



**1982
2023**

**28.06-2.07
International
Orienteering
Competition
Cracow**



We'll create a real orienteering's celebration!

We have a vision of an event respected in Poland and recommended by athletes from abroad. Event with tradition but also looking for modern solutions. Different types of terrain, professional maps, interesting courses and excellent atmosphere. We strive to make the Wawel Cup remain and become a „holiday competition with class”. When organizing the event, we try to care for every detail. We want every runner to feel great during Wawel Cup.

Wawel Cup 2023 is a return to Cracow – the capital of Polish kings. The competition will start with a demanding sprint stage held in the historic district of our city. The following days will offer you: demanding urban running, challenge in the deep ravines of the Bronaczowa forest, as well as a handicap run in the heart of our city – the Wolski Forest. This year we focus on diversity, which our mappers and course planners will try to provide to you. The entire event will accompany the European Games held in our city and in the Malopolska province. This is a good opportunity to integrate and promote our sport together. We hope that this year's event will provide you with an unforgettable experience!

Michał Garbacik

COMPETITION SCHEDULE

27.06.2023 15:00-18:00	MODEL EVENT	<i>Krzyszkowicki Forest</i>	
28.06.2023 16:00	1 STAGE	<i>Kazimierz</i>	<i>SPRINT DISTANCE</i>
29.06.2023 10:00	2 STAGE	<i>Podgórze</i>	<i>URBAN MIDDLE DISTANCE</i>
29.06.2023 12:00-15:00	Trail Orienteering	<i>Bednarski Park, Krakow Podgórze</i>	
30.06.2023 10:00	3 STAGE	<i>Bronaczowa East</i>	<i>MIDDLE DISTANCE</i>
1.07.2023 10:00	4 STAGE	<i>Bronaczowa South</i>	<i>MIDDLE DISTANCE</i>
2.07.2023 9:00	5 STAGE	<i>Wolski Forest</i>	<i>LONG DISTANCE</i>

0 MODEL EVENT



WELCOME IN CRACOW

27.03.2023 / KRZYSZKOWICKI FOREST

As every year, the Wawel Cup cannot miss the opportunity to take part in the training preceding our five-day competition. This time, we invite you to Krakow itself for our traditional training with SI. Terrain is located in the south-eastern part of the city. Krzyszkowicki Forest offers you orienteering in an area rich in ravines and diverse topography. It's a good warm-up before the upcoming competition!

1 **STAGE**



SPECTACULAR BEGINNING

28.06.2023 / KAZIMIERZ
SPRINT DISTANCE

Kazimierz is a historic district of Krakow, and for the competitors starting in the Wawel Cup, it is a demanding sprint stage! The area well known from the second edition of Krakow City Race will provide you with many sports challenges. Compact urban development of irregular shapes is a guarantee of many interesting route choices. Time for a really spectacular beginning!

2 **STAGE**

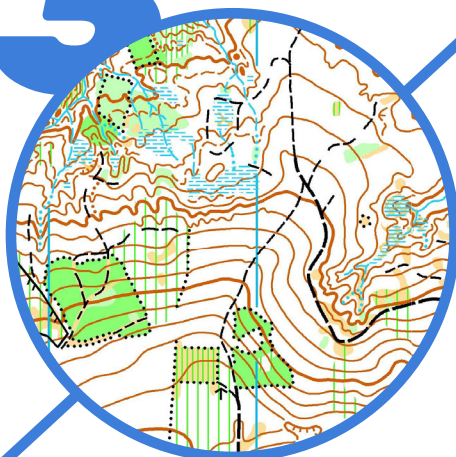


FUN WITH ROUTE CHOICES

29.06.2023 / PODGÓRZE
URBAN MIDDLE DISTANCE

During the second stage of the Wawel Cup, a demanding urban area awaits you - combining park areas, forests, residential area, as well as compact development of the Podgórze district. The finish line of the stage will be located under the Krakus Mound - a cult meeting place in Krakow. The area well known from the first edition of Kraków City Race allows you to prepare demanding courses with a large number of route choices. A real treat for fans of urban races!

3 **STAGE**



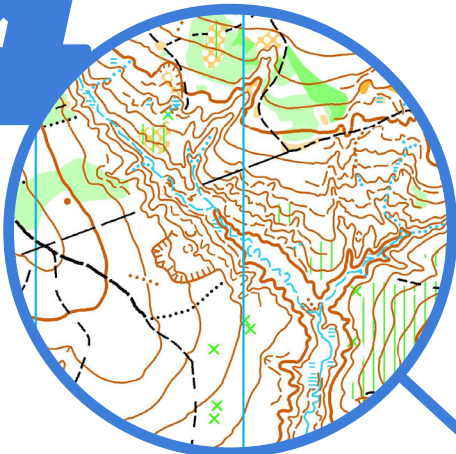
TECHNICAL CHALLENGE

30.06.2023 / BRONACZOWA EAST
MIDDLE DISTANCE

The arena of the Polish Championships in the middle distance from 2015 is an area that is demanding both physically and technically. Deep and varied ravines of irregular structure await you in the forest. Runnability is reduced in some places. The stages on Bronaczowa, due to the characteristics of the terrain, can be an important element of preparations for the World Masters Championships held in Slovakia!

4

STAGE



CHALLENGING MIDDLE

*1.07.2023 / BRONACZOWA SOUTH
MIDDLE DISTANCE*

Returning to Bronaczowa also means struggle on a new map in the southern part of the forest. There you will find even deeper ravines, and thus greater elevations. Strength in the legs and precise navigation are the attributes necessary to achieve success during the fourth stage. Another demanding middle awaits us!

5

STAGE



EMOTIONS GUARANTEED

*2.07.2023 / WOLSKI FOREST
LONG DISTANCE*

The last day of the competition is like every year a huge dose of sports emotions! Finish line and ceremony of the 42nd Wawel Cup will be located again under one of Krakow's mounds. The Wolski Forest is a mixture of ravines and rocks. Good runnability should allow you to develop higher speed at the very end of this year's Wawel Cup.

ORGANIZER

WKS „WAWEL”
3 Podchorążych Street
30-084 Kraków
e-mail: zawody@wawelcup.com



TYPE OF EVENT

Five-day individual competition. Four stages are held in a time interval, and the last one will be played in handicap form (for categories W21E & M21E in upside-down handicap.)

XIV Bartek Moniak's memorial in category M14
XIII Leszek Podsiadły's memorial in category M55

TEAM OF ORGANIZERS

WKS WAWEL PRESIDENT: Piotr Ludwig
EVENT DIRECTOR: Wiktoria Zębala
MAIN REFEREE: Anna Karnia-Biskupsk
FINANCE DIRECTOR: Anna Karnia-Biskupska
EVENT OFFICE DIRECTOR: Bogusława Słońska
START DIRECTOR: Teresa Bugaj
MAPPERS: Marcin Biederman, Włodzimierz Dyzio, Jacek Morawski, Piotr Pietroń
COURSE PLANNERS: Marcin Biederman, Włodzimierz Dyzio, Karol Galicz
COMPETITION ARENA: Marcin Biederman
PARTNER RELATIONS: Anna Koczera
SI: Marcin Leśnicki
PHOTO: Jakub Kijak
COMMENTATORS: Karol Galicz, Sławomir Cygler

AGE CATEGORIES

Rodzinna; WM10N; OPEN Long; OPEN Short, WM12-14B

W10; W12; W14; W16; W18; W20; W21E; W21S; W35; W40; W45; W35-49S; W50; W55; W60; W65; W70; W80; WM85+

M10; M12; M14; M16; M18; M20; M21E; M21S; M35; M40; M45; M35-49S; M50; M55; M60; M65; M70; M75; M80;

COURSES - N - marked routes; Rodzinna - family course

WM21S, WM35-49S - shorted but technically demanding
WM12-14B, OPEN Long, OPEN Short - courses with lower difficulty level.

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

During all stages athletes from WM10R, WM10N, OPEN Long, OPEN Short will start from SI Unit in any start minute (but not earlier than 15 minutes after minute "0").



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 2023 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!

This is the date of the money transfer to the organizer's bank account that would determine if you benefit from the reduced entry fee (I, II, III due date). It is not enough to complete the registration form only.

ENTRY FEE	I due date 14th April	II due date 31st May	III due date 20th July	after due date (competition office)*
WM10, WM10N, Rodzinna	60 PLN / 13 EURO	80 PLN / 17,5 EURO	90 PLN / 20 EURO	100 PLN
WM12-14, WM12-14B	100 PLN / 21,5 EURO	120 PLN / 26 EURO	140 PLN / 30 EURO	150 PLN
WM16-18, WM 60+	170 PLN / 36 EURO	200 PLN / 42,5 EURO	220 PLN / 47 EURO	240 PLN
WM 20-55, OPEN Long, OPEN Short	210 PLN / 45 EURO	240 PLN / 51 EURO	260 PLN / 55 EURO	280 PLN

ONE RACE	I due date 14th April	II due date 31st May	III due date 20th July	after due date (competition office)*
WM10, WM10N, Rodzinna	15 PLN / 3,5 EURO	20 PLN / 4,5 EURO	20 PLN / 4,5 EURO	20 PLN
WM12-14, WM12-14B	20 PLN / 4,5 EURO	25 PLN / 5,5 EURO	30 PLN / 6,5 EURO	30 PLN
WM16-18, WM 60+	35 PLN / 7,5 EURO	45 PLN / 10 EURO	45 PLN / 10 EURO	50 PLN
WM 20-55, OPEN Long, OPEN Short	45 PLN / 10 EURO	50 PLN / 11 EURO	55 PLN / 12 EURO	60 PLN

*payment in cash

42., 142., ... 1042. Additionally, as in the past, during Wawel Cup's 2023 it will be possible to win a free entry. If you are 42nd, 142nd, 242nd (...) or 1042nd person on the entry list, we are pleased to offer you the participation without any entry fee!

DISCOUNTS FOR CLUBS

We also have a special offer for clubs, which will have the number of representatives during Wawel Cup higher than: 20, 30, 40 and even 60.

more than 20 people – 5%
more than 30 people – 10%
more than 40 people – 15%
more than 60 people – 20%

Attention! Club discount can only be offered in case of registration and payment made by the club. Individual registration will not be added to the club discount.

REGISTRATION

The registration form is available on our website – wawelcup.pl.

For Polish Orienteering Association members, registration via – zielonysport.pl
<https://orienteering.org.pl/pzos/detail/competition/468>

If you need an invoice, please contact us via email fakturywawelcup@gmail.com and send all the details.

Deadline for invoice request is July 2nd 2023.

PAYMENT

After completing the registration form, please transfer the entry fee to one of the bank accounts mentioned below.

PAYMENT IN PLN

bank account:
WOJSKOWY KLUB SPORTOWY WAWEL: PL 26 1090 1665 0000 0001 3605 9803
BIC/SWIFT WBKPPLPP
address: WOJSKOWY KLUB SPORTOWY WAWEL, Podchorążych Street 3, 30-084
Kraków title: Wawel CUP, name and surname, club name

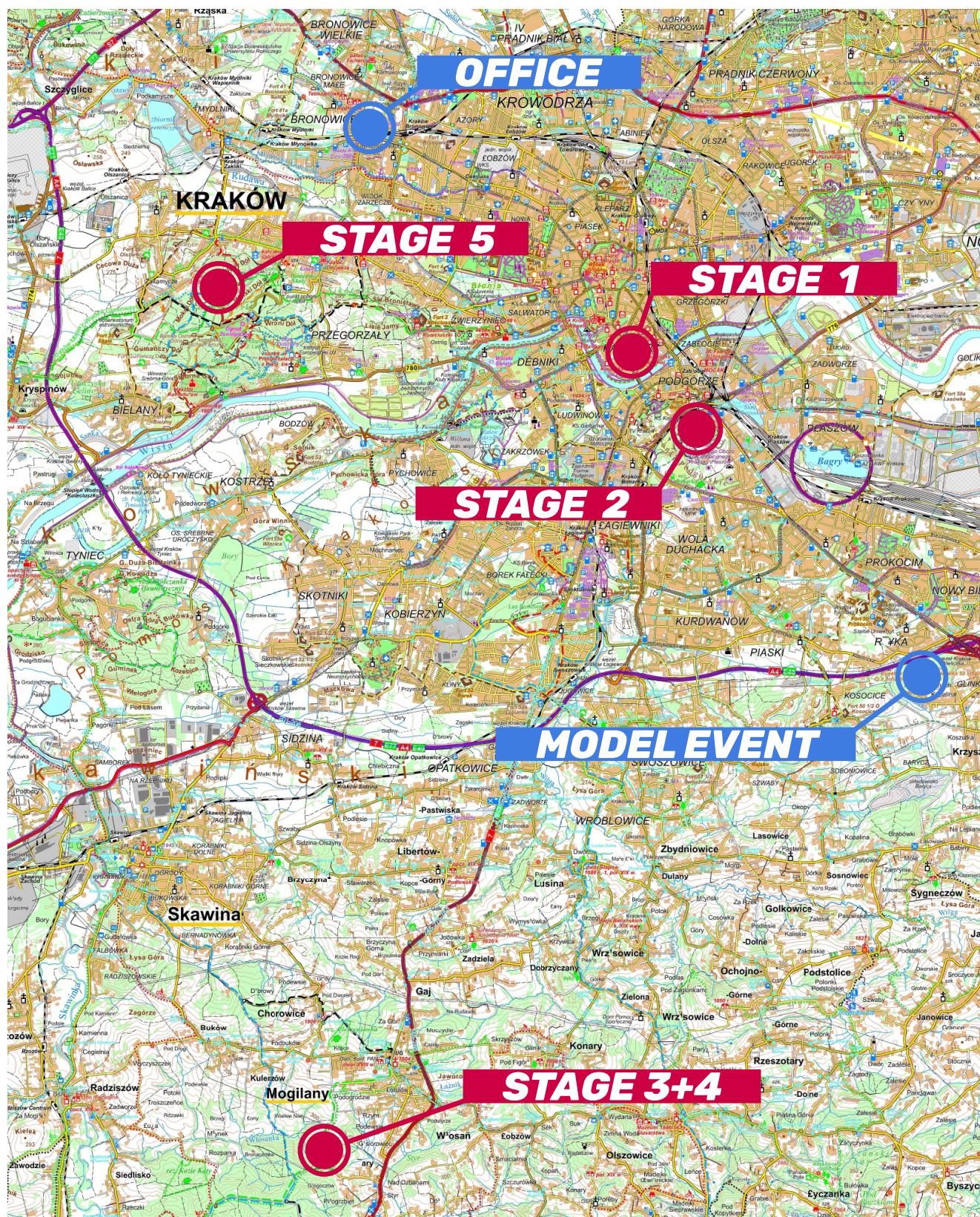
PAYMENT IN EURO

bank account:
WOJSKOWY KLUB SPORTOWY WAWEL PL 39 1090 2590 0000 0001 3054 8491 BIC/
SWIFT WBKPPLPP
address: WOJSKOWY KLUB SPORTOWY WAWEL, Podchorążych Street 3,
30-084 Kraków, title: Wawel CUP, name and surname, club name.

The registration fee is non-refundable.

In case of resignation from participation in the competition after the 3rd due date, a fee of 50% of the basic registration fee is charged.

LOCATION



COORDINATES GPS

COMPETITION OFFICE 27.06 50.082333, 19.881433

MODEL EVENT 50.001204, 20.001297

I STAGE 50.048337, 19.943414

II STAGE + TRAIL ORIENTEERING 50.038053, 19.958960

III & IV STAGE 49.928059, 19.870216

V STAGE 50.059771, 19.862768

TEAM CLASSIFICATION



During this edition of Wawel Cup, for the second time in a row, we will conduct a team classification. Commemorative cups are provided for the best clubs. Good luck to all teams!

Rules similar to previous season.

The 6 best results of a given club in one stage will be taken into account for the total classification.

You can score points in the first 4 stages. Handicap race will not count towards the team classification.

SCORING SYSTEM:

- 1st place in the age category at one stage – 4 points
- 2nd place in the age category at one stage – 2 points
- 3rd place in the age category at one stage – 1 point

We score in all age categories with the exception of WM10R, WM10N, WM12-14B, W21S, M21S, W35-49S, M35-49S, OPEN Long, OPEN Short.

In case of equal number of points, the number of victories is decisive.

TRAIL ORIENTEERING



Similarly to last years, we are planning a few additional events during 42. edition of Wawel Cup. Along with "Na Ratunek" ("To the Rescue") Foundation we decided to organize a Trail Orienteering during stage II. It is mainly addressed to competitors with disabilities, but we encourage every Wawel Cup participant to give it a try!

More info in technical bulletin.

WAWEL CUP O-SHIRT

We are pleased to show you the design of the official 42.Wawel Cup t-shirt. We present for you a unique version that can be ordered only this year!

Internet order price:

O-shirt Raglan 12 (front – coolmax, back – mesh) 100 PLN

V-neck F22 (front – mesh, back – mesh) 110 PLN

Collection of ordered T-shirts will be possible in Wawel Cup Shop.

It is possible to purchase T-shirts in the Competition Center (without a previous order). We do not guarantee availability of all sizes.

Price in Competition Center:

O-shirt Raglan 12 (front – coolmax, back – mesh) 120 PLN

V-neck F22 (front – mesh, back – mesh) 130 PLN



COMPETITION OFFICE

We are providing you with the competition office opening hours.
On Tuesday, the office will be located in Cracow 55 Balicka Street (50.082320, 19.881293).
On other days, the office will be located in the competition center of each stages.

27.06 55 Balicka Street, Cracow **7 p.m. – 10 p.m.**
28.06 competition center Wolnica Square **12 a.m. – 4 p.m.**
29.06 competition center Krakus Mound **8.30 a.m. – 10 a.m.**
30.06 competition center Bronaczowa **8.30 a.m. – 10 a.m.**
1.07 competition center Bronaczowa **8.30 a.m. – 10 a.m.**
2.07 competition center Piłsudski Mound **8 a.m. – 9 a.m.**

CAR PARK

We would like to inform that parking may be difficult in the area of the 1st and 2nd stage. In the location of the competition center there is no car park. In the vicinity of the competition center (I & II stage) there is a Paid Parking Zone.

Cracow paid parking zones - <https://zdmk.krakow.pl/.../strefa.../mapy/mapa-strefy/>

Recommended access by public transport.

Stage I – tram line No. 6, 8, 10, 13 – tram stop: Plac Wolnica

Stage II – tram line No. 3, 6, 13, 24 – tram stop: Cmentarz Podgórski (11 minutes on foot to the mound)

Stage III and IV – the organizer provides car park in the competition center.
Price: 10 zł per day

Stage V – the organizer does not provide parking.

MEALS

There will be a possibility to order dinners during the upcoming event. Meals will be prepared by our partner (known from last year's edition of CEYOC) - Food & Life Social Enterprise.

Meals in a vege and meat version will be available during 3 days - in the areas located outside the center of Krakow (Friday-Sunday).

A detailed lunch MENU for each day is available on the competition website.

The order should contain information about the days, number of people and the version of the meal.

We are waiting for your orders until 20.06. (submission deadline).

Price - PLN 35.

Blocks for the meal will be available at the competition office.

Meals issues – zamowieniaobiady.wawelcup@gmail.com

RENTING SI

As always 42. Wawel Cup will be held in AIR+ system.

The renting fee is:

- 10 PLN per day (SIAC)
- 5 PLN per day (SI CARD)

Loosing SI, depending on type (70 PLN – 320 PLN)

You can pick it up in SI tent in the competition center.

Payment by bank transfer to the WKS Wawel account or in cash at the competition office.

KINDERGARTEN

During this year's edition of the Wawel Cup, we want to return to the preparation of the Wawel Cup Kindergarten. In this way, parents will be able to take advantage of care for their children during their race. Kindergarten regulations will be published at a later date.



PRIZE-GIVING CEREMONY SCHEDULE

28.06.2023 about 7 p.m. – ceremony of the stage winners (Stage I) & ceremony of TOP3 WRE – Wolnica Square

29.06.2023 about 1:30 p.m.– ceremony of the stage winners (Stage II) – Krakus Mound

1.07.2023 about 2 p.m. – ceremony of the stage winners (Stage III & IV) – Bronaczowa Competition Center

2.07.2023 about 1:30 p.m. – final ceremony (including Trail Orienteering) – Piłsudski Mound

PRIZES

WINNERS OF THE STAGES

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

OVERALL CLASSIFICATION

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

In the general classification of the Wawel Cup we provide statuettes and diplomas for the TOP3 competitors in a given category.

WM10N, W10, M10, W12, M12, W14, M14, W12-14-B – diplomas for TOP6.

The competitors in the memorial categories will receive cups.

TAKE YOUR CUP FOR WATER

Outdoor events often generate extra amount of waste. Therefore, we would like to encourage you to bring your own water bottle/mug to the finish line. We hope that thanks to such effort we will reduce the amount of waste produced. Thank you in advance for your mobilization!

WASTE SORTING

Similarly as last years, during 42.Wawel Cup, we will implement waste sorting into the following categories: plastic, glass, and organic waste. We ask the team leaders to share the topic with their team members.

LIVELOX

We encourage all Livelox users to upload their tracks after each stage. Links to each courses soon on our website.

ADDITIONAL INFORMATION

- Competitors take part in Wawel Cup at their own risk.
- **Competitors are road traffic participants and do not have precedence over cars**
- Organizer have bought civil responsibility insurance.
- Organizer does not bear the costs of individual insurance.
- Applications to the competition means agreement with all decisions from the bulletin and agreement for transformation personal data.
- 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.
- All dispute issues are adjudicated by main referee.
- Organizer reserves the right to final interpretation of bylaws and bulletin.

PARTNERS



Patronat Honorowy: Witold Kozłowski,
Marszałek Województwa
Małopolskiego

