



**1982
2019**

10-14.07

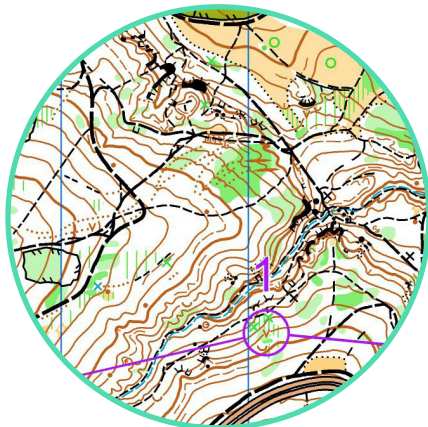
**International
Orienteering
Competition**

Kraków

TECHNICAL BULLETIN
www.wawelcup.pl

MODEL EVENT

mapper:
Włodzimierz Dyzio
course planner:
Marek Słoński

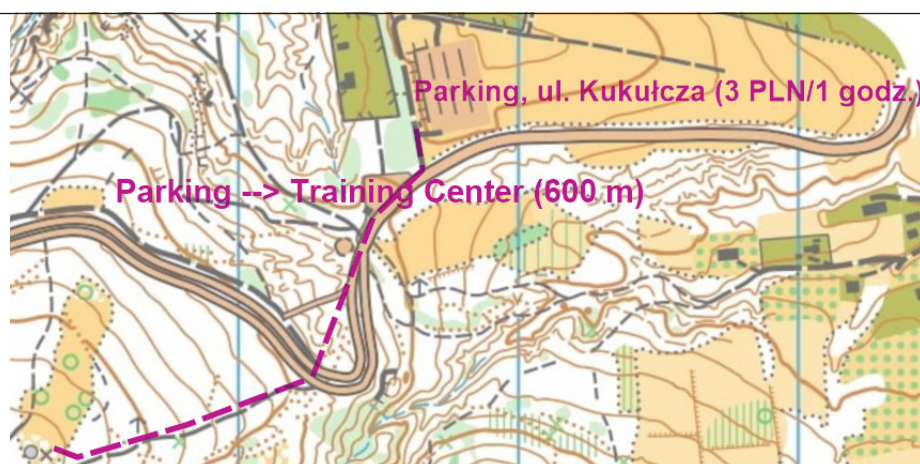


	Model Event S I 8.07.2019 (Monday) Model event hours: 12:00-17:00			Model Event S II 9.07.2019 (Tuesday) Model event hours: 10:00-15:00		
	length	climb	controls	length	climb	controls
LONG	4,0	240	14	3,1	170	14
MEDIUM	3,1	200	11	2,4	125	10
SHORT	2,2	70	8	1,8	110	7

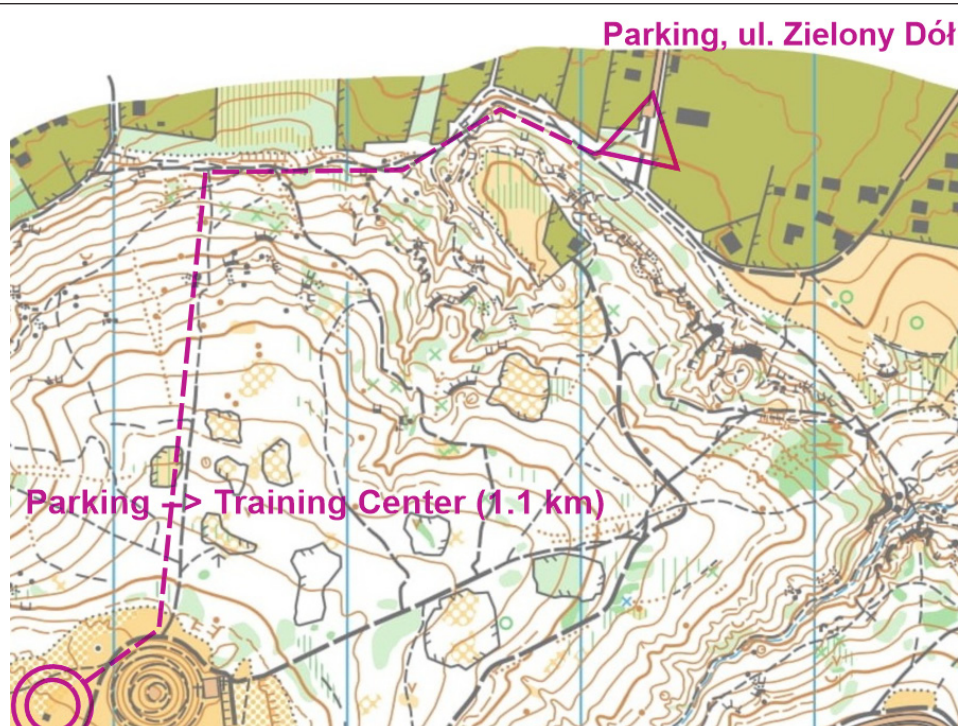
The terrain for Model Event this year is a mix of all 5 stages. Wolski Forest is close to stage V location. What you will find in the forest are deep and diverse valleys (stage I and II) and various rock formations (stage III and IV). In the forest you will find also a high grass. Runnability is generally very good. The road network is well developed.

- Maps are available at training center.
- Map print the same as during competitions.
- We use SI System during Model Event.
- Start from SI Unit in any minute. (in Model Event hours).
- Results of Model Event will be available on our website – wawelcup.pl.
- Control descriptions will be available on the map and also in the start tent.

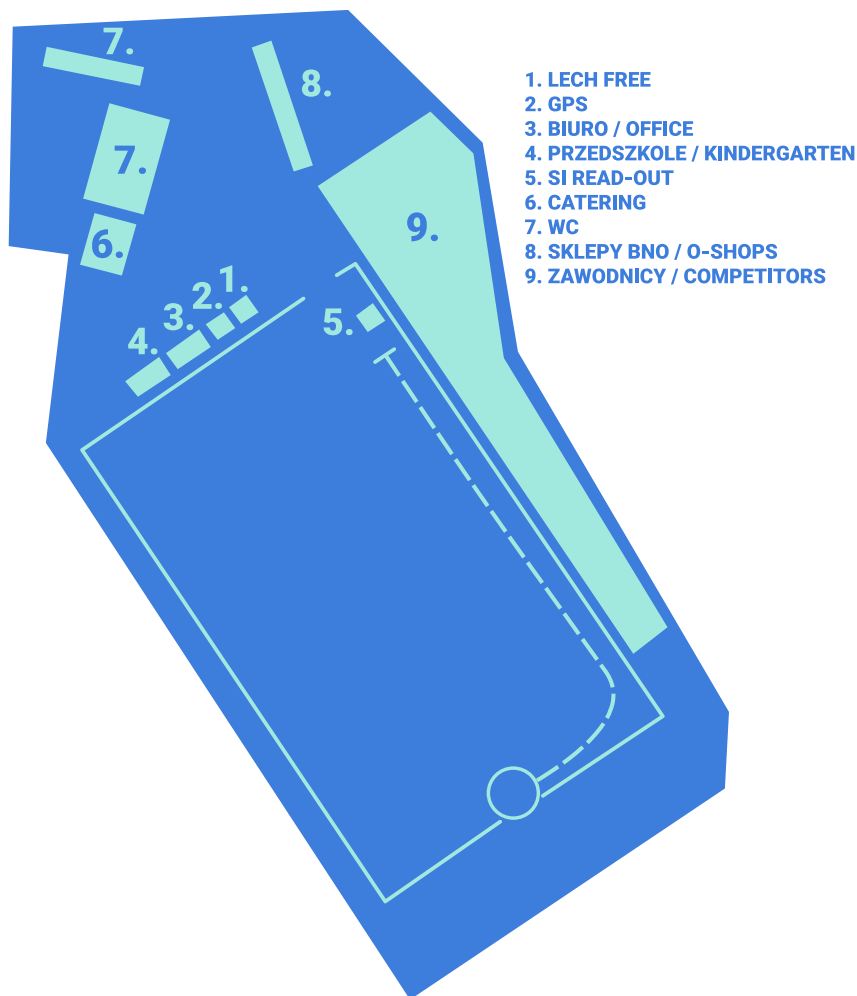
road to the start
Model Event – stage I



road to the start
Model Event – stage II



Event center – STAGE 1 i 2



STAGE 1

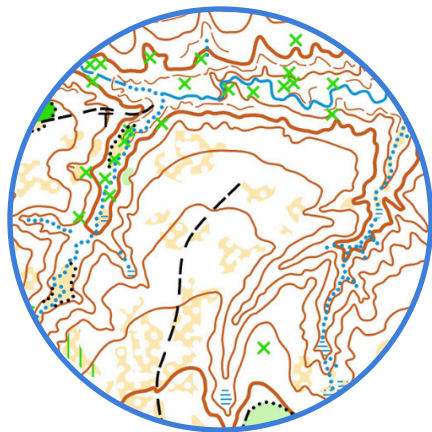
10.07.2019 / 3 pm

mapper:

Włodzimierz Dyzio

course planner:

Włodzimierz Dyzio



Las Orlej is a hilly area and most of the map is crossed by deep ravines. The road network is dense. The runability is mostly very good, in some places difficult. Lots of clearings and rootstocks in the forest. There are wetlands as well. An exciting mix is waiting!

road to the start: 500m

Mass start:

W16, W45, W18, W35, M21S, W20, M45, W21E, M21A, M21E, M16, W40, M18, M40, M20, M35 (according to the chart on page 12).

Competitors from these categories stay on the start line according to their bib number.

The rest categories: interval start

Start hours:

15:00 M21E, W21E, M20, M18, W20, W18

15:10 M16, W16,

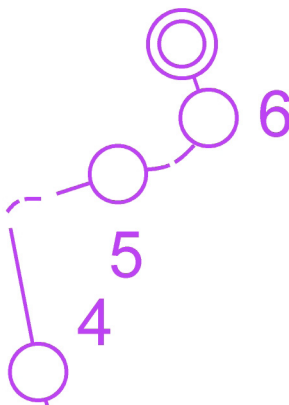
15:20 W40, M40, M21S, M21A, M35

15:30 W35, W40, W45, M45

15:40 Interval start for the rest categories (2 minutes)

STAGE 1

For categories WM10NR, W10, M10, due to the impossibility to make a course using the line objects, there is one mandatory route marked as shown on the map below (Yellow tapes will mark the way).



- Refreshment point in the middle of the course.
- In some places urticas and blackberries, we encourage to dress proper clothes.
- Toilets are located only in event center.
- Road to the start flag: 0m.

STAGE 2

11.07.2019 / 10 am

mapper:
Włodzimierz Dyzio
course planner:
Włodzimierz Dyzio

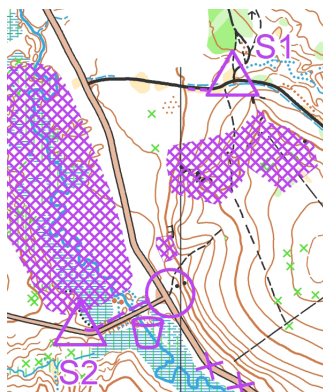


The area located on the eastern side of the road is again hilly and mostly runnable. The road network is quite well developed. Courses will run through the site of a former mine, therefore the area is rich in contour features (wells, mounds, pits, escarpments, ruins). There will be plenty of rocks and a lot of puzzles to solve during a demanding middle distance. Looking forward seeing you there!

S1: W20, M45, W21E, M21A, M18, M40, M20, M35, M21E, OPEN Long road to the start: 1200m

Courses of categories starting from S1 will be routed through a nature reserve, bypassing prohibited areas. There are prohibited areas in the forest, marked by the appropriate symbol on the map.

All runners needs to get familiar with the rules on how to behave in nature reserve: https://www.gdos.gov.pl/zasady-obowiazujace-w-rezerwatach-przyrody?fbclid=IwAR0tmpq_HIKUxBxR3UgGYXmfSFBEdKcPvPkMmcDBJWm2tQ9cqDk2k5IDoPE



Categories that start from S1 will cross an asphalt road on the course. The road can be crossed only in the marked place where the control is - as shown in the diagram. (crossing is placed near S2). The crossing point and the marked route from it are mandatory. A refreshing point will also be available in this area.

S2: the rest of the categories road to the start: 1500m

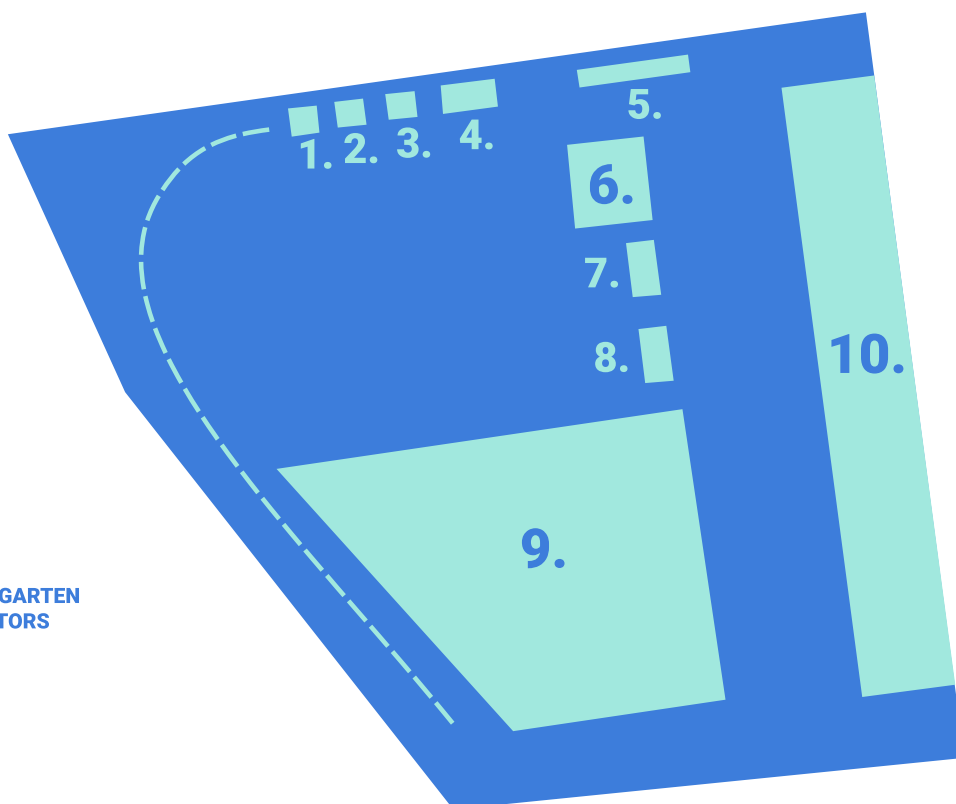
interval start: 3 minutes

STAGE 2

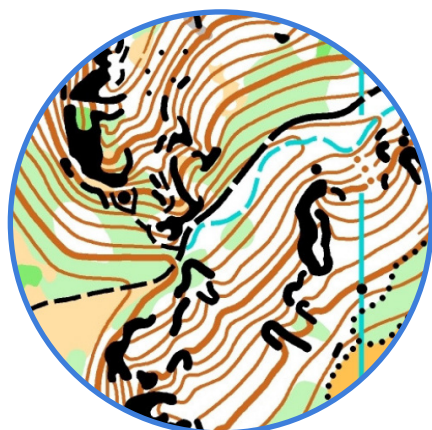
- When going to the start line, we walk along the asphalt road with medium traffic. The road will be secured but you must remain vigilant at all times!
- Toilets only in event center.
- Refreshment point on the start.
- For categories WM10NR, W10, M10, due to the lack of possibility to make a course using the line objects, there is one mandatory route marked as shown on the I stage description. (Yellow tapes will mark the way).
- Refreshment point – on the second part of the courses.
- Road to start flag – 100m (S2), 30m (S1).

Event center – STAGE 3 i 4

1. SI READ-OUT
2. LECH FREE
3. GPS
4. BIURO / OFFICE
5. WC
6. SKLEPY BNO / O-SHOPS
7. CATERING
8. PRZEDSZKOLE / KINDERGARTEN
9. ZAWODNICY / COMPETITORS
10. PARKING



STAGE 3



12.07.2019 / 9:00

mappers:
Wojciech Dwojak,
Jacek Morawski
course planner:
Michał Garbacik

Wojciech Dwojak: „Dolina Będkowska presents steep slopes with a relative height exceeding 100 m. Numerous cliffs and rocks appear on the eastern slope of the valley. Westerns part of the forest is cutted by numerous ditches, and shows different kinds of runnability. In addition to steep climbs and downhills, get ready for interesting rock puzzles.”

In the forest there is a large number of cliffs, crevices and high rock walls. Please, pay great attention when running.

road to the start : 200m
interval start: 3 minutes
Road to start flag: 100m

AGH Indoor Orienteering

ADDITIONAL EVENT

12.07.2019 / 4 pm

mapper:

Piotr Pietron

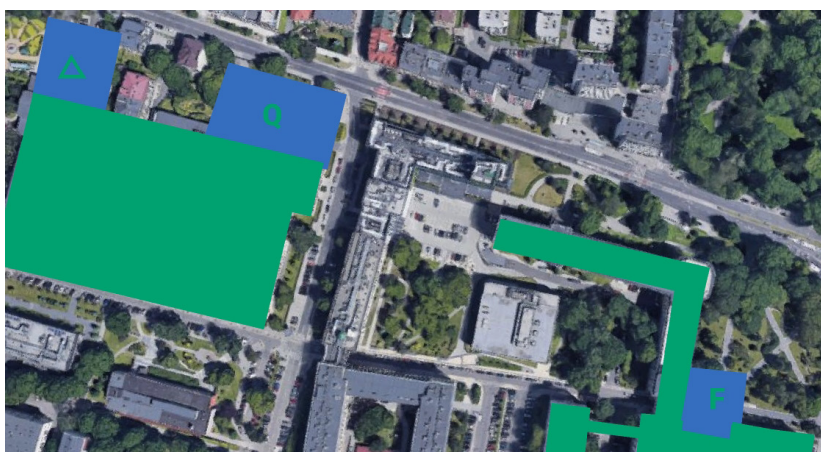
course planner:

Piotr Pietron

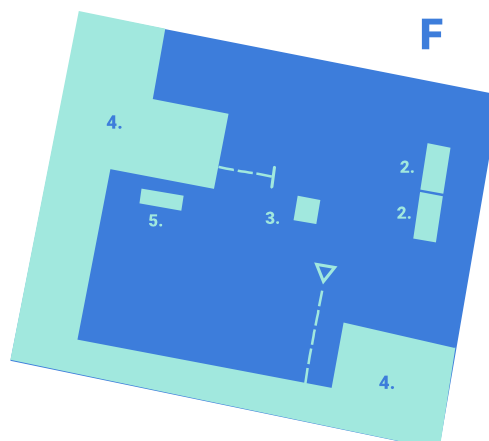
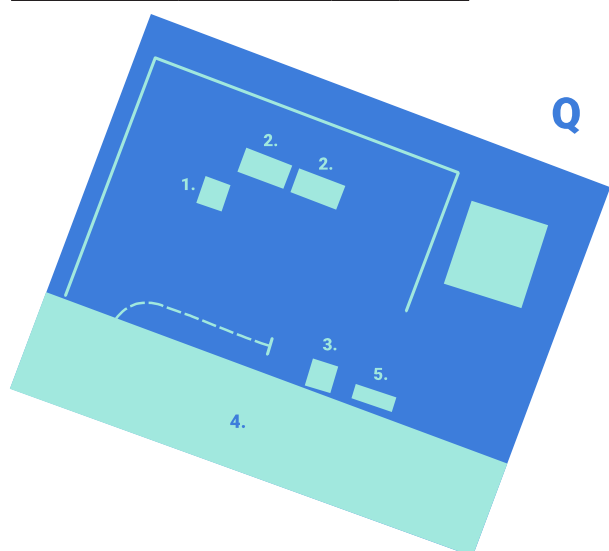
Map contains numerous corridors, stairs and cul-de-sacs. The crucial part of navigation will be choosing the right route choice between floors. Let's be alert at all times!



	Preliminaries		Final	
	LENGTH	CONTROLS	LENGTH	CONTROLS
M Youth	1,3	8	2,0	13
W Youth	1,1	8	1,8	11
M Elite	1,6	10	2,4	15
W Elite	1,2	8	2,1	12
M Masters	1,3	8	2,1	13
W Masters	0,9	8	1,9	11
M Super Masters	1,0	8	1,6	10
W Super Masters	0,8	7	1,5	10



1. BIURO / OFFICE
2. SZATNIA / CHANGING ROOM
3. SI READ-OUT
4. TEREN ZAWODÓW / COMPETITION AREA
5. WC



AGH Indoor Orienteering

WYDARZENIE DODATKOWE

PRELIMINARY

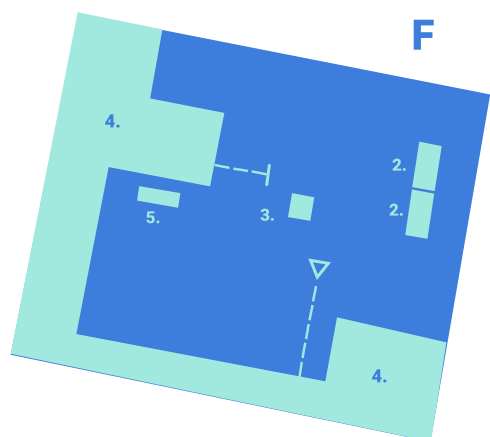
road to start: 300m

start: 16:00

After 4pm all competitors should come to start zone.

interval: 2 minuty.

time limit: 40 minut.



- 1. BIURO / OFFICE
- 2. SZATNIA / CHANGING ROOM
- 3. SI READ-OUT
- 4. TEREN ZAWODÓW / COMPETITION AREA
- 5. WC

FINAL

Start from event center.

18:00 handicap start (Final A)

18:00 W Elite, M Elite, W Youth, M Youth (start from the line)

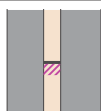
18:05 W Masters, M Masters, W Super Masters, M Super Masters (start from the line)

Competitors from 2nd-6th positions will start from start corridor

First runner on the finish line become the winner of AGH Indoor Orienteering.

19:00 final B for the rest competitors from preliminary.
The same courses as final A. interval: 1 minute

time limit: 1 hour

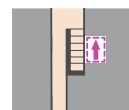


During final the corridor will be locked in two places. You can see it on the map below. These places will be checked by the referee in the building.

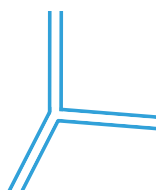
USEFUL INDICATIONS:



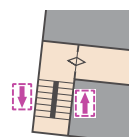
FLOOR
NUMBER



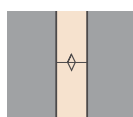
STAIRS



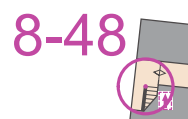
LINES
BETWEEN
FLOORS



STAIRCASE



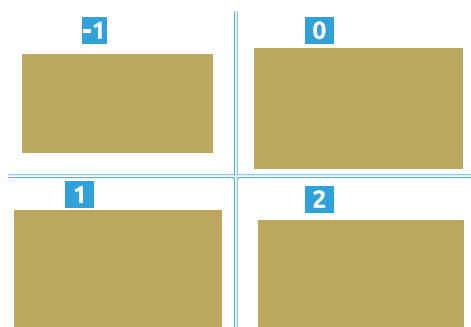
DOORS



CONTROL
POINT

AGH Indoor Orienteering

WYDARZENIE DODATKOWE



**BUILDING SCHEME
(PRELIMINARY)**



BUILDING SCHEME (FOR FINAL A AND FINAL B)

- Running outside the building – forbidden.
- Using lift – forbidden.
- Boots with spikes – forbidden.
- Recommended shoes with CLEAN SOLE!
- Maps size preliminary – A4, final – A3
- No control descriptions. Controls number on the map.
- Control point will be placed on terrain object as stairs/doors etc.

ETAP 4

13.07.2019 / 10 am

mappers:

Wojciech Dwojak,
Jacek Morawski

course planners:

Wojciech Dwojak,
Jacek Morawski

Jacek Morawski: "Dolina Kobylańska is literally stuffed with various rock formations growing on its steep slopes. Numerous stones, rock walls and caves will be waiting on the majority of control points. This will be a real feast for people who value orienteering at its best."

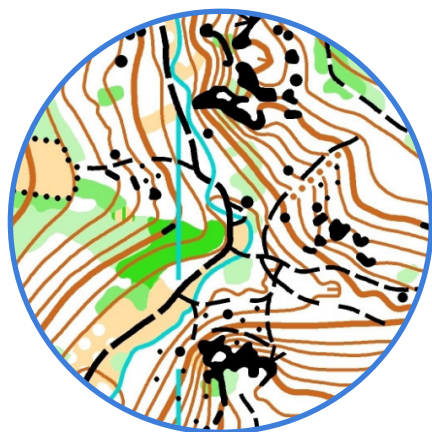
road to the start: 2000 m, at the beginning on the road without pavement, later we will walk on pavement.

start interval: 2 minutes

Finish > Event Center: 1300 m

In the forest there is a large number of cliffs, crevices and high rock walls. Please, pay great attention when running.

- Refreshment point will be available at the start and also at the finish.
- We ask you for immediately reading-out your SI card.
- SI read will be available only till 15:30.
- Toilets available only in the event center.
- road to the start flag: 100m.



1. SI READ-OUT
2. LECH FREE
3. GPS
4. BIURO / OFFICE
5. WC
6. SKLEPY BNO / O-SHOPS
7. CATERING
8. PRZEDSZKOLE / KINDERGARTEN
9. ZAWODNICY / COMPETITORS
10. PARKING

ETAP 5

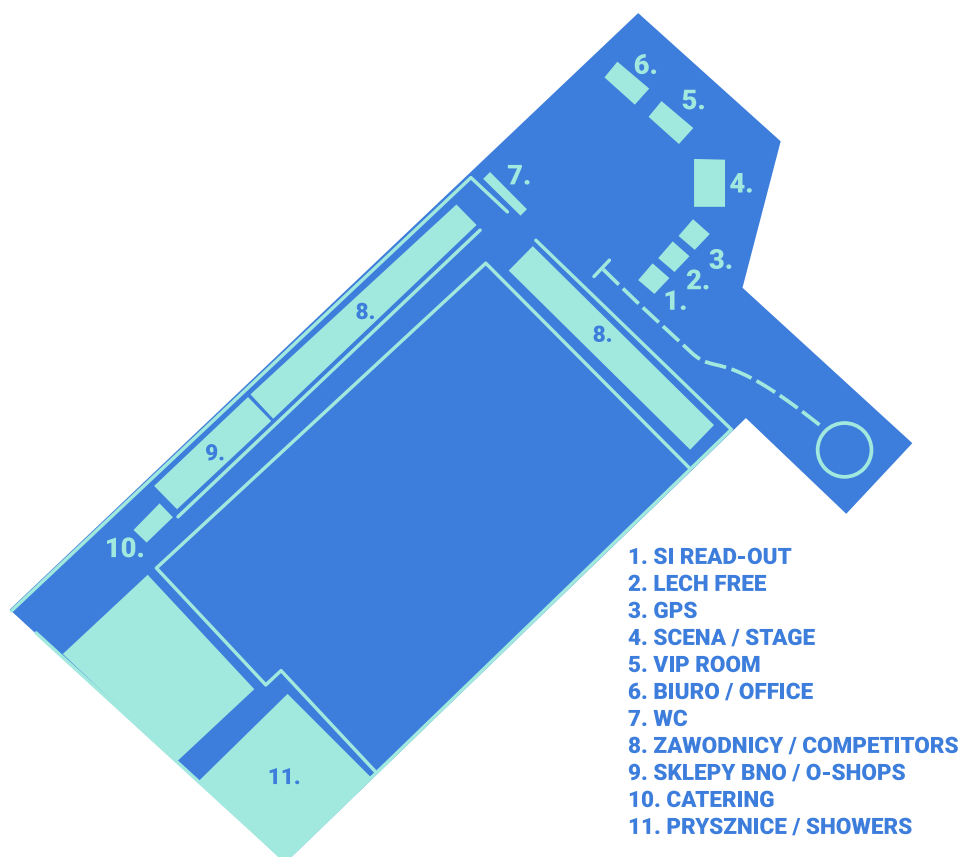
14.07.2019 / 9 am

mapper:

Włodzimierz Dyzio

course planner:

Marcin Biederman



The race, which will be held almost in the center of Krakow, will take place mostly in the forest surrounding the Kościuszko Mound. There is a large number of roads and paths and all kinds of contour details – depressions, troughs, mounds, rock walls. The runnability varies from good to, in some places, difficult. Lot of climbing – the relative height from the lowest to the highest point – 75 meters.

In the forest there is a large number of cliffs, crevices and high rock walls. Please, pay great attention when running.

Road to the start: 1300 m

categories WM10-20: interval start

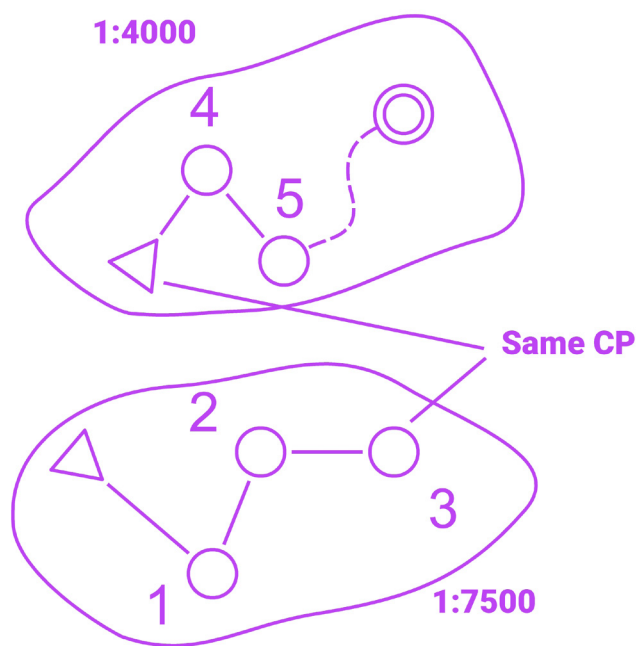
the rest categories: upside-down handicap

- On the start you can find refreshment point and two portable toilets.
- Road to start flag – 100m.
- Shoes with spikes – forbidden. We advise you boots with aggressive sole
- Some categories (according to the scale table) will have the change of scales.
- Two pedestrian crossing that are close to the finish line are obligatorily secured by the City Watch. You will cross the road using crosswalk. Nevertheless, please remain extremely careful!
- The Kosciusko Mound (central part of the map) is surrounded by roads with medium traffic. The place to cross the road will be marked by one of our volunteers but we ask you to be careful here!
- For the categories that start in handicap race: It is the punch finish SI Unit that decide about the Wawel Cup winner.

- The end of the course will be wrapping around the Cracovia hall. For this reason, we arranged a change of the map scale for some categories. The last point on the forest map will be the start on the sprint map. Finish at Krakow's Błonia, in the heart of the Polish kings' capital.

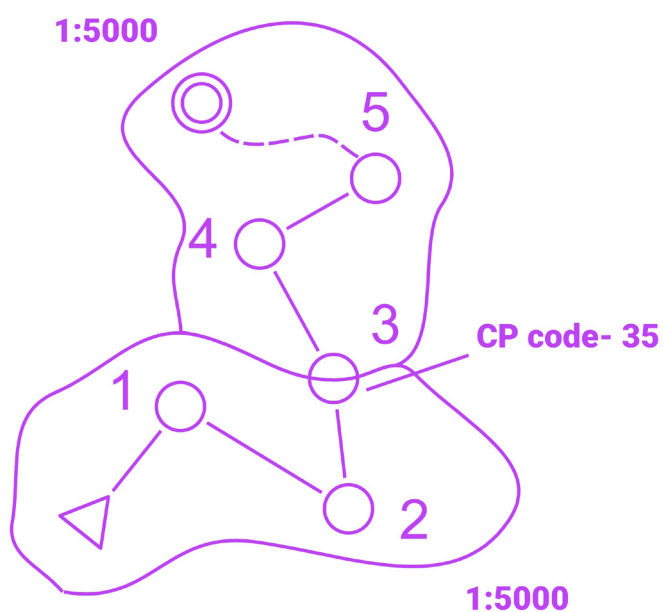
- Forest map was prepared according to ISOM2017, the end of the courses (after control point 35) according to ISSOM2007. Scheme below.

SPRINT MAP



FOREST MAP

SPRINT MAP



FOREST MAP

Trail Orienteering

14.07.2019 / 10 am

Trail Orienteering start will be located next to event center during Wawel Cup V stage.

Start 10 am.

Competitions will be held between 10 am and 1 pm.

- Start from SI Unit in any minute.
- Course – 1,4 km, 10 Control Points.
- Additional challenge – Tempo-O.

Entry fee – free donate for “Na ratunek” foundation.

Some important information for people, who takes part in Trail Orienteering first time.

1. Competitors can move only on paths or on the road. Do not descend from it, on the map there will be marked places that can not be crossed.

2. Control flags are counted from the left side.

3. Competitors punch control points on the start card using perforators, which are placed near the decision point (not marked on the map).

More information about Trail Orienteering you can find on:

www.orientacjaprecyzyjna.pl

Ze sportem mi do twarzy

14.07.2019

One of the stages of the series “Sport suits me” will take place during stage V. This action accompanies us throughout the 100th club anniversary year and relates to competitions of different WKS Wawel disciplines Honorary Patronage – Marshall of Malopolska Voivodeship Witold Kozlowski and Mayor of Krakow Jacek Majchrowski.

We will have separate results for categories WM10–20 during stage 5 – just the stage 5 time result will determine the winners.

The winners ceremony for this run is planned at 1:30pm.



COURSE PARAMETERS

	STAGE 1				STAGE 2				STAGE 3			STAGE 4			STAGE 5		
CATEGORY	LENGTH	CLIMB	CONTROLS	START	LENGTH	CLIMB	CONTROLS	LENGTH	CLIMB	CONTROLS	LENGTH	CLIMB	CONTROLS	LENGTH	CLIMB	CONTROLS	
WM10R, W10N, M10N	1,9	35	5	S2	2,1	45	6	1,1	30	5	1,7	10	6	2,1	55	8	
W10, M10	1,9	35	6	S2	2,1	45	6	1,3	35	5	1,8	50	8	2,2	55	10	
W12-14B, M12-14B	1,7	35	5	S2	2,0	50	5	1,7	150	7	2,1	80	10	2,2	60	10	
W12, M12	1,8	40	6	S2	2,0	55	6	1,5	110	5	2,0	95	10	2,2	60	10	
W14, W60	3,1	80	10	S2	3,5	120	11	1,9	180	9	2,3	150	13	3,1	85	14	
W16, W45	mass start	3,8	110	15	S2	3,5	115	9	2,5	235	13	2,5	175	15	3,3	95	18
W18, W35, M21S	mass start	4,5	120	15	S2	3,7	135	11	2,9	265	14	2,7	190	16	3,7	120	21
W20, M45	mass start	5,6	130	18	S1	5,7	235	17	3,2	350	16	3,1	215	19	4,3	145	22
W21E, M21A	mass start	5,8	155	21	S1	5,9	250	17	3,8	360	18	3,4	210	18	4,6	145	25
M14	2,8	100	10	S2	3,5	135	9	2,6	260	10	2,5	170	14	3,4	90	14	
M16, W40	mass start	4,3	130	16	S2	3,6	125	9	3,3	320	16	3,1	200	17	3,7	105	21
M18, M40	mass start	5,4	165	19	S1	5,7	185	13	4	380	19	3,4	225	20	5,0	140	26
M20, M35	mass start	6,2	200	22	S1	5,8	260	16	4,1	380	19	3,7	255	21	5,2	145	29
M21E	mass start	7,7	240	26	S1	7,5	310	22	4,7	465	22	4,3	310	25	5,3	210	32
W50, W35S	3,0	100	11	S2	3,4	90	10	2,7	215	13	2,5	215	14	3,1	75	16	
M50, W21A	4,6	120	14	S2	3,6	125	11	3,3	290	16	3,1	200	17	3,8	120	20	
M55, M35S	4,1	125	12	S2	3,6	150	12	2,8	300	12	2,9	185	17	3,6	110	24	
M60, W21S	3,8	110	12	S2	3,4	120	11	2,0	180	10	2,8	190	16	3,4	95	18	
M65, M40-49S, W55	3,0	80	11	S2	3,4	110	11	1,9	170	10	2,5	170	13	3,2	90	16	
M70, W65	2,3	65	9	S2	2,9	90	8	1,6	170	8	2,2	170	11	3,0	65	15	
M75, W40-49S	2,1	70	8	S2	2,5	60	9	1,3	130	8	2,0	150	11	2,7	70	10	
W70, W75	1,8	55	8	S2	2,2	50	7	1,1	90	7	2,0	145	13	2,3	60	11	
Open Long	3,2	100	7	S1	4,6	180	11	4,6	430	15	3,1	160	12	3,6	110	17	
Open Short	2,6	80	10	S2	2,9	60	9	3,0	150	10	2,2	110	9	2,3	55	12	

MAP SCALES

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5
e: 5m					
WM10R, W10N, M10N	1:7500	1:7500	1:5000	1:5000	1:5000
W10, M10	1:7500	1:7500	1:5000	1:5000	1:5000
W12-14B, M12-14B	1:7500	1:7500	1:5000	1:5000	1:5000
W12, M12	1:7500	1:7500	1:5000	1:5000	1:5000
W14, W65	1:7500	1:7500	1:5000	1:5000	1:5000
W16, W45	1:10000	1:7500	1:7500	1:7500	1:7500 / 1:4000
W18, W40, M21S	1:10000	1:7500	1:7500	1:7500	1:7500 / 1:4000
W20, M45	1:10000	1:10000	1:7500	1:7500	1:7500 / 1:4000
W21E, M21A	1:10000	1:10000	1:7500	1:7500	1:7500 / 1:4000
M14	1:10000	1:7500	1:7500	1:7500	1:5000
M16, W35	1:10000	1:7500	1:7500	1:7500	1:7500 / 1:4000
M18, M40	1:10000	1:10000	1:7500	1:7500	1:7500 / 1:4000
M20, M35	1:10000	1:10000	1:7500	1:7500	1:7500 / 1:4000
M21E	1:10000	1:10000	1:7500	1:7500	1:7500 / 1:4000
W50, W35S	1:10000	1:7500	1:7500	1:7500	1:5000
M50, W21A	1:10000	1:7500	1:7500	1:7500	1:7500 / 1:4000
M55, M35S	1:10000	1:7500	1:5000	1:5000	1:5000
M60, W21S	1:7500	1:7500	1:5000	1:5000	1:5000
M65, M40-49S, W55	1:7500	1:7500	1:5000	1:5000	1:5000
M70, W60	1:7500	1:7500	1:5000	1:5000	1:5000
M75, W40-49S	1:7500	1:7500	1:5000	1:5000	1:5000
M80, W70, W75	1:7500	1:7500	1:5000	1:5000	1:5000
WM85+, W80	1:7500	1:7500	1:5000	1:5000	1:5000
M80, W70, W75	1:7500	1:7500	1:5000	1:5000	1:5000
WM85+, W80	1:7500	1:7500	1:5000	1:5000	1:5000
OPEN LONG	1:10000	1:10000	1:7500	1:7500	1:5000
OPEN SHORT	1:7500	1:7500	1:7500	1:7500	1:5000

GENERAL INFORMATION

Maps are printed on waterproof paper, map foils will be available at the start for those who want them.

Courses WM10N i WM10R will be marked by „smiling and frowning faces“.

During each stage control descriptions will be available on the map and also in the start box. During the first stage, categories starting from the mass start, will have control descriptions placed on the maps only.

Road to start during all the stages: **red stripes**.

Road to finish (4 stage) and marked routechoices: **yellow stripes**.

Road to start during all the stages will be marked from the table in competition center.

WM10R, WM10N, OPEN Long, OPEN Short - start from SI Unit in any minute.

We'd like to remind you that it is mandatory to punch the check at the start, so that the organizer can confirm whether the competitor started or not. This is in accordance with the Polish Orienteering Association rules.