



**ORIENTEERING
WORLD CUP 2016
POLAND**



foto: Agata Majasow

ORIENTEERING WORLD CUP 2016 POLAND



THE WORLD GAMES
WROCLAW 2017



**KRZYSZTOF
URBANIAK**

Chairman of Polish
Orienteering Federation

Dear orienteering Friends,

We are extremely happy to host you on our land and the terrain that we have chosen for this sporting competition. Our choice guarantees interesting and hopefully difficult variant choices, as well as full attractiveness in all aspects of our sport. We wish all participants a lot of fun and great memories. May your stay in Poland and this World Cup event bring you all much satisfaction and success.

With sporting greetings.



**MARCIN
PRZYCHODNY**

President of the Wrocław
Organising Committee of
The World Games 2017

On behalf of The World Games 2017 Organising Committee it is 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 am 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!

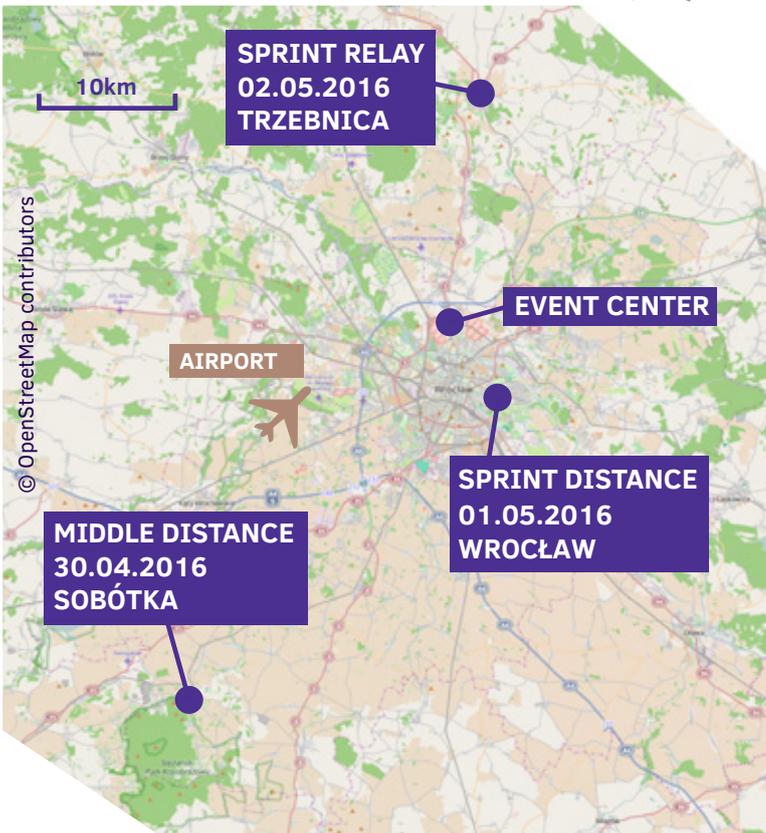


foto: Agata Majasow

VENUE

**ORIENTEERING
WORLD CUP 2016
POLAND
30.04-02.05.2016**

**SOBÓTKA
WROCLAW
TRZEBNICA**



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.

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 Cizek
Start: Arleta Sosenko
Catering: Wioleta Majchrzak

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

EVENT CENTRE

Event Center is located in **Haston City Hotel** in northern 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.



Access to Event Center is possible only through Irysowa street, as shown on map.

Hotel's Parking is free for World Cup participants.

You should enter one of two Hotel's parking, east or west, take parking ticket on entrance gate.

Decoding of ticket is possible only in Hotel's Reception on password which you will find in WC Office.

If you do not decode the ticket, you will be obliged to pay a parking fee.

PROGRAM

DATE	HOURS	EVENT	VENUE
27.04.2016 / Wed	whole day	Free training	Ślęza, Wrocław
		WC Office is open on request to get training 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	http://eventor.orienteering.org
	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	08:15 - 09:45	Teams into Quarantine - Middle Distance	Gimnazjum Sobótka
	10:00 - 13:45	Middle Distance - World Cup Event 1	Sobótka Zachodnia
	10:00 - 15:00	World Cup Office is open	MD Arena / Sobótka
	14:20	Price giving ceremony for Middle Distance - World Cup Event 1	MD Arena / Sobótka
	15:00	Deadline for changes in nominal entries for WC #2	http://eventor.orienteering.org
	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	07:45 - 8:45	Teams into Quarantine - Sprint Qualification	Szkoła Podstawowa nr 91 we Wrocławiu
	09:00 - 10:00	Sprint Qualification - Women	Wrocław Śródmieście
	10:00 - 11:20	Sprint Qualification - 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	http://eventor.orienteering.org
	12:00 - 14:30	O-Games - Public event Sprint	Wrocław - Śródmieście

01.05.2016 / Sun	14:00 - 15:15	Teams into Quarantine - Sprint Final	II Liceum Ogólnokształcące we Wrocławiu
	15:00 - 19:00	World Cup Office is open	SF Arena / Wrocław
	15:30 - 16:00	Sprint Final B - Women	Wrocław - Śródmieście
	16:00 - 17:00	Sprint Final B - Men	Wrocław - Śródmieście
	17:00 - 18:00	Sprint Final A - Women	Wrocław - Śródmieście
	18:00 - 19:00	Sprint Final A - Men	Wrocław - Śródmieście
	19:15	Price giving ceremony for Sprint Distance - World Cup Event 2	SF Arena / Wrocław
	20:00 - 21:30	World Cup Office is open	Hotel Haston / Wrocław
02.05.2016 / Mon	08:00 - 10:30	World Cup Office is open	Hotel Haston / Wrocław
	09:30 - 12:00	O-Games - Public event Middle	Oborniki Śląskie
	12:00 - 13:30	Teams into Quarantine - Sprint Relay	Trzebnicki Stadion Miejski
	13:30 - 16:00	World Cup Office is open	SR Arena / Trzebnica
	14:00 - 15:15	Sprint Relay - World Cup	Trzebnica
	15:30	Price giving ceremony for Sprint Relay	SR Arena / 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

DATE	LOCATION	OPENING HOURS
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

ACCREDITATION

One Team Official should collect the accreditation for the whole team. Each Team will get a pack after accreditation, which includes:

- Bulletin 4,
- Accreditation badges,
- SI cards for all competitions. Each SI card is assigned by name to each competitor and shall not be used by another athlete,
- Model event map for all team members,
- World Cup Parking Permit,

Teams will be asked to supply the accommodation address for all team members and a telephone number of a team official so that the Organisers can quickly contact key Team Officials if necessary.

ANTI-DOPING

Doping is strictly forbidden, and the organisers of the Orienteering World Cup 2016 Round 1 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.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Rules apply as of 1st January 2015.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

MEDICAL CARE

The Event Organiser will provide First Aid, including an ambulance, at each competition arena.

Each National Federation is responsible for the health and medical insurance of all their athletes and team officials.

Emergency number: 112

Event doctor: Adrian Domecki +48 606 737 963

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).

BANQUET

Due to small interest Banquet has been cancelled.

WEATHER

We will present you the weather forecast for the next day during Team Official's Meeting.

ENTRIES

Nominal entries can be found at IOF Eventor.

Please note that changes of nominal entries have to be done no later than:

- 12:00 on Friday, 29th of April for the Middle Distance (through Eventor),
- 15:00 on Saturday, 30th of April for the Sprint Qualification (through Eventor),
- 12:00 on Sunday, 1st of May (through Eventor). However it is possible to change the names until 10:30 on Monday, 2nd of May in WC Office (paper form).

All nominal entries and changes have to be done in IOF Eventor. There is a computer at the WC Office where you can do your changes in case you don't have access to the internet at accommodation (check opening hours from the Event Office). If you cannot access Eventor, please contact with WC Office.

MEDIA

The deadline for media accreditation was April 17th. However registrations can still be accepted, dependent on the circumstances. For more information about accreditation please contact Agata Majasow tel: +48 607 502 066 mail: media@worldcup2016.pl.

Every journalist with accreditation will get a media pack which will be available upon accreditation. It will contain essential information about the event and the races including more detailed information on media access to race terrain and a copy of Bulletin 4.

TEAM OFFICIALS MEETINGS

Team Officials Meetings will be held in Event Centre in Hotel Haston. Only accredited team officials (maximum 2 per team), IOF officials and WC organisers will be admitted.

There will be two TOM's:

- one dedicated to Middle distance 29th April 2016 at 19:00,
- second dedicated to Sprint distances and Sprint Relay 30th April 2016 at 19:00.

Questiones can be submitted in advance by email to info@worldcup2016.pl

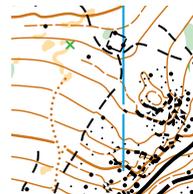
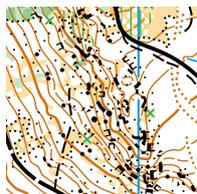
TRAINING

We encourage you to benefit from training possibilities.

We have 9 maps available for you, 3 dedicated for Middle and 6 dedicated for sprints.

Please find all details about trainings on website:

<http://worldcup2016.pl/training/>



MODEL EVENT

There will be Model Event for sprint event.
Every runner will get map of Model Event in accreditation pack.
Terrain of Model Event is opened until Friday 29th April 16:00. Controls on maps will be available in terrain only 14:00-16:00 29th April.
There will be no organized parking.
GPS coordinates for starting point: N51.103294, E17.111153
Start and finish procedure will not be demonstrated.

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

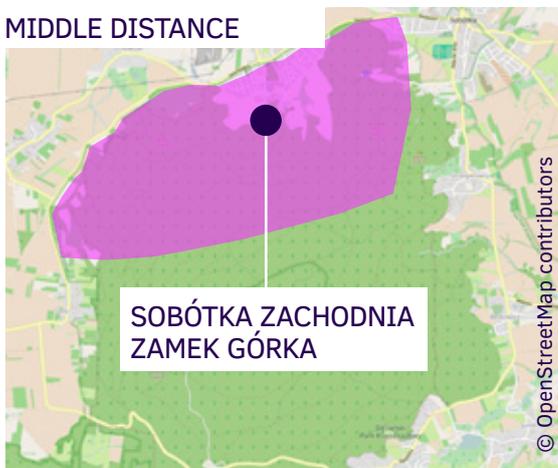
It is not allowed to go to the embargoed area of Middle Distance, this includes running or walking through terrain or on paths, roads, etc.

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 it will be possible only to use main streets going on the edge of Embargoed Areas.

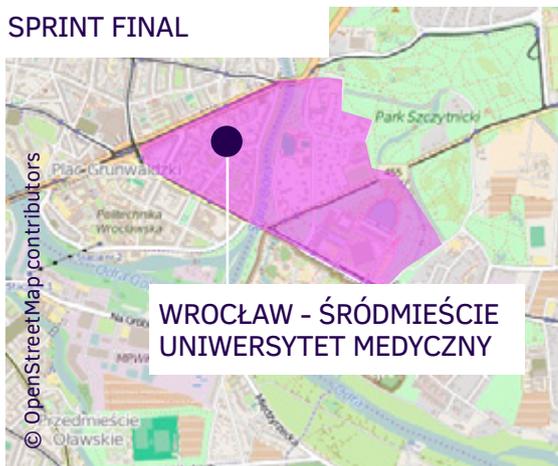
MIDDLE DISTANCE



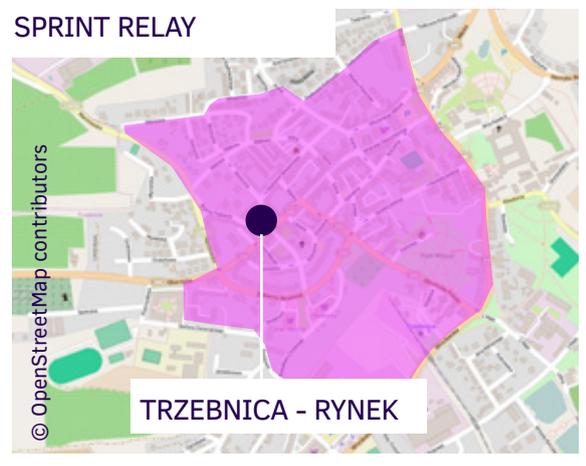
SPRINT QUALIFICATION



SPRINT FINAL



SPRINT RELAY



GENERAL COMPETITION INFORMATION

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/>

Jury:

Tomáš Dlabaja (CZE)

Lars Lindstrøm (DEN)

Ludomir Parfianowicz (POL)

TV / LIVE RESULTS

You can follow the live stream from Middle Distance, Sprint Final and Sprint Relay. Link to streaming, live results and GPS Tracking will be available via IOF Live Center or via World Cup website: <http://worldcup2016.pl>

TV and radio controls are not specified in control descriptions. Any structures connected with TV transmissions are not drawn on the maps.

TRANSPORT / PARKING

There will be no official transport service provided by organizer.

For every race there will be organized parking, dedicated only for teams. Organizers will take care of cars setting in parking zone, please follow to the instructions of the organizers.

Signs marking route to each parking will be given at a distance 1-10 km from the parking, depending on the competition, but only along the shortest way from Event Center.

Details about parking organization you can find below, under information referring to each race, also needed information will be given during Team Official's Meeting.

TIME KEEPING

Photocell will be used for measurement of the finish time.

A back-up system using a SI gate will be used.

PUNCHING

Touch-free SPORTident Air+ punching system will be used. Assigned SI cards will be provided by the Organiser in the accreditation package. At each start, there will be spare SI cards on hand to cover lost or forgotten cards.

The SIAC-cards punching confirmation signal will be set to 5 sec.

In the unlikely case of the SI Air+ not registering a control, the unit should be punched in the same way as a normal SI control. Should this also fail, there will be pin punch on every control.

Return of SIAC-cards should be done by Team Leader in World Cup Office.

GPS TRACKING

GPS Tracking system will be used in all races beside Sprint Qualification.

Devices will be given to selected runners.

List of runners with GPS device will be available on website, in WC Office and in quarantine prior to each race.

At the check-in to quarantine selected runners will be asked to choose GPS vests appropriate for them.

GPS devices will be given in the pre-start.

After the race, every runner is obliged to return the GPS unit and the vest.

This procedure applies to all competition.

There will be some spare vests at the pre-start.

NUMBER BIBS

All competitors must wear their respective number bibs at all the World Cup competitions. The bibs will be available in Quarantine for all races.

START AND FINISH PROCEDURE

START: In all individual races the start official will keep a hand on the athlete's shoulder until the start beep. No electronic start gate is used. For the relay start all 1st leg runners for each team will be lined up according to start number. Audible start signal is given from starter.

FINISH: Competitors must follow the marked route from the last control to the finish. The finish time is defined by when the competitor's chest is crossing the finish line. There is no punching at the finish line. The times are rounded down to whole seconds. For the relay finish judges will rule on the final placing's based on the order that the competitors' chests cross the finish line. A jury member will be present at the finish line.

ABANDONING A RACE

Athletes who are forced to retire from a race must report to finish staff and hand in their competition maps.

COMPETITIONS MAPS

Competition maps will be collected at the finish of each race. New maps will be handed out at the World Cup Office.

TEAM ZONES IN ARENAS

There will be Team Zone for team members during each race. During Middle Distance and Sprints Team Zone will be inside a building and during Sprint Relay it will be located inside a tent.

Only accredited team members and coaches with their personal WC accreditation cards will be allowed in the Team Zone. There is a collection point for bags brought from the quarantine area and the pre-start to the arena.

COMPLAINTS & PROTESTS

Complaint time is 15 minutes after announcements of official results. The IOF complaint/-protest form is available at the World Cup Office.

PRIZE GIVING CEREMONIES

Athletes ranked on positions 1 – 3 (teams 1 – 3 in Sprint Relay) are kindly requested to line up behind the stage 10 minutes prior to the prize giving ceremonies.

Please be there in time.

Athletes taking part in the prize giving should wear their national team uniform. National flags, signs, sunglasses, hats, bottles and other such items are not allowed on the stage.

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

FORMAT Middle Distance. Winning time 35min for men and women. Individual start, 90 seconds start interval.

LOCATION OF EVENT CENTER Zamek Górk Castle, Zamkowa 12 street, Sobótka.
GPS N50.887040, E16.709144

TERRAIN DESCRIPTION The terrain is located approx. 190-450m above sea level on slope of Ślęza 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 (please check old maps on <http://worldcup2016.pl>).

FORMS Slope of mountain with moderate height difference, in some parts erosive forms of relief with complex contour details, ravines and deep valleys.

VEGETATION Mixed forest with deciduous and coniferous trees. There are some thicket area.

RUNABILITY VISIBILITY From very good to poor, occasionally rocky ground.
From very good to poor.

ROADS A dense network of roads and paths, however they can vary in runability.

PARKING There will be two separate parkings, one for quarantine and second for Finish Area. Follow signs to reach the one you aim for.

QUARANTINE Gimnazjum Gminne Świdnicka 20A street. Enter from Świdnicka street.
 GPS: N50.899552, E16.737530
 Quarantine will be open 08:15 - 09:45.
 Mobile phones and any devices with access to the internet are forbidden for runners and coaches after they have checked-in in the quarantine until they arrive to the finish.
 Warm up in quarantine is possible only outdoor area belonging to school.
 Coaches going once to pre-start or the finish area have to stay there until the last runner has finished.
 There will be organized parking for teams in quarantine.

CHECK-IN By 09:45 at latest. When a runner enters the quarantine, they will be asked to sign a list, choose GPS vest and will be given a number bib.

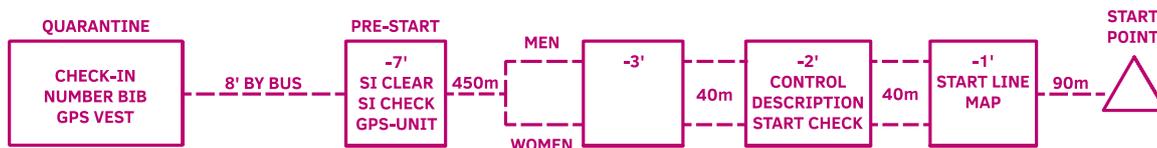
TRANSPORT TO PRE-START Bus to pre-start will leave from the quarantine (front of the school building), next to Świdnicka street. First bus at 09:00, then every 10 min. Approx. 8 min driving time. It is impossible to go to pre-start with own transport.

CLOTHES Transport from the pre-start to finish.
 Please leave your bags at the marked zone in pre-start.
 There will not be organized transport of clothes from quarantine to finish, only from pre-start.

PRE-START Warm-up map in pre-start area. There will be tents and toilets in pre-start.

START PROCEDURE Entrance to start is located in pre-start area.
 The competitor's name and bib number is called at the pre-start 7 minutes before their start time. The competitor then enters the first box where they clear, check SI card and is assigned a GPS unit. There is a clock at the entrance to the first box showing the start time. It is the competitor's responsibility to watch for their start time.
 Route from first box to the second one is marked with color strings.

Starting from the second box, there will be two channels for women and men.
 The maps will be placed on a table. The competitor's map is placed face down next to the start line marked with the start number on the back of the map. 15 seconds before the start time, the competitor is allowed to step to the table with the map. 5 seconds before the start time, the count-down begins with short beeps and a long beep at exactly the start time. An official releases the competitor by taking his hand off the competitor's shoulder. The start triangle is marked in the terrain by a control flag. The route to this flag is marked with tapes. Competitors must follow this marked route to the start point.



TRANSPORT FROM PRE-START TO FINISH It will be possible to use organizers transport going to finish from pre-start. From bus stop to finish area will be 1,1 km walking. In addition there will be a limited capacity transport in baggage transport car.

TV CONTROLS There can be TV cameras and photographers in the forest (not marked on control description).

REFRESHMENT POINT Refreshment point will be at approx. 60% of the course length. Water and Isotonic (Energiv G Sport) will be provided.

FINISH There will be organized parking for Teams, please follow signs.
 Distance from Quarantine to Finish area is approx. 3 km.
 There will be separate hall inside the Castle dedicated only for Teams.

No shower, no possibility to set-up own team tents.
It is not allowed for teams to visit the finish area before the start. It is not allowed to go to the quarantine / start / pre-start area the same day if you have been at the finish area.

MAP Ślęza - Zamek Górka

Scale 1:10 000, contours: 5m. According to ISOM, Update: April 2016
Size of map: 310 mm x 230 mm

MAP MAKERS Wojciech Dwojak, Jacek Morawski, Kostiantyn Majasow

SPECIAL SYMBOLS ○ - distinctive tree
x - old platform, blockhouse

COURSE PLANNER Kostiantyn Majasow

COURSE	LENGTH [km]	No. OF CONTROLS	CLIMB [m]	WINNING TIME [min]	REFRESHMENTS
Women	5.4	23	210	35	1
Men	6.5	27	240	35	1

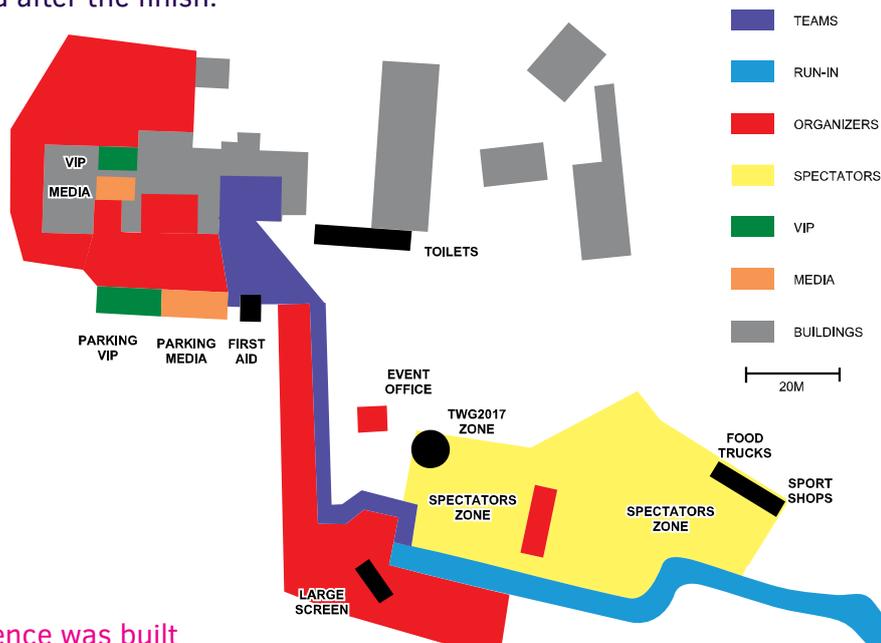
CONTROL DESCRIPTION Women: 156x48mm
Men: 180x48mm

MAXIMUM RUNNING TIME 90 minutes

GPS GPS device will be given in first starting box to selected runners.
Names of the selected athletes will be given at TOM on Friday.
Personal GPS data loggers are only allowed if they have no display or audible feedback.

COOL DOWN ZONE Cool down will be possible only on the area of cool down map which will be provided after the finish.

ARENA MIDDLE



IMPORTANT INFORMATION



End of last last week a new fence was built in middle distances terrain. **The Fence is not mapped.** On one leg of mens course this new fence will be passed. See following detail of the middle distance map.

COMPETITIONS **SPRINT QUALIFICATION** **MAY 1st 2016**

FORMAT	Sprint. Winning time 12-13 min for men and women. Sprint distance, individual start, 1 min start interval for qualification (2 qualification heats), 40 best runners to Final A (20 best runners from each qualification heat)
LOCATION OF EVENT CENTER	Gimnazjum nr 20, Pautscha 9 street, Wrocław. GPS N51.100064, E17.099120
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-open area with undergrowth. Terrain for both sprint races is flat.
FORMS	Flat area.
VEGETATION	Partly open and semi-open area, partly public areas with grass. There are also small forest parts.
RUNABILITY	Good to poor in open and semi-open area, excellent in urban area.
VISIBILITY	Mostly very good; in open and semi-opened areas good.
ROADS	50% hard surface, 50% softer ground.
PARKING	There will be only one parking in Quarantine. Team Officials can walk (the route will not be marked) or use organizer's transport on the way to the Finish Area. Cars leaving quarantine have no right to return. There is limited number of parking spots close to Finish Area, so we encourage to use organizer's transport from quarantine to Finish Area.
QUARANTINE	In Szkoła Podstawowa nr 91, Stefanii Sempołowskiej 54 street. Enter from Jackowskiego. GPS: N51.103168, E17.109896 Quarantine will be open 07:45 - 08:45. Mobile phones and any devices with access to the internet are forbidden for runners and coaches after they have checked-in in the quarantine until they arrive to the finish. There will be warm-up map. Warm up in quarantine is possible on the area covered by warm-up map. Coaches going once to the finish area have to stay there until the last runner has finished. There will be organized parking for teams in quarantine.
CHECK-IN	By 8:45 at latest. When a runner enters the quarantine, they will be asked to sign a list and will be given a number bib and warm-up map.
CLOTHES	Transport from the pre-start to finish. Please leave your bags at the marked zone in pre-start, you will find next to enter to first starting box.
PRE-START	Is located in quarantine zone.

START PROCEDURE Entrance to start is located in pre-start area. The competitor's name and bib number is called at the pre-start 10 minutes before their start time. The competitor then enters the first box where they clear and check SI card. There is a clock at the entrance to the first box showing the start time. It is the competitor's responsibility to watch for their start time. Route from first box to the second one is marked with color strings and the competitor is given the map with the route to the second box at the first one. Starting from the second box, there will be channels for odd and even start numbers. The maps will be placed on a table. The competitor's map is placed face down next to the start line marked with the start number on the back of the map. 15 seconds before the start time, the competitor is allowed to step to the table with the map. 5 seconds before the start time, the count-down begins with short beeps and a long beep at exactly the start time. An official releases the competitor by taking his hand off the competitor's shoulder. The start triangle is marked in the terrain by a control flag. The route to this flag is marked with tapes. Competitors must follow this marked route to the start point.



START INTERVAL 60 seconds. Start interval according to the Special rules for IOF Foot-O World Cup 2016.

TRANSPORT TO FINISH Teams representatives are allowed to use their own transport from quarantine to finish, but there will be no organized parking in finish area. It will be possible to use organizers transport, namely buses going to finish from pre-start with clothes.

FINISH In Event Center, next to Gimnazjum nr 20, Pautscha 9 street. GPS N51.100064, E17.099120
There will be no organized parking for Teams near finish area. Distance from Quarantine to Finish area is approx. 1 km. There will be separate hall inside Gimnazjum dedicated only for Teams. There will be showers which will be opened at 11:25 for all World Cup runners. Way to showers (200 meters) will be marked with color strings. It will be possible to set-up own team tents. It is not allowed for teams to visit the finish area before the start. It is not allowed to go to the quarantine / start / pre-start area the same day if you have been at the finish area.

MAP Wrocław - Kampus UP
Scale 1:4 000, contours: 2m. According to ISSOM, Update: April 2016.
Size of map: 310 mm x 230 mm

MAP MAKERS Wojciech Dwojak, Szymon Sosenko

SPECIAL SYMBOLS

- - large distinctive tree
- - small distinctive tree, bush
- × - playground object, goal

COURSE PLANNER Jacek Morawski

COURSE	LENGTH [km]	No. OF CONTROLS	CLIMB [m]	WINNING TIME [min]	REFRESHMENTS
Women	3.0-3.1	18	15	12:30	0
Men	3.5	22-23	15	12:30	0

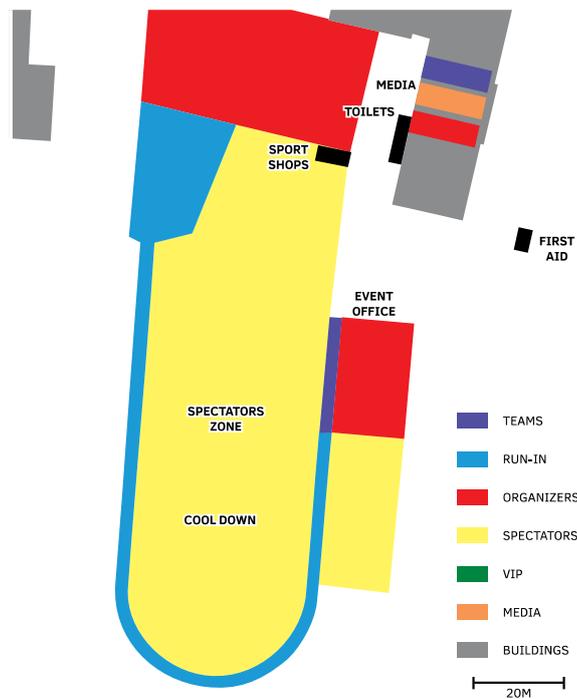
CONTROL DESCRIPTION Women: 126x48mm
Men: 156x48mm

MAXIMUM RUNNING TIME 45 minutes

GPS No GPS Tracking for Sprint Qualification.

COOL DOWN ZONE Cool down possible only on the sports field at the finish area.

ARENA SPRINT QUALIFICATION



COMPETITIONS IOF WORLD CUP EVENT 2 - SPRINT FINAL MAY 1st 2016

FORMAT Sprint. Winning time 12-13 min for men and women. Sprint distance, individual start, 40 best runners in 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 Mikulicza-Radeckiego street, Wrocław.
GPS N51.112080, E17.067560

TERRAIN DESCRIPTION Sprint distance will be organized in urban area with very good runability on paved surface and irregular buildings.

FORMS Flat area.

VEGETATION Mostly public areas with grass. Small wooded areas

RUNABILITY Excellent in urban area.

VISIBILITY Very good.

ROADS 90% hard surface, rest is grass.

PARKING There will be only one parking in quarantine zone, no possibility to park near Finish Area. Route from quarantine to finish will be marked and it is 1,3 km walking.

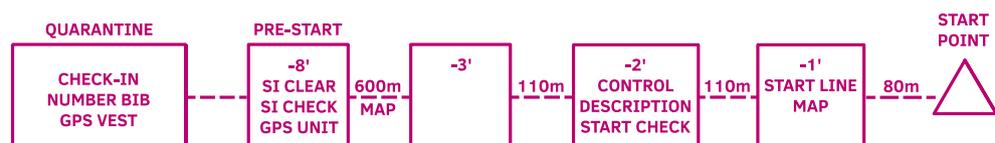
QUARANTINE II Liceum Ogólnokształcące, Parkowa 18-26 street. Enter from Parkowa.
GPS: N51.111804, E17.072636
Quarantine will be open 14:00 - 15:15.
Mobile phones and any devices with access to the internet are forbidden for runners and coaches after they have checked-in in the quarantine until they arrive to the finish.
Warm up in quarantine is possible only on outside area belonging to school.
Coaches going once to the finish area have to stay there until the last runner has finished.

CHECK-IN By 15:15 at latest. When a runner enters the quarantine, they will be asked to sign a list, choose GPS vest and will be given a number bib.

CLOTHES Transport from the quarantine to finish.
Please leave your bags at the marked zone in quarantine zone.

PRE-START Is located in quarantine zone.

START PROCEDURE Entrance to start is located in pre-start area.
The competitor's name and bib number is called at the pre-start 8 minutes before their start time. The competitor then enters the first box where they clear, check SI card and is assigned a GPS unit. There is a clock at the entrance to the first box showing the start time. It is the competitor's responsibility to watch for their start time.
Route from first box to the second one is marked with color strings and the competitor is given the map with the route to the second box at the first one.
The maps will be placed on a table. 30 seconds before the start time, the competitor is allowed to step to the table with the map. 5 seconds before the start time, the count-down begins with short beeps and a long beep at exactly the start time. An official releases the competitor by taking his hand off the competitor's shoulder. The start triangle is marked in the terrain by a control flag. The route to this flag is marked with tapes. Competitors must follow this marked route to the start point.



TRANSPORT TO FINISH There will be no transport, route to Finish Area will be marked - 1,3 km.

FINISH On Mikulicza-Radeckiego street.
GPS N51.112080, E17.067560
There will be no organized parking for Teams near finish area.
Distance from Quarantine to Finish area is 1,3 km.
There will be separate hall inside Uniwersytet Medyczny building dedicated only for Teams.
No shower, no possibility to set-up own team tents.
It is not allowed for teams to visit the finish area before the start. It is not allowed to go to the quarantine / start / pre-start area the same day if you have been at the finish area.

MAP Wrocław - Kliniki

Scale 1:4 000, contours: 2m. According to ISSOM, Update: April 2016.
Size of map: 297 mm x 210 mm (A4)

MAP MAKER Kostiantyn Majasow

SPECIAL SYMBOLS

- - large distinctive tree
- - small distinctive tree, bush
- ✕ - small building, playground object, construction

COURSE PLANNER Jacek Morawski

COURSE	LENGTH [km]	No. OF CONTROLS	CLIMB [m]	WINNING TIME [min]	REFRESHMENTS
Women Final A	3.5	22	10	14:00	0
Men Final A	4.2	25	10	14:30	0
Women Final B	3.1	19	10	13:30	0
Men Final B	3.8	22	10	14:00	0

CONTROL DESCRIPTION
 Women A: 162x48mm
 Men A: 180x48mm
 Women B: 144x48mm
 Men B: 162x48mm

MAP CHANGE

Course consist of two loops, each on different map.
 Two maps are inserted into one plastic bag, runner get two maps at start.
 Maps are clearly marked with loop number, as showed below (same place on each map).



First loop is marked with **(1)**
 Second loop is marked with **(2)**

After arena passage, second loop starts with the same starting point as first loop.

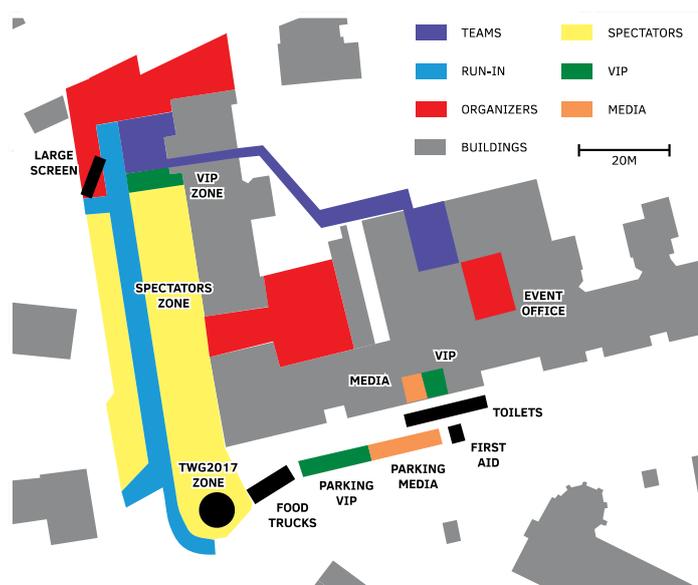
MAXIMUM RUNNING TIME

45 minutes

COOL DOWN ZONE

Cool down will be possible only on the area of cool down map which will be provided after the finish.

ARENA SPRINT FINAL



COMPETITIONS IOF WORLD CUP - SPRINT RELAY MAY 2nd 2016

FORMAT	Sprint Relay. Women-Men-Men-Women - winning time 14-15 minutes per Leg (56-60 minutes for team). 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	Marketplace in Trzebnica GPS N51.306952, E17.056748
TERRAIN DESCRIPTION	Sprint distance will be organized in urban area with very good runability, mostly on paved surface and irregular buildings.
FORMS	Moderately hilly terrain.
VEGETATION	Mostly public areas with grass with some bushes. Small park area with high trees.
RUNABILITY	From very good to good.
VISIBILITY	Very good.
ROADS	75% hard surface, 25% grass.
PARKING	There will be only one parking in quarantine zone, no possibility to park near Finish Area. Route from quarantine to finish will be marked and it is 0.7 km walking.
QUARANTINE	Stadion Miejski Fair Play Arena, Sportowa 1 street, Trzebnica. Enter from Obornicka street. GPS: N51.303904, E17.051216 Quarantine will be open 12:00 - 13:30. Mobile phones and any devices with access to the internet are forbidden for runners and coaches after they have checked-in in the quarantine until they arrive to the finish. Warm up in quarantine is possible only on sports field. Coaches going once to the finish area have to stay there until the last runner has finished. There will be organized parking for teams in quarantine.

CHECK-IN By 13:30 at latest. When a runner enters the quarantine, they will be asked to sign a list, choose GPS vest and will be given a number bib.

CLOTHES Transport from the quarantine to finish.
Please leave your bags at the marked zone in quarantine zone.

PRE-START Is located in quarantine zone.

START PROCEDURE Pre-start assembly
All competitors from one leg have to assemble 18 minutes before the start of the first leg or the first change-over of the current leg at the exit from the quarantine zone (pre-start). The competitors are obliged to clear and check SI cards and are assigned GPS units there. From pre-start gate all competitors from one leg will be guided to the start zone. Exact times of pre-start assembly for each leg are specified below:
- Leg 1: 13:42
- Leg 2: 13:56
- Leg 3: 14:10
- Leg 4: 14:24

Mass start

All first leg competitors will be guided from the pre-start assembly to the mass start zone in the competition arena. The competitors will be given maps 2 minutes before the start, but they will not be allowed to unfold them before the start signal. The start signal will be signed by a special sound which will be easy to recognize.

Start zone

All competitors from one leg will arrive to the start zone approximately 5-7 minutes before the first change-over. They will have to take the maps from the map wall at the entrance to the start zone. Competitors are not allowed to unfold the maps before the change-over. When the first incoming competitor from the previous leg will be heading to the last control, entrance to the change-over zone will be opened. The time from the opening of the change-over zone to the first change over is approximately 20 second. It will not be possible to see incoming runners from the start zone. There will be two toilets available at start zone.

Change-over

The change-over is done after crossing the finish line by hand touch across a separation barrier. The outgoing runner is allowed to open the map immediately after the change-over. No communication is allowed between runners in start zone and runners/coaches in the finish.

Maps

The maps for all legs are rolled and closed with a rubber band. When coming from the pre-start to the start zone, all competitors of legs 2, 3 and 4 are responsible to take the right map from the map wall themselves. They will keep the rolled map in their hand until they can start. Competitors are not allowed to take away the rubber band before they got the hand touch from their previous runner and they are not allowed to look into the roll. The maps are marked with team number and leg number (example below).

Reserve maps

Reserve maps are ready at the start zone. Please contact the staff as soon as you notice that your map is not on the map wall anymore.



TRANSPORT TO FINISH There will be no transport, way to Finish Area will be marked - 0.7 km.

FINISH On Trzebnica's marketplace.
GPS N51.306952, E17.056748
There will be no organized parking for Teams near finish area.
Distance from Quarantine to Finish area is 0,7 km.
There will be tent in Team Zone dedicated only for Teams.
No shower, no possibility to set-up own team tents.
It is not allowed for teams to visit the finish area before the start. It is not allowed to go to the quarantine / start / pre-start area the same day if you have been at the finish area.

MAP **Trzebnica - Rynek**
Scale 1:4 000, contours: 2m. According to ISSOM, Update: April 2016.
Size of map: 297 mm x 210 mm (A4)

MAP MAKER Wojciech Dwojak

SPECIAL SYMBOLS

- - large distinctive tree
- - small distinctive tree, bush
- × - playground object, goal, construction

COURSE PLANNER Kostiantyn Majasow

COURSE	LENGTH [km]	No. OF CONTROLS	CLIMB [m]	WINNING TIME [min]	REFRESHMENTS
Leg 1&4	3.7	22	40	15	0
Leg 2&3	4.5	25	50	15	0

CONTROL DESCRIPTION On maps.

MAP CHANGE Course consist of two loops, each on different map.
Two maps are insert in one plastic bag, runner get two maps at start.
Maps are clearly marked with loop number, as showed below (same place on each map.)



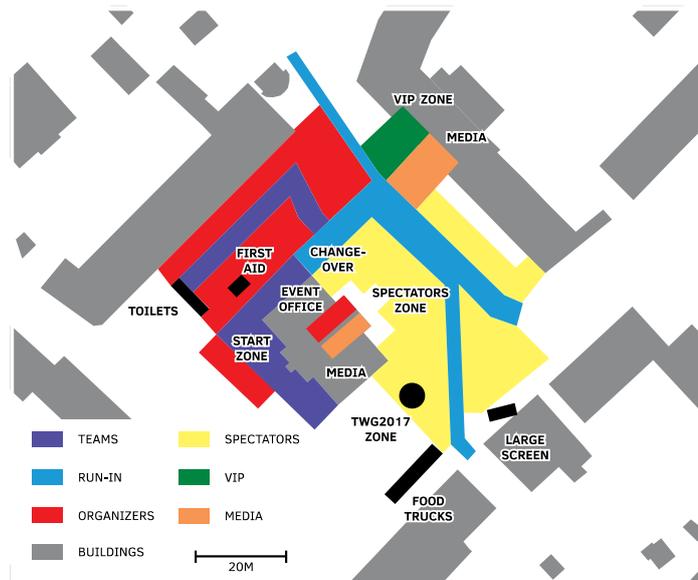
Numbers looks like **23/2-1** where:
- **23** is number of relay team,
- **/2** is leg,
- first loop is marked with **-1**,
- second loop is marked with **-2**.

MAXIMUM RUNNING TIME 45 minutes

GPS GPS device will be given in pre-start to selected runners.
Names of the selected athletes will be given at TOM on Friday.
Personal GPS data loggers are only allowed if they have no display or audible feedback.

COOL DOWN ZONE Cool down will be possible only in athletes area.

**ARENA
SPRINT RELAY**



**IMPORTANT
INFORMATION**

Due to construction of the construction works on the road from Wrocław to Trzebnica, traffic jams are highly possible. Travel time can vary between 15-60 minutes, please have it in mind when planning your time. We encourage you to use available technology to predict your travel time.



Trzebnica – aerial view; fot. Marcin Mazurkiewicz; źródło – UM Trzebnica

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TRZEBNICA



Trzebnica – City Hall; fot. Marcin Mazurkiewicz

Trzebnica administrative district is situated in the northern part of Lower Silesia, in the picturesque range of the Trzebnickie Hills, where its rich history intermingles with the modern recreational character of the town and the administrative district. The picturesque landscapes, environmental resources as well as tourist and historical assets are an interesting alternative for a weekend family trip. A new, wonderful attraction of the town is the modernised area of the Beech Forest with its marked thematic tracks, walking and bicycle paths as well as paths for joggers and for practising Nordic walking, which is so popular nowadays.

The adjacent revitalised areas of the former pre-war health-resort in the vicinity of Trzebnica ponds are a wonderful place for walks and recreation both for town dwellers and the tourists visiting our town. In this place, we have marked out professionally prepared jogging tracks. Furthermore, in the close neighbourhood, there is TRZEBNICA-ZDRÓJ Water Park – the most modern facility of this kind in the region. Along with the surrounding forest and ponds, it constitutes an unforgettable place of active recreation for entire families where they can take a rest from big-city hustle and bustle. What is also worth seeing is the wonderful panorama from the Wine Hill (colloquially known as the Cat Hill) towering over the town. At the foot of the hill, archaeologists discovered the oldest tracks of human (*Homo erectus*) activity in the Polish land from before approximately 500 000 years.

The dynamic development of Trzebnica administrative district and the financial resources spent in recent years on the development of infrastructure let us discover anew what is most beautiful in this administrative district. You are cordially invited to visit us!



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