

The logo for the Wawel Cup, featuring the words "WAWEL" and "CUP" in a bold, white, sans-serif font. The text is set against a blue background with white diagonal lines that create a sense of motion and depth.

**WAWEL  
CUP**



**1982  
2019**

**10-14.07**

**International  
Orienteering  
Competition**

**Kraków**

**BULLETIN 02**  
[www.wawelcup.pl](http://www.wawelcup.pl)



# WAWEL CUP



## *Together, we will create a real celebration of orienteering!*

We have a vision of an event respected in Poland and recommended by athletes from abroad. Event with tradition, looking for modern solutions at the same time. Various areas, good maps, interesting courses and excellent atmosphere. We strive to make the Wawel Cup remain and become a „holiday competition with class“.

Listening to your opinions after the previous (groundbreaking) edition, we would like to take care of every detail. During Wawel Cup, we'll take care to every athlete feels special!

This year's event is organized exactly on the 100th anniversary of the WKS Wawel foundation. The celebration of centennial is another perfect reason for joy! Wawel Cup 2019. returns to the capital of Polish kings, with deep ravines and large rocks areas, a lot of puzzles to solve in AGH corridors, and above all... fun!



Michał Garbacik

# COMPETITION SCHEDULE

<b>8.07.2019</b>	<b>MODEL EVENT (S I)</b>	<b>12am-5pm</b>	<b>Las Wolski</b>
<b>9.07.2019</b>	<b>MODEL EVENT (S II)</b>	<b>10am-3pm</b>	<b>Las Wolski</b>
<b>10.07.2019</b>	<b>1 STAGE</b>	<b>at 3pm</b>	<b>Las Orlej</b>
<b>11.07.2019</b>	<b>2 STAGE</b>	<b>at 10am</b>	<b>Dolina Potoku Rudno</b>
<b>12.07.2019</b>	<b>3 STAGE</b>	<b>at 9am</b>	<b>Dolina Będkowska</b>
<b>12.07.2019</b>	<b>AGH Indoor Orienteering (eliminacje)</b>	<b>at 4pm</b>	<b>Akademia Górniczo Hutnicza</b>
<b>12.07.2019</b>	<b>AGH Indoor Orienteering (finał A)</b>	<b>at 6pm</b>	<b>Akademia Górniczo Hutnicza</b>
<b>12.07.2019</b>	<b>AGH Indoor Orienteering (finał B)</b>	<b>at 7pm</b>	<b>Akademia Górniczo Hutnicza</b>
<b>13.07.2019</b>	<b>4 STAGE</b>	<b>at 10am</b>	<b>Dolina Kobylańska</b>
<b>14.07.2019</b>	<b>5 STAGE</b>	<b>at 9am</b>	<b>Sikornik</b>
<b>14.07.2019</b>	<b>Ze sportem mi do twarzy</b>	<b>at 9am</b>	<b>Sikornik</b>
<b>14.07.2019</b>	<b>Trail-O</b>	<b>at 10am</b>	<b>Sikornik</b>



## MODEL EVENT

## WELCOME TO KRAKOW

**8-9.07.2019 / LAS WOLSKI**

Following the global trends, during this year's edition, professional training with Sport Ident will be available. Model Event localization is not accidental. Las Wolski is located almost in the center of Krakow, and it's various mix of all terrain where the competition will take place. So it's good to be in Krakow a few days earlier!



# 1 STAGE



## AN EXCITING BEGINNING

10.07.2019 / LAS ORLEJ  
LONG DISTANCE / MASS START

Somewhat forgotten terrain nearby Alwernia will open the Wawel Cup 38. Las Orlej is a hilly area with varied runability and, above all, deep ravines. What an exciting beginning of the event it's going to be!

*Don't you bother - we plan to prepare shorter courses than last year and more refreshment points :-)*

**MAPPER: WŁODZIMIERZ DYZIO**  
**COURSE PLANNER: WŁODZIMIERZ DYZIO**

# 2 STAGE



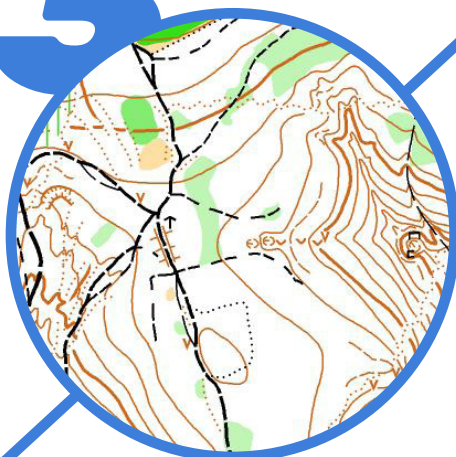
## A LOT OF PUZZLES

11.07.2019 / DOLINA POTOKU RUDNO  
MIDDLE DISTANCE

Second day of rivalry will take place at the east part of Las Orlej. In the area, in addition to the deep ravines, you will find an extensive contour features and a large number of slopes and ruins. There will be plenty of rocks and a lot of puzzles to solve during a demanding middle distance. See you then!

**MAPPER: WŁODZIMIERZ DYZIO**  
**COURSE PLANNER: WŁODZIMIERZ DYZIO**

# 3 STAGE



## ROCKS AND LANDSCAPES

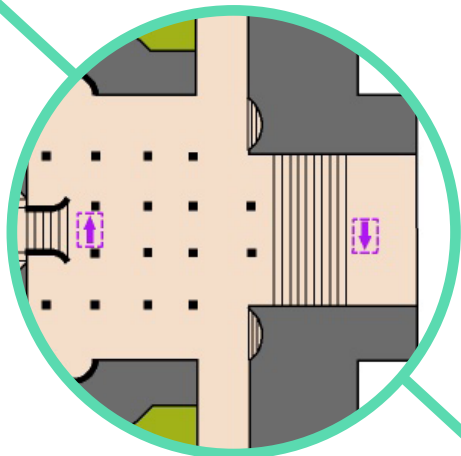
12.07.2019 / DOLINA BĘDKOWSKA  
MIDDLE DISTANCE

Dolina Będkowska remembers the Wawel Cup held exactly 11 years ago. In 2019, we will compete on a completely new map prepared by well-known Polish mappers - Wojciech Dwojak and Jacek Morawski. The courses will be prepared by event director. Enjoy the rocks, hills and landscapes of the Będkowska Valley!

**MAPPERS: WOJCIECH DWOJAK, JACEK MORAWSKI**  
**COURSE PLANNER: MICHAŁ GARBACIK**



## INDOOR SPRINT



## A REAL BLASTER!

12.07.2019

AGH UNIVERSITY OF SCIENCE AND TECHNOLOGY  
SPRINT

At the Wawel Cup 2018 we started (we hope a long) tradition of the extra race during the 5-days event. As organizers, we would like to make sure that you have a lot attractions. Such a „flavor” during the Wawel Cup 2019 is running in the corridors of the AGH University of Science and Technology. Eight classes, qualifications and final. A real blaster!

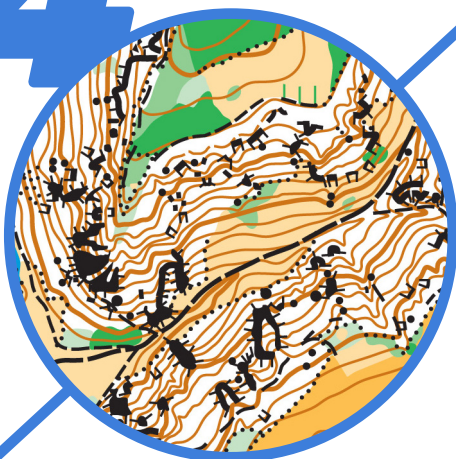
*More information about entries, limits and fees will be available soon.*

*\* Indoor Sprint is an additional race, and will not be included in the overall classification of the Wawel Cup.*

**MAPPER: PIOTR PIETROŃ**

**COURSE PLANNER: PIOTR PIETROŃ**

## 4 STAGE



## PIONEERING COMPETITION

13.07.2019 / DOLINA KOBYLAŃSKA

MIDDLE DISTANCE

Dolina Kobylańska is a completely virgin area for Polish orienteering. Looking at its characteristics, you can pay attention to deep ravines, massive rocks and a large amount of open areas. The valley is known for its picturesque views and beautiful nature. It promises to be a fascinating, pioneering competition during the middle distance race!

**MAPPERS: WOJCIECH DWOJAK, JACEK MORAWSKI**

**COURSE PLANNERS: WOJCIECH DWOJAK,  
JACEK MORAWSKI**

## 5 STAGE



## THE CAPITAL OF POLISH KINGS

14.07.2019 / SIKORNIK

MIDDLE DISTANCE

The icing on the cake of the Wawel Cup 2019 will be the final in the very capital of Polish kings. We plan to locate the finish arena on the well-known and popular Krakow's Błonia. It will be rich in rocks, contour features and climbing.

**MAPPER: WŁODZIMIERZ DYZIO**

**COURSE PLANNER: MARCIN BIEDERMAN**

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**ORGANIZER**

**WKS „WAWEL”**  
3 Podchorążych Street  
30-084 Kraków  
e-mail: [zawody@wawelcup.com](mailto:zawody@wawelcup.com)



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**TYPE OF EVENT**

Five-days individual competitions. Four stages are held in time interval, and the last one will be played in interval start for WM10-20 and upside-down handicap for the rest categories.

In overall classification in categories M14&M55 – X Bartek Moniak’s and IX Leszek Podsiadły’s memorials.

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**TEAM OF ORGANIZERS**

**WKS WAWEL PRESIDENT:** Piotr Ludwig  
**EVENT DIRECTOR:** Michał Garbacik  
**MAIN REFEREE:** Anna Karnia-Biskupska  
**FINANCE DIRECTOR:** Anna Karnia-Biskupska  
**COMPETITION OFFICE DIRECTOR:** Bogusława Słońska  
**MAPPERS:** Włodzimierz Dyzio, Jacek Morawski, Wojciech Dwojak, Piotr Pietroń  
**COURSE PLANNERS:** Włodzimierz Dyzio, Marcin Biederman, Michał Garbacik, Wojciech Dwojak, Jacek Morawski, Piotr Pietroń  
**SI:** Marcin Leśnicki  
**ARENA MANAGER:** Marcin Biederman  
**START DIRECTOR:** Marta Listek  
**COMMENTATORS:** Michał Garbacik, Sławomir Cygler  
**ACCOMODATION:** Barbara Strugała

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**AGE CATEGORIES**

WM10R; W10N; W10; W12; W14; W12-14B; W16; W18; W20; W21; W21A; W21S; W35; W35S; W40; W45; W40-49S; W50; W55; W60; W65; W70; W80; WM85+

M10; M10N; M12; M14A; M14B; M16; M18; M20; M21; M21A; M21S; M35; M35S; M40; M45; M40-49S; M50; M55; M60; M65; M70; M75; M80; OPENlong; OPENshort

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**COURSES**

N – marked; R – family; S – shortened

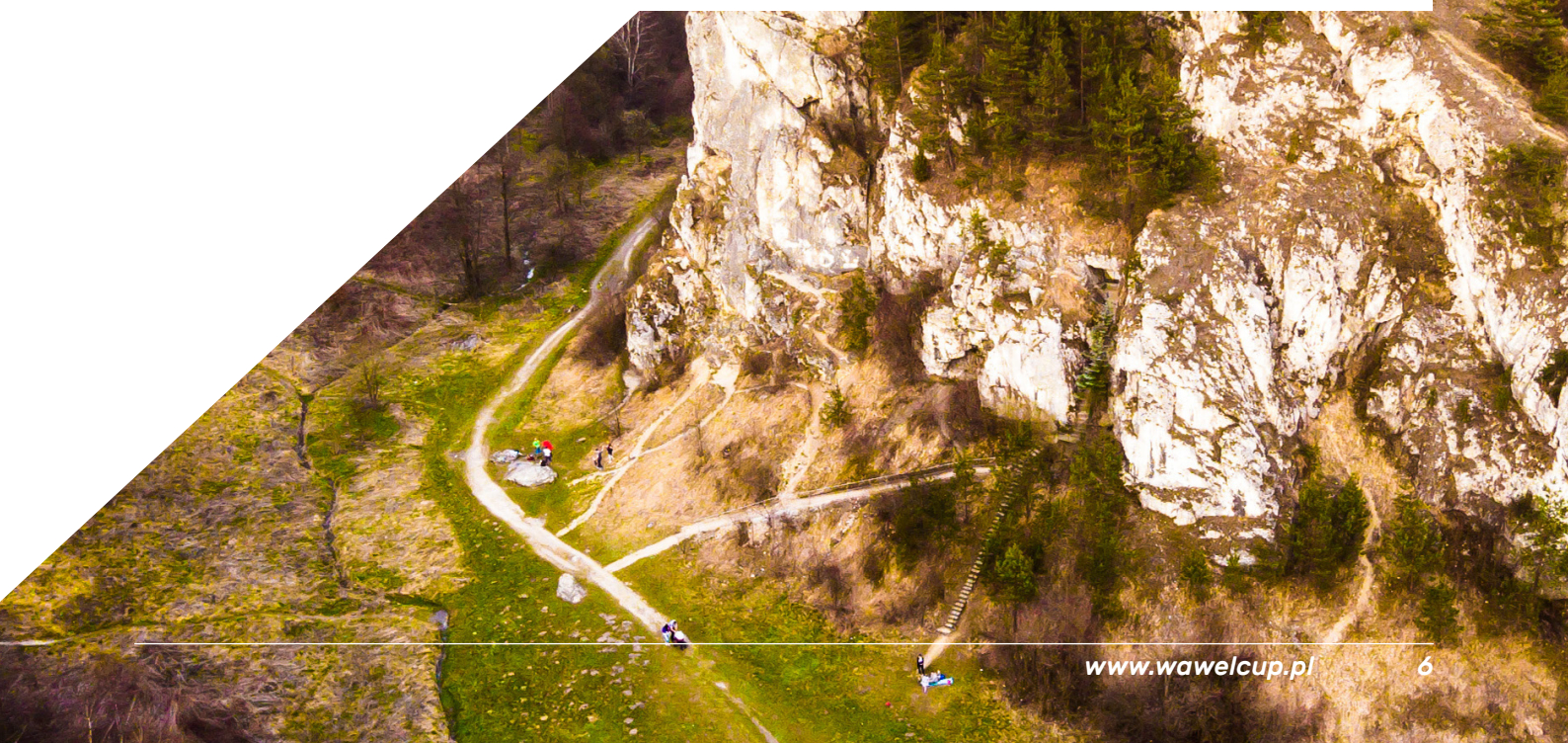
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**LEGEND**

WM21A, WM21S, WM35S, WM40-49S – courses shortened, technically challenging  
WM12-14B, OPENlong, OPENshort – courses with lower difficulty level.

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*In case of small numbers of competitors, the organizer reserves the right to merge some of the categories.*





## ENTRY FEE

When planning the registration fee, we wanted to give our competitors the opportunity to early sign up and make use of special offer fee. The rule for registration to Wawel Cup 2019 will be „the sooner, the cheaper“. Additionally we prepared a special offer for clubs. Of course we will have a contest for free entrance fee!

ENTRY FEE	I due date to 31.03	II due date to 31.05	III due date to 30.06	after due date (in competition office)
WM 10-14, WM10N	80	100	110	120
WM 16-18	100	130	150	160
WM 20+, OPEN	140	160	180	190

*If you want to benefit from reduced entry fee, you must transfer the payment to our bank account before the due date.*

ONE RACE	I due date to 31.03	II due date to 31.05	III due date to 30.06	after due date (in competition office)
WM 10-14, WM10N	20	25	25	25
WM 16-18	25	30	35	35
WM 20+, OPEN	30	35	40	40

*If you want to benefit from reduced entry fee, you must transfer the payment to our bank account before the due date.*

## REGISTRATION

There is only possibility to register in competition office. Payment according to last column of the chart (after due date).

# LOCATION

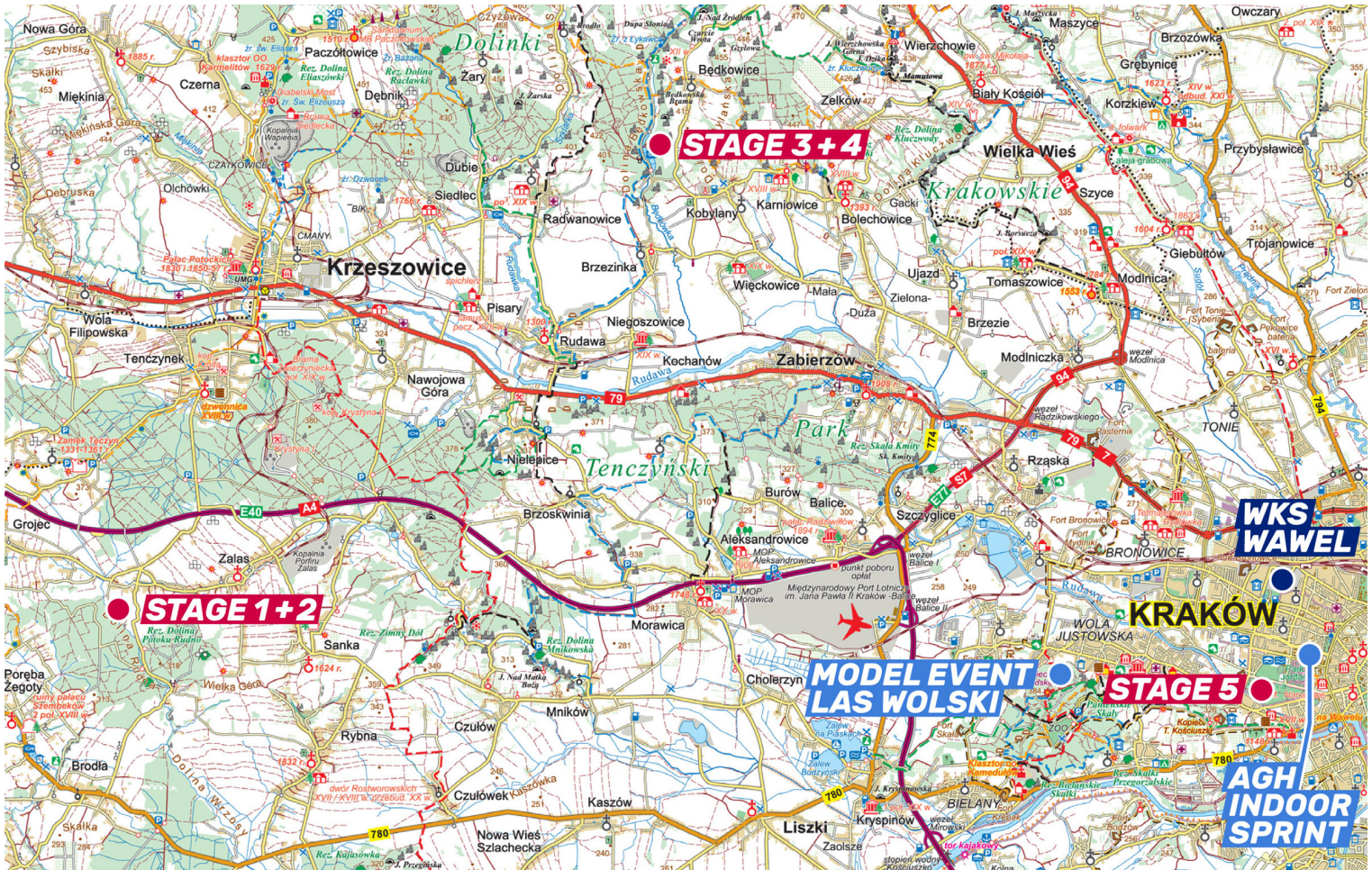
## GPS COORDINATES

Model Event S I	50.059626, 19.862749
Model Event S II	50.065226, 19.855248
WKS Wawel	50.077000, 19.907808
1 STAGE	50.077331, 19.589474
2 STAGE	50.077331, 19.589474
3 STAGE	50.157150, 19.740296
AGH centrum I	50.066826, 19.919546
AGH centrum II	50.065170, 19.923198
4 STAGE	50.157150, 19.740296
5 STAGE	50.058961, 19.907713



# LOCATION

As each year, this time we are also publishing the Wawel Cup location map. You will find there the location of all 5 stages, Model Event, Indoor Sprint and Wawel Cup "headquarters" – competition office and the accommodation in the sports hall. Together we will make it a true feast of Polish orienteering!





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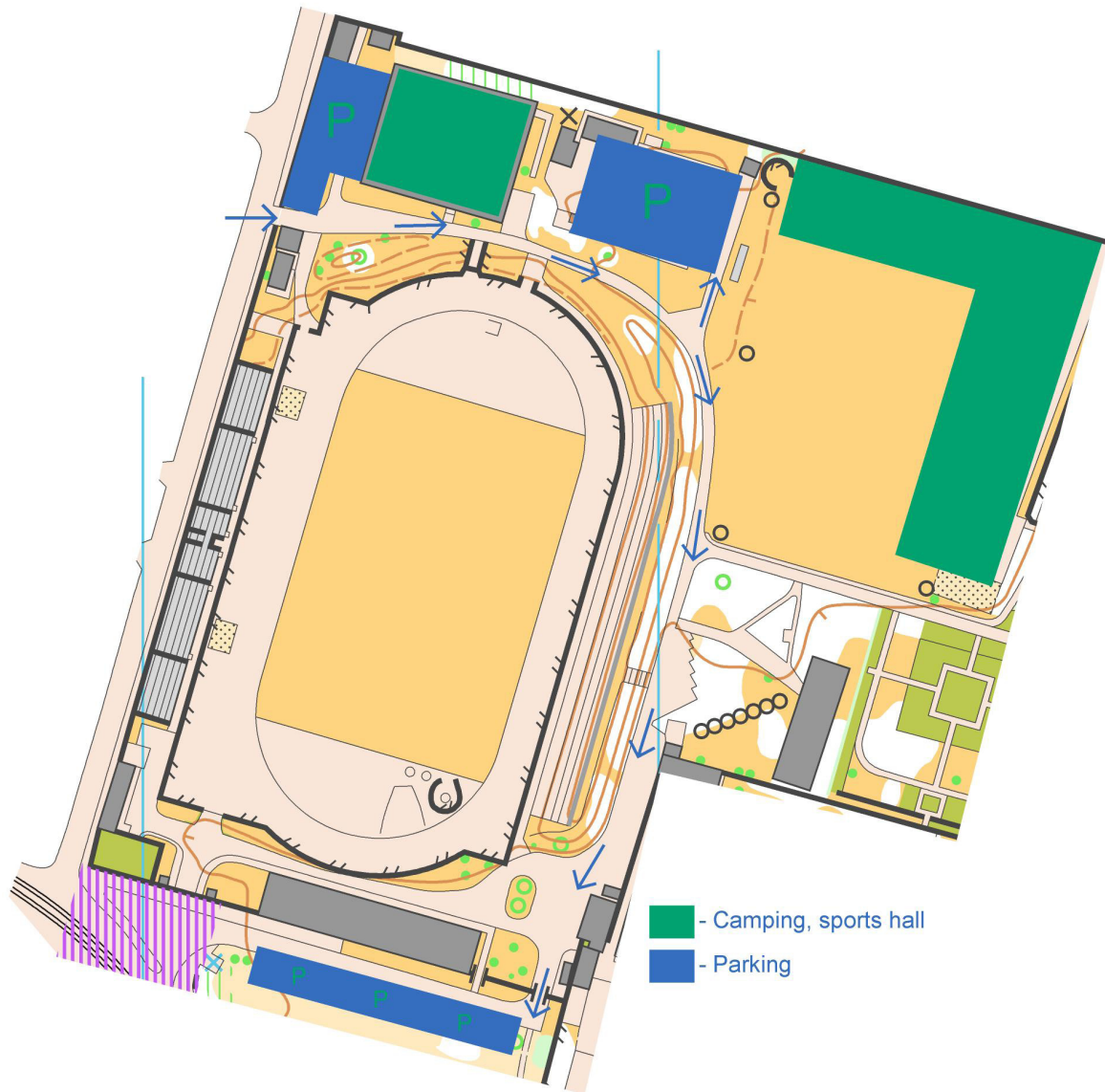
# PARKINGS

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Organizer ensure parking service in competition center (I, II, III, IV stage). Cost – 5 PLN per day. Parking tickets will be available in competition office.

During AGH Indoor Orienteering and V stage we do not ensure a parking service. We encourage to use public transport.

For people accomodated on the WKS Wawel terrain, we upload a map with a scheme of terrain and parking places.



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# COMPETITION OFFICE

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We are providing you with the competition office opening hours. On Tuesday, the office will be opened on the reception in renovated WKS Wawel sports hall, Podchorazych Street 3 in Cracow. On other days, the office will be located in the competition center of particular stages.

09.07	WKS Wawel Sports hall	18:00-22:00
10.07	competition center	11:00-15:00
11.07	competition center	08:00-10:00
12.07	competition center	07.30-09:00
13.07	competition center	08:00-10:00
14.07	competition center	07.30-09:00

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# ACCOMODATION

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## APARTHOTEL LWOWSKA1

*In line with earlier announcement, Aparthotel Lwowska1 prepared a special accommodation offer for you!*

**Lwowska 1 Aparthotel** is a complex of 154 spacious air-conditioned suites and rooms which are functional and have an exceptional style. A perfect choice for both short and long stays in Krakow, for people travelling alone and for whole families and organised groups. You can choose a more classic or a more industrial suite or room, yet invariably comfortable and cosy.

Please enter the following code on **WAWELCUP38** website [www.lwowska1.pl](http://www.lwowska1.pl). What will follow is a special offer crafted for our orienteering feast.



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## OSADA KRYSPINÓW

*We highly recommend the accommodation next to the Kryspinow Lake near Krakow. The owners (at the same time our good friends) prepared a special offer for you.*

For more information on the accommodation, please contact their representatives directly.

offer: <http://wawelcup.pl/en/osada-kryspinow/>





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# ACCOMODATION

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## **WKS WAWEL SPORTS HALL**

*This is year the accommodation offer in the WKS Wawel means a sleep on newly-renovated sports hall (with the reception desk, showers and toilets).*

You can tell from the pictures below that this was the complete renovation.

price: 20 PLN/per person/per night

Please let us know if you are interested by sending an e-mail to: [zakwaterowanie.wawelcup@gmail.com](mailto:zakwaterowanie.wawelcup@gmail.com)



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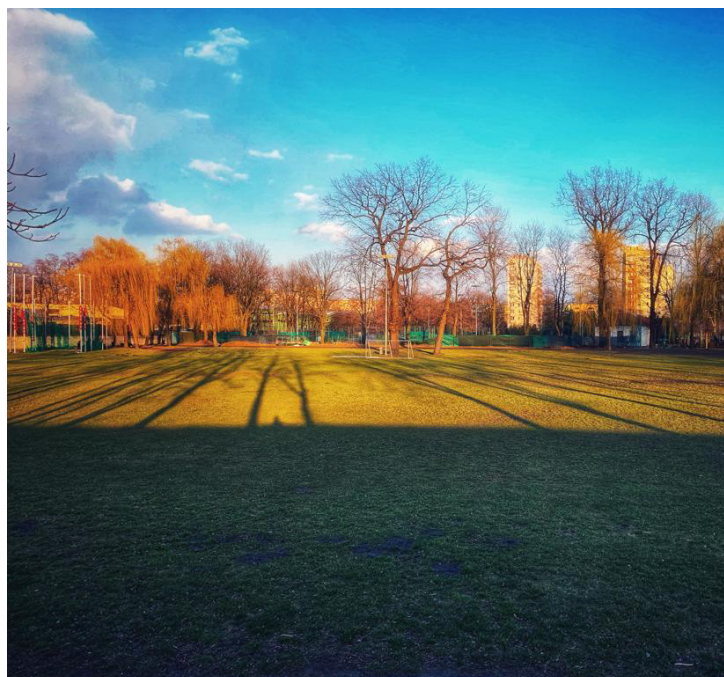
## **CAMPING PLACE WKS WAWEL PLAYFIELD**

In addition to earlier information on accommodation, we want to add that the camping will be placed in the WKS Wawel side playfield. The competitors will have access to showers, toilets and changing rooms located in the newly renovated sports hall.

What is important about this location is that (similarly to last year) the afternoon prize-giving ceremonies after each stage will be held next to the camping field.

Cost:  
10 PLN/per person/night  
15 PLN/per tent/night

Please send the request for accommodation to:  
[zakwaterowanie.wawelcup@gmail.com](mailto:zakwaterowanie.wawelcup@gmail.com)





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## AIR+ SYSTEM

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When we organise our competition we want to mind both the tradition as well as modern technologies. Therefore, similarly to last year, the competition will be run with the help of AIR+ system. These runners that won't have contactless chip, will be able to stamp the checkpoints in a traditional way. (These will be the only chips which will be lend by the organizers).

*If you'd like to do so, please contact us by [zawody@wawelcup.pl](mailto:zawody@wawelcup.pl) till 5th of July. The borrow fee is 5 PLN per day. Orders after due date will not be realised.*

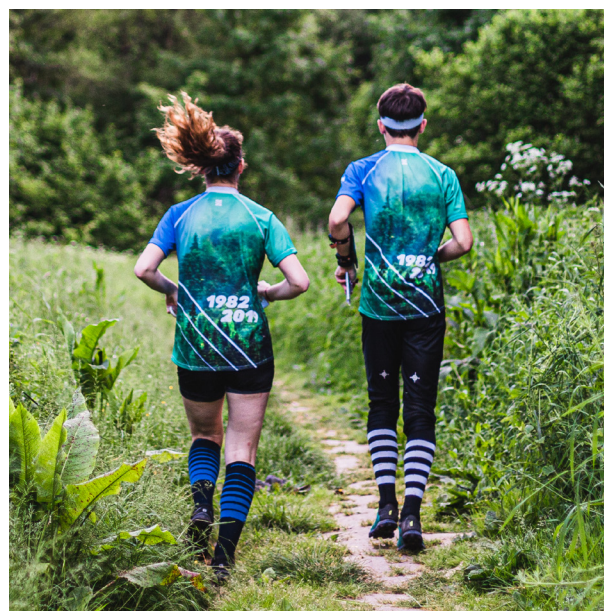
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## OFFICIAL WAWEL CUP O-SHIRT

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Dear runners, we've got a true gem for you! Here goes the project for T-shirt designed for orienteering. Those who bought it in previous years know perfectly well how good it is for running in forest. We present you the unique version, which you can order this year only!

*Payment in competition center – 105 PLN. (in Biederman Sport O-Shop)*



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## WAWELOVE

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Z We are pleased to announce that our event got yet another partner: Wawelove restaurant. Just for you to know, it's worth mentioning that this is the place where Club President and Event Director eat their lunch on daily basis :)

Tasty meals (including vegan offer) as well as drinks will accompany as during the three stages – Friday, Saturday, Sunday and during events in the evening that will take place after ceremonies completing each stage. You can order the food and drinks directly on the spot.

Moreover, please find below the offers for those with accommodation at the club:

- 2 course meal with home made drink (compote) – 16 zł
- breakfast with coffee/tea 12 zł

*In case you are interested to order lunch/breakfast in the restaurant located at 3 Podchorazych street, please contact us via e-mail: [zawody@wawelcup.pl](mailto:zawody@wawelcup.pl). (Deadline: 7.07.2019).*



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## 2D RUN

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Looking at last years GPS tracking interest, we decide to resign from live GPS tracking and go on with 2D run. In a special tent, all of you will be able to upload your track from GPS. Thanks to it we can focus on evening orienteering analysis and observe rivalry in all categories.

*2D run analysis will be available on our website and fanpage.*

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## NO PLASTIC CUPS IN COMPETITION CENTER

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Driving around various competitions in Europe, we try to find interesting solutions. The idea we're "smuggling" this year is the absence of plastic cups in the competition center.

Special water taps will be set, and EVERY athlete is asked to equip himself with a reusable pot. The taps with water and water will not be missing, you are only asked to equip yourself with the right vessel. When organizing the competition, we want to produce as little rubbish as possible. At waterpoints in the forest, we will still use disposable cups.



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## WASTE SORTING

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During this year Wawel Cup, we will implement waste sorting into the following categories: plastic, glass, aluminum, paper and organic waste. This information will be included in the bulletin and repeated throughout the event. We ask the group leaders to share the topic within their teams.

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## STAGE WINNER PRIZE GIVING

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As last year, we want to give greater prestige to the stage prize giving ceremonies. Therefore, they will be carried out at the WKS Wawel stadium, according to the following schedule:

**11/07/2019 at 19:00**  
**13/07/2019 at 19:00**

**DECORATION OF THE 1ST AND 2ND STAGE WINNERS**  
**DECORATION OF THE WINNERS OF THE 3RD AND 4TH STAGE**  
**+ DECORATION OF TOP 3 AT AGH INDOOR ORIENTEERING**

And after celebration... it's time to socialize! Evenings during the Wawel Cup are great opportunity to spend time in good company and reminisce about the old times. For this occasion, additional tables will be ready in the garden of our partner – Wawelove Restaurant.

*The final prize giving ceremony, the culmination of the whole five days of running will take place on 14.07.2019 around 13:30 at the Błonia Park in Krakow. We can not wait to see you there!*



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# PRIZES

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## WINNERS OF THE STAGES

We ensure a stage winners gift for the winners of first 4 stages.

## GENERAL CLASSIFICATION

All participants in the family category WM10R and WM10N will receive a small gifts so we won't give additional prizes to first three winners in this categories.

In the Wawel Cup general classification we provide statues and diplomas for the first three best winners in each of the categories.

The competitors in the memorial categories will receive cups.

**THE AWARDING CEREMONY IN THE GENERAL CLASSIFICATION WILL TAKE PLACE ON SUNDAY 14.07.2019 AROUND 2:00 PM.**



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# ADDITIONAL INFORMATION

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- Medical rescuer aid will be available in competition center.
- Competitors are obliged to have valid medical examinations. Managers of teams are responsible for checking the medical examinations.
- Organizer have bought civil responsibility insurance.
- Organizer doesn't bear the costs of individual insurance
- Applications to the competition means agreement with all decisions from the bulletin and agreement for transformation personal data.
- All dispute issues are adjudicated by main referee.

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# PARTNERS

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