



Ministerstwo Sportu
i Turystyki
Rzeczypospolitej Polskiej



WORLD CUP MOUNTAIN BIKE ORIENTEERING
30.05-3.06.2012 DUSZNIKI ZDRÓJ - ZIELENIEC, POLAND



Bulletin 4

30 May – 3 June 2012

Mountain Bike Orienteering World Cup Round II

Organizer

IOF
PZOS
ZOZOS

Event Director
Event Vice-Director
Event Secretary
Media
Sport Ident
Course Setter

International Orienteering Federation
Polish Orienteering Federation
Zachodniopomorski Okręgowy Związek
Orientacji Sportowej
Janusz Rajzer
Jan Cegielka
Bartosz Krzyško
Igor Błachut
Maciej Krzyško, Marek Sobiegraj
Jan Cegielka, Maciej Krzyško,
Marek Sobiegraj

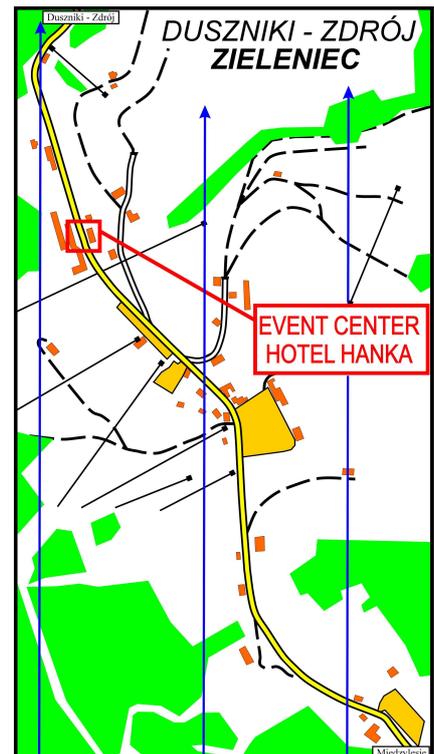
Event controlling

IOF Event Senior Adviser
National Controller

Jan Eg Pedersen (DEN)
Lech Trzpił

Information

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Ul. Al. Jerozolimskie 30/21
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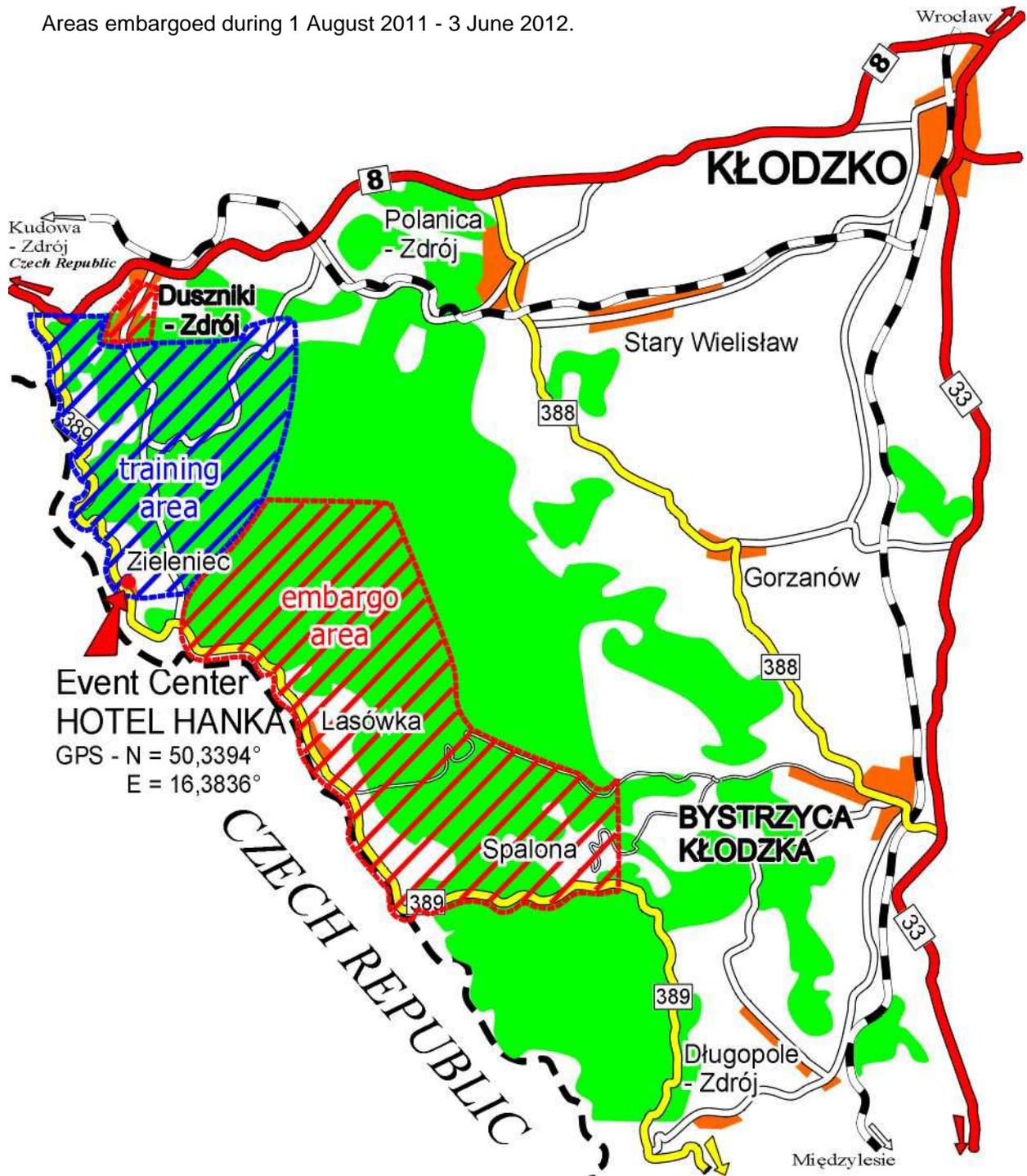
Event Center

Hotel Hanka resort & spa
57-340 Duszniki Zdrój
Zieleniec 17

Tel/fax: +48 74 8660436
Email: hanka@zieleniec.pl
Web page: www.hanka.zieleniec.pl

Embargoed Areas

Areas embargoed during 1 August 2011 - 3 June 2012.



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Zieleniec 17

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Detailed Programme:

Wednesday – 30th May 2012

14:00 – 23:00 Teams Arrival – Accreditation and Accommodation
14:00 – 23:00 Opening hours of the Event Office (EC)
13:00 – 15:00 Lunch
16:00 – 19:00 Training (Jamrozowa Polana)
19:00 – 21:00 Dinner

Thursday – 31th May 2012

08:00 – 10:00 Breakfast
10:00 – 22:00 Opening hours of the Event Office (EC)
10:00 – 12:00 Deadline for Sprint competition entries to the Event Office
13:00 – 15:00 Lunch
14.30 – 16.30 Model Event for Sprint, Middle and Long Distance (Jamrozowa Polana)
17.00 – 17.50 Mixed sprint relay (Jamrozowa Polana)
19:00 – 21:00 Dinner
20:00 – 21:00 Team Leaders Meeting (start list, number bibs)

Friday – 01th June 2012

08:30 – 10:00 Breakfast
09:00 – 12:00 Opening hours of the Event Office (EC)
09:00 – 12:00 Deadline for Middle competition entries to the Event Office (EC)
12:00 – 13:30 Lunch
13:30 – 14:00 Departure to sprint event and opening ceremony in Duszniki Zdrój by car (15 min from event centre)
14.10 – 14.20 Preparation for Opening Ceremony (Parade to the place of the Opening Ceremony and M/W 21 group's Start)
14.20 – 14.30 Parade (ceremonial bike ride along the city streets together with teams, organizers and police cars to the place of the Opening Ceremony and M/W 21 groups' Start)
14.30 – 14.45 Opening ceremony and ceremonial Rising of the Flag
15:10 – 17:00 **Urban Sprint Final (Elite classes) from Duszniki Zdrój (opening ceremony area)**
16.30 – 16.40 Start Open group
17:40 – 18:00 Sprint Distance prize giving ceremony at the finish area
18:00 – 18:30 Departure to event centre by car: 15 minutes from Duszniki Zdrój to "Zieleniec (EC)
19:00 – 20:30 Dinner
18:00 – 21:00 Opening hours of the Event Office (EC)
19:30 – 20:30 Team Leaders Meeting

Saturday – 02th June 2012

07:00 – 09:00 Breakfast
08:00 – 12:00 Opening hours of the Event Office (EC)
09:00 – 12:00 Deadline for Long competition entries to the Event Office (EC)
10:00 – 12:00 **Middle Distance Final**
11:00 – 12:00 Transfer for coaches and officials to finish area (arranged by organizer)
12.30 – 13.00 Start Open group
13:30 – 13.40 Flower ceremonies at Arena
14:00 – 15:30 Lunch
16:00 – 20.30 Opening hours of the Event Office (EC)
17:30 – 18:30 Team Leaders Meeting
19:00 – 20:30 Dinner
21:00 – 22:15 Middle Distance prize giving ceremony at Duszniki Zdrój Chopine Palace
22:30 – 24:00 Disco at the Hotel Szarotka

Sunday – 03th June 2012

07:00 – 09:00	Breakfast
08:00 – 09:00	Opening hours of the Event Office (EC)
09:00 – 09:30	Departure for Long distance start (by car 10 minutes, by bike 15 minutes)
10.30	Mass start Long distance of Men's Elite (One-man-relay)
10.35	Mass start Long distance of Women's Elite (One-man-relay)
12.30	Mass start Long distance Open groups
13:15 – 13.30	Long distance prize giving ceremony at the finish area
14.00 – 14.10	Departure to event centre (by car 10 minutes, by bike 30 minutes)
14:30 – 15:30	Lunch
16:00 – 18:00	Opening hours of the Event Office (EC)
16:00 – 18:00	Departure of teams
18:00	Closing the Event Office (EC)

Classes and participation restrictions

Classes: MTBO World Cup: W 21, M 21

Participation restrictions: For each individual event a federation may enter max. 6 men and 6 women, and an unlimited number of team officials.

MTBO open competitions: W/M 14, 17, 20, 21, 40, 50, 60, 70.

There are no limits for the number of competitors at the Open Races.

MTBO Open Sprint Mix Relay /2 legs (women: legs 1 and 3, men: legs 2 and 4)

There are no limits for the number of teams.

Punching system

The SportIdent system will be used for all events. Competitors start with their own SI-card. Organizer provides SI-cards on request.

Maps

Maps new MTB orienteering maps, printed on waterproof paper.

Scale 1:5000, 1:15 000, 1:20 000

Vertical contour intervals 5 m

Terrain type hilly, various kinds of roads.

All events will be organized in accordance with the IOF International Specification for MTB Orienteering Maps (2010).

Jury Members

Jiri Vransky /CZE/

Wolf Eberle /AUS/

Sandor Talas /HUN/

Rules

All events will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events, valid from January 1, 2010. Please consult <http://orienteering.org/mtb-orienteering/rules/>.

In this specific event:

- Competitors must get to all control points with their bikes. SI Card must be attached to the bike.
- Riding off the track, trail or path is allowed.
- 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 by the LEFT.

Anti-Doping

Doping is forbidden. Doping control will be done throughout the competition.

The organizers are committed to do everything required to assist the official anti-doping authorities at MTB Orienteering World Cup to successfully and transparently undertake their work. We strongly support all positive efforts to keep our sport clean and doping-free.

This event applies IOF Anti-Doping Rules, valid from 1 February 2010.

Please consult <http://orienteering.org/anti-doping/>.

Health Care

The Organizer will provide first aid at the competition centre and at the arenas of each event.

The Organizer will not bear costs connected to health insurance of participants. We recommend each individual to arrange their own personal health insurance. Participants take part at their own risk.

Weather

During May/June you can expect temperatures from 17° to 27° Celsius during the day and from 10° to 16° at night. There are about 30-40% rainy days in May/June.

Event office:

Event office is located in a Hotel Hanka resort & spa, 57-340 Duszniki Zdrój, Zieleniec 17. 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.

Registration:

Upon registration all teams are required to pay the entry fee and the accommodation fee ordered through 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, SI cards, Model event maps and other team materials.

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.

Team leader meetings:

Team leaders meetings will be held in a reserved room on 4st floor of the Event centre at the time indicated in the Programme (mostly in the evening before every competition).

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 the allocation of competitors to individual start groups.

Start bibs:

Every competitor gets a unique start bib for all individual competitions (according to MTBO WRE standing). For the open mixed relay there are separate start bibs for the competitions. Bib shall be visibly fixed on bike's handlebar during all competing time.

Red Group:

Top 15 competitors according to 30.05.2012 WRE standing:

Top 15 Men				Top 15 Women		
Rank	Athlete		Fed	Athlete	Fed	
1	Hradil	Jiri	CZE	Stengård	Ingrid	FIN
2	Gritsan	Ruslan	RUS	Hara	Marika	FIN
3	Foliforov	Anton	RUS	Gigon	Michaela	AUT

4	Schaffner	Beat	SUI	Schaffner	Christine	SUI
5	Bogar	Frantisek	CZE	Rothweiler	Maja	SUI
6	Pospisek	Marek	CZE	Scaravonati	Laura	ITA
7	Breitschädel	Tobias	AUT	Bajtosova	Hana	SVK
8	Laurila	Jussi	FIN	Chernykh	Ksenia	RUS
9	Machado	Davide	POR	Laurila	Susanna	FIN
10	Niemi	Pekka	FIN	Kamińska	Anna	POL
11	Laciga	Radek	CZE	Vinogradova	Olga	RUS
12	Saarinen	Juho	FIN	Paulickova	Renata	CZE
13	Dallavalle	Luca	ITA	Füzy	Anna	HUN
14	Tonis	Erm	EST	Jäggi	Ursina	SUI
15	Gromadka	Maciej	POL	Dannowski	Anke	DEN

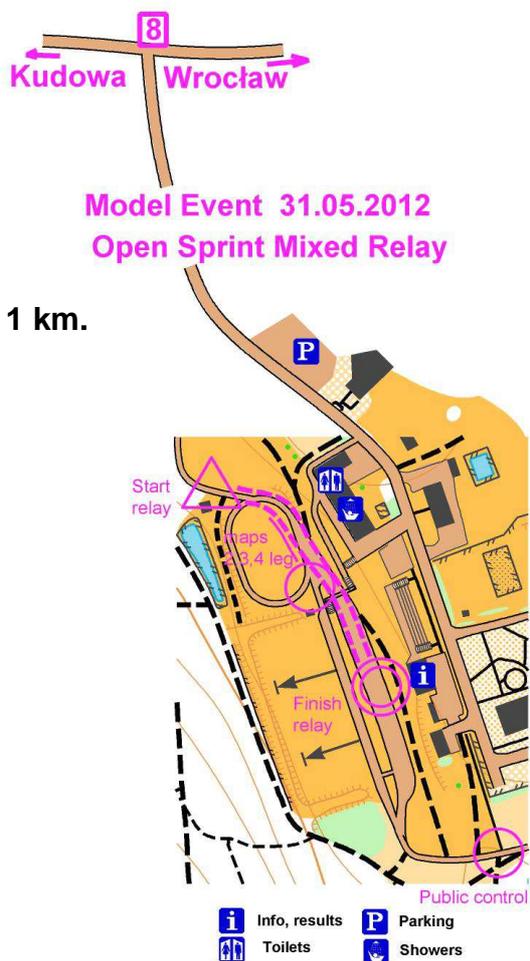
In Sprint and Middle Distance Events Red Group will be used for start sequence draw. Red Group will consist normally 10 WRE top-10 competitors, who are starting at the end. Final list of Red Group names will be determined at least 1h before Team Leaders Meeting for the distance.

Technical Information:

31.05.2012 MODEL EVENT, OPEN MIXED SPRINT RELAY

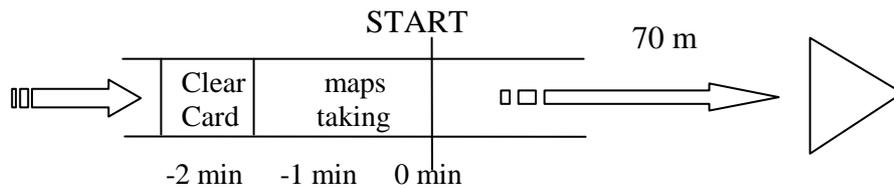
Map: scale 1 : 5 000 E – 5 m and
map: scale 1 : 15 000 E – 5 m and
scale 1 : 20 000 E – 5 m

Distance between event centre – model event: 11 km.



01.06.2012 SPRINT

Distance between event centre – sprint event: 13 km.



Quarantine: After crossing the finish line it is not allowed to leave the quarantine zone (finish area), until 16:30

Time limit for complains - 60 minutes after start of last competitors in category

Urban Sprint Distance

Map Scale 1:5.000

Contour Interval 5 m

Map size 42 x 30 cm

First start 15:10

Interval start 1 min

Courses Jan Cegielka.

Terrain Description: Urban area and forest area, including city with narrow streets. Moderately hilly. Paved tracks.

01.06.12 SPRINT DISTANCE					
Category	Length	By optimal route (km)	Climbing	Controls	Expected winning time
MEN 21	4.1	6.3	140	21	20-25
WOMEN 21	3.9	5.2	80	18	20-25

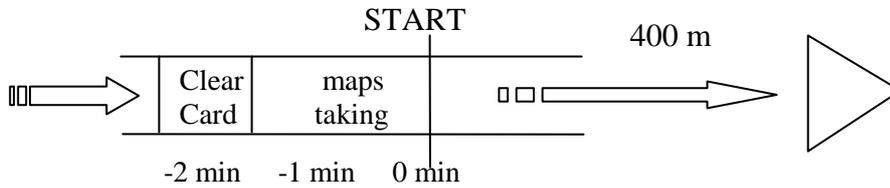


02.06.2012 MIDDLE DISTANCE

Distance between event centre – start middle event: 10 km.

Distance between event centre – finish middle event: 11 km.

IT IS FORBIDDEN TO MOVE BY THE ROAD BETWEEN START AND FINISH UNTIL 12:20.



Quarantine: After crossing the finish line it is not allowed to leave the quarantine zone (finish area), until 12:30

Time limit for complains - 150 minutes after start of last competitors in category

Middle Distance

Map Scale 1:15000

Contour Interval 5 m

Map size 42 x 30 cm

First start 10:00

Interval start 2 min

Courses Maciej Krzyśko

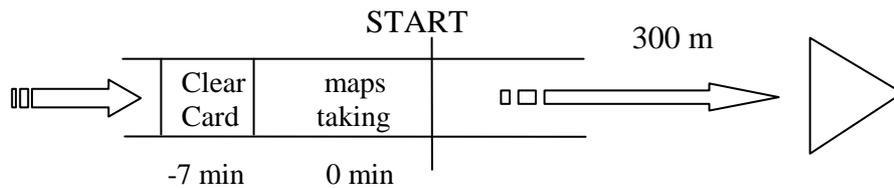
Terrain Description: Mountain terrain between 700 and 900 m above sea level.

02.06.12 MIDDLE DISTANCE					
Category	Length	By optimal route (km)	Climbing	Controls	Expected winning time
MEN 21	11.7	18.7	270	16	55-60
WOMEN 21	8.5	13.9	180	12	50-55



03.06.2012 LONG DISTANCE

Distance between event centre – finish long event: 11 km.



Quarantine: After crossing the finish line it is not allowed to leave the quarantine zone (finish area), until 12:30.

Long Distance Final (Mass start One-man-relay)

Map Scale 1:15.000; Contour Interval 5m; Map size 30 x 42 cm; Interval start mass one man relay

10.30 **Mass start Long distance Men Elite (One-man-relay)**

10.35 **Mass start Long distance Women Elite (One-man-relay)**

Courses Jan Cegielka.

Terrain Description: Mountain terrain between 700 and 900 m above sea level.

Maps: The participants of all the Categories at the start line receive 2 maps fixed together. After punching the last control of the first loop competitors change the map themselves and then follow the taped route up to "triangle". After punching the last control of the second loop they follow the taped route to the finish line.

03.06.12 LONG DISTANCE					
Category	Length	By optimal route (km)	Climbing	Controls	Expected winning time
MEN 21	26.2	36.8	480	21	105-110
WOMEN 21	18,7	28.7	320	18	85-95



Open event:**Open Mixed Sprint Relay**

Map Scale 1:5.000

Contour Interval 5m

Terrain Description: Mountain terrain, a lot of small parts fast roads

31.05.12 RELAY MIXED						
Category	Length		By optimal route (km)	Climbing	Controls	Expected winning time
MEN 21	1-2	2.6-2.9	3.5-3.9	60	8	7-10
+ WOMEN 21	3-4	2.2-2.4	3.2-3.5	60	8	7-10

Open Event – Urban Sprint Distance

Map Scale 1:5.000

Contour Interval 5m

Interval start 1 min

Terrain Description: Mostly hilly. Forest and open areas. Well defined tracks with generally medium going.

01.06.12 URBAN SPRINT DISTANCE						
Category	Length		By optimal route (km)	Climbing	Controls	Expected winning time
M 17,20,21,40,50	3.9		7.2	125	18	20-25
W 17,20,21,40	3.0		5.9	80	12	15-20
M 17,60+, W 40,50	2.6		4.1	50	10	15-20
M 14,60,70 W 14,50,60+	2.0		3.1	30	8	15-20

Open Event – Middle Distance

Map Scale 1:10.000

Contour Interval 5m

Interval start 2 min

Terrain Description: Mountain terrain between 700 and 900 m above sea level.

02.06.12 1MIDDLE DISTANCE						
Category	Length		By optimal route (km)	Climbing	Controls	Expected winning time
M 21,40	11.7		18.7	270	16	55-60
M 20,50, W 21	8.5		13.9	180	12	50-55
M-17,W 20	7.1		11.7	130	10	45-55
M60, W 17,40	6.1		10.1	120	10	40-45
M 14,70+ W 14,50,60+	3.6		6.5	80	5	25-35

Open Event - Long Distance (Mass start One-man-relay)

Map Scale 1:20.000 for category M/W – 17, 20,21,40,50 and 1:15 000 for category M- 14, 70+, W-14, 50, 60.

Contour Interval 5m

Terrain Description: Mountain terrain between 700 and 900 m above sea level.

03.06.12 LONG DISTANCE						
Category	Length		By optimal route (km)	Climbing	Controls	Expected winning time
M 21,40	26.2		36.8	480	21	105-110
M 20,50, W 21	18,7		28.7	320	18	85-95
M-17,W 20	14.6		21.2	180	12	75-80
M60, W 17,40	11.5		17.3	175	10	75-80
M 14,70+ W 14,50,60+	6.2		10.1	90	8	55-60

Entries:

WCUP PRELIMINARY ENTRIES - 12.05.2012



Nationality	Women	Men	Officials
AUSTRALIA	1	0	0
AUSTRIA	2	6	1
BELARUS	0	1	0
CZECH REPUBLIC	6	6	1
DENMARK	5	5	2
ESTONIA	0	4	0
FINLAND	4	6	1
FRANCE	1	4	1
GERMANY	1	0	0
HUNGARY	2	2	0
ITALY	2	5	1
LITHUANIA	1	2	0
POLAND	3	6	2
PORTUGAL	0	2	0
RUSSIA	5	4	3
SLOVAKIA	1	0	0
SWEDEN	2	2	0
SWITZERLAND	3	5	0
UKRAINE	1	1	0
TOTAL	40	57	12

Map samples:

