

TECHNICAL BULLETIN

WAWEL CUP 2023

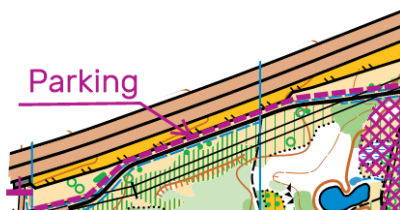
COMPETITION SCHEDULE

27.06	Model Event	15:00-18:00
28.06	Stage I	16:00
29.06	Stage II	10:00
29.06	Trail O	12:00-15:00
30.06	Stage III	10:00
01.06	Stage IV	10:00
02.06	Stage V	9:00

MODEL EVENT

Las Krzyszkowicki
27.06.2023, start 15:00-18:00

	LENGTH	CLIMB	CONTROL
LONG	4,4 km	150 m	16
SHORT	2,8 km	90 m	8

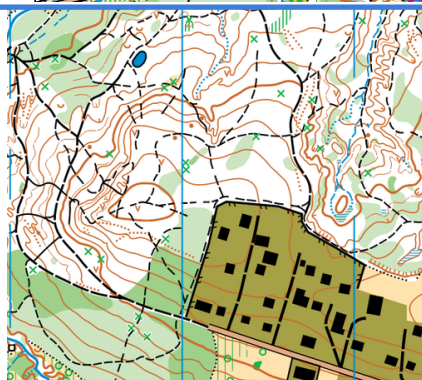


Map scale:
1:7 500

Contour lines -
every 5 meters

Map update: Włod-
zimierz Dyzio

Route builder:
Marek Słoński



Located in the south-eastern part of Krakow, Krzyszkowicki Forest offers you running in an area rich in ravines and a diverse topography. Runability is difficult in places.

- Maps are available in the car park.
- Road to start from the car park – 200 meters
- Map printing the same as during competition.
- SI units are on controls.
- Start from SI Unit in any minute (in Model Event hours).
- Model Event results will be available in the evening on our website.
- Control descriptions printed only on maps.

1st stage KAZIMIERZ

28.06.2023, start from 16:00

cartographer:
Piotr Pietroń

map update:
Marcin
Biederman

route builder:
Marcin
Biederman



sprint

Compact urban buildings with irregular shapes. The area is full of narrow streets and passages. Paved surface throughout the competition area.

TECHNICAL ISSUES

- Road to the start - 1,3 km - blue ribbons.
- The WM10N and Rodzinna routes will be marked with neon yellow and pink ribbons.
- Intervals start - every 1 minute.
- Road to the starting point - 20 meters.
- **Competitors are participants in road traffic and do not have precedence over cars.**
- The first stage of the competition is included in the world ranking **(WRE)** - in categories W21E and M21E
- It is forbidden to run in shoes with metal spikes. Starting in shoes with a flat sole recommended.
- The competition arena will be divided into two zones - the start zone (before the run) and the post-run zone - a tent will be placed between the zones, where competitors can leave their belongings. Competitors must stay in the post-race zone until the end of the start.
- Toilets available only in the competition center (access from both zones - before and after the race)
- **Time limit - 60 minutes.**
- An area with heavy tourist traffic. Please pay attention and be careful while running the route.
- In this area there are many gardens next to cafes and restaurants, which are marked on the map with the symbol of a temporarily closed area (symbol no. 714).
- Map made according to ISprOM2019-2 standards. Objects marked on the map with the symbols presented below must not be crossed (run, jump over, go through holes). These symbols mean fences, hedges, walls, lawns, flowerbeds, buildings, and all kinds of private areas not open to running.



2nd stage **PODGÓRZE**

29.06.2023, start from 10:00

cartographer:
Piotr Pietroń

map update:
Piotr Pietroń

route builder:
**Marcin
Biederman**



urban middle-distance

Demanding urban terrain - combining parks, forests, housing estates, as well as compact development of the Podgórze district. The finish of the stage will be located at the bottom of Krakus Mound. An area with high elevations.

TECHNICAL ISSUES

- Road to the start - 600 meters - blue ribbons.
- The WM10N and Rodzinna routes on the second stage will be marked with neon yellow and pink ribbons.
- Intervals start - every 2 minutes.
- Road to the starting point - 60 meters.
- **Competitors are participants in road traffic and do not have precedence over cars**
- Starting in footwear with an aggressive tread sole recommended.
- Long pants recommended.
- Maps will not be taken after the run - please respect the fair-play rules.
- Toilets available only in the competition center.
- **Time limit - 120 minutes.**
- Map made according to ISPrOM2019-2 standards. Objects marked on the map with the symbols presented below must not be crossed (run, jump over, go through holes). These symbols mean fences, hedges, walls, lawns, flowerbeds, buildings, and all kinds of private areas not open to running.



TRAIL ORIENTEERING

PODGÓRZE

29.06.2023, start from 12:00-15:00

kartograf:
Piotr Pietroń

**aktualizacja
mapy:**
Piotr Pietroń

budowniczy tras:
Karol Galicz



INFORMACJE TECHNICZNE

The start of Trail Orienteering will be held during the second stage of the Wawel Cup

- Map scale - 1:4000
- Contour cutting - 2.5 m
- Road to the starting point - 950 meters - marked with orange ribbons
- Start location - entrance to Bednarski Park
- Start - no start minutes
- Course length - 800 m
- Number of control points - 20 c.p.
- Competitors will be released on the route without assigned starting minutes.
- Prior to the PreO, competitors will have a timed task to complete.
- Points can be scored in any order.
- A-Z answers, no decision points.
- The competitors receive a map and a starting card on which they will mark the answers with a perforator (their own or borrowed at the start).
- Instead of the entry fee for the competition, we recommend supporting the "Na Ratunek" Foundation.

Below you will find some important information for Trail Orienteering newcomers:

1. Competitors can move only on paths or road. Please, stay on the paths. Maps will include out-of-bounds areas.
2. Competitors can score a points in any order.

More information about Trail orienteering you can find here

www.orientacjapreczyjna.pl

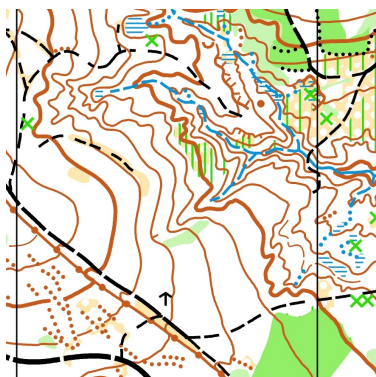
3rd stage **BRONACZOWA EAST**

30.06.2023, start from 10:00

cartographer:
Jacek Morawski

map update:
**Włodzimierz
Dyzio**

route builder:
**Włodzimierz
Dyzio**



middle-distance

Demanding terrain, both physically and technically. Deep and varied ravines of irregular structure await you in the forest. Runability is difficult in places - there are tall lichens (grasses, ferns, blackberries). Heavily marshy terrain in places.

TECHNICAL ISSUES

- Road to the start - 100 meters - blue ribbons.
- WM10N and Rodzinna routes are marked with "smiling and frowning faces".
- Intervals start - from 3 to 6 minutes (depending on the category).
- Road to the starting point - 110 meters.
- Long pants recommended.
- Maps will not be taken after the run - please respect the fair-play rules.
- Toilets and washing point available in the competition center.
- **Time limit - 180 minutes.**

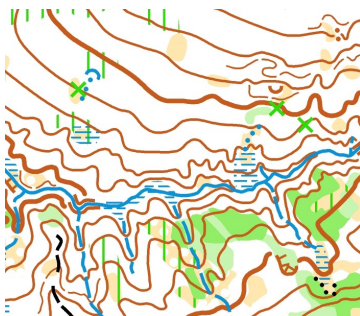
4th stage **BRONACZOWA SOUTH**

01.06.2023, start from 10:00

cartographer:
**Jacek Morawski,
Włodzimierz Dyzio**

map update:
Włodzimierz Dyzio

route builder:
Włodzimierz Dyzio



middle-distance

Terrain with deep ravines of irregular construction and thus with greater elevation. Runability is difficult in places - there are tall lichens (grasses, ferns, blackberries). Heavily marshy terrain in places.

TECHNICAL ISSUES

- Road to the start - 200 meters - blue ribbons.
- WM10N and Rodzinna routes are marked with "smiling and frowning faces".
- Intervals start - from 3 to 6 minutes (depending on the category).
- Road to the starting point - 100 meters.
- Long pants recommended.
- Maps will not be taken after the run - please respect the fair-play rules.
- Toilets and washing point available in the competition center.
- **Time limit - 150 minutes.**

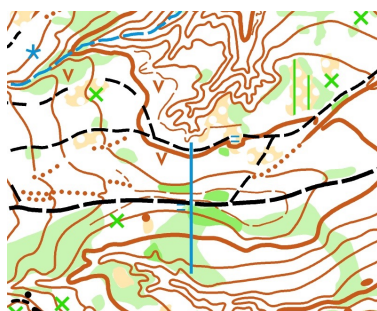
5th stage **WOLSKI FOREST**

02.06.2023, start from 9:00

cartographer:
Włodzimierz
Dyzio

map update:
Włodzimierz
Dyzio

route builder:
Karol Galicz



long distance

Wolski Forest is a mixture of ravines, rocks, as well as varied terrain. Mostly good runnability of the forest. A large number of small bicycle paths.

TECHNICAL ISSUES

- Road to the start - 200 meters - blue ribbons.
- WM10N and Rodzinna routes are marked with "smiling and frowning faces".
- The interval will depend on the number of people starting in the handicap.
- In the case of categories starting in the handicap start, the victory in the Wawel Cup is determined by punching the finish control.
- Road to the starting point - 100 meters.
- Maps will not be taken after the run - please respect the fair-play rules.
- Toilets and washing point available in the competition center.
- **Time limit - 150 minutes.**
- Maps in A3 format (M16-M50, W16-W50) and A4 (other categories)
- A lot of people walking and riding bicycles - please be careful and attentive.
- Competitors are road traffic participants and do not have precedence over cars - please be careful when crossing the asphalt road.
- There will be a drinking water point in the forest, located near the pedestrian crossing, through which the competitors are obliged to cross the street.

MAP SCALE

M10	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
WM10N	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M12	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M14	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M16	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M18	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M20	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M21E	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M21S	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M35	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M35-49S	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M40	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M45	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M50	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M55	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
M60	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 10 000
M65	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 7 500
M70	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 7 500
M75	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 7 500
M80	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 7 500
W10	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
RODZINNA	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
W12	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
W14	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
W16	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
W18	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
W20	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
W21E	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
W21S	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
W35	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
W35-49S	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
W40	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 10 000
W45	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 10 000
W50	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 10 000
W55	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 10 000
W60	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 10 000
W65	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 7 500
W70	1: 4 000	1: 5 000	1: 7 500	1: 7 500	1: 7 500
WM12-14B	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
OPEN LONG	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000
OPEN SHORT	1: 4 000	1: 5 000	1: 10 000	1: 10 000	1: 10 000

COURSE PARAMETERS

	STAGE 01		STAGE 02			STAGE 03			STAGE 04			STAGE 05		
CATEGORY	LENGTH	CONTROLS	LENGTH	CLIMB	CONTROLS	LENGTH	CLIMB	CONTROLS	LENGTH	CLIMB	CONTROLS	LENGTH	CLIMB	CONTROLS
M10	1,8	13	1,6	60	13	2,5	115	7	2,4	90	7	2,0	65	8
WM10N	1,7	11	1,5	70	10	2,3	115	6	2,4	90	6	1,7	65	6
M12	2,5	14	2,8	100	18	2,6	90	8	2,7	105	7	2,6	100	11
M14	2,8	17	4,4	135	23	3,4	165	7	3,4	125	9	4,0	170	14
M16	3,2	19	5,6	160	23	3,8	200	12	4,2	155	12	5,9	185	19
M18	3,4	17	6,0	170	29	4,6	235	13	4,3	185	14	6,8	235	22
M20	4,1	22	6,5	180	29	4,4	225	11	4,8	205	14	8,1	295	27
M21E	4,1	22	7,1	215	39	5,3	275	16	5,7	270	16	9,6	470	31
M21S	3,2	20	5,0	135	23	3,5	210	10	3,8	185	12	6,2	255	21
M35	3,4	17	6,1	170	25	4,3	230	12	4,8	220	14	7,0	285	20
M35-49S	2,6	12	4,0	120	19	3,1	165	10	3,6	170	11	4,8	185	15
M40	3,2	20	5,4	140	25	4,4	220	15	4,8	205	15	6,5	255	20
M45	3,2	19	5,3	175	21	4,2	235	14	4,9	235	14	6,0	220	17
M50	3,0	17	4,9	145	20	4,0	205	12	4,5	225	14	5,6	175	17
W55	2,8	15	4,7	140	16	4,1	210	12	4,1	210	11	5,1	195	16
M60	2,3	14	4,5	140	22	3,6	205	10	3,7	180	12	4,0	155	14
M65	2,3	14	4,1	135	19	3,7	180	14	3,6	170	12	3,7	155	12
M70	2,3	14	3,4	115	15	3,1	180	10	3,6	175	12	3,3	165	13
M75	1,9	13	3,0	100	17	2,7	140	8	2,8	135	11	2,9	100	11
M80	1,9	13	2,3	95	12	2,7	115	8	2,1	90	5	2,3	100	11
W10	1,8	13	1,6	60	13	2,6	90	7	2,3	70	6	1,7	55	7
RODZINNA	1,7	11	1,5	70	10	2,3	115	6	2,4	90	6	2,2	55	10
W12	2,3	14	2,5	90	17	2,6	75	7	2,4	90	7	2,3	110	10
W14	2,6	12	4,0	120	19	3,0	145	7	3,2	135	10	3,7	140	12
W16	2,7	15	4,9	145	20	3,1	175	10	3,6	135	13	5,2	175	16
W18	2,8	15	5,6	160	23	4,1	205	11	4,0	145	14	5,9	260	21
W20	3,2	19	5,6	155	21	4,2	235	12	4,6	155	15	6,4	300	21
W21E	3,2	19	6,0	170	29	4,8	225	13	5,1	180	17	7,4	320	21
W21S	2,6	12	4,1	135	19	3,2	165	8	3,4	165	11	5,3	220	17
W35	2,8	17	5,4	140	25	3,9	200	11	4,2	185	13	6,0	255	20
W35-49S	2,0	13	3,8	120	19	2,9	135	9	3,2	140	11	3,8	140	14
W40	2,7	15	5,0	135	23	4,1	210	12	3,8	180	13	5,7	230	15
W45	2,6	12	4,5	140	22	3,2	180	10	3,4	175	12	5,0	150	14
W50	2,5	14	4,4	135	23	3,0	155	10	3,1	100	12	4,6	150	12
W55	2,0	13	4,1	130	18	2,9	160	9	3,0	100	12	4,2	150	12
W60	1,9	13	3,8	120	19	2,9	140	8	2,6	95	10	3,6	105	11
W65	1,9	13	3,4	115	15	2,6	135	7	2,4	100	9	3,4	130	12
W70	1,8	13	3,0	100	17	2,7	120	9	2,3	75	6	2,6	100	11
WM12-14B	2,0	13	2,5	90	17	2,7	130	10	2,6	95	7	2,2	55	10
OPEN LONG	3,2	20	6,1	170	25	4,5	275	11	5,2	230	10	4,1	155	13
OPEN SHORT	2,0	13	2,8	100	18	2,8	100	11	2,4	110	9	2,6	100	9

General information (for all stages):

Maps for each stage are printed on synthetic paper.

All maps updated in spring 2023.

Maps in A4 format - exception 5th stage (A4 and A3 formats)

Road to the start is always marked from the competition center.

Road to the start at all stages - blue ribbons.

Chips are checked in the first starting box, map descriptions are taken in the second box, maps are taken after the signal in the third box.

During all stages, competitors of the WM10R, WM10N, OPEN Long, OPEN Short categories start at any minute from the starting box (but not earlier than 15 minutes and not later than 10 minutes before the last starting minute)

Contour cutting - 1st and 2nd stage every 2.5 meters, 3rd - 5th stage every 5 meters.

The distances are named for the characteristics of the course construction, not for the predicted time of the winner.

A medical service point will be located at the finish line of each stage.

At some stages, the number of points exceeds 30 - please pay attention to starting with a chip with the correct capacity and a sufficiently large control description holder.