

XIX Grand Prix Pomorza w Biegu na Orientację



Bulletin 1
30th July 2024



Hel

23rd -25th August 2024



Ministerstwo
Sportu i Turystyki



FORYTEK
& PARTNERZY

hitmark
= robotics



The event is co-financed by
Urząd Marszałkowski Województwa Pomorskiego.

1. Organizer

Uczniowski Klub Sportowy „Azymut 45” Gdynia
81-578 Gdynia ul. Wiczlińska 33

2. Cooperation

Polski Związek Orientacji Sportowej
Ministerstwo Sportu i Turystyki
Urząd Marszałkowski Województwa Pomorskiego
Nadleśnictwo Wejherowo
Gmina Puck

3. The Date and the place

Hel 23rd – 25th August 2024

4. Team of Chief Organizers

Manager of the Competition – Agata Porzycz tel. 502-283-461
Main Referee – Adam Pesta
Mapper – Jacek Morawski
Course setters – Adam Pesta, Anna Pesta, Jerzy Porzycz

5. Programme

22.08.2024	Competition Office Open	19.00 – 21.00
23.08.2024	Middle distance	15.30 – 18.00
	Polish Championship in TrailO - Relay	14.00 – 16.30
24.08.2024	Long distance	10.00 – 14.00
	Polish Championship in TrailO – PreO (WRE)	11.00 – 15.30
25.08.2024	Middle distance	10.00 – 13.00
	Polish Championship in TrailO – TempO (WRE)	09.00 – 13.00
	Prize giving ceremony	13.30

6. Event rank

3 days individual ranking event with general classification after 3 stages

7. Competition Office

22.08 (Thursday) 20.00 – 21.00

[Szkola Podstawowa, 84-150 Hel, ul. Szkolna 1](#)

23.08 (Friday) 12.30 – 14.30

[Competition Centre](#) of Stage 1

24.08 (Saturday) 9.00 – 10.00

[Competition Centre](#) of Stage 2

25.08 (Sunday) 9.00 – 10.00

[Competition Centre](#) of Stage 3

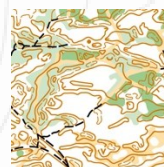
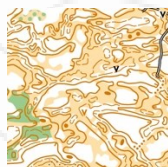
8. Maps

Updated July 2024

Scale: 1:10 000, e-2,5m

9. Terrain

Coastal area, interesting micro-relief, mostly well-runnable terrain.
The elevation difference up to 15 meters.



10. Classes

Sports:

W10N, W10, W12, W14, W16, W18, W20, W21E, W21S, W35, W40, W45, W50,
W55, W60, W65, W70, W75+

M10N, M10, M12, M14, M16, M18, M20, M21E, M21S, M35, M40, M35-44S, M45,
M50, M55, M60, M65, M70, M75, M80, M85, M90+

Popularizing

- Family (Rodzinna)
- Short (Krótka)
- Middle (Średnia)
- Long (Długa)

11. Registrations

Registration deadline **12th August 2024** (Monday).

Entries possible through [form](#) on website of Polski Związek Orientacji Sportowej

If you have any problems with registration through the form on PZOS website, please contact us: gppomorza@gmail.com

12. Payments

W/M10N, Family, Short	60.00 PLN	or 25.00 PLN / stage
W/M10 – W/M14, Middle	90.00 PLN	or 35.00 PLN / stage
W/M65 and +	120.00 PLN	or 45.00 PLN / stage
W/M16 – W/M60, Long	150.00 PLN	or 55.00 PLN / stage
Rental cost of SI card	10.00 PLN	or 5.00 PLN / stage
Losing of organizer SI card	250.00 PLN	

There is a possibility to entry only selected stages.

Registration after deadline: payment fee + 50%.

We do not reimburse entry fee.

Payments possible by bank transfer to the organizer's account
or by cash in the Competition Office.

UKS „Azymut 45” Gdynia
81-578 Gdynia ul. Wiczlińska 33
Santander Bank Polska 2/O Gdynia
61 1090 1102 0000 0001 1522 1619

Transfer title:

“opłata startowa GPPom2024” + name of the club / last name (family name)

13. Punching System

SPORTident system in AIR+ mode will be used.

14. Accommodation and Food

The organizer offers accommodation at the campsite at the school in Hel (with your own gear) at the price of PLN 30/person/night. Accommodation possible from 18th to 30th of August 2024.

Limited number of places.

The organizer offers full board at school in Hel:

- full board (3 courses) - 80,00 zł
- midday meal - 40,00 zł

Please send your reservations for Accommodation and Food by e-mail to:

gppomorza@gmail.com

15. Trainings

We offer you the possibility to join our trainings on Sportident system.

Trainings are to be organized on August 19th, 20th, 21st, 22nd in Starzyno and Mechowo from 10 a.m. to 1 p.m.

Training fee: 20.00 PLN/person/day.

Please send your reservations for Training by e-mail to:

gppomorza@gmail.com

16. Prize

Gifts and diplomas for the TOP3 participants in each class in the general classification.

In E classes cash prizes.

Prize drawing among all competition participants.

17. Remarks

- The competition will be held in accordance with the applicable regulations of Polish Orienteering Federation;
- The organizer is not responsible for individual insurance of the participants;
- The organizer provides medical care during the competition;
- Buffet will be available every day in the Competition Centre;

- Entry into the competition is equivalent to acceptance of the provisions of the Bulletin and Consent to the processing of personal data and image for organizational purposes.
- The Organizer reserves the right to the final interpretation of this Bulletin.

Polish Championship in TrailO will be held at the same time as our Orienteering Competition. It is possible to participate in both events.

You will find all information [here](#).