



# MAZ URY CUP...→





yourself in the pristine, Masurian nature, embellished with the idyllic atmosphere of the beginning of summer. Mazury Cup is more than just an orienteering event - it is an adventure that will remain in your memory for a long time. We officially invite you and see you at the start!

The map displays the Białystok region with three water treatment plants highlighted by colored circles: a red circle labeled '1/3' near Orzyny, a blue circle labeled '2/3' near Jeleniowo, and a purple circle labeled '3/3' near Rów. The map shows a network of roads, including national routes 57, 58, and 59, and local roads like 600. Numerous lakes are visible, such as Jezioro Rąskie, Jezioro Bobieży Wielkie, Jezioro Białe, Jezioro Nawiady, Jezioro Zdrojowy Pieć, Jezioro Zdrożno, and Jezioro Mokre. Towns and villages labeled include Kolonia Łupowo, Dzwierzuty, Kolonia Dzwierzuty, Wilczy Dół, Stankowo, Jablonka, Nowe Kiejuty, Stare Kiejuty, Kasprzy, Ochódno, Marksewo, Powalczyn, Łęg, Krawno, Babięta, Kolonia Babięta, Machary, Prusinowo, Kolonia Prusinowo, Nowe Kielbonki, Stare Kielbonki, Połom, Koczek, Cierpięty, Kolonia Nawiady, Nawiady, Goleń, Gajne, Siedzie, Kolonia Kozłowo, Targowska Wola, Targowa, Rąsk, Rów, Jeleniowo, Miętkie, Orzyny, and Targowca.





1/3

## ZIMNA WODA

middle distance  
4.07.2025

2/3

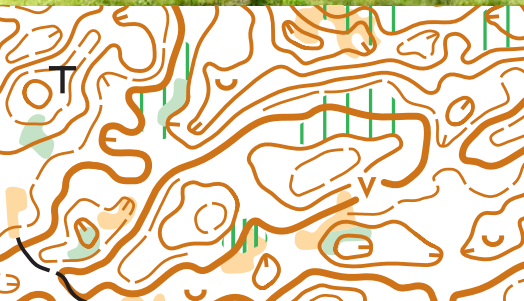
## JEZIORO KRAWNO

long distance  
5.07.2025

3/3

## JEZIORO SŁUPEK

chasing start  
6.07.2025



## ORGANIZERS

Dolnośląski Związek Orientacji Sportowej  
ul. Borowska 1-3  
50-529 Wrocław, Poland

Fundacja Slow Event  
ul. Lindleya 16  
02-013 Warszawa, Poland

## PARTNERS

International Orienteering Federation  
Polish Orienteering Association  
Forest Inspectorate Strzałowo  
Dźwierzuty Commune

## ORGANIZING COMMITTEE

Event Director  
Main Referee  
IOF Adviser/Controller  
Start  
SPORTident  
Cartography

Wojciech Dwojak  
Jacek Morawski  
Tadeusz Piłkowski  
Arleta Sosenko  
Marcin Leśnicki  
Wojciech Dwojak, Jacek Morawski



## EVENT RANK

3-stage individual national ranking event, KM21E classes with WRE status during stage 1.

4-6.07.2025



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## WATER

There will be self-service refreshment points for longest classes competitors during 2nd and 3rd stage. Refreshment points will be located on a leg between controls and marked on the map. In addition, during 1st stage elite classes will have a refreshment point in approx. 65% of their courses. All refreshment points will provide potable water.

## START PROCEDURE

SI clear before start boxes

-3' SI check

-2' control descriptions

-1' maps (athlete can take the map in the moment of the start - beep on the clock)

60-100 m marked route from timed start to start triangle



## TIME LIMIT

Stage 1	120 minutes
Stage 2	180 minutes
Stage 3	120 minutes

## MARKED COURSES

Enka and Rodzinna courses will be marked with orange ribbons.

Two maps will be prepared at the start for each registered competitor in Rodzinna class - one for the child, the other one for the parent.

## KM10

During 1st and 2nd stage there will be a short marked route on KM10 courses. It will be marked with a marked route symbol on the map (dotted line instead of solid line) and with orange ribbons in the forest.

## OPEN CLASSES

There is no start time assignment for open classes, you can start in the first two hours of the start time (00-120').

Participants competing in both sport classes and open classes with children are asked to do the sport classes course first in order to maintain fair play rules.



## PUNCHING SYSTEM

SPORTident system in AIR+ mode will be used for punching during the event.

## CONTROL DESCRIPTIONS

Printed on the map and separate descriptions available at start.





## CHASING START

3rd stage will include a chasing start for all classes (apart from open classes). Competitors in each class will start in accordance with the following rules:

- the clock at the entrance to the first start box will be set to -5',
- the best competitor after two stages in each class starts as the first one,
- the next competitors in each class start according to the time losses to the leader (up to 30 minutes loss),
- competitors who are more than 30 minutes behind the leader after two stages start in the interval start.

The final order in the general classification of Mazury Cup in all classes with a chasing start during the 3rd stage will be determined by the punch time from the SPORTident FINISH station.

## ENVIRONMENT

Respecting the surrounding nature is extremely important, therefore during the competition we will try to reduce the negative impact of our event on the environment as much as possible - we will try to minimize the amount of generated waste and replace plastic with paper products where possible. You can also help us with this - bring your own reusable cups for water at the finish line.

## WASTE SEPARATION

Waste separation will be carried out during the event - clearly marked bins for bio, mixed, plastic, paper, and glass waste will be available in the Event Center. Please use them carefully and dispose of your waste in the appropriate containers - let's take care of the cleanliness and natural environment of the Masurian region together!

## WRE

1st stage in KM21E classes will be a World Ranking Event race. More information concerning the WRE can be found in the latter part of this bulletin.



## CAFETERIA

There will be a cafeteria during each stage at the Event Center. Simple barbecue dishes, snacks and drinks will be offered.





## TOILETS

Toilets will be available only in Event Center.

## KID'S ZONE

There will be Kid's zone with attractions for the youngest organized at each stage at the Event Center. Also, a special Mini-O course for children located next to the Event Center will be available. Both Kid's zone and Mini-O will be free of charge and available to all willing children without prior registration.



## MAPS

	STAGE 01	STAGE 02	STAGE 03
<b>Rodzinna, Enka, Krótka</b>	1:7 500 e-2,5 m 210x297 mm	1:7 500 e-2,5 m 210x297 mm	1:7 500 e-2,5 m 210x297 mm
<b>KM50-75</b>	1:7 500 e-2,5 m 297x420 mm	1:7 500 e-2,5 m 420x297 mm	1:7 500 e-2,5 m 297x420 mm
<b>Remaining classes</b>	1:10 000 e-2,5 m 210x297 mm	1:10 000 e-2,5 m 420x297 mm	1:10 000 e-2,5 m 210x297 mm

All maps prepared according to ISOM 2017-2 in 2025. Digital print, sealed in plastic bags.

Maps will not be collected at the finish, so please follow fair play rules and do not show the maps to competitors who have not already started.



## FEES

### KM10-14 Rodzinna Enka

### KM16-20 KM65 and older Krótka Średnia

### KM21-60 Challenge Ultra

#### 1st deadline 30.04.2025

20 PLN / stage  
60 PLN / 3 stages

35 PLN / stage  
105 PLN / 3 stages

50 PLN / stage  
150 PLN / 3 stages

#### 2nd deadline 23.06.2025

25 PLN / stage  
75 PLN / 3 stages

40 PLN / stage  
120 PLN / 3 stages

60 PLN / stage  
180 PLN / 3 stages

#### late entry

30 PLN / stage  
90 PLN / 3 stages

45 PLN / stage  
135 PLN / 3 stages

70 PLN / stage  
210 PLN / 3 stages

## PRIZE

Gifts and diplomas for the TOP3 participants in each class in the general classification after three stages will be awarded. All K10, M10, Enka and Rodzinna class participants will be awarded small gifts.

Prize-giving ceremony is scheduled for 14:00 on Sunday. Winners will be awarded in the following order: veterans, children, juniors, seniors.

## PAYMENTS

### Dolnośląski Związek Orientacji Sportowej

ul. Borowska 1-3  
50-529 Wrocław  
Poland

IBAN : **PL87116022020000000230177716**

SWIFT: **BIGBPLPW**

Please include participant details (name and club) and "Mazury" word in bank transfer description.

The validity of the entry within a given deadline is determined by entry fee payment to the organizer's account, not by the fact of just registering an entry via entry system.



## ADDITIONAL INFORMATION

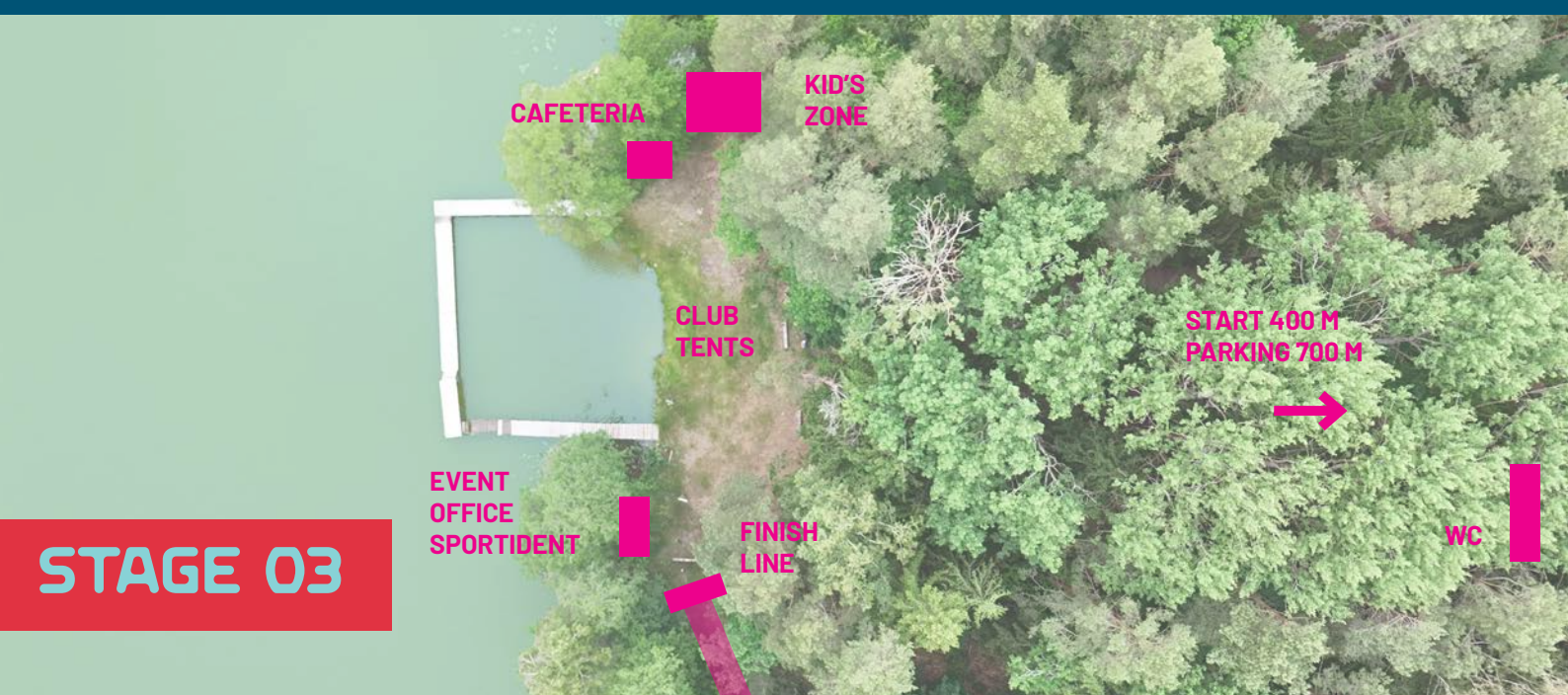
- The organizer provides medical care during the event.
- The organizer has a valid third party insurance.
- The organizer is not responsible for individual insurance of the participants.
- The organizer is not financially responsible for any items lost during the event.
- The organizer reserves the right to change the event program, as well as to cancel the event due to force majeure.
- The organizer reserves the right to the final interpretation of this Bulletin.
- By registering for the event you consent to the publication of your image on the website mazurycup.pl, in the organizer's social media and in other promotional materials.
- By registering for the event you accept this Bulletin.
- Further information about the event can be found at mazurycup.pl.

4-6.07.2025



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# STAGE 01

## 1/3 ZIMNA WODA

middle distance  
4.07.2025

The first stage will take you to the heart of a virgin terrain, offering unique micro-relief, requiring above-average alertness and technical perfection throughout the race. Varied forest, characterized by subtle changes in the terrain height, will make every step require concentration - the speed must be perfectly balanced with precision. During this stage you will feel how the raw beauty of Masuria draws you in and tests your skills at every step!

## PROGRAM

16:30  
20:00

first start  
finish closing

## LOCATION

Meadow in Zimna Woda settlement  
GPS: 53.670711, 21.160036

## START

300 m from Event Center to start,  
follow red ribbons

## PARKING

Free car parking located on the same  
meadow as Event Center.

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# STAGE 02

2/3

## JEZIORO KRAWNO

long distance  
5.07.2025

During the second stage, you will come face to face with the wild and untamed nature of Masuria. Here, you will encounter wetlands and labyrinths of denser forest, which will be a demanding opponent that will test you both in terms of navigation and the ability to make quick decisions at key moments. During this race every stumble will distance you from the finish line, and every well-chosen route-choice will bring you closer to the final victory.

## PROGRAM

11:00	first start
16:00	finish closing

## LOCATION

Meadow in Zimna Woda settlement  
GPS: 53.670711, 21.160036

## START

400 m from Event Center to start,  
follow red ribbons

## PARKING

Free car parking located on the same  
meadow as Event Center.

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# STAGE 03

## 3/3 JEZIORO SŁUPEK

chasing start  
6.07.2025

The third stage is a dynamic finish to the event, which will test both your speed and alertness. The courses will lead through fast terrain, where a momentary lack of attention can cost you precious seconds. Approaching the shore of Słupek Lake, you will come across a steep slope with micro-relief that will become the final test of your technical skills. The finish line, located on the beach of the lake, will be the true crowning of the competition, offering beautiful views and the satisfaction of overcoming the Masurian challenge.

## PROGRAM

10:30  
14:00

first start  
finish closing

## LOCATION

Beach by Słupek Lake  
GPS: 53.690419, 21.135897

## PARKING

Free car parking located 700 m from  
Event Center.  
GPS: 53.691555, 21.147166

## START

400 m from Event Center to start,  
follow red ribbons

EVENT  
CENTER

EC → START  
400 M

PARKING → EC  
700 M

JELENIOWO

PARKING

START

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# WRE APPENDIX



## VISAS

According to current regulations, citizens of some countries must obtain a visa in order to enter Poland. Please check the following website for more information:

<https://www.gov.pl/web/diplomacy/visas>

Visas should be applied for at your closest Polish embassy. Please note that conditions of entry may change. All participants are advised to keep themselves updated on the situation by consulting their local Polish embassy.

## ENTRIES

Nation	K21E	M21E
Finland		1
Hong Kong		2
Lithuania	1	2
Poland	10	16
Spain	2	2
<b>TOTAL</b>	<b>13</b>	<b>23</b>

## CLIMATE

Temperature for July in Jeleniowo vary between 17 and 29 °C with an average of 23 °C. Average rainfall for July is 60 mm with 8 rainy days during a month. The weather can be anything from warm and sunny to windy and rainy.

## TRANSPORT

No transport offered by the organizers.

## GPS-ENABLED DEVICES

GPS-enabled devices (watches etc.) can be carried provided that they are not used for communication or navigation.

## WINNING TIME

30-35 minutes for both KM21E classes.

## CONTROL DESCRIPTIONS

The dimensions of control descriptions are as follows:

K21E	5,0 x 14,5 cm
M21E	5,0 x 14,5 cm

## JURY

Karol Galicz  
Michał Olejnik  
Bartosz Pawlak

## TRAINING

We provide one training map that will allow you to get familiar with the specifics of Masuria terrain. At your disposal there is both a training course and an all controls map. Training map files are available free of charge for self-printing: <https://mazurycup.pl/en/trainings/>

Also, we provide free training maps from previous editions of Mazury Cup available on our website:




































































































<https://mazurycup.pl/en/maps/>

## COMPLAINTS













































































































Complaints must be submitted in writing at the Event Office no later than 15 minutes after the full results have been published.















































































































# COURSE DETAILS

	1/3 ZIMNA WODA	2/3 JEZIORO KRAWNO	3/3 JEZIORO SŁUPEK
K10	 2,0 km  8 PK  35 m	 2,7 km  9 PK  55 m	 2,3 km  8 PK  30 m
K12	 2,3 km  10 PK  50 m	 3,3 km  11 PK  60 m	 2,7 km  8 PK  40 m
K14	 3,2 km  13 PK  65 m	 4,0 km  9 PK  75 m	 3,2 km  9 PK  45 m
K16	 3,6 km  15 PK  75 m	 5,0 km  12 PK  95 m	 4,6 km  12 PK  75 m
K18	 3,8 km  16 PK  90 m	 5,6 km  15 PK  110 m	 5,0 km  14 PK  80 m
K20	 4,1 km  17 PK  90 m	 7,2 km  16 PK  120 m	 5,5 km  18 PK  95 m
K21	 4,0 km  16 PK  85 m	 6,6 km  16 PK  120 m	 5,6 km  14 PK  85 m
K21E	 5,1 km  23 PK  110 m	 8,4 km  18 PK  160 m	 7,1 km  18 PK  120 m
K35	 3,8 km  16 PK  90 m	 5,6 km  15 PK  110 m	 5,0 km  14 PK  80 m
K40	 3,6 km  15 PK  75 m	 5,0 km  12 PK  95 m	 4,6 km  12 PK  75 m
K45	 3,5 km  14 PK  70 m	 4,5 km  12 PK  95 m	 4,4 km  12 PK  70 m




	1/3 ZIMNA WODA	2/3 JEZIORO KRAWNO	3/3 JEZIORO SŁUPEK
K50	 3,4 km  12 PK  65 m	 4,4 km  12 PK  90 m	 3,7 km  9 PK  55 m
K55	 2,9 km  13 PK  60 m	 3,8 km  9 PK  75 m	 2,9 km  8 PK  35 m
K60	 2,9 km  13 PK  60 m	 3,8 km  9 PK  75 m	 2,9 km  8 PK  35 m
K65	 2,7 km  11 PK  55 m	 3,4 km  9 PK  75 m	 2,6 km  10 PK  40 m
K70	 2,7 km  11 PK  55 m	 3,4 km  9 PK  75 m	 2,6 km  10 PK  40 m
K75	 1,8 km  8 PK  40 m	 2,6 km  7 PK  60 m	 1,9 km  7 PK  30 m
M10	 2,0 km  8 PK  35 m	 2,7 km  9 PK  55 m	 2,3 km  8 PK  30 m
M12	 2,3 km  10 PK  50 m	 3,3 km  11 PK  60 m	 2,7 km  8 PK  40 m
M14	 3,7 km  14 PK  80 m	 4,7 km  9 PK  80 m	 3,8 km  9 PK  60 m
M16	 4,0 km  16 PK  85 m	 6,6 km  16 PK  120 m	 5,6 km  14 PK  85 m
M18	 4,4 km  19 PK  105 m	 7,8 km  18 PK  125 m	 6,4 km  17 PK  115 m
M20	 4,9 km  20 PK  110 m	 9,3 km  20 PK  160 m	 7,2 km  20 PK  125 m



	1/3 ZIMNA WODA	2/3 JEZIORO KRAWNO	3/3 JEZIORO SŁUPEK
<b>M21</b>	 5,1 km  23 PK  110 m	 8,4 km  18 PK  160 m	 7,1 km  18 PK  120 m
<b>M21E</b>	 6,3 km  23 PK  145 m	 12,7 km  25 PK  215 m	 9,2 km  25 PK  165 m
<b>M35</b>	 4,9 km  20 PK  110 m	 9,3 km  20 PK  160 m	 7,2 km  20 PK  125 m
<b>M40</b>	 4,7 km  18 PK  95 m	 8,5 km  18 PK  140 m	 6,4 km  15 PK  110 m
<b>M45</b>	 4,1 km  17 PK  90 m	 7,2 km  16 PK  120 m	 5,5 km  18 PK  95 m
<b>M50</b>	 4,0 km  17 PK  90 m	 6,7 km  15 PK  120 m	 5,7 km  15 PK  95 m
<b>M55</b>	 3,8 km  15 PK  90 m	 5,1 km  13 PK  100 m	 4,8 km  12 PK  80 m
<b>M60</b>	 3,5 km  14 PK  70 m	 4,5 km  12 PK  95 m	 4,4 km  12 PK  70 m
<b>M65</b>	 3,2 km  13 PK  65 m	 4,0 km  9 PK  75 m	 3,2 km  9 PK  45 m
<b>M70</b>	 2,9 km  13 PK  60 m	 3,8 km  9 PK  75 m	 2,9 km  8 PK  35 m
<b>M75</b>	 2,7 km  11 PK  55 m	 3,4 km  9 PK  75 m	 2,6 km  10 PK  40 m
<b>RODZINNA</b>	 1,9 km  6 PK  35 m	 1,7 km  7 PK  40 m	 2,1 km  5 PK  30 m



	1/3 ZIMNA WODA	2/3 JEZIORO KRAWNO	3/3 JEZIORO SŁUPEK
ENKA	 1,9 km  6 PK  35 m	 1,7 km  6 PK  40 m	 2,1 km  5 PK  45 m
KRÓTKA	 1,9 km  8 PK  40 m	 2,7 km  8 PK  50 m	 2,5 km  8 PK  35 m
ŚREDNIA	 3,0 km  11 PK  60 m	 4,1 km  10 PK  80 m	 3,4 km  12 PK  55 m
CHALLENGE	 3,2 km  12 PK  70 m	 4,1 km  12 PK  85 m	 4,0 km  12 PK  65 m
ULTRA	 3,9 km  13 PK  80 m	 5,7 km  13 PK  130 m	 5,1 km  14 PK  80 m

## SPONSORS

**hitmark**  
= robotics



## ORGANIZERS



**#slow**  
**event**



## PARTNERS



Lasy Państwowe

4-6.07.2025

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# 2026

RUCIANE-NIDA

1/3

## JEZIORO MAŁZY

middle distance  
27.06.2026

2/3

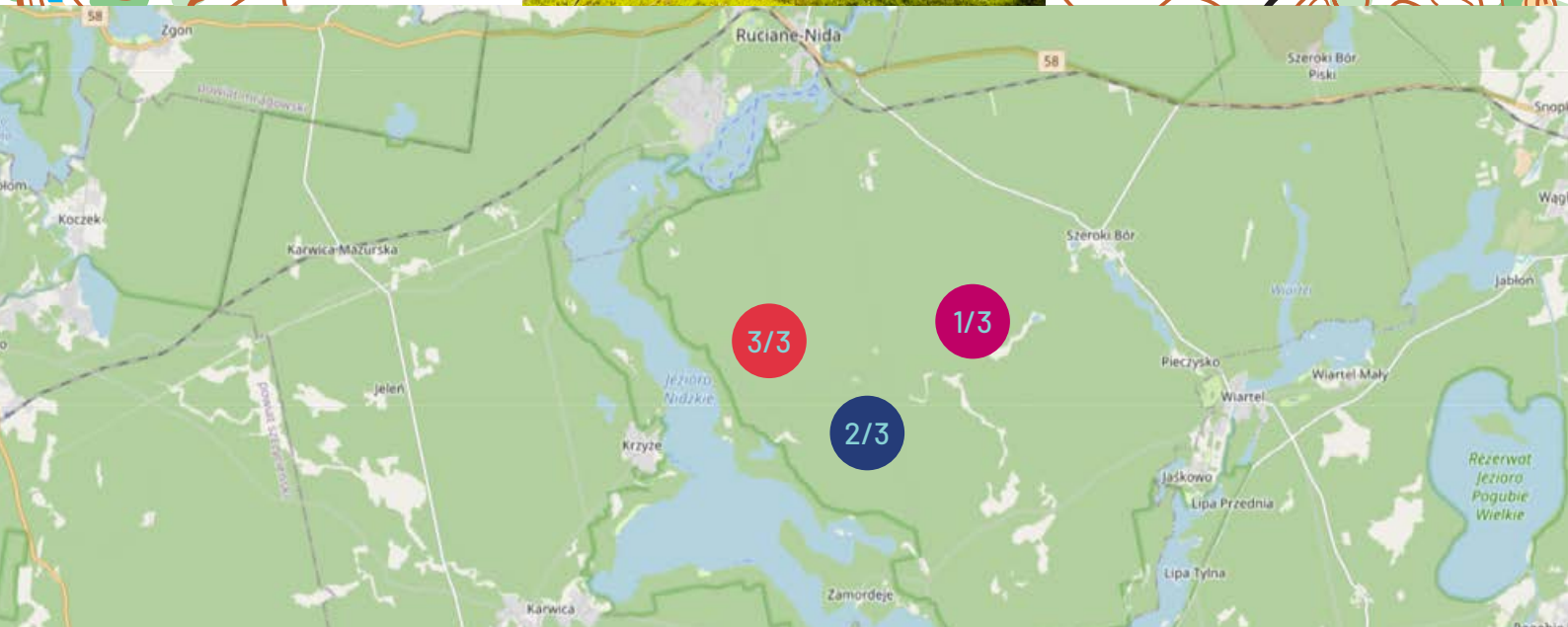
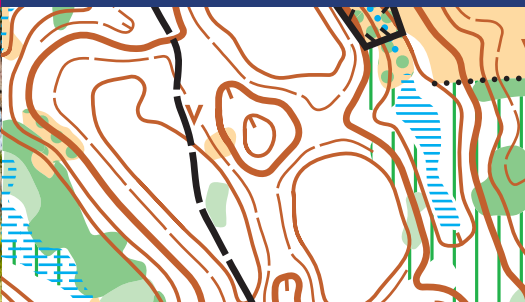
## ZAMORDEJE MAŁE

long distance  
28.06.2026

3/3

## JEZIORO NIDZKIE

chasing start  
29.06.2026



27-29.06.2026

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# Sudety Cup

# 2025

Sowie Mountains  
Soví hory

1/4

**Sokolica**

middle distance  
31.07.2025

2/4

**Wielka Sowa**

long distance  
1.08.2025

3/4

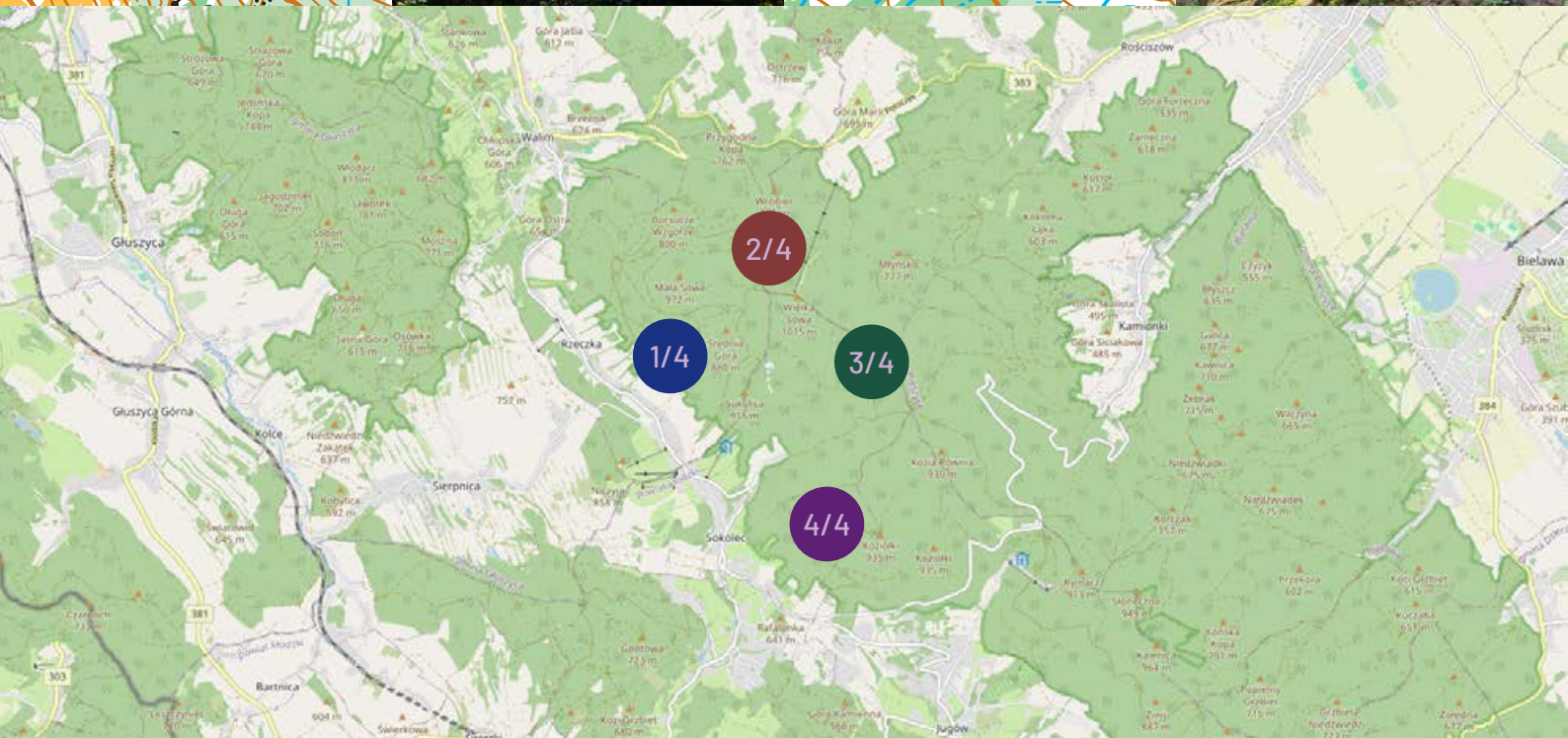
**Kozie Siodło**

middle distance  
2.08.2025

4/4

**Grabina**

chasing start  
3.08.2025



31.07-3.08.2025

Sudety  
Cup

[sudetycup.pl](http://sudetycup.pl)