

BULLETIN 3 / MARCH 2016



ORIENTEERING WORLD CUP 2016 POLAND



foto: Agata Majasow


**ORIENTEERING
WORLD CUP**



WELCOME



THE WORLD GAMES
WROCLAW 2017



**JERZY
ANTONOWICZ**

Chairman of Polish
Orienteering Federation

Dear orienteering friends,

It is an honour and pleasant obligation for me and for all Polish orienteers to organize again Orienteering World Cup in Poland. This great event for the foot orienteering world will be held in Wrocław, Trzebnica and near Sobótka – at the magnificent touristic centre in South - Western Poland.

I believe that the first round of World Cup 2016 will be a feast for the orienteering world and I am convinced the competition will satisfy your high demands. I am happy to have the pleasure of greeting all elite orienteers in 2016 with a warm “Welcome to Poland!”.



**MARCIN
PRZYCHODNY**

President of the Wrocław
Organising Committee of
The World Games 2017

On behalf of The World Games 2017 Organising Committee it's my pleasure to welcome competitors, officials and guests of the 2016 IOF World Cup.

Orienteering is a crucial member of The World Games family. We are happy to have the possibility to be a part of the great sporting event coming to Wrocław, Trzebnica and Sobótka this spring. It is an important part of our preparations as we consider it as a test event that will help us check the effectiveness of our organization during large sport events.

Feel free to visit our webpage www.theworldgames2017.com where you will find all the latest information about The World Games 2017. We look forward to seeing you soon.



**MAREK
DŁUGOZIMA**

Mayor of Trzebnica

Ladies and gentlemen!

As the mayor of Trzebnica, a town in the immediate vicinity of Wrocław. I'm very proud to could organise Orienteering World Cup 2016 in Trzebnica. I hope it will be good and very exiting time for everyone.

I sincerely invite you to Trzebnica!



foto: Stanisław Klimek

VENUE

World Cup 2016 will be organized in Lower Silesian Voivodeship. It is located in south-west part of Poland and is bordered with Germany and Czech Republic. Lower Silesia is known for its rich history, beautiful landscape and many mysterious castles.

The capital of Lower Silesia is Wrocław, it is the fourth largest city in Poland in terms of population (640,000). Wrocław is located in the middle of Europe and is a fully European city. With no doubt, it can be called a multi-cultural and open city. It is a place of more than a thousand years of history, which now can proudly be an organizer of many important international events. One of them is The World Games 2017.

Throughout more than a thousand years of history Wrocław has been at the crossroads of different cultures, switching from Polish hands to the reign of Czechs and Germans. After World War II it was here that Europe's largest population exchange took place, and the local community was rebuilt almost from scratch.

The result of this is that today Wrocław is a place of tolerance, open to new ideas and challenges, famous for its hospitality. The extraordinary history of the city is constantly enriched by prestigious scientific, cultural and sport events. **Wrocław have the title of European Capital of Culture in 2016.**

It is also known as a city of bridges – there are 117 of them in Wrocław – for which it gained the nickname of “the second Venice”, which is visited by more than 3 million tourists annually.

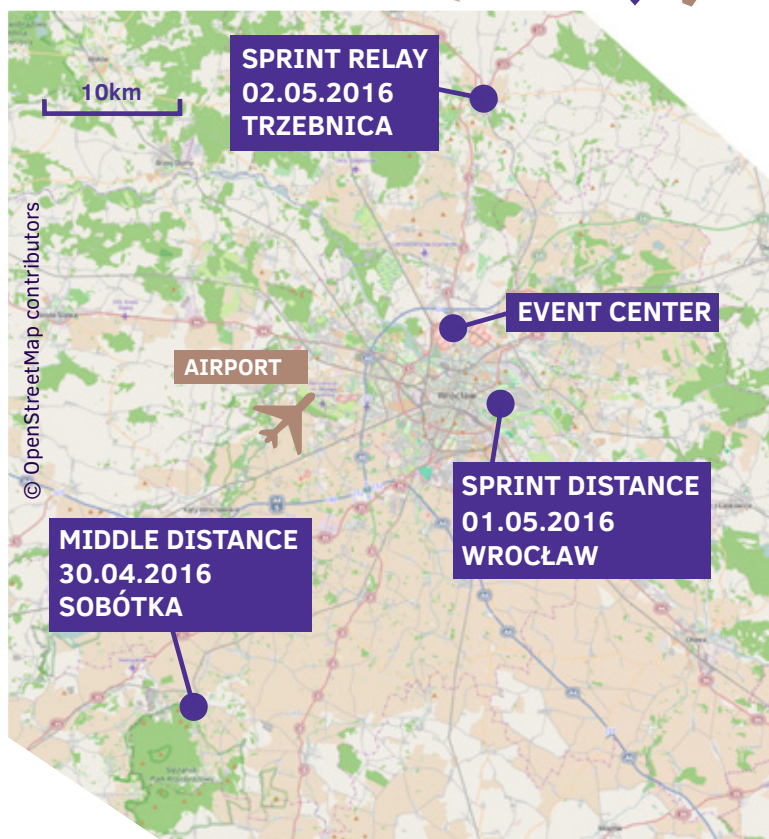
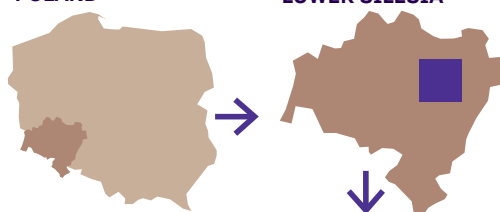
There are many things to see, so see you in Wrocław.

ORIENTEERING
WORLD CUP 2016
POLAND
30.04-02.05.2016

SOBÓTKA
WROCLAW
TRZEBNICA

POLAND

LOWER SILESIA



© OpenStreetMap contributors



foto: Agata Majasow

ORGANISATION

Event Director: Wojciech Dwojak
 Assistant Event Director: Kalikst Sobczyński
 Technical Director: Jacek Morawski
 The World Games 2017: Maciej Łaba
 Secretariat: Agnieszka Stachurska
 World Cup Office: Łukasz Charuba
 Maps and Courses: Kostiantyn Majasow
 Volunteering: Alicja Wojtala
 Marketing: Adrian Kopczyński
 Finance: Remigiusz Widziewicz
 Media: Agata Majasow
 Logistic/infrastructure: Dawid Stefański
 O-Games (National Events): Marcin Ciszek

IOF Senior Event Advisor: Daniel Leibundgut (SUI)
 Assistant IOF SEA: Adam Zitka (CZE)
 National Advisor: Jerzy Antonowicz

EVENT CENTRE

Event Center is located in **Haston City Hotel** in north part of Wrocław.
 Irysowa 1-3
 51-117 Wrocław, Poland

Tel. +48 (71) 322 55 00, 320 97 01 / 02
 Fax. +48 (71) 352 77 77
www.haston.pl

GPS N51.157151 E17.027657

Hotel is located near to junction of City Ring Road with Żmigrodzka street,
 2 km south from exit Wrocław Północ of Highway Ring Road.



foto: press materials Hotel Haston

Wrocław is located in hearth of Europe and is easy to reach.

By Air:
 Wrocław's International Airport
 is located 15 km from Event
 Center

By Car:
 Wrocław is situated on site of
 West-East highway A4.



foto: Agata Majasow

PROGRAM

DATE	HOURS	EVENT	PLACE
27.04.2016 / Wed	whole day	Free training	Ślęza, Wrocław
		WC Office is open on request to get trainings maps	
28.04.2016 / Thu	whole day	Free training	Ślęza, Wrocław
	16:00 - 20:00	World Cup Office is open	Hotel Haston / Wrocław
29.04.2016 / Fri	whole day	Free training	Ślęza, Wrocław
	08:00 - 14:00	World Cup Office is open	Hotel Haston / Wrocław
	12:00	Deadline for changes in nominal entries for WC #1	Hotel Haston / Wrocław
	14:00 - 16:00	Model Event Sprint	Wrocław - Śródmieście
	16:00 - 21:00	World Cup Office is open	Hotel Haston / Wrocław
	19:00	Team Official Meeting (TOM) for Middle	Hotel Haston / Wrocław
30.04.2016 / Sat	10:00 - 14:30	Middle Distance - World Cup Event 1	Sobótka Zachodnia
	10:00 - 15:00	World Cup Office is open	MD Arena / Sobótka
	15:00	Deadline for changes in nominal entries for WC #2	MD Arena / Sobótka
	15:00 - 18:30	O-Games - Public event Long distance	Sobótka Zachodnia
	18:00 - 21:00	World Cup Office is open	Hotel Haston / Wrocław
	19:00	Team Official Meeting (TOM) for Sprint & Sprint Relay	Hotel Haston / Wrocław
01.05.2016 / Sun	09:00 - 11:15	Sprint Qualification Women/Men	Wrocław - Śródmieście
	09:00 - 12:00	World Cup Office is open	SQ Arena / Wrocław
	12:00	Deadline for changes in nominal entries for Sprint Relay	SQ Arena / Wrocław



foto: Agata Majasow

01.05.2016 / Sun	12:00 - 14:30	O-Games - Public event Sprint	Wrocław - Śródmieście
	15:00 - 19:00	World Cup Office is open	SF Arena / Wrocław
	15:30 - 19:00	Sprint Final - World Cup Event 2	Wrocław - Śródmieście
	20:00 - 21:30	World Cup Office is open	Hotel Haston / Wrocław
	21:00	Banquet	Hotel Haston / Wrocław
02.05.2016 / Mon	08:00 - 10:30	World Cup Office is open	Hotel Haston / Wrocław
	09:00 - 12:00	O-Games - Public event Middle	Oborniki Śląskie
	13:30 - 16:00	World Cup Office is open	SR Arena / Trzebnica
	14:00 - 16:00	Sprint Relay - World Cup	Trzebnica
	18:00 - 20:00	World Cup Office is open	Hotel Haston / Wrocław

WORLD CUP OFFICE

Main WC Office will be located in Haston City Hotel.
 Irysowa 1-3, 51-117 Wrocław, Poland
 email: info@worldcup2016.pl
 Łukasz Charuba (office chief) tel: +48 691 679 661
 Location and opening hours:

DATE	LOCATION	OPENING HOURS
27.04.2016 / Wed	WC Office is open on request to get trainings maps	
28.04.2016 / Thu	Hotel Haston / Wrocław	16:00 - 20:00
29.04.2016 / Fri	Hotel Haston / Wrocław	08:00 - 14:00 16:00 - 21:00
30.04.2016 / Sat	Middle Arena / Sobótka Hotel Haston / Wrocław	10:00 - 15:00 18:00 - 21:00
01.05.2016 / Sun	Sprint Qual. Arena / Wrocław Sprint Final Arena / Wrocław Hotel Haston / Wrocław	09:00 - 12:00 15:00 - 19:00 20:00 - 21:30
02.05.2016 / Mon	Hotel Haston / Wrocław Sprint Relay Arena / Trzebnica Hotel Haston / Wrocław	08:00 - 10:30 13:30 - 16:00 18:00 - 20:00



foto: Krzysztof Szymonjak

COMPETITIONS **IOF WORLD CUP EVENT 1 - MIDDLE DISTANCE** **30th APRIL 2016**

FORMAT Middle distance. Winning time 35min for men and women. Individual start, 90 seconds start interval. Start interval according to the Special rules for IOF FootO World Cup 2016.

LOCATION OF EVENT CENTER GPS N50.887040, E16.709144

MAP Scale 1:10 000, contours: 5m. According to ISOM, March-July/2015.

MAP MAKERS Wojciech Dwojak, Jacek Morawski, Kostiantyn Majasow

COURSE SETTER Kostiantyn Majasow

TERRAIN DESCRIPTION The terrain is located approx. 190-450m above sea level on slope of Słęża mountain. It consists of two main parts: steep slope with a partly stony ground and erosive forms of relief with complex contour details, ravines and deep valleys. Mixed forest with deciduous and coniferous trees. Runability and visibility from very good to poor. A dense network of roads and paths (please check old maps on <http://worldcup2016.pl>).

QUARANTINE In Sobótka with own warm up area.
PRESTART Model map in prestart area.
START Max. 5 km from Event Center, transportation to quarantine.
FINISH In Event Center, next to Zamek Górka Castle.

IOF WORLD CUP EVENT 2 - SPRINT DISTANCE (Q+F) **1st MAY 2016**

FORMAT Sprint. Winning time 13-15min for men and women. Sprint distance, individual start, 1 min start interval for qualification (2 qualification heats), 40 best runners to Final A (start interval 1 minute); Others Final B (start interval 30 seconds). Order of start in qualification and final, first women, second men.

LOCATION OF EVENT CENTER Q: GPS N51.100064, E17.099120
F: GPS N51.112080, E17.067560

MAP Scale 1:4 000, contours: 2m. According to ISSOM, July/2015.

MAP MAKERS Wojciech Dwojak, Kostiantyn Majasow, Szymon Sosenko



foto: Marcin Mazurkiewicz

COURSE SETTER Jacek Morawski

TERRAIN DESCRIPTION Sprint distance will be organized in partly urban area with very good runability on paved surface and irregular buildings. Another part is semi-opened area with under-growth. Terrain for both sprint races is flat (please check an old map on <http://worldcup2016.pl>).

QUARANTINE PRESTART START FINISH In Wrocław Śródmieście area for both races
Model map in prestart area for Sprint Qualification and Final.
Max. 1 km from Event Center for both races.
For qualification on sportsground of Gimnazjum nr 20. For Final on the terrain belonging to Uniwersytet Medyczny.

IOF WORLD CUP - SPRINT RELAY 2nd MAY 2016

FORMAT Sprint Relay. Women-Men-Men-Women - winning time 14-15min per Leg (56-60min for team).
Men Mixed teams with runners from different nations are allowed to start. Each nation has to fill first their own teams before nominating a runner to a mixed team. Athletes entered for Mixed Teams will be randomly allocated by the organizers at Sunday afternoon.

LOCATION OF EVENT CENTER GPS N51.306952, E17.056748

MAP Scale 1:4 000, contours: 2m. According to ISSOM, July/2015.

MAP MAKER Wojciech Dwojak

COURSE SETTER Kostiantyn Majasow

START In Event Center.

TERRAIN DESCRIPTION The sprint relay will be held in the Trzebnica city center. Most of the competition terrain is paved urban area and open area with very good runability paths (please check an old map on <http://worldcup2016.pl>).

QUARANTINE PRESTART START/ FINISH In Trzebnica.
Runners will be guided from pre start to the start area.
Marketplace in Trzebnica.



foto: Agata Majasow

COURSES (preliminary)

COMPETITION		LENGTH (in km)	No. OF CONTROLS	CLIMBING (in m.)	WINNING TIME (in min.)	REFRESHMENTS
Middle Distance	Women	5.3	22	200	35	1
	Men	6.5	26	250	35	1
Sprint Qualifica- tion	Women	3.1	18	15	12.30	
	Men	3.5	22-23	15	12.30	
Sprint Final A	Women	3.5	22	10	14	
	Men	4.2	25	10	14	
Sprint Final B	Women	3.2	19	10	13.30	
	Men	4.0	21	10	13.30	
Sprint Relay	Leg 1&4	3.8	22	40	15	
	Leg 2&3	4.5	26	50	15	

TRAININGS

WORLD CUP TEST RACES

We encourage you to participate in TEST RACES. It will be a good opportunity to prepare well for World Cup.

Website of TEST RACES: <http://worldcup2016.pl/test-races>

Bulletin 1: http://worldcup2016.pl/WC16_TEST_RACES_BULLETIN1-ENG.pdf

Entry deadline is **27.03.2016**

Program:

DATE	HOURS	EVENT	VENUE
09.04.2016 / Saturday	10:30 - 13:00	Sprint	Wrocław
09.04.2016 / Saturday	17:00 - 18:30	Sprint Relay	Wrocław
10.04.2016 / Sunday	11:00 - 14:00	Middle	Sulistrowiczki



WORLD CUP TRAININGS

Available training maps:

Middle distance:

- Przełęcz Tąpadła, 1:10 000, e-5m
- Radunia, 1:10 000, e-5m
- Sulistrowiczki - Sanktuarium, 1:10 000, e-5m (available from 10.04.2016)

Sprint distance & Sprint Relay:

- Gądów Mały, 1:4 000, e-2m
- Kozanów, 1:4 000, e-2m
- Gądów Mały zachód, 1:4 000, e-2m
- Bartoszowice, 1:4 000, e-2m (available from 15.03.2016)

Each map is offered only with controls or with courses set by World Cup course setters (Men or Women course). Course markings are available only on forest maps.

Maps listed above are recommended as The World Games 2017 relevant areas.

Maps will be also available during the Event at the Event Centres or upon request for all registered runners and officials.

More info on website: <http://worldcup2016.pl/training>

PRE-TWG2017 TRAININGS

All teams are encouraged to take part in trainings in The World Games 2017 relevant areas before World Cup. There will not be any organized training sessions, but we recommend trying any of available training maps.

In case of any special needs please contact training@worldcup2016.pl.

EMABRGOED AREAS

With regard to the IOF Competition Rules (article 26.5), the embargoed areas applies to all potential National Team members (runners, team leaders, coaches, doctors, physiotherapist, etc.) and to all others with strong connections with National Teams.

MIDDLE DISTANCE

It is not allowed to go to the embargoed area of Middle Distance, this includes running or walking through terrain or on paths, roads, etc.

SPRINT & SPRINT RELAY

- It is allowed to stay as a resident or student, for business purposes or as a tourist, i.e. for sight-seeing, visiting a restaurant, shopping, participating in an indoor sport event,

- It is prohibited to stay there with a map, to run, to jog, to orienteer through the embargoed area or to test route choices, running or walking,

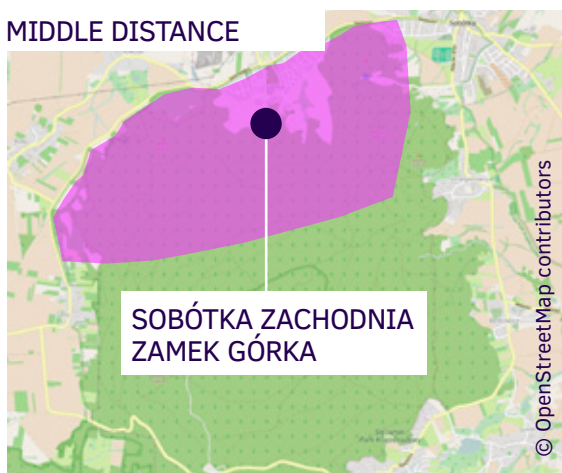
- No organised orienteering of any kind may take place in the embargoed areas until after World Cup.

For the Sprint & Sprint Relay the embargo is valid until 16:00 at the day before the competition (29th April 2016). After this time, there will be special rules covering the access to the competition area and to quarantines (see Bulletin 4).

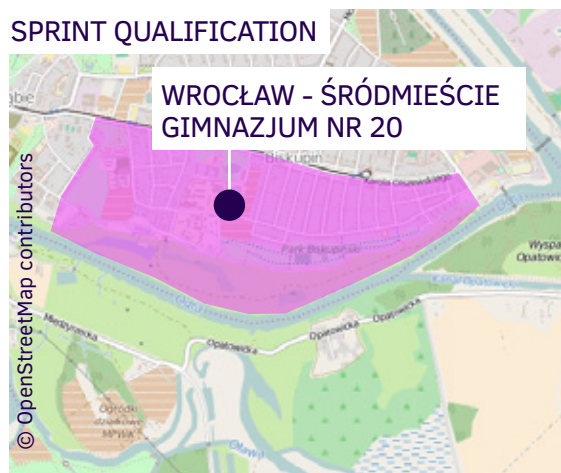


foto: Agata Majasow

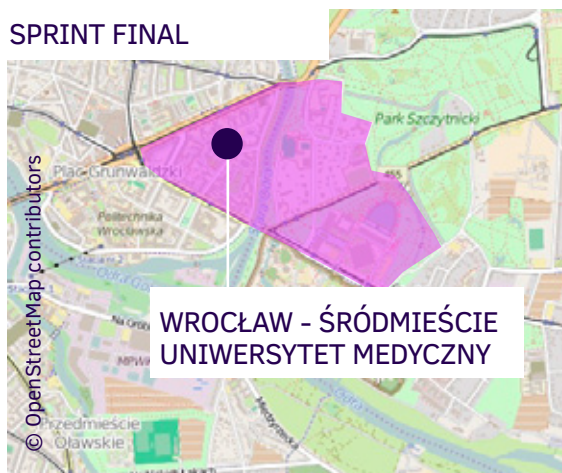
MIDDLE DISTANCE



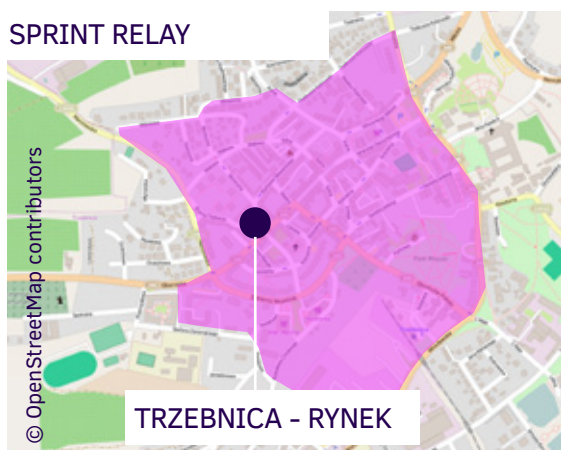
SPRINT QUALIFICATION



SPRINT FINAL



SPRINT RELAY



COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events 2016, valid from 1 January 2016 apply.

Participation restrictions, classes and qualification system will follow the Special Rules for the 2016 World Cup in Orienteering and the Special Rules for the 2016 Sprint Relay World Cup in Orienteering.

<http://orienteering.org/foot-orienteering/rules/>

Special symbols on the maps will be declared in Bulletin 4 and also shown on training maps.



PUNCHING SYSTEM

SPORTident punching system will be used.
All races will be organized with SPORTident Air+.
SICards will be distributed for all athletes.

GPS TRACKING

Tracking will be used in all races except for the Sprint Qualification. The best athletes will be given a GPS vest at quarantine and the tracking unit at the pre-start.

ENTRY

Final entry deadline - 11.04.2016

The final entry has to be done no later than 11.04.2016 by filling in the forms in the online entry system Eventor with the following information:

- All competitors and team officials: family name, first name, nation, sex, year of birth, IOF ranking ID.
- IOF officials: family name, first name, address, IOF function.

Please note that Final Entries can only be accepted if a Preliminary Entry has previously been submitted.

ENTRY FEES

Entry fee Middle Distance	50 EUR per person
Entry fee Sprint (Qual. + Final)	60 EUR per person
Entry fee Sprint Relay	160 EUR per team
Accreditation fee competitors	50 EUR per person
Accreditation fee officials	50 EUR per person
Banquet ticket	10 EUR per person

PAYMENT Payment deadline: 01.04.2016

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



ORIENTEERING WORLD CUP 2016 POLAND



SUMMARY OF ENTRIES

Federation	Men	Women	Officials	Total
Australia		1		1
Austria	6	4	3	13
Belarus	6	6		12
Belgium	2			2
Czech Republic	7	7	2	16
Denmark	8	6	4	18
Estonia	8	5	1	14
Finland	10	10	3	23
Germany	6	2	2	10
Great Britain	8	8	2	18
Hong Kong	1			1
Hungary	2	2		4
Israel	3			3
Italy	2	2		4
Latvia	6	2	1	9
Lithuania	4	4		8
New Zealand	3	3		6
Norway	11	8	2	21
Poland	6	6	1	13
Russian Federation	8	8	1	17
Slovakia	3	2	1	6
Spain	2			2
Sweden	10	10	3	23
Switzerland	9	8	4	21
Ukraine	6	6	1	13
United States	2			2
Sum	139	110	31	280

source: IOF Eventor as at 3rd March 2016



ACCOMMODATION At this moment Organizer does not take responsibility for the availability of rooms and prices offered by hotels from list below.
For accommodation please contact hotels directly:

Hotel Haston **** Event Center www.haston.pl	Single room - 55 EUR /person/night Double room - 35 EUR /person/night Including breakfast
Hotel Jasek *** 3km from Event Center www.hoteljasek.com.pl	Double room - 25 EUR /person/night Triple room - 22 EUR /person/night Including breakfast

If you have problems with accommodation, contact us: info@worldcup2016.pl

FOOD Organizer does not provide food. However, it will be possible to buy food in event centers.

BANQUET Preliminary entry for Banquet must reach Organizer (through Eventor) until **11.04.2016** (same like Final Entry). Payment could be done during event. In the case of little interest, banquet will be canceled.

CLOTHING According to the Polish Foot Orienteering Rules (Art. 8) Full body should be covered beside head, neck and hands. In sprint and sprint relay there are no restrictions.

ANTI DOPING Doping is strictly forbidden, and the organisers of Orienteering World Cup Poland 2016 are dedicated to supporting the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race.

VISA PERMITS According to the current regulations, citizens of some countries must obtain a visa in order to enter Poland.
 Please check the following website for more information:
http://www.msz.gov.pl/en/travel_to_poland/entering_poland/entering_poland

If you need an invitation, please contact the organizer by e-mail:
info@worldcup2016.pl



foto: Agata Majasow

WEATHER/ CLIMATE

Average temperatures in Wrocław at the beginning of May can be everything between 7° and 20° C in daytime. There is a 55% chance that temperature will be between 11 and 18° C. Beginning of May is time of year when vegetation is already developed.

INSURANCE

The Event is covered through a public liability insurance. However each person participates at their own risk and is responsible for their own insurance coverage (illness and accident).

MEDIA SERVICE

For media accreditation please contact Agata Majasow tel: +48 607 502 066 mail: media@worldcup2016.pl

TV/LIVE RESULTS

There will be Video streaming from all World Cup Races (Middle, Sprint Final, Sprint Relay). The link to live Internet-TV, GPS tracking and results can be found at www.worldcup2016.pl on the competition days.

O-GAMES - PUBLIC EVENT

Parallel to World Cup events will be organized public competition **O-Games**.

It will consist of 3 races 30.04-02.05.2016: long distance, sprint distance and middle distance. It will use the same Competition Area as World Cup.

More info www.o-games.pl

O-GAMES

CONTACT

Dolnośląski Związek Orientacji Sportowej
Borowska 1-3
50-529 Wrocław
info@worldcup2016.pl
www.worldcup2016.pl

Event Director:
Wojciech Dwojak
Tel: +48 695 730 797

