champion for Sprint Distance.

Special rules for the competition are:

1. Competitors must get to all control points with their bikes.
2. Riding off tracks is allowed.
3. In Poland one drives on the RIGHT side of road. Therefore riders must ride on the RIGHT side on all roads and tracks. Overtaking slower riders should be done on the LEFT.
4. Si card must be attached to the bike.

Classes:

- MTB-WOC W 21, M 21
- MTB-JWOC W-20, M-20
- MTB-WOMC W/M 40, 50, 60, 70+
- MTB-Open Competitions W/M 12, 14, 17, 20, 21.

Participation's restrictions:

In each competition federation may enter:

- Individual events (WOC) max. 8 men, 8 women / federation /competition
- Individual events (JWOC) max. 6 men, 6 women / federation /competition
- Relay events (WOC & JWOC) max. 2 male teams, 2 female teams / federation / competition, only best team counts
- Sprint events (WOC & JWOC) max. 4 men, 4 women / federation for M/W-20; 21 only
- Middle events (WOC & JWOC) max. 6 men, 6 women / federation /competition
- Long events (WOC & JWOC) max. 6 men, 6 women / federation /competition
- unlimited number of team officials, MTB-WOMC (open competition).

Opening Ceremony:

Opening ceremony will be held after Sprint competition on the UWM stadium (at Sprint Event Competition Centre in Olsztyn). It will be organized as a walking parade of all national teams to the UWM stadium tribune and short formal opening procedures. Parade march will start on Monday 25th August 18:00, from place near UWM-club building, every team will carry their national flag and code (both provided by organizer) in their forefront. After welcome speeches from officials will be realized official full prize giving ceremony of the Sprint competition.

Prize giving ceremonies:

Short flower ceremonies will be organized for Middle and Long final competitions in finish arenas by schedule in Programme. First three competitors will be awarded in each category. Full official prize giving ceremonies will be held after every competition in the Event centre on area of the Hotel Anders by schedule in Programme, except Sprint winners are awarded during Opening Ceremony. First three competitors in each category will be awarded by medals, first six competitors will get diplomas and prizes. The organizers ask all the to-be awarded competitors to come to the ceremonial area dressed in national overalls in time.

Team leader meetings

Team leaders meetings will be held in a reserved room on 1st floor of the Event centre at the time indicated in the Programme (mostly in the evening before every competition, excluding the Sprint, which will be on Monday morning).



Name registration:

Name registration of competitors to every competition shall be handed to the organizer in the Event office before time specified for every competition in Programme. The registrations shall also include division of competitors into individual draw-groups. Before allocating second competitor to a group one competitor to each group should be allocated. For Relay it is not possible to register mixed teams composed of competitors of different countries. It is only allowed for women to be a member of Men's team (the same country).

Start bibs:

Every competitor get a special start bib for all individual competition and separately special start bib for relay competitions. It shall be fixed on bike's handlebar visibly during all competing time.

Punching system:

The SportIdent punching system will be used for all events. Competitors start with their own SI-card. Organizer provides SI-card on request. Competitors are responsible for clearing and checking their SI cards before the start. Time keeping in finish of all individual competitions will be done by competitor's punching the finish unit placed at the finish line. In cases where electronic control units are out of order, competitors shall mark the control using manual punchers to any place on the map. Organizers ask the teams to provide all their SI-cards after arrival to check the compatibility with used software. In case of fault organizer will provide the replacement for the event.

Maps

Maps are prepared in accordance with International Specification for Mountain Bike Orienteering Maps (2007), except maps for Sprint Event, where foot-o Sprint symbols are used. On Model Event around the Event Centre most of used symbols like stairs and passages are used. All maps excluding Relay maps used during competition are printed by offset technology on special waterproof paper. Maps will be cut for competition use to the smallest size as possible regarding to course. Teams will get full size new maps after each competition.

Model Event

There will be two model event maps – one for Sprint Event and second for all other events. On Model event map you can attempt the paper attributes and see colours and symbols used on different map scales, including course symbols.

On Model Event around the Event Centre Sprint Event maps at the scale of 1:5000 and symbols like stairs and passages can be tested. Relay maps for competition use are printed with use of colours laser printer. You will get sample of Relay map on Friday's Team leaders meeting. After the competition teams will get offset printed maps with all controls and scheme of relay combinations.

Anti-Doping:

Doping is forbidden – “think positive – test negative”. The organizers are committed to doing everything required to support the official anti-doping authorities at WOC/JWOC 2008 in doing their work successfully. We strongly support all efforts to keep our sport clean and doping-free.

The doping tests will be conducted in accordance with the procedures laid down in the WADA International Standard for Testing and the IOF Anti-Doping Code, valid from January 1, 2007. Doping control may be carried out at any time during the competition period.

Athletes who are notified for doping test must report to the Doping Control Station with any official identity document with photo and a copy of the TUE if applicable. All athletes are advised to have these documents with them (or collected by the coach) at the competitions. The official accreditation card is accepted as the identity document.

It is compulsory for each team to disclose a written statement at the Event Office indicating the places where your team members intend to stay during the whole competition period, from arrival to departure, together with the phone number of an official team contact person, reachable 24 hours a day. If there are changes to the team plan you must give notice to the Event Office as early as possible, and at least 12 hours in advance of the change taking effect. The special form will be available to make it easier.

Missing or incorrect plans for teams are subject to possible Anti-doping investigations.



All communication with the Organizers about doping control issues should be done through the Event Office.

Jury:

The jury will consist of three voting members from different Federations. Jury members will be appointed by organizer at the first Team leaders meeting.

Closing Ceremony:

Short closing ceremony will be held together with Relay prize giving ceremony.

Banquet:

Two places for banquet will be used:

1. For WOC & WOMC – Hotel Anders
2. For JWOC & Open event – Camping Stanica Wodna

Banquet will be held at Saturday 31th August, starting from 20:30 on the Hotel Anders and Camping Stanica Wodnais on basis of having an WOC identity card and Banquet/dinner voucher. Teams who have arranged their own accommodation or others who are interested to participate on Banquet can buy Banquet tickets in the Event office.

Weather:

The end of August is season with the stable weather, sunny, partly cloudy; average temperature is 22-26 degrees Celsius (20-28 during the days, 8-15 in the nights). Sometimes short showers.

Health care, Emergency

Organizer will provide first aid at the competition centre of each event in the finish area. Organizer will not bear costs connecting to health insurance of participants. Each participant takes part in competitions on its own risk.

There is a regional hospital in Ostróda, about 12 km from the Event centre.

For medical emergency call: **+48 89 6460600** (hospital Ostróda),
address: Władysława Jagiełły 1, 14-100 Ostróda .

For any other emergency call use universal emergency phone number **112**.

Model event: Sunday 24.08.2008

Centre: Hotel Anders

Official time of Model event: Sunday 24th August from **14:00 to 18:00**,
Monday 25th August from **9:00 to 12:00**. (within this time will be prepared model start, finish and controls for the competitors)



Distances:

Hotel Anders ◀ 2,3 km ▶ centre / start / finish

Elemis ◀ 2,3 km ▶ centre / start / finish

Stanica Wodna ◀ 2,9 km ▶ centre / start / finish

Model event is set up for all competition, maps are prepared in scales according to all competitions: 1:5000, 1:15000, 1:20000. The model area shows middle, long qualification, long final and relay events competitions terrain. The map for the sprint distance model event is prepared in the Event Center – Hotel Anders. The scale of the map is 1:5000. This is highly recommended to notice symbol standards used on this map. Please be very careful while riding on this area.

ATTENTION !!! – Everybody is requested to respect the traffic regulations when cycling along public roads to the model event.



Sprint distance competitions: Monday 25.08.2008

Distances:

Hotel Anders ◀ 28 km ▶ centre / start / finish

Elemis ◀ 28 km ▶ centre / start / finish

Stanica Wodna ◀ 28 km ▶ centre / start / finish

Terrain description:

The competitions shall be held in the settlement area with dense network of paved roads and paths. Partly terrain between houses is planted with leave trees. Settlement borders with pine forest where paths network is dense and complicated.

The competition terrain is mostly flat: the slopes are gentle and safe. A stream is dividing terrain in parts both connected with bridges. The start, change and finish terrain is track and filed stadium with artificial running track.

Map: 1:5000, E=2,5m , size 30 x 30 cm

NB! Foot-O Sprint symbols are used, see map of the Model Event around Event Centre.

Courses: (course setter Ryszard Chachurski):



Category	Length (km)	Optima length (km)	Climbing (m)	Controls	expected winning time
WOC WOMEN	5,0	(7,7)	40	20	25
WOC MEN	5,5	(8,6)	40	24	25
JWOC WOMEN	4,5	(6,4)	30	18	25
JWOC MEN	5,0	(7,8)	35	20	25
WOMCup & Open event					
M 20, 21, 40	3,0	(5,4)	30	12	15
W 20, 21, M-17, M 50, W 40	2,5	(4,7)	30	10	15
W-17, M 60, W 50	2,0	(4,0)	20	8	15
M/W 12/14, M 70	1,2	(3,3)	20	6	15

Maximum cycling time limit: for both categories 45 minutes.

Time limit for complaints: 100 minutes after start of last competitor in the category.

Start: interval 1 min., each minute start 1 women and 1 men.

Starting times in category:

14.30 W&M, JWOC

15.45 W&M, WOC

17.30 W&M, WOMC & Open event

Competitors shall register on start 3 minutes before their start time. There is 180 m marked route on the stadium between -3 and -2 start lines.

Separation: To ensure fairness and to avoid information's transfer separation areas will be set up:

1. All competitors before their start are obliged to stay in Parking / Warm-Up / Start -3 line area.

2. The finishing JWOC and WOC competitors are obliged to stay in separation area until last competitor in the JWOC and WOC categories starts. The finishing WOMC competitors are obliged to stay in separation area until last competitor in the WOMC categories starts. It is pos-



sible to send refreshment or clothes to separation area from start through organizer or put its before 14:00 start. No team member are allowed to enter to separation area. Mobile phones in separation area are forbidden. All contact with persons outside separation area is forbidden.

Doping: Competitors chosen to doping tests can move from the separation area under supervision of doping inspector.

Forbidden areas: All areas of University outside the stadium and parking area are forbidden for competitors and officials until last competitor finish. The stadium area are forbidden for all competitors before their start after 14:00.

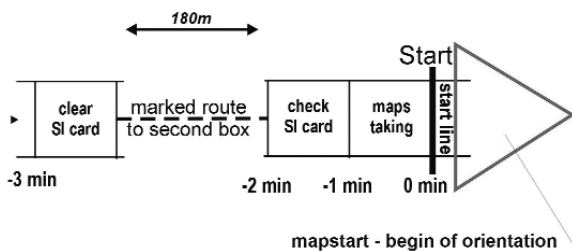
Courses: The JWOC and WOC competitors have two loops courses.

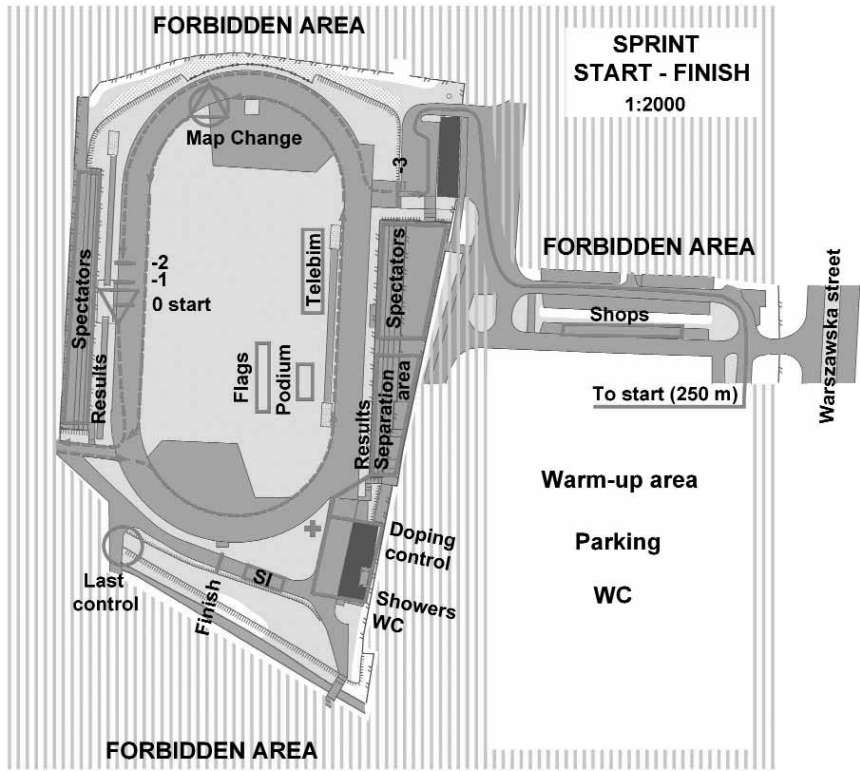
First loop: A competitor takes a map in the last box of start. Competitor begins the first loop along marked route from start line to the gate of stadium. Competitor return to the stadium at the end of first loop and rides round stadium along marked route to the last control of the first loop. After punching the last control unit, competitor leaves the first map and takes the second map from the table 3 m behind the flag of the last control of the first loop.

Second loop: A start triangle of the second loop is marked on the map in the place of the table with the second loop map. Competitor begins the second loop along marked route from start to the gate of stadium. Competitor return to the stadium at the end of the second loop and rides to the last control of the second loop. After punching the last control unit competitor rides to the finish line along marked route.

The WOMC and open categories courses have one loop.

Sprint: start procedures scheme:





Sprint: plan of the start and finish area





Middle distance competitions: Tuesday 26.08.2008

Distances:

Hotel Anders ◀ 2,5 km ▶ centre / start / finish

Elemis ◀ 2,5 km ▶ centre / start / finish

Stanica Wodna ◀ 3,1 km ▶ centre / start / finish

Terrain description:

Moderately broken terrain with net of many forest tracks and paths. The forest is mostly pine with good visibility of roads, in some parts also beech forest where visibility of small paths is limited. Some little lakes and small marches diversify the competition terrain. The lakes and marches slopes demand more technical skills. The easy riding roads are mostly flat. In wet weather riding is more easy and fast.

Map: 1:15000, E=5m , size 34 x 38 cm

Courses: (course setter Jan Cegiętka):

Category	Length (km)	Optima length (km)	Climbing (m)	Controls	expected winning time
WOC WOMEN	11,3	(15,8)	190	14	54
WOC MEN	15,5	(21,3)	250	18	62
JWOC WOMEN	8,8	(12,8)	150	12	47
JWOC MEN	10,6	(15,4}	180	14	52
WOMCup & Open event					
Long distance					
M 20, 21, 40	15,5	(21,3)	250	18	
W 20, 21, M-17, M 50, W 40	10,6	(15,4}	180	14	
W-17, M 60, W 50	8,8	(12,8)	150	12	
M/W 12/14, M 70	4,6	(7,4)	70	6	

Maximum cycling time limit: for both categories 100 minutes

Time limit for complaints: 150 minutes after start of last competitor in the category

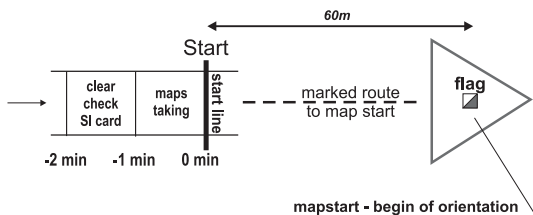
Start: first start 10:00, interval in each category 2 minutes, competitors shall register on start 2 minutes before their start time.

Separations: To ensure fairness and to avoid information's transfer two separation areas will be set up: In the pre-start area: all competitors and officials shall enter to pre-start separation area (registering through the gate) **at 12:30** latest. Nobody will be allowed to enter to start area (pre-start) later. In the finish area: All finishing riders shall stay in finish separation area **until 12:30**. Organizers will provide transport of clothes from start to the finish separation area.

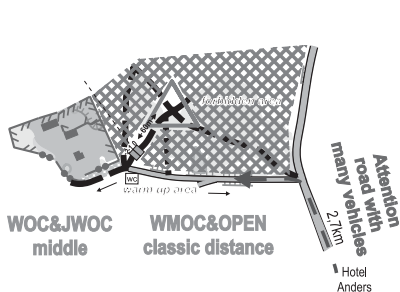
Doping: Competitors chosen to doping tests can move from the separation area under supervision of doping inspector.

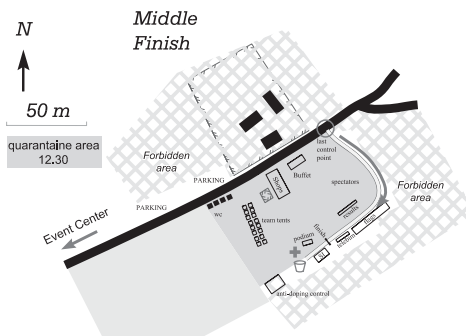
ATTENTION !!! – All competitors crossing public roads when going to the start place and when return from finish area to event centre. Please all competitors are requested to respect the traffic regulations.

Middle: start procedures scheme



Middle: plan of the start area





Middle: plan of the finish area

Long distance qualification competitions: Wednesday

Distances:

Hotel Anders ◀ 2,1 km ▶ centre / start / finish

Elemis ◀ 1,5 km ▶ centre / start / finish

Stanica Wodna ◀ 1,0km ▶ centre / start / finish

Terrain description:

Area of qualification run is partly hilly and partly moderately hilly. The forest is mostly pine with good visibility of roads, in some parts also beech forest where visibility of small paths is limited. Many lakes and small marches diversify the competition terrain.

Map: 1:20000, E=5m , size 26 x 17 cm

Courses: (course setter Marek Sobiegraj):

Category	Length (km)	Optima length (km)	Climbing (m)	Controls	expected winning time
WOC WOMEN	12,0-12,6	(16,3-17,2)	90-100	16	50
WOC MEN	14,9-15,1	(20,2-20,6)	115-125	17	60
JWOC WOMEN	9,3-9,6	(12,1-12,5)	85-95	13	45
JWOC MEN	12,1-12,3	(16,1-16,4)	95-105	14	50
WOMCup & Open event					
Middle distance					
M 20, 21, 40	12,3	(17,1)	120	14	0
W 20, 21, M-17, M 50, W 40	8,6	(12,3}	90	12	0
W-17, M 60, W 50	5,4	(7,4)	60	7	0
M/W 12/14, M 70	4,0	(5,6)	40	6	0

Maximum cycling time limit: for both categories 120 minutes

Time limit for complaints: 150 minutes after start of last competitor in the category

Start: first start **10:00**, interval in each category 3 minutes, competitors shall register on start 2 minutes before their start time. The heat allocation of each competitor shall not be revealed to the competitor until after the competitor's start.

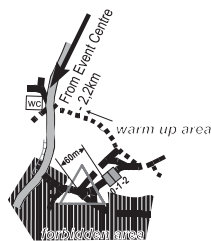
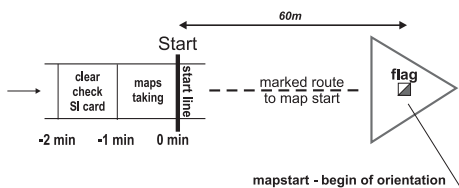
Separations: To ensure fairness and to avoid information's transfer the separation area in finish will be set up. All finishing riders shall stay in finish separation area until **11:40**. Organizers will provide transfer of clothes from start to the finish separation area.

All competitors and officials shall enter prestart separation area until **11:40**. Nobody will be allowed to enter prestart separation area between the hours **11:40 – 12:15**.

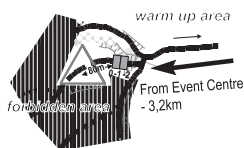
ATTENTION !!! – The competition start is placed close to local roads. All competitors are requested to respect the traffic regulations, please.

Long qualification: start procedures scheme

- 00 start 3 men for WOC
- 01 start 2 men for JWOC & 2 women for JWOC
- 02 start 3 women for WOC

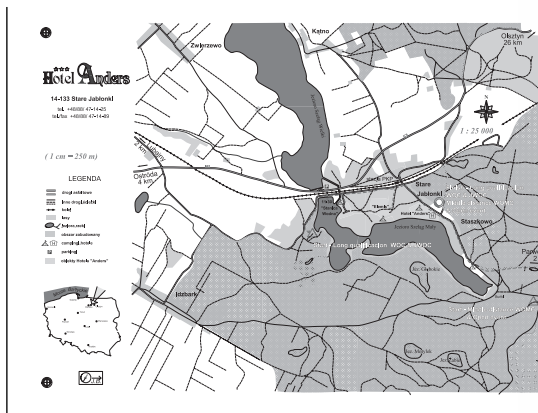
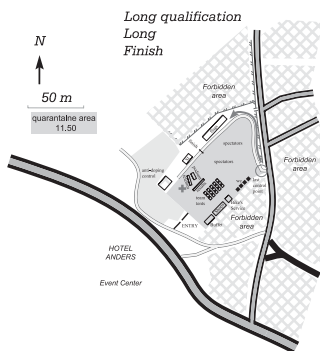


WOC & JWOC



WWOC & OPEN

Long qualification: plan of the start area



Long qualification: plan of the finish area

Ultra long distance competitions: Thursday 28.08.2008

only for WOMCup & Open event. Rest day for WOC &

4

Bulletin

Distances:

Hotel Anders ◀ 2,5 km ▶ centre / start / finish

Elemis ◀ 2,5 km ▶ centre / start / finish

Stanica Wodna ◀ 3,1 km ▶ centre / start / finish

Terrain description:

Moderately broken terrain with net of many forest tracks and paths. The forest is mostly pine with good visibility of roads, in some parts also beech forest where visibility of small paths is limited. Some little lakes and small marches diversify the competition terrain. The lakes and marches slopes demand more technical skills. The easy riding roads are mostly flat. In wet weather riding is more easy and fast.

Map: 1:15000, E=5m , size 20 x 30 cm

Courses: (course setter Jan Cegiefka):

Category	Length (km)	Optimal length (km)	Climbing (m)	Controls	Refreshments	expected winning time
WOMCup & Open event						
Ultra long distance						
M 20, 21, 40	19,8	(26,7)	270	20	1	2 laps
W 20, 21, M-17, M 50, W 40	13,8	(18,7}	190	16	1	2 laps
W-17, M 60, W 50	10,1	(13,9)	160	14	1	2 laps
M/W 12/14, M 70	7,1	(9,6)	80	10	1	2 laps

Maximum cycling time limit: for both categories 150 minutes

Time limit for complaints: 180 minutes after start of last competitor in the category

Start: mass start all category **10:30**, competitors shall register on start 8 minutes before their mass start time. Mass Start all category one man relay (two legs). At the start line competitors get two maps, after finished courses from first maps – punching last control point and continue distance from second maps (no crossing finish line). After finished courses from second maps punching last control point and crossing finish line.

ATTENTION !!! – All competitors are crossing major public road when riding to the start and when return from finish area to event centre. All competitors are requested to respect the traffic regulations.

Ultra long: plan of the start and finish area





Long distance final competitions: Friday 29.08.2008

Distances:

Hotel Anders ◀ 4,3 km ▶ centre / start / finish

Elemis ◀ 4,8 km ▶ centre / start / finish

Stanica Wodna ◀ 5,6km ▶ centre / start / finish

Terrain description:

The final terrain is mostly hilly but on the upper parts is flat. Both terrains have net of asphalt forest roads and rather dens net of narrow or wide tracks and paths. Some of the paths could be wet or broken by forest technique. In wet weather riding is more easy and fast. The forest is mostly pine with good visibility of roads, in some parts also beech forest where visibility of small paths is limited. Many lakes and small marches diversify the competition terrain.

Map: 1:20000, E=5m , size 32 x 35 cm

Courses: (course setter Maciej Krzyško):

Category	Length (km)	Optima leight (km)	Climbing (m)	Controls	Refre shments	expected winning time
WOC WOMEN	18,7	(26,9)	240	16	1 (65%)	90
WOC MEN	27,5	(38,9)	310	23	1 (60%)	110
JWOC WOMEN	14,9	(21,2)	200	14	1 (65%)	80
JWOC MEN	20,3	(28,7)	250	18	1 (65%)	90
WOMCup & Open event						
Free order distance						
M 21	16,3	(23,2)	230	21	0	
W21 M20 M40	14,8	(20,8)	200	19	0	
W20 W40 M50	12,6	(17,6)	140	16	0	
W17 W50 M60	9,4	(13,1)	90	13	0	
W/M14 M70	6,7	(8,9)	50	11	0	
W/M12	5.1	(6,2)	35	8	0	

Maximum cycling time limit: for all categories 180 minutes

Time limit for complaints: 210 minutes after start of last competitor in the category

Start: first start of A-final categories **9:30**, B-final categories **13:00**, interval in each A-final category 3 minutes, B-final category 1 minute, competitors shall register on start 2 minutes before their start time.

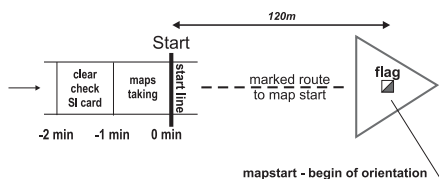
Separations: To ensure fairness and to avoid information's transfer two separation areas will be set up:

In the pre-start area: all competitors of A-final and officials shall enter to pre-start separation area (registering through the gate) at **12:00** latest. Nobody will be allowed to enter to pre-start separation area between **12:00 and 12:30**. Participants of B-final will be allowed to enter into prestart separation area **after 12:30** (after last start of A-final).

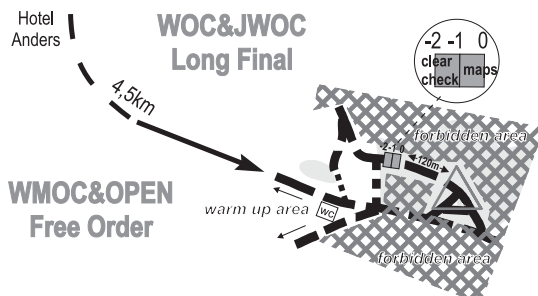
In the finish area: All finishing riders shall stay in finish separation area **until 12:00**. Organizers will provide transport of clothes from start to the finish separation area.

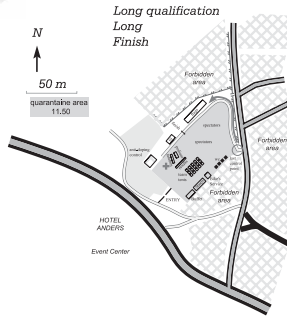
Doping: Competitors chosen to doping tests can move from the separation area under supervision of doping inspector.

Long final: start procedures scheme



Long final: plan of the start area





Long final: plan of the finish area

Relay distance competitions: Saturday 30.08.2008

Distances:

Hotel Anders ◀ 0,3 km ▶ centre / start / finish

Elemis ◀ 0,8 km ▶ centre / start / finish

Stanica Wodna ◀ 1,6km ▶ centre / start / finish

Terrain description:

Moderately broken terrain with net of many forest tracks and paths. Many small paths difficult to ride. In wet weather riding is more easy and fast. Some little lakes and small marches diversify the competition terrain. More demanding technical skills are necessary on the slopes of lakes and marches and also on narrow paths.

Map: 1:15000, E=5m , size 20 x 30 cm

Courses: (course setter Jan Cegietka):

Category	Length (km)	Optima length (km)	Climbing (m)	Controls	expected winning time
WOC WOMEN	10,1-10,5	(13,8-14,2)	90	12	40
WOC MEN	12,6-13,1	(16,1-16,5)	130	15	45
JWOC WOMEN	8,8-9,2	(11,4-11,8)	70	10	35
JWOC MEN	10,7-11,1	(14,1-14,5)	100	12	40
WOMCup & Open event					
2 leg relay					
M W, Open M-17/21	10,1-10,5	(13,8-14,2)	90	12	
WW/Open W-17/21	8,8-9,2	(11,4-11,8)	70	10	
M/W 12/14	3,8-4,2	(5,4-5,8)	30	6	

Maximum cycling time limit: for both categories 210 minutes for relay.

Time limit for complaints: latest at **13:00**.

Start: mass-start of 1st legs category

9:45 Start of 1st legs - relay Men JWOC

9:50 Start of 1st legs - relay Women JWOC

10:00 Start of 1st legs - relay Men WOC

10:10 Start of 1st legs - relay Women WOC

12:30 Mass start 1 st legs & 2 st legs WOMC&Open category relay event

Organization start: the map will be given to riders and they run to the bikes placed 20 m ahead. Than they ride in coridor to map start (begin of orientation) 400m away and go on their O-course.

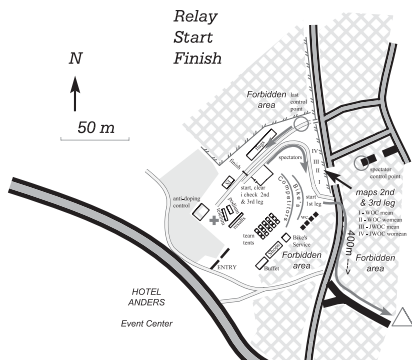
Public legs: There are one public leg visible from the competition centre, where you can see the riders – see area plan. Organizer is not responsible to advice all passing or arriving riders.

Changeover: after punching the finish unit, the finishing rider touches the next one; departing rider takes map himself and ride 500 m away to map start (begin of orientation) and goes on his/her O-course.

Finish: the finish unit is punched after crossing finish line, the rank is taken from order of passing the finish line. Only the better team of federation (if represented by two teams) is counted for final ranking.

Those who wish to compete on the Relay course but do not have relay team, can register to individual competition. The mass-start will be organized after winning relays arrive to the finish (approximately **12:30**). Different relay courses shall be used.

Relay: plan of the start and finish area, public legs and changeover





WOC-Entries

No	Country	Code	Women	Men	Offc.	Sum
1	AUSTRALIA	AUS	4	4	2	10
2	AUSTRIA	AUT	3	3	1	7
3	BULGARIA	BUL	1	1	2	4
4	BRASIL	BRA	0	1	0	1
5	CROATIA	CRO	0	1	1	2
6	CZECH REPUBLIC	CZE	6	7	3	16
7	DENMARK	DEN	3	6	1	10
8	ESTONIA	EST	1	3	0	4
9	FINLAND	FIN	6	6	2	14
10	FRANCE	FRA	1	6	2	9
11	GERMANY	GER	3	7	0	10
12	GREAT BRITAIN	GBR	3	0	0	3
13	HUNGARY	HUN	1	6	0	7
14	ITALIA	ITA	2	6	1	9
15	ISRAEL	ISR	0	2	0	2
16	JAPAN	JPN	0	3	0	3
17	LATVIA	LAT	0	4	2	6
18	LITHUANIA	LTU	6	8	1	15
19	MONGOLIA	MON	2	2	2	6
20	NEW ZEALAND	NZL	3	2	1	6
21	POLAND	POL	4	6	3	13
22	PORTUGAL	POR	1	3	1	5
23	RUSSIA	RUS	7	7	4	18
24	SLOVAKIA	SVK	3	3	0	6
25	SLOVENIA	SLO	1	0	0	1
26	SPAIN	ESP	3	5	0	8
27	SWITZERLAND	SUI	1	6	1	8
28	UKRAINE	UKR	2	3	0	5
Total			67	111	31	209

JWOC-Entries

No	Country	Code	Women	Men	Offc.	Sum
1	AUSTRIA	AUT	5	5	0	10
2	BULGARIA	BUL	0	1	0	1
3	CZECH REPUBLIC	CZE	6	4	1	11
4	ESTONIA	EST	0	3	0	3
5	FINLAND	FIN	5	6	1	12
6	FRANCE	FRA	1	1	0	2
7	GERMANY	GER	1	3	1	5
8	GREAT BRITAIN	GBR	1	1	0	2
9	HUNGARY	HUN	0	6	0	6
10	ITALIA	ITA	2	5	1	8
11	LATVIA	LAT	0	1	0	1
12	LITHUANIA	LTU	2	3	0	5
13	NEW ZEALAND	NZL	1	0	0	1
14	POLAND	POL	6	6	2	14
15	PORTUGAL	POR	1	2	0	3
16	RUSSIA	RUS	6	6	2	14
17	SLOVAKIA	SVK	5	5	0	10
18	SPAIN	ESP	1	2	0	3
19	SWITZERLAND	SUI	3	3	0	6
20	UKRAINE	UKR	0	4	0	4
Total			46	67	8	122





WOMC-Entries

No	Country	Code	Women	Men	Sum
1	AUSTRIA	AUT	1	5	6
2	BELGIUM	BLG	0	2	2
3	CZECH REPUBLIC	CZE	0	1	1
4	DENMARK	DEN	1	1	2
5	FINLAND	FIN	0	1	1
6	FRANCE	FRA	0	1	1
7	GERMANY	GER	1	6	7
8	GREAT BRITAIN	GBR	1	1	2
9	HUNGARY	HUN	1	6	7
10	ISRAEL	ISR	0	1	1
11	LATVIA	LAT	0	1	1
12	LITHUANIA	LTU	1	3	4
13	NEW ZEALAND	NZL	2	8	10
14	POLAND	POL	5	17	22
15	RUSSIA	RUS	0	5	5
16	SLOVAKIA	SVK	0	3	3
17	SWITZERLAND	SUI	0	1	1
Total			13	63	76

OPEN-Entries

No	Country	Code	Women	Men	Sum
1	AUSTRIA	AUT	0	4	4
2	ITALY	ITA	0	2	2
3	LATVIA	LAT	0	2	2
4	LITHUANIA	LTU	1	1	2
5	POLAND	POL	1	11	12
6	RUSSIA	RUS	7	5	9
7	SLOVENIA	SLO	0	1	1
Total			9	26	32

Red Group

Top 15 competitors according to 23.7.08 WRE standing:

1 Christine Schaffner SUI 341	1 Adrian Jackson AUS 280
2 Michaela Gigon AUT 320	2 Beat Schaffner SUI 274
3 Hana Bajtosová SVK 302	3 Lubomír Tomecek CZE 266
4 Päivi Tommola FIN 297	4 Beat Oklé SUI 260
5 Ksenia Chernykh RUS 297	5 Anton Foliforov RUS 243
6 Ingrid Stengard FIN 249	6 Ruslan Gritsan RUS 238
7 Anna Füzy HUN 222	7 Tobias Breitschädel AUT 224
8 Marquita Gelderman NZL 222	8 Matthieu Barthélémy FRA 217
9 Renata Paulícková CZE 215	9 Lasse Brun Pedersen DEN 216
10 Karolina Mickeviciute LTU 213	10 Torbjorn Gasbjerg DEN 211
11 Anna Kaminska POL 205	11 Margus Hallik EST 210
12 Nadia Mikryukova RUS 203	12 Mika Tervala FIN 210
13 Madeleine Kammerer FRA 197	13 Maxim Zhurkin RUS 206
14 Ramune Arlauskiene LTU 187	14 Viktor Korchagin RUS 186
15 Aurélie Ballot FRA 157	15 Tonis Erm EST 183

In Sprint and Middle Distance Events Red Group will be used for start sequence draw. Red Group will consist normally 10 WRE top-10 competitors, who are starting at the end. Final list of Red Group names will be determined at least 1h before Team Leaders Meeting for the distance.



POLISH 2009 MTBO EVENTS CALENDAR

Lp	Date	Name	Place	Organizer
1	28-29.03	Polish Club Championships – round 1 Middle and long distance	Zdzieszowice	UKS Lotna Zdzieszowice
2	24-26.04	Polish sprint and relay Championships Middle and long distance	Ostróda / Stare Jabłonki	Warmińsko -Mazurski OZBnO
3	15-17.05	Polish middle distance Championships Relay and ultra long distance Polish Grand Prix	Gdynia	WKS Flota Gdynia
4	5-7.06	Polish long distance Championships – WRE Sprint and middle distance	Barlinek	Zachodnio- pomorski OZOS
5	01-12.07	European Camp MTBO – youth up to 23 y.o.	Nowa Kaletka	Warmińsko -Mazurski OZBnO
6	05-12.07	V Mazurian Cup 6 days event	Nowa Kaletka	Warmińsko -Mazurski OZBnO
7	24-26.07	Polish free order distance Championships Middle and long distance	Ogrodniczki	UKS TROPS Białystok
8	19-20.09	Polish Club Championships – round 2 Polish Ultra long distance Championships Middle distance	Pułtusk	Warszawsko -Mazowiecki ZBnO

