



BULLETIN 2

INTERNATIONAL MTBO TRAINING CAMP

03-10.07.2016 SUPRAŚL POLAND

Organizer

UKS FALENICA WARSZAWA, LUKS AZYMEK ZDZIESZOWICE

Center

Sports Hall in Supraśl – Powiatowy Ośrodek Sportu i Rekreacji ul. Piłsudskiego 64
GPS: N 53.2129334, E 23.3368546

Program

Data	Nazwa	Miejsce	Dystans	Start
02.07	Competitions	Nowe Groszki	Free Order	10:00
03.07	Competitions	Nowe Groszki	Sprint Distance	10:00
03.07	Competitions	Nowe Groszki	Middle Distance	11:30
03.07	Arrival	Supraśl		18:00
04.07	Training	Supraśl	Memory training	11:00
04.07	Training	Supraśl	Sprint Distance	15:00
05.07	Training	Supraśl	Riding in pairs	10:30
05.07	Training	Supraśl	Middle Distance	15:00
06.07	Training	Lipowy Most	Memory training	10:00
06.07	Training	Lipowy Most	Sprint Distance	12:00
06.07	Training	Lipowy Most	Middle Distance	16:00
07.07	Training	Supraśl	Relay	10:00
07.07	Training	Supraśl	Riding in pairs	15:30
08.07	Trening + canoes	Supraśl	Sprint Distance	12:00
08.07	Training	Lipowy Most	Memory training	16:00
09.07	Training	Jurowce	Memory training	10:30
09.07	Training	Białystok	Sprint Distance	16:00
10.07	Event	Supraśl	Clasic Distance	10:00
04-09.07	Sport Hall	Bukowisko	Training	17:00
04-09.07	Course discusion	Bukowisko	Konference hall	19:45

Acomodatio, meals and fees

Hard floor with your sleeping bags 12 PLN/person/night – need should be given in entry form. It is possible to book accommodation on its own. Full board (3 meals a day) 40 PLN/person/day. Cost of training maps – 10 PLN/person/day.

Maps and terrain

Special map for MTBO, the same scale for Word Championships in Portugal. Terrain – forest, urban area, very diferent terrains.

Classes

Classes	birth	age	Women, Mean
Children	2002-2003	13–14	K14 M14
Youth	1999-2001	15–17	K17 M17
Junior	1996-1998	18–20	K20 M20
Senior	1977-1995	21–39	K21 M21
Veteran	1967-1976	40–49	K40 M40
	1957-1966	50–59	K50 M50
	1947-1956	60–69	K60 M60
	1946 - before	70–	K70 M70



Entries

Until 26.06.2016 by <http://www.orienteing.waw.pl/pl/entry/race> giving the number of Si card, order for accommodation and meals, and the date of arrival, or by e-mail jan_cegielka@sggw.pl

Entries to competitions 02-03.07.2016 – in accordance with the competition regulations – look at web-site <http://www.orienteing.waw.pl/pl/node/2869> PWiM w RjNO 2016.

Punching

The camp will be conducted using an electronic confirmation system checkpoints Sport-Ident.

At the camp will take part Polish MTBO National Team and approximately 20 athletes from Russia at the age of 12-35. Therefore, you are cordially invited to joint training, which will definitely raise the level of sports participants.

