



**POMORZE  
SPRINT  
CUP**

**2023  
POLAND**

**26-28.05.2023 PELPLIN - TCZEW - GNIEW**

# **International Orienteering Event Pomorze Sprint Cup 2023 World Ranking Event**

**Pelplin, Tczew, Gniew 26<sup>th</sup> – 28<sup>th</sup> May 2023**  
[www.pomorzescup.pl](http://www.pomorzescup.pl)

## **Bulletin No. 0**

### **1. Organizer**

Uczniowski Międzyszkolny Klub Sportowy w Kwidzynie  
(Interschool Student Sports Club in Kwidzyn)

82-500 Kwidzyn, ul. Warszawska 13, [www.umkskwidzyn.pl](http://www.umkskwidzyn.pl)

### **Co-organizer**

Polish Orienteering Association

00-024 Warszawa, Al. Jerozolimskie 30/21, [www.orienteing.org.pl](http://www.orienteing.org.pl)

### **2. Date and location**

26<sup>th</sup> – 28<sup>th</sup> May 2023 – Pelplin, Tczew, Gniew

### **3. Contact**

Competition Director –Tomasz Müller– tel.+48 500 175 747, e-mail: [bn0@umkskwidzyn.pl](mailto:bn0@umkskwidzyn.pl)

IOF Advisor –Jerzy Antonowicz– tel.+48 603 923 897, e-mail: [jerzy.antonowicz@gmail.com](mailto:jerzy.antonowicz@gmail.com)

### **4. Program**

26/05/2023 (Friday)	S1 – Pelplin (WRE)	16.30 – 18.30
27/05/2023 (Saturday)	S2 – Tczew (W, M Elite - knock out) – elimination	10.00 – 12.00
	S3 – Tczew (W, M Elite - knock out)	16.00 – 19.00
28/05/2023 (Sunday)	S4 – Gniew (WRE)	10.30 – 12.30
	Prize-giving ceremony	13.00



## 5. Form of the competition

Three-day, four stages, individual sprint orienteering event. Included in the Polish Orienteering Association ranking, with a Polish ranking index 1100. 2 World Ranking Event stages included. For some categories, Stages 2 and 3 will be played in the form of KNOCKOUT - SPRINT. Details will be given in Bulletin no. 1

## 6. Maps

4 new maps, 3 maps of a new terrain that hasn't been used for orienteering competitions before, validity of all maps May 2023, standard ISSPrOM 2019.

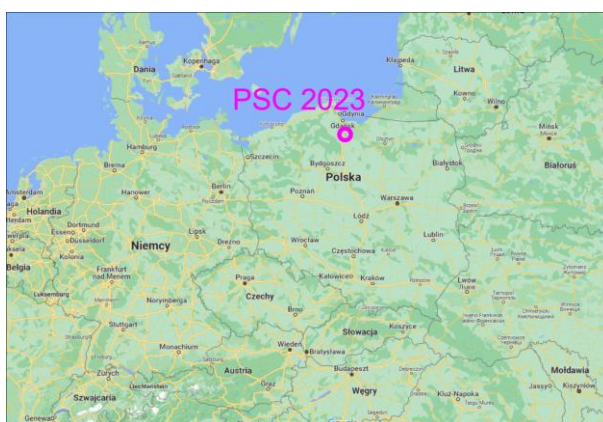
## 7. Competition area

All courses will be set out in the urban area:

In Pelplin, using the area of the Bishop's Gardens of the Pelplin Diocese and the Theological Seminary,

In Tczew, using the entire area of the Old Town and the City Park

In Gniew, using the entire area of the Old Town and the medieval Teutonic Castle.



## 8. Embargoed areas

Designated areas in the administrative area of the city of Pelplin, Tczew and Gniew, marked on the maps below, are subject to an embargo. Competitors, coaches and persons who may influence the results of the competition through their knowledge of the terrain are prohibited from entering the embargoed zones.

These areas are embargoed until the publication of Bulletin 2. Bulletin 2 will provide details of the competition grounds where the embargo will be maintained and the organizer's special rules on the day of the competition.





## 9. Classes

Women – W10, W12, W14, W16, W18, W20, W21E (WRE), W21A, W35, W40, W45, W50, W55, W60, W65, W70, W75

Men – M10, M12, M14, M16, M18, M20, M21E (WRE), M21A, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90

Open classes:

- 10R - Family (very easy and short, for beginners and families with children).
- Short - easy and short, for beginners.
- Middle - more difficult, longer, for intermediate runners.

The organizers reserve the right to combine categories in the case of a small number of participants. All athletes in W21E and M21E classes need to have an IOF athlete's license to participate in WRE.

## 10. Entries and entry deadlines

The first entries deadline: **13/03/2023**

Entries deadline: **15/05/2023**

Applications in all categories will be accepted:

- Competitors with a Polish Orienteering Association (PZOS) license through the application form on the website <https://orienteering.org.pl/pzos/entries>

- Competitors who do not have a Polish Orienteering Association (PZOS) license through the application form on the website

<https://www.orientharper.pl/?cmp=entries&action=entryList&id=202>

Competitors of the W21E and M21E categories for WRE runs must also enter the IOF application form: IOF Eventor - Event information: Pomorze Sprint Cup 2023 ([www.orienteering.org](http://www.orienteering.org)).

Due to the Knock Out Sprint organization, it is not possible to apply after May 15, 2023 for the W20, W21E, M20 and M21E categories. Applications after 15.05.2023, in other categories possible only in place of vacancies and only by e-mail: [bno@umkskwidzyn.pl](mailto:bno@umkskwidzyn.pl).

## 11. Punching system

SPORTident Air+ punching system will be used during the entire competition.

## 12. Fees

They will be given in the Bulletin No. 1, which will be published by January 31, 2023

### Attention!

**Participants who registered and pay the entry fee in 1<sup>st</sup> deadline (until March 15, 2023) and who are ranked in the top 20 of Sprint World Ranking valid on March 1, 2023, will be given 50% discount on the entry fee.**

**Participants who registered and pay the entry fee in 1<sup>st</sup> deadline (until March 15, 2023) and who are ranked 21-50 of Sprint World Ranking valid on March 1, 2023, will be given 25% discount on the entry fee.**



### 13. Accommodation and food

The organizers do not mediate in the organization of accommodation and meals for competitors, but in all three cities and in the vicinity there are many accommodation facilities of various standards.

### 14. Transport

Tczew is the largest city - a partner of the Pomeranian Sprint Cup 2023. There are many rail and bus connections between Tczew and Gdańsk, as well as a ferry port and an airport in Gdańsk. There are also many railway connections between Tczew and Pelplin. There are many bus connections between Tczew and Gniew.

The organizer is also considering the organization on the day of the competition own transport between Tczew and Pelplin as well as Tczew and Gniew.

### 15. Prizes in general classification (sum of times from 4 stages)

Classes **W/M 16, 18, 20, 21E** – for places 1-3 financial prizes

All Sport Classes – for places 1-3 diplomas medals and small prizes

10R – all competitors diplomas and small gifts

Short, Middle – for places 1-3 diplomas and small gifts

### 16. Team classification

At each stage, 12 best competitors in all age categories score points.

The contestants are awarded points according to the key:

Place	1	2	3	4	5	6	7	8	9	10	11	12
Points	15	12	10	9	8	7	6	5	4	3	2	1

Detailed rules and regulations of the team classification can be found on the competition website [www.pomorzescup.pl](http://www.pomorzescup.pl) in the tab 'Newsletters'.

### 17. Rules and general information

16.1 Competition rules that apply are the following: The Competition Rules for IOF Foot Orienteering Events, valid from 1 January 2023.

16.2 Anti-doping

Doping is forbidden. "Think positive – test negative"! IOF Anti-Doping Rules apply, valid as of January 1, 2023. By entering the competition, the athletes and coaches will confirm that they are subject to sanctions in the event of any doping offence. The team leader will have to sign for the whole team.

16.3 Climate

Average temperature in Pelplin, Tczew and Gniew at the end of May lies between 18 and 20° C in daytime.

16.4 Visa Permits

The prerequisite for entering Poland is a valid passport. For travelers from certain countries a visa or further documents are required. Please check with your embassy if you need visa permits.

### 18. Additional information

- all participants compete at their own risk



- participants registering for Pomorze Sprint Cup 2023 agree to have their image, name and surname, and year of birth published in the media coverage as well as results, final protocols and marketing materials of the competition.
  - participants are responsible for their own insurance
  - the organizer provides medical care during every stage of the competition
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- there will be a free kindergarten for participants' children available during every stage of the competition in the event centre
  - all athletes and coaches are obliged to comply with the rules applicable in Poland on the day of the competition, regulations related to counteracting COVID-19

**We kindly invite you and look forward to seeing you in Kociewie Region,  
in Pelpin, Tczew and Gniew  
ORGANIZERS**

