

**EUROPEAN
MTB ORIENTEERING
CHAMPIONSHIPS**

WORLD CUP ROUND 1

8-10.06.2019

WROCLAW, STRZELIN



Bulletin 3

European MTB Orienteering Championships
MTB Orienteering World Cup Round 1
8-10 June 2019, Poland



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1. ORGANIZERS

IOF - International Orienteering Federation

www.orienteering.org



Polish Orienteering Association

Al. Jerozolimskie 30/21

00-024 Warszawa

+48 22 625 56 91

biuro@zielonysport.pl

www.zielonysport.pl



Dolnośląski Związek Orientacji Sportowej

Ul. Borowska 1-3

50-529 Wrocław

+48 695 730 797

dzos@dzos.pl

www.dzos.pl



Co-organizers

Wojskowy Klub Sportowy "Śląsk"

Gmina Strzelin

Strzelińskie Centrum Sportowo-Edukacyjne Sp. z o.o.

Quartz System - Kopalnia Łupków Kwarcytowych "Jęglowa"

Organizing Committee

Event Director: Alicja Wojtala

Courses: Kostiantyn Majasow

Maps: Wojciech Dwojak, Jacek Morawski

2. CONTROLLERS

IOF Senior Event Adviser: Věra Pařízková (CZE)

National Controller: Tomasz Nitsch

3. GENERAL INFORMATION

Polish Orienteering Association welcomes all participants of the European Mountain Bike Orienteering Championship and World Cup round 1. 2019 in Strzelin and Wrocław.

Wrocław is a city in western Poland and the largest city in the historical region of Silesia. It lies on the banks of the River Oder in the Silesian Lowlands of Central Europe, roughly 350 kilometres (220 mi) from the Baltic Sea to the north and 40 kilometres (25 mi) from the Sudeten Mountains to the south. The population of Wrocław in 2017 was 638,364, making it the fourth-largest city in Poland and the main city of Wrocław agglomeration.

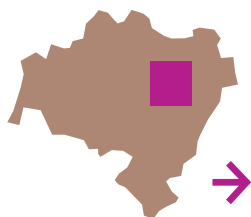
Strzelin is a town in Lower Silesian Voivodeship in south-western Poland. It is located on the Oława river, a tributary of the Oder. The town is the seat of Strzelin County and also of the smaller municipality (gmina) of Strzelin. It is known for its extensive granite quarries - in fact the deepest Europe's granite quarry is located here. It is 123 meters deep and covers 19.5 ha.

4. LOCATION

POLAND



LOWERSILESIA



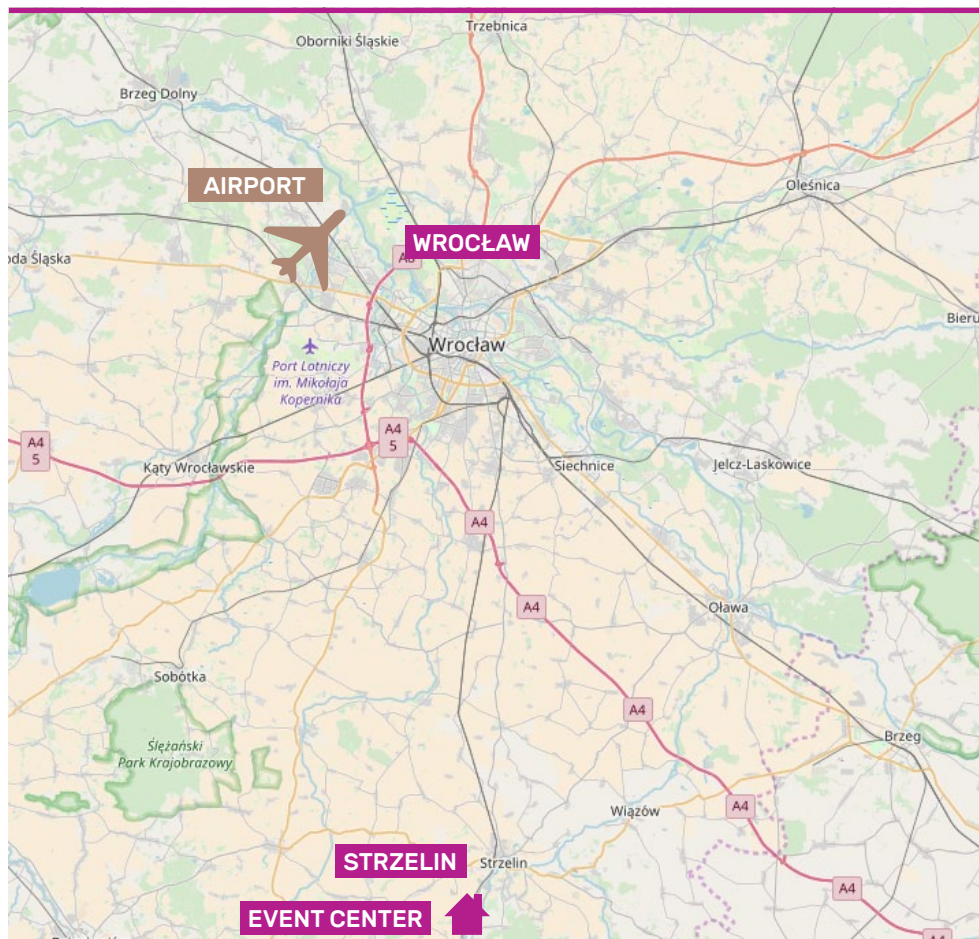
NEAREST
INTERNATIONAL
AIRPORTS FROM
STRZELIN:

Wrocław 55 km

Prag 270 km

Berlin 350 km

Warszawa 410 km



5. EVENT CENTER

Ośrodek Wypoczynkowy w Białym Kościele

(GPS: 50.72518, 17.04481)

ul. Nad Stawami

57-100 Biały Kościół

www.sportstrzelin.pl

6. PROGRAM

THURSDAY, 6th June

FRIDAY, 7th June

SATURDAY, 8th June

SUNDAY, 9th June

MONDAY, 10th June

TUESDAY, 11th June

Teams arrivals

Teams arrivals & Model event

Mixed Relay

Sprint

Mass-start

Departure

7. SCHEDULE

Thursday 6th of June 2019

12:00-20:00 Event office opening hours at event centre (EC)

18:00-19:00 Dinner (EC)

Friday 7th of June 2019 Model event

7:00-9:00 Breakfast (EC)

9:00-20:00 Event office opening hours (EC)

11:00-15:00 Model Event

12:00 Deadline for names/start group allocation for Mixed relay (EC)

18:00-19:00 Dinner (EC)

19:00 Team leaders meeting (EC)

7. SCHEDULE

Saturday 8th of June 2019 / MIXED RELAY

7:00-9:00	Breakfast (EC)
9:00-12:30	Event office opening hours at the competition centre (CC)
10:00	First start
12:00	Deadline for names/start group allocation for Sprint (CC)
13:00	Prize giving ceremony (CC)
17:30-20:00	Event office opening hours (EC)
18:00-19:00	Dinner (EC)
19:00	Team leaders meeting (EC)

Sunday 9th of June 2019 / SPRINT

7:00-9:00	Breakfast (EC)
9:00-12:30	Event office opening hours at the competition centre (CC)
10:00	First start
12:00	Deadline for names/start group allocation for Mass start (CC)
13:00	Prize giving ceremony (CC)
17:30-20:00	Event office opening hours (EC)
18:00-19:00	Dinner (EC)
19:00	Team leaders meeting (EC)

Monday 10th of June 2019 / MASS START

7:00-9:00	Breakfast (EC)
9:00-12:30	Event office opening hours at the event centre (EC)
10:00	First start
13:00	Prize giving ceremony (CC)
14:30-18:00	Event office opening hours (EC)
18:00	Banquet (EC)

Tuesday 11th of June 2019

07:00-09:00	Breakfast (EC)
07:00-09:00	Office opening hours (EC)
< 10.00	Departure

8. CLASSES AND PARTICIPATION RESTRICTIONS

European Championships and World Cup: ME, WE (individual), Mixed Relay. There are no age restrictions. In the individual competitions a federation may enter a maximum of 6 riders in each class. In the relay a federation may enter up to 4 teams each consisting of 3 riders.

Parallel to European MTB Orienteering Championships and World Cup Round 1, an Open event will be organized.

9. COMPETITION DETAILS

MODEL EVENT, Friday 7th of June 2019

The Model Event on Strzelińskie Hills is reached by bike or by car from the Event Centre - Distance approx. 5 Km.

It is recommended to get to Model Event by bike. There is small parking area, only for a few cars.

11:00am-15:00pm is the start of the model event with free start times. Maps will be available at the event office.

COMPETITION		LENGTH (optimal route)	TOTAL CLIMB	NUMBER OF CONTROLS	REFRESHMENT POINTS	WINNING TIMES
RELAY	1-3 legs	14,5 km	260 m	18		Men: 38'-39' Women: 43'-44'
SPRINT	Women	8,6 km	15 m	27		20'-25'
	Men	10,2 km	20 m	29		20'-25'
MASS START	Women	20,2 km	360 m	20	1	75'-85'
	Men	25,4 km	485 m	26	1	75'-85'

Please note that all information is preliminary and could be a subject to changes.

There will be tents and shelter at start quarantine zones.

At the finish, there will be tents, catering, screens for watching competition and bike wash.

10. ENTRIES



All entries must be done via IOF eventor:

<https://eventor.orienteering.org>

ENTRY DEADLINES

Team size entry by 7th of April 2019

- * Federation
- * Total number of competitors of each gender
- * Number of competitors in each competition
- * Number of relay teams
- * Number of team officials
- * Name of team manager, e-mail address and mobile phone number
- * Number of rental SIAC

Late entries and changes shall be accepted if possible. After the team size entry, additional entries incur a surcharge of 20% and withdrawals receive an 80% refund.

Team names entry by 28th May 2019

- * Each competitor's family name and first name, gender, year of birth and the competition in which they will compete and SIAC number
- * Names of the team officials
- * Detailed request for transportation (send to office@emtbox2019.pl)
- * Detailed request for accommodation (send to office@emtbox2019.pl)

Late entries and changes are accepted if possible. After the team names deadline additional entries incur a surcharge of 50%, withdrawals receive a 50% refund.

Full payment for entry fees is required by 30th May 2019.

Detailed request for banquet must be sent to office@emtbox2019.pl till 12th of May 2019.

Detailed request for meals must be sent to office@emtbox2019.pl till 12th of May 2019.

11. ENTRY FEES

Name	Fee
Accreditation fee (competitors and officials)	60 EUR / person
Entry fee – Sprint	45 EUR / person
Entry fee – Mass start Individual	50 EUR / person
Entry fee – Mixed Relay	120 EUR / relay
Entry fee – Model Event	10 EUR / person
Fee for banquet*	35 EUR / person

* The minimum number of participants in banquet is 40.

12. ACCOUNT DETAILS FOR PAYMENT

All payments are to be made to “Dolnośląski Związek Orientacji Sportowej” via bank transfer as follows (all charges have to be paid by sender!):

Bank: Alior Bank SA

IBAN: PL87 2490 1057 0000 9902 3682 1723

SWIFT Code: ALBPPLPW

to the credit of: DZOS, Borowska 1-3, 50-529 Wrocław, Poland

Entries to the EMTBOC and WCup, official accommodation and transport will be accepted and confirmed after the receipt of the transfer.

13. TRANSPORT

Local transportation to and from the event center will be offered for a fee for teams in need of such, when ordering in advance (detailed request not later than 28th May 2019).

Transportation to and from Wrocław International Airport to Strzelin can be ordered from the organizers for a fee:

Bus (7 seats) – 120 EUR/bus*

Bus (23 seats) – 140 EUR/bus*

Detailed request for transportation must be sent till 28th May 2019 to email: office@emt boc2019.pl

Please inform the organizers in due time of any assistance you require with transportation.

* All prices as of 2019

14. ACCOMMODATION

Two different categories of accommodation are offered by the organizers to ensure that all participants can find a place that suits their need and budget:



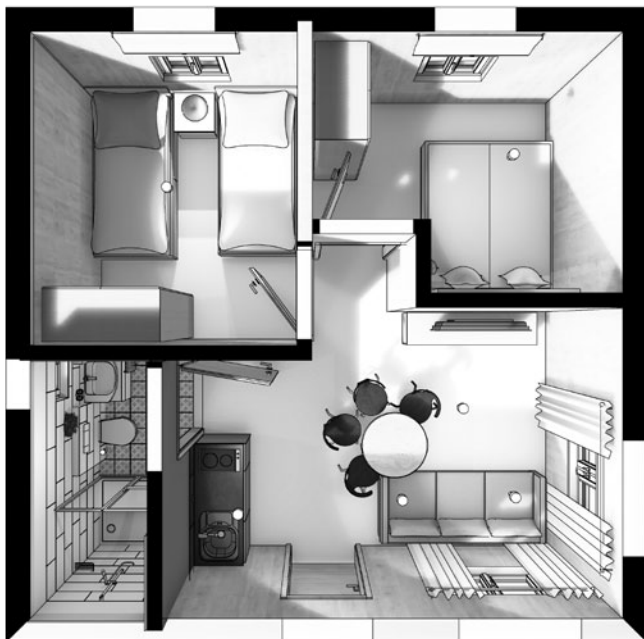
1. In the Event Centre at Ośrodek Wypoczynkowy w Białym Kościele there are 12 fully equipped bungalows available for 6 persons each.

Cost is 200 PLN (~ 45 EUR) per bungalow and night.

Please book this accommodation with the organiser.

Detailed request for accommodation will be accepted upon full occupancy or no later than 28th May 2019.

Request must be sent to email: office@emt boc2019.pl



Bungalows available for 6 persons each.



2. In Hotel Maria,

ul. Wzgórze Parkowe, 57-100 Strzelin,

www.hotel-maria.pl

(GPS: 50.77522, 17.07002)

Hotel Maria is located 7,3 km from the Event Centre.

Please book this accommodation directly with the hotels.

Single room	135 PLN (~30 EUR) per room and night
Twin room	125-165 PLN (~27-36 EUR) per room and night
Double room	125-165 PLN (~27-36 EUR) per room and night
3 persons	155 PLN (~34 EUR) per room and night

* prices 2019

3. Hotel Ambrozja in Strzelin,

ul. Kolejowa 19a, 57-100 Strzelin,

www.ambrozja.eu

ambrozjarestauracja@gmail.com

(GPS: 50.78381, 17.06156)

Hotel Ambrozja is located 8,5 km from the Event Centre.

Please book this accommodation directly with the hotels.

Twin/Double room	150 PLN (~35 EUR) per room and night
3 persons	185 PLN (~ 43 EUR) per room and night
4 persons	220 PLN (~52 EUR) per room and night

* prices 2019

15. TIME KEEPING SYSTEM

SIAC will be used on all events. SIAC range 150 cm. BSF 11 will be used. SI cards can be rented from Organizers for 10 EUR for the event (80 EUR deposit).



There are no MTBO maps of competition areas. Old Foot-O maps of this area are available on event webpage www.emtboc2019.pl/embargoed-area. Pieces of old maps are presented below.

SPRINT:

1. Wrocław – Szczytniki – 1990 – Foot-O
2. Morskie Oko – 1992 – Foot-O
3. Wielka Wyspa – 2014 – Foot-O

MASS START, MIXED RELAY:

1. Biały Kościół – 1976 – Foot-O
2. Wzgórza Strzebińskie Mlecznik – 1980 – Foot-O
3. Wzgórza Strzebińskie – 1980 – Foot-O
4. Wzgórza Strzebińskie Gromnik – 1980 – Foot-O
5. Gromnik – 1993 – Foot-O
6. Diabelska Kręgielnia – 2002 – Foot-O
7. Dolina Żab – 2002 – Foot-O
8. Biały Kościół – 2003 – Foot-O

New and updated MTB Orienteering maps

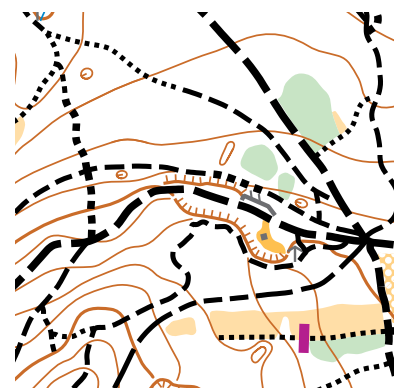
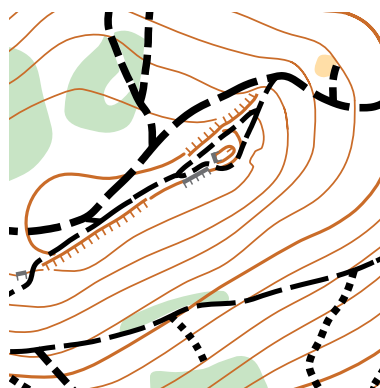
MIXED RELAY:

Scales: 1:10000

Contour intervals: 5m

Terrain Type:

Moderate hilly terrain with developed tracks network. Rideability varies from terrible to very good.

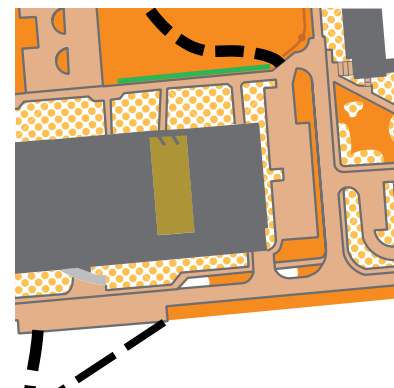


SPRINT:

Scales: 1:5000

Contour intervals: 2,5m

Terrain Type: Flat area with forest and urban part. Rideability is very good.



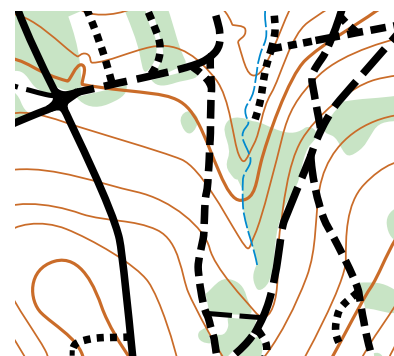
MASS START

Scales: 1:15000

Contour intervals: 5m

Terrain Type:

Moderate hilly terrain with developed tracks network. Rideability varies from terrible to very good.

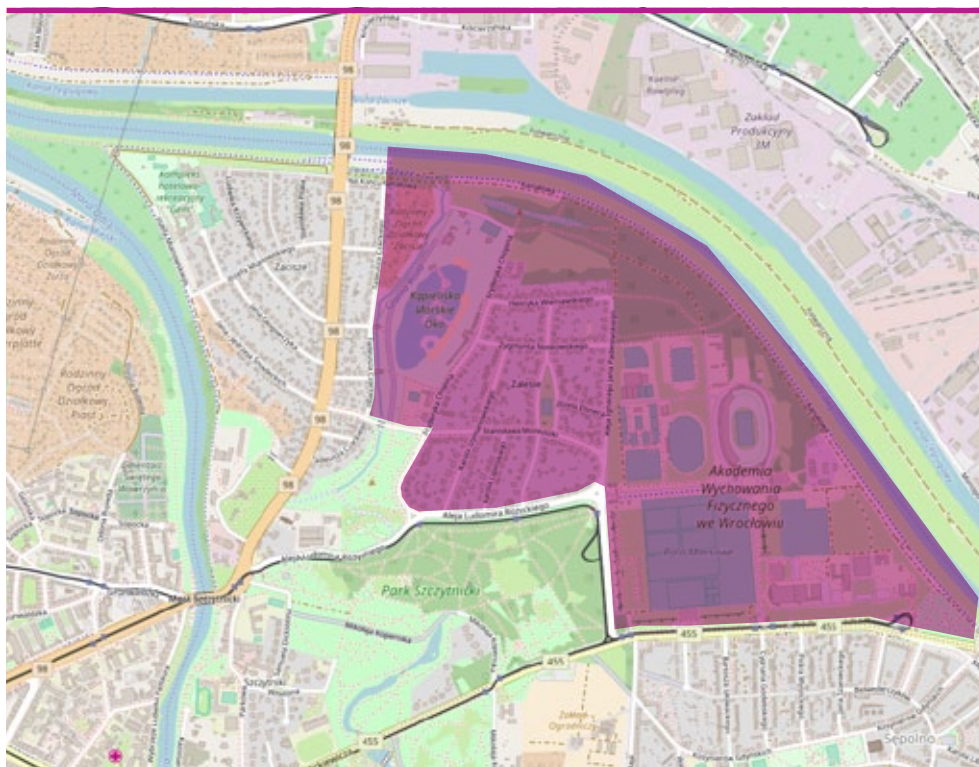


All events will be organized in accordance with the IOF International Specification for MTB Orienteering Maps (2010).

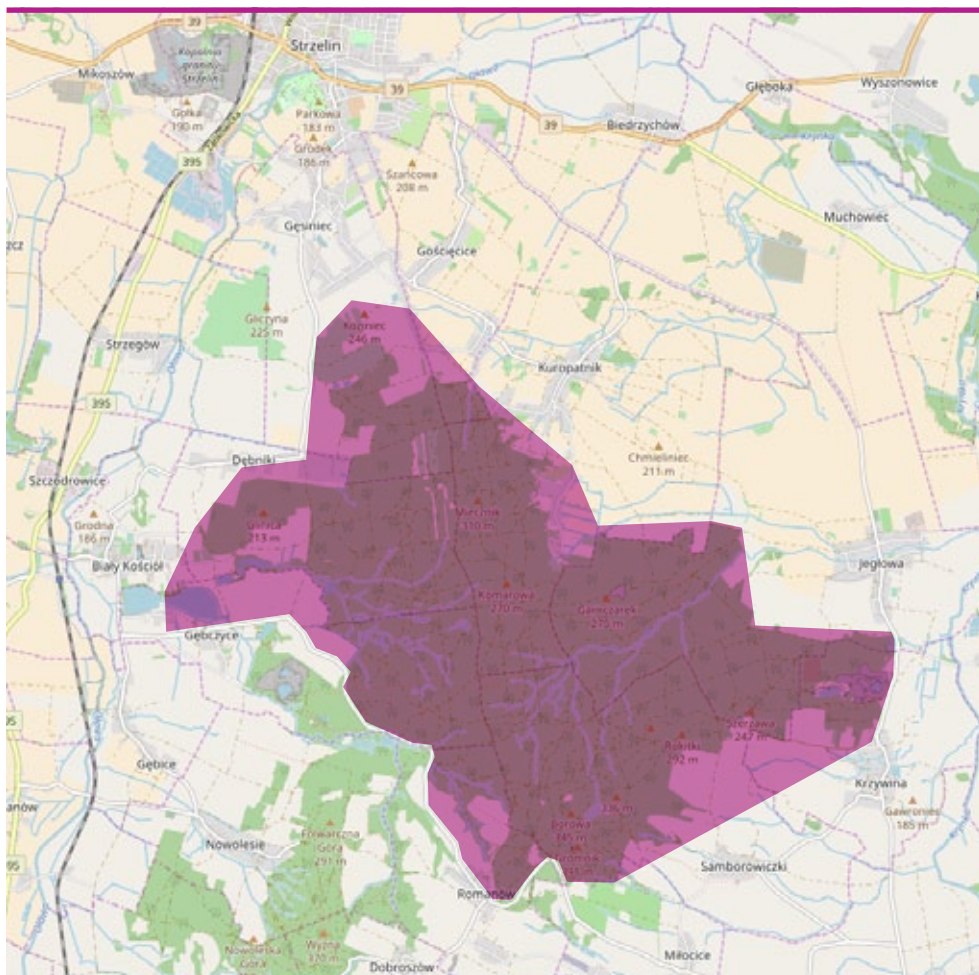
17. EMBARGOED AREAS

The areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person who through their knowledge of the terrain may influence the result of the competitions. Permission for access into embargoed terrain must be requested from the organizer if needed.

STADION OLIMPIJSKI
51.119492N
17.096765E



STRZELIN
50.725495N
17.045996E





18. TERRAIN DESCRIPTION

Alternately forest and open area, dense tracks network, mostly good rideability. Some tricky steep sections.

MASS START, MIXED RELAY: Moderate hilly terrain with developed tracks network. Rideability varies from terrible to very good.

SPRINT: Flat area with forest and urban part. Rideability is very good.

All competition areas are open for public traffic. The courses cross several public roads. Critical crossings will be marshaled. Bikers must follow the instruction of marshals. It is the riders' responsibility to observe traffic rules and avoid unsafe practices.

19. RULES

IOF MTB Orienteering Competition rules 2019
International specification for MTB Orienteering Maps 2010
MTBO World Cup 2019 Special Rules
Off-track riding is allowed, but not recommended.

20. TEAMS LEADERS MEETING

Team leaders meeting will take place at 19:00 in Biały Kościół in the EC in the evening preceding each competition day. Participation at the Team leaders meeting is limited to 3 officials per team.

21. ANTI-DOPING

Doping is forbidden. The IOF Anti-Doping Rules apply to all IOF events and the IOF Council may require doping control procedures to be conducted. It is the responsibility of competitors to obtain any required TUE (therapeutic use exemption) certificate.

22. START BIBS

All Participants will receive start bibs, according to the start list in the evening before the competition at the team leaders meeting. The start bibs must be attached to the front of the bike and on the back of the rider.

23. WEATHER

Strzelin is between 156-201 m above sea level. Average temperature June is 22° C, in the night about 12° C. Rain is possible (average 73 mm in June).

Wrocław is between 105-156 m above sea level. Average temperature June is 23° C, in the night about 13° C. Rain is possible (average 71 mm in June).

24. HEALTH CARE

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

The organizers will not be liable for any health insurance for participants. We recommend that all participants arrange their own personal health insurance. Participants take part of the event at their own risk.

25. VISAS

ENTRY PERMITS TO POLAND

Poland is a full Schengen member state. You can find a list of countries which don't need a visa for Poland here: www.msz.gov.pl/en/travel_to_poland/entering_poland/visa_free/visa_free_countries
Visas have to be applied for at your nearest Polish embassy.

26. TRAINING OPPORTUNITIES

Project znajdzsiewlesie.pl (permanent control points):
- Las Rędziński: www.znajdzsiewlesie.pl/las-redzinski-rower
- Świerzów: www.znajdzsiewlesie.pl/swierzow

znajdzsiewlesie.pl

Information about events will be published on website www.emtboc2019.pl

27. MEDIA SERVICES

Media representatives are cordially invited to Strzelin and Wrocław. Registration for media representatives should be done via email not later than 28th May 2019

28. LIVE COVERAGE

GPS tracks of EMTBOC will be displayed in the finish area.
All tracks will be published on the event website after the event.

29. BIKE WASHING, STORAGE AND SERVICE

Bike washing facilities and bike storage will be available at the EC. The bike storage is not secured. Bike service will be provided by local service point in Strzelin.

30. OPEN EVENT

O-GAMES MTBO will be organized on Saturday 8th of June 2019. All information are available at www.emtboc2019.pl/public-event-2

On Sunday 9th June local club Artemis Wrocław will organize an open event Otwarte Mistrzostwa Wrocławia. More information about that are on their website www.artemis.wroclaw.pl

31. CONTACT

Dolnośląski Związek Orientacji Sportowej
ul. Borowska 1-3
50-529 Wrocław
www.emtboc2019.pl
mail: office@emtbo2019.pl

Event Director:

Alicja Wojtala
tel.: +48 880267126



ORGANIZERS



PARTNERS



Strzelin

