

Poland 2016

Jarosław, 30th June - 3rd July 2016

Bulletin 3

Be O-Champion in
Poland2016



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WELCOME IN JAROSŁAW

Ladies and gentlemen! Dear orienteering Friends!

As the mayor of Jarosław I have a real pleasure to welcome competitors, organizers and supporters of the European Youth Orienteering Championships - Poland 2016 EYOC2016 and 34th edition of International Orienteering Competition Grand Prix Polonia in our beautiful historical and multicultural town.

As the celebration of this extraordinary sport takes place in Jarosław for the first time, I am very proud that the organizers have chosen our town.

Another advantage of this choice is fact, that this great event is part of the program of the coming Days of Jarosław scheduled for July 1-3.

The official opening of the European Youth Orienteering Championships will take place on our historic marketplace, where people of Jarosław and the city authorities will welcome all fans of orienteering.

I wish You an inspiring competition, great fun and the same unforgettable memories that will encourage to return to Jarosław once again.

I look forward to seeing You soon and invite You to get to know our remarkable town.



Waldemar Paluch
Mayor of Jarosław



HONORABLE PATRONAGE

Poseł na Sejm RP Anna Schmidt- Rodziewicz
Marszałek Województwa Podkarpackiego Władysław Ortyl

ORGANIZERS

International Orienteering Federation
Polish Orienteering Association
Podkarpacki Okręgowy Związek Orientacji Sportowej
UKS Azymut Dębów Orienteering Club
Jarosław City
Podkarpackie Region
Gać Commune

PARTNERS

Forest District Kańczuga
Bank Spółdzielczy Jarosław
Piotr Kozak Radny Miasta Jarosławia
Harpersoft
TwojaTV

ORGANIZING COMMITTEE

Event director: Stanisław Leśnicki
Event Secretary: Katarzyna Pietroń
Mappers: Sprint and Relays: Piotr Pietroń
Long distance: Piotr Pietroń, Sergiej Usenko
Course setters: Long distance: Wojciech Dwojak
Relays and Sprint Kostia Majasow
Timekeeping: Marcin Leśnicki, Marcin Fastyn



EVENT CONTROLLERS

IOF Advisor: Radoslav Jonas (Slovakia)

IOF Advisor's Assistant: Jozef Wallner (Slovakia)

National Controller: Jerzy Antonowicz (Poland)

IOF REPRESENTATIVES

IOF FootOCommission: Aron Less (Hungary)

IOF Council Member: Maria Silvia Viti (Sweden)

EWG Chairman: Dusan Vystavel (Czech Republic)

COMPETITION JURY

Aron Less (Hungary)

Dusan Vystavel (Czech Republic)

Third jury member to be announced at the first Team Official's Meeting.

RULES & PROTESTS

Competition rules for IOF foot orienteering events 2016

2016 EYOC rules

Complaints

Max 15 minutes after publishing of the official results. In paper form, to the organizer, free of charge.

Protests:

Within 15 min after decision about complaint to the member of Jury, fee 50 euro paid to IOF Event Advisor. Fee will be returned back in case Jury will accept protest



DATE

June 30– July 3 2016

PROGRAMME

29th June (Wednesday)

16.00 – 18.00 Event center open, accreditation

30th June (Thursday)

- 10.00 – 18.00 Accreditation
- 12.00 Deadline for Long Distance registration and starting groups allocation – Event center
- 14.00 1st Stage of GP Polonia
- 14.30 – 18.00 Open training and Model event
- 18.30 – 20.00 Dinner - accommodation
- 20.00 Team Leaders Meeting for long and relays – Event Center

1st July (Friday)

- 6.30 – 8.00 Breakfast - accommodation
- 9.30 – 14.00 Long Distance
- 14.00 Deadline for Relay registration – names to legs – Event area
- 14.15 – 16.00 Lunch - accommodation
- 14.30 – 18.00 2nd Stage of GP Polonia
- 15.00 Last transport from Event area
- 18.00 Meeting for Parade – Jarosław, street: Grocka
- 18.30 Opening ceremony – Jarosław, Main Square
- Prize-giving Ceremony – Jarosław, Main Square
- 19.30 – 20.30 Dinner - accommodation

2nd July (Saturday)

- 6.30 – 8.00 Breakfast - accommodation
- 9.30 Start for categories M18, W18
- 9.40 Start for categories M16, W16
- 9.50 Start for MIX
- 12:00 Deadline for Sprint Distance registration – names and starting groups allocation – Event area
- 12.30 – 16.00 3rd stage of GP Polonia
- 12.50 Last transport from Event area
- 13.00 – 14.30 Lunch - accommodation
- 17.00 – 18.15 Dinner - accommodation
- 18.30 Prize-giving Ceremony – MOSiR Sports Hall – street: Sikorskiego 5a
- 19.15 Team Leaders Meeting for sprint – Event center
- 19.15 – 22.00 Friendship Party – MOSiR Sports Hall – street: Sikorskiego 5a



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3rd July(Sunday)

6.15 – 7.30	Breakfast - accommodation
7.30	Closing pre-quarantine
8.15	Closing quarantine
9.10 – 11.30	Sprint distance
12.30	Prize-giving ceremony – Finish area
	Closing ceremony – Finish area
13.30-15.00	Lunch - accommodation
15.00	Departure

OPENING CEREMONY

Opening ceremony will take place at Main Square in Jarosław at 1st July at 18.30. Teams shall wait at 18.00 at Grocka street. Organizers will direct participants. Each team is obliged to give one person for flag holding. There will be small parade with orchestra to main square and then there will be prize giving ceremony of long distance competition.

PARTICIPATION

Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EYOC.

Competitors representing other member Federations of the IOF can participate in EYOC but will not be eligible for European titles, medals or diplomas.

CLASSES AND RESTRICTIONS

M16 – men born 2000 or later

W16 – women born 2000 or later

M18 – men born 1998 or later

W18 – women born 1998 or later

Each country may enter a maximum number of 4 competitors in each class and one relay team/class. All participants must be full passport holding citizens of the country they are representing.

TYPICAL WEATHER

The climate of Poland is maritime and sometimes continental determined by the geographical location. The average monthly temperature in June/July is 19 degrees Celsius (66° Fahrenheit), but sometimes in the summer the temperatures rises to or above 30 degrees Celsius (86° Fahrenheit).

TERRAINS

Long: mainly deciduous forest, parts with good runnability, but also more dense parts with slow running, a lot of paths. Highly technical terrain, complex systems of valleys, landslides, small marshes. Difference of hill hights up to 70m.

Relay: mainly deciduous forest, good visibility and runnability, a lot of paths. Difference of hill hights up to 50m.

Sprint: Center of the old town with lots of small streets. Majority of the terrain has hard surface. Traffic in the event area is closed at all roads, however competitor shall be careful in case of vehicles outgoing from parkings and houses.

MAPS

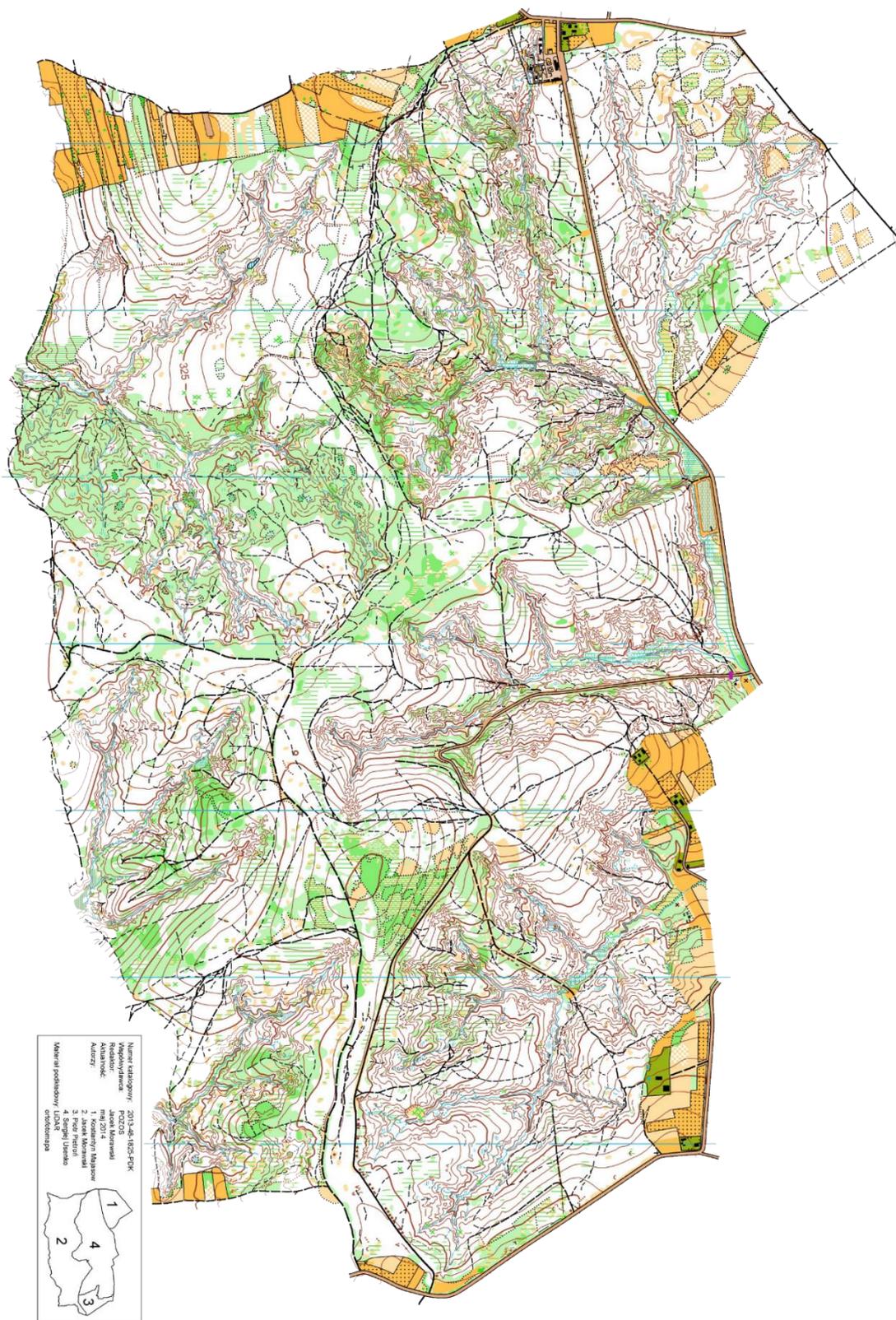
Long: “Helusz” scale 1:10 000, e=5m, according to ISOM –

Relay: “Korzenie” scale 1:10 000, e=5m, according to ISOM –

Sprint: “Jarosław” scale 1:4000, e=2.5m, according to ISSOM 2007

Maps will be printed in offset technique. Maps will be in plastic bags.

Old map from long distance terrain is included below.



Numer katalogowy: 2013-46-1025-PC/K
Rok wydania: 2014
Autorzy: Janek Kozłowski
Aktualizacja: maj 2014
2. Janek Kozłowski
3. Piotr Pietrzyk
4. Andrzej Dąbko
Materiał podlegałowy: Litografia
drukowana

DEVIATION FROM RULES

Long distance map will be in scale 1:10 000 instead of 1:15 000. This deviation from rules is approved by IOF.

TIMEKEEPING AND PUNCHING SYSTEM

SportIdent punching system will be used in all races. Control stations will be programmed as normal control and not support Air+ technology. Stations will support SI chips types: 5,6,8,9,10,11,SiAC,pCard,tCard

ChronoTrack will be official timekeeping system for sprint race. ChronoTrack tags should be mounted to the shoe. Example of finish line will be available during the Model Event to see how it works.



Sportident will be used as official timekeeping system for relays and long distance competitions.

Every competitor may use its own SI-card, reported in the nominative entry form. Organizer will provide SI card for those who have no SI card and ChronoTrack tags for

all competitors in sprint distance. Each SI-card and ChronoTrack tag assigned to a certain competitor must be used by that athlete only. Rented SI cards and ChronoTrack tags shall be given back to organizer after sprint race.

NUMBER BIBS

Each competitor will get number bib which is obligatory at long and sprint distances. For relays there will be special start numbers for all relays. Start numbers shall be mounted on the chest in way easy to be seen. It is obligatory to show start number bib during bus entering, officials are obliged to show ID.

CLOTHING AND SHOES

In the Long distance and Relay competitions legs shall be covered by clothing. In the Sprint terrain shoes with spikes are not allowed. Clothing for sprint competition is free.

ENTRIES

#	Country	M16	W16	M18	W18	Officials	Total
1	 Australia	2	0	0	0	2	4
2	 Austria	4	4	4	4	3	19
3	 Belarus	3	2	3	2	1	11
4	 Belgium	3	2	3	1	2	11
5	 Bulgaria	4	4	4	1	3	16
6	 Croatia	0	0	1	1	2	4
7	 Czech Republic	4	4	4	4	4	20
8	 Denmark	4	4	0	1	2	11
9	 Estonia	4	4	4	4	2	18
10	 Finland	4	4	4	4	3	19
11	 France	4	4	4	3	3	18
12	 Germany	4	4	4	4	3	19
13	 Hungary	4	4	4	4	3	19
14	 Ireland	2	2	2	2	2	10
15	 Israel	4	2	4	0	2	12



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16		Italy	2	3	3	1	1	10
17		Latvia	4	4	4	4	3	19
18		Lithuania	4	4	4	4	2	18
19		Moldova	1	0	0	0	0	1
20		Norway	0	0	4	4	2	10
21		Poland	4	4	4	4	2	18
22		Portugal	4	0	4	3	2	13
23		Romania	3	4	4	3	2	16
24		Russian Federation	4	4	4	4	3	19
25		Serbia	0	0	1	1	1	3
26		Slovakia	4	3	4	4	3	18
27		Slovenia	2	1	2	1	2	12
28		Spain	4	4	4	4	2	18
29		Sweden	0	0	4	4	2	10
30		Switzerland	4	4	4	4	4	20
31		Turkey	4	4	4	4	4	20
32		Ukraine	3	4	3	4	2	16
33		United Kingdom	2	1	3	4	3	13
Total:			99	88	105	92	76	461

OPEN TRAINING AND MODEL EVENT

On June 30th, open training at part of long distance map “Helusz-Wschód”, scale 1:10 000, e=5m, Maps size: A4.

Model Event Center - GPS: 49.851271, 22.543886

Parking – GPS: 49.853096, 22.551039

Allowed used own car.

Training will take during 1st stage GP Polonia. Control points will have SI station, flags. After the training it will be not possible to readout SI card.

Model events on 29th June will provide relevant examples of cartography, terrain and control description. Maps will be printed with all controls and will be distributed during the registration.



There will be option to try ChronoTrack system. In the model event area it is possible to see relays map mounting type.

It is possible to use own transport to model event and back.

Model event transportation schedule:

Bus number	Accommodation	Departure times		Way back to accommodation	Departure times		Number of places
1	B1 – Youth Hostel	15.15	16.15	Model event -> B1	17.30	18.45	35
2	B1 – Youth Hostel	15.15	16.15	Model event -> B1	17.30	18.45	35
3	B1 – Youth Hostel	15.15	16.15	Model event -> B1	17.30	18.45	35
4	B1 – Youth Hostel	15.45		Model event -> B1	18.00		35
5	B1 – Youth Hostel	15.45		Model event -> B1	18.00		35
6	B1 – Youth Hostel	15.45		Model event -> B1	18.00		35
7	B1 – Youth Hostel	15.45		Model event -> B1	18.00		35
8	A1 - Hotel „Turkus”	15.30		Model event -> A1	18.15		60
9	A2 - Hotel „Jarosław”	15.45		Model event -> A2	18.15		35
10	A3 - Hotel „Pegaz”	16.00		Model event -> A3	18.15		28
11	B2 – Benedictine convent	16.15		Model event -> B2	18.30		53
R				All	19.00		18

EVENT CENTER

Event Center of EYOC2016 is located in (same as accommodation B1):

Zespół Placówek Oświatowo-Wychowawczych
street: Reymonta 1
37-500 Jarosław
GPS: 50.012522, 22.685304

Opening hours/location

Wednesday, 29 th June	16.00 – 22.00	Event center
Thursday, 30 th June	10.00 - 21.00	Event center
Friday, 1 st July	10.00 – 14.00	Event area
	16.00 – 22.00	Event center
Saturday, 2 nd July	10.00 – 12.00	Event area
	14.00 – 22.00	Event center



Sunday, 3 rd July	9.30 – 12.00	Event area
	13.00 – 15.00	Event center

Team Leaders meeting will take place always in Event Center.

TRANSPORTATION

The organizers will provide by free of charge transportation from accommodation to model event, event arenas and to all other official activities and back. It is possible

Timetable for each day is given in sections for each event

HEALTH INSURANCE

The Event Organizer will not bear any responsibility related to the cost of medical services for participants. Each Federation is responsible for the health insurance of all their delegates.

Organizer is insured against liability.

For Poland emergency phone number is **112**. Organizer will provide first-aid in competition center and ambulance for every competition.

Closest hospitals:

Przeworsk
SPZOZ w Przeworsku
Szpitalna 16, Przeworsk
+48 16 649 15 00
GPS: 50.065049, 22.478226

Jarosław
Centrum Opieki Medycznej
3 Maja 70, Jarosław
+48 16 621 54 21
GPS: 50.013028, 22.693348

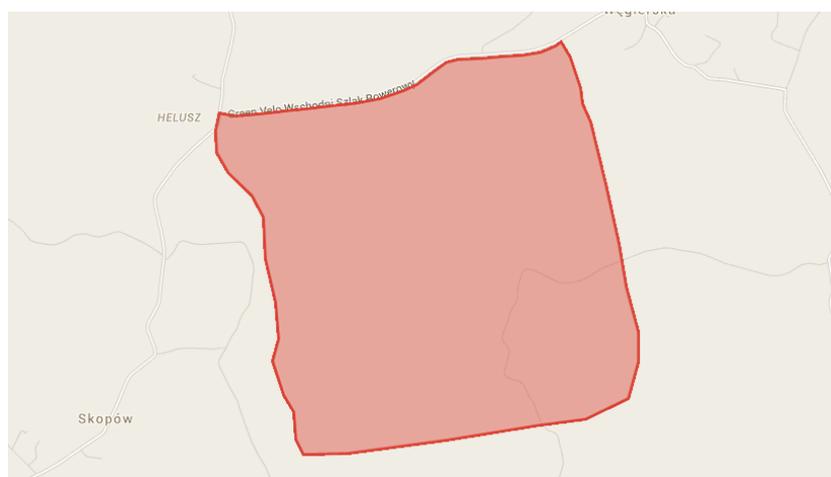
EMBARGOED AREAS

Long distance and Relays competitions: access strictly forbidden

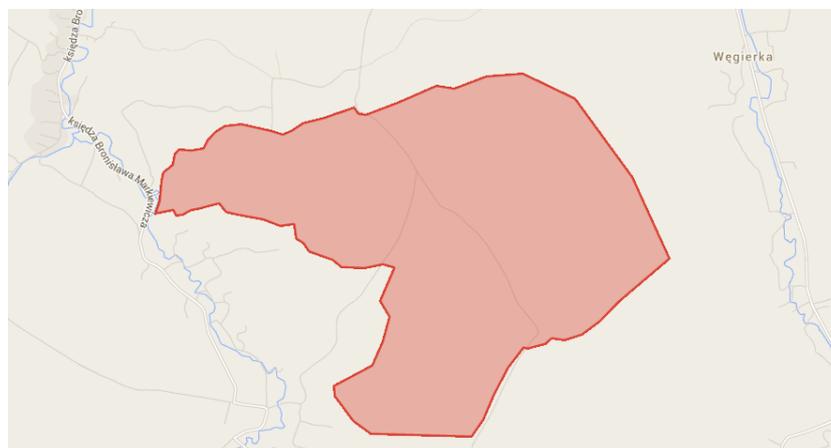
Sprint :

- 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 organized orienteering of any kind may take place in the embargoed areas until after EYOC
- For the Sprint the area is open until 24:00 at Saturday (2.07.2016). After this time it is prohibited to enter city centrum. Participants who are living in accommodation B2 can't leave convent and they shall to wait for organizer who will take them to the quarantine.

Long distance



Relay



Sprint



ELECTRONIC DEVICES

According to the IOF rules:

Competitors may not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organizer. GPS data loggers with no display or audible feedback can be used. The organizer may require competitors to wear a tracking device.

ACCOMODATION & FOOD

B1 – Zespół Placówek Oświatowo-Wychowawczych – Youth Hostel

street: Reymonta 1
37-500 Jarosław
GPS: 50.012522, 22.685304

B2 – Benedictine convent

street: Benedyktyńska 5
37-500 Jarosław
GPS: 50.021958, 22.680362



A1 – Turkus

street: gen. Władysława Sikorskiego 5a
37-500 Jarosław
GPS: 50.014987, 22.683816

A2 – Hotel Jarosław

street: Pruchnicka 65
37-500 Jarosław
GPS: 50.001132, 22.672766

A3 – Pegaz Pension

street: 3 Maja 94c
37-500 Jarosław
GPS: 50.006109, 22.705558

Each team after arrival should first register in Event center.

PUBLIC EVENT

During EYOC2016 34th edition of International Orienteering Competition Grand Prix Polonia will be organized. Competition will include 3 stages with total classification for classes from W/M-10 to W/M-80. All information about competition is published here <http://gpp.eyoc2016.pl>

TECHNICAL DETAILS – LONG DISTANCE



EVENT Long distance, 1st July 2016, start: 9.30, interval: 2 minutes
PLACE Helusz – Colping Complex, GPS: 49.847316, 22.516114
MAP „Helusz Zachód” , scale: 10 000, e=5m, author: Jacek Morawski
 Sergiej Usenko, update: Piotr Pietroń May 2016, Size: A4
COURSE SETTER Wojciech Dwojak

COURSE SETTER COURSE DATA

	Long	
	Approx. Winningtime	Approx. Length/climb
W16	35-40min	4.500km/205m
W18	40-45min	5.400km/270m
M16	40-45min	5.800km/280m
M18	45-50min	7.100km/310m

REFRESHMENTS

There are 4 refreshment points in forest marked on a map. One of refreshment points is located next to mandatory area passage. Location of refreshment points in % of the course is below. % printed in bold is the location of mandatory passage within the respective course.

W16 – 55%

W18 – 40% - 70%

M16 – 35% - 75%

M18 – 40% - 55% - 80%

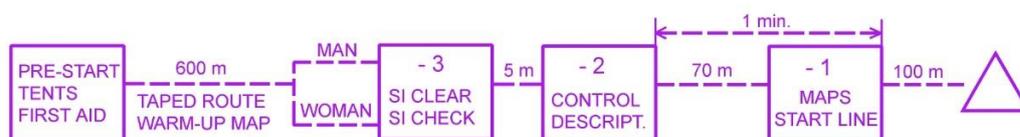
CONTROL DESCRIPTIONS

Printed on maps. Additional control descriptions available at start.

TIME LIMIT

120 minutes

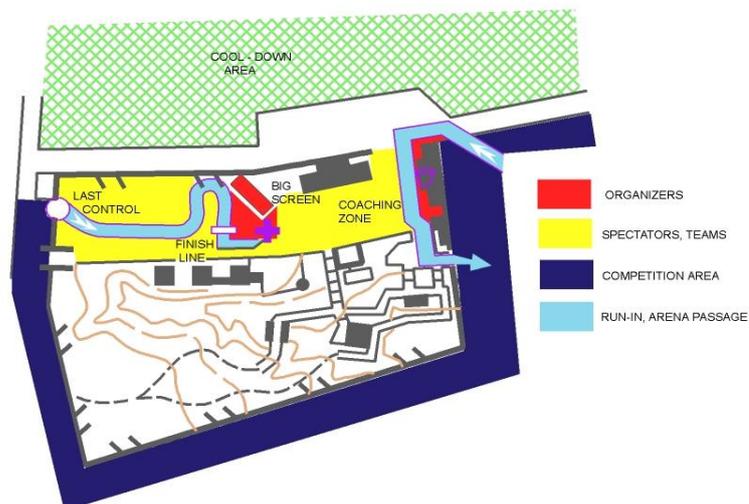
START SEQUENCE



There will be transportation of clothes from pre-start to finish area in every 30 minutes.

There is a warm up map.

EVENT AREA



Infrastructure: buffet, wc, washing, shops, first aid, passage of competitors – coaching zone, refreshment, cool down areas

OTHER

Transportation for long distance will provide two stops. First in pre-start area and second in finish area. Competitors are obliged to stay in pre-start area. Officials can stay in pre-start area or in finish area without possibility of moving between. Officials which decide to leave the pre-start area can go to finish area only by organizer transport at 11.00 and after the start of last competitor. Own transportation are not allowed.

Transport schedule

Bus number	Accommodation	Departure times		Way back to accommodation	Departure times		Number of places
1	B1 – Youth Hostel	7.45	9.00	Long area – B1	13.15		35
2	B1 – Youth Hostel	7.45	9.00	Long area – B1	13.15		35
3	B1 – Youth Hostel	7.45	9.00	Long area – B1	13.30		35
4	B1 – Youth Hostel	7.45	9.00	Long area – B1	13.30		35
5	B1 – Youth Hostel	8.00		Long area – B1	12.45		35
6	B1 – Youth Hostel	8.00		Long area – B1	12.45		35
7	B1 – Youth Hostel	8.00		Long area – B1	12.45		35
8	A1 - Hotel „Turkus”	7.30	8.45	Long area – A1	13.00	14.30	35
9	A2 - Hotel „Jarosław”	7.45	9.00	Long area – A2	13.00	14.30	21
10	A3 - Hotel „Pegaz”	8.00		Long area – A3	13.30		28
11	B2 – Benedictine convent	7.30	9.00	Long area – B2	13.00	14.30	35
R				Long area – Jarosław	15.15		18

TECHNICAL DETAILS – RELAY



Stage 2
Relay
July, 2

EVENT Relay, 2nd July 2016, start for M18,W18 9.30; start for M16,W16 9.40; start for Mix 9.50

PLACE Pruchnik – Korzenie district, GPS: 49.885992 , 22.521312

MAP „Korzenie” , scale: 10 000, e=5m, author: Piotr Pietroń, update: May 2016, Size: A4

COURSE SETTER Kostiantyn Majasow

COURSE DATA

	Relay	
	Approx. Winningtime	Approx.Length per leg
W16	75min	4.300km/180m
W18	90min	4.970km/220m
M16	90min	5.150km/220m
M18	105min	6.150km/340m

REFRESHMENTS There is refreshment point located next to mandatory passage in event area in about 70% of course in all categories

CONTROL DESCRIPTIONS Printed on maps. No additional control descriptions.

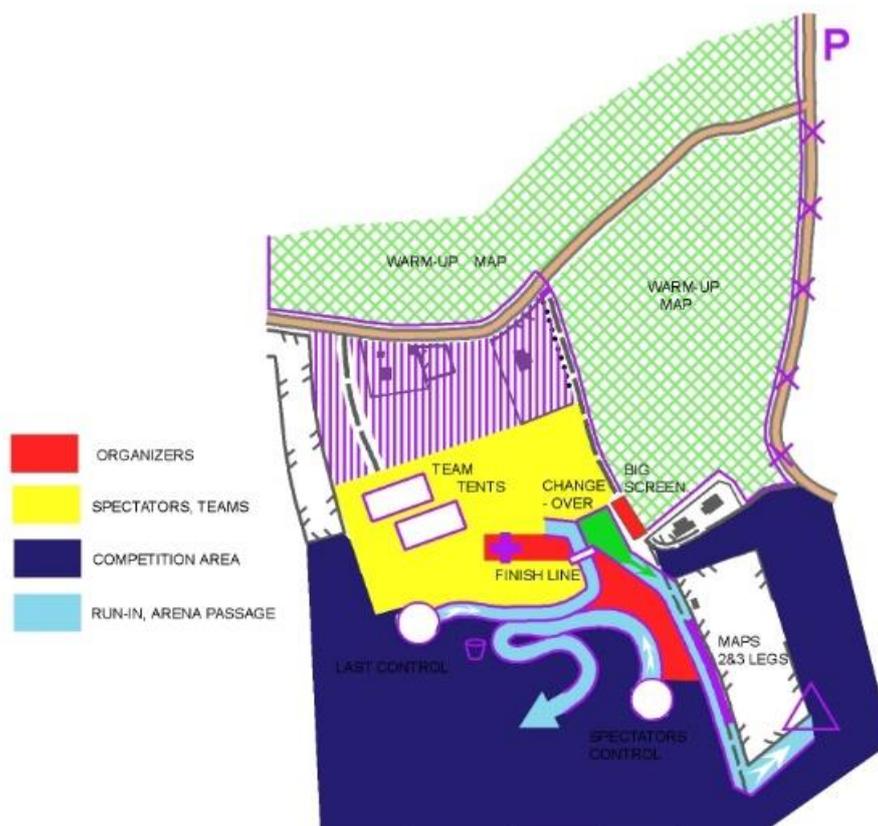
TIME LIMIT 180 minutes

EVENT AREA Infrastructure: WC, tents, buffet, washing, first aid, shops

MAP Maps will be rolled and mounted on special stands. Each stand will be marked by relay number. Maps for 2nd leg will be placed at top, maps for 3rd leg will be placed below them. Relay number and leg is printed on maps.



EVENT AREA



OTHER Event area is located 400 meters from parking. Way from parking to EA is marked by blue ribbons.

There is a warm up map



Transport schedule

Bus number	Accommodation	Departure times	Way back to accommodation	Departure times	Number of places
1	B1 - Youth Hostel	7.45	Relay area -> B1	11.45	35
2	B1 - Youth Hostel	7.45	Relay area -> B1	11.45	35
3	B1 - Youth Hostel	7.45	Relay area -> B1	11.45	35
4	B1 - Youth Hostel	8.00	Relay area -> B1	12.00	35
5	B1 - Youth Hostel	8.00	Relay area -> B1	12.00	35
6	B1 - Youth Hostel	8.00	Relay area -> B1	12.15	35
8	A1 - Hotel „Turkus”	8.00	Relay area -> A1	12.15	35
9	A2 - Hotel „Jarosław”	8.00	Relay area -> A2	12.15	35
10	A3 - Hotel „Pegaz”	8.00	Relay area -> A3	12.15	28
11	B2 Benedictine convent	8.00	Relay area -> B2	12.30	35
7	B1 - Youth Hostel	8.15	Relay area -> B1	12.15	35
12	B1 - Youth Hostel	8.15	Relay area -> B1	12.30	35
13	B1 - Youth Hostel	8.15	Relay area -> B1	12.30	35
14	A1 - Hotel „Turkus”	8.15	Relay area -> A1	12.30	21
15	A2 - Hotel „Jarosław”	8.15	Relay area -> A2	12.30	21
R	Benedictine convent	8.15	Relay area -> Jarosław	13.00	18

TECHNICAL DETAILS – SPRINT DISTANCE



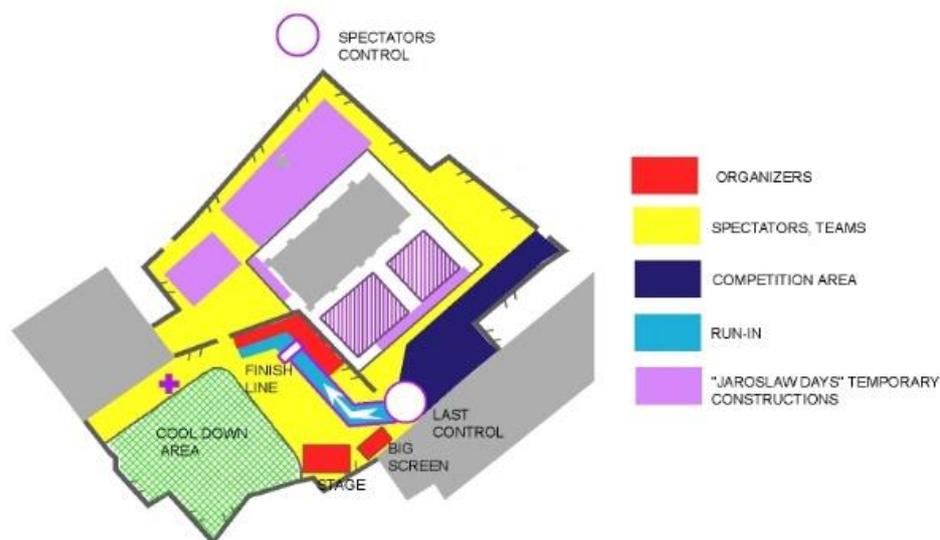
EVENT Sprint distance, 3rd July 2016, start: 9.10, interval: 1minute
PLACE Jarosław City center, GPS: 50.018857 , 22.683395
MAP „Jarosław” , scale: 4 000, e=2,5m, author: Piotr Pietroń, update: May 2016, Size: A4

COURSE SETTER Kostiantyn Majasow
COURSE DATA

	Sprint		
	Approx. Winningtime	Approx. Length/climb	Spectators point
W16	10-12min	2.200km/50m	65% of course
W18	10-12min	2.800km/60m	45% of course
M16	10-12min	2.500km/50m	55% of course
M18	10-12min	3.100km/60m	40% of course

REFRESHMENTS There are no refreshments points.
CONTROL DESCRIPTIONS Printed on maps. Additional control descriptions available at start.
TIME LIMIT 50 minutes
QUARANTINE ZONE All competitors shall be in quarantine zone till 8.15 .

**EVENT AREA
MAP**



Infrastructure: WC, tents, buffet, stage, shops

**START
SEQUENCE**



There will be 2 turns for transportation clothes from start area to finish area.

There isn't warm up map.

OTHER Quarantine:

Pre-Quarantine is open to 7.30

Quarantine is open from 7.45 to 8.15.

Official who decide to stay in quarantine can walk to finish area only with organizer at 10AM or 15 minutes after the start of last competitor.

It is forbidden to be outside start or finish area after 8.15, persons who will not follow this instruction will be disqualified with all national team.

It is forbidden to use any of electronic devices with internet connection and mobile phones at start area.

Directions:

All of participants living in accommodation A1, A2 ,A3 and B1 should be in pre-quarantine till 7.30. Pre-quarantine is located near MOSiR Gym Hall, street: Sikorskiego 5a (place of relay prize giving ceremony) Pre-quarantine for accommodation B2 is located in Benedict convent.

Pegaz Pension, Jarosław Hotel – Transport from accommodation will be provided by organizer to MOSiR Gym Hall – pre-quarantine

More information about reaching quarantine will be provided at TLM at Saturday.

Transport schedule

Bus number	Accommodation	Departure Times	Way back to accommodation	Departure time	Number of places
1	Hotel „Jarosław” A2 – Pre-quarantine	7.15	Parking next to Opolska street – Hotel “Jarosław” A2	13.15	35
R	Hotel „Pegaz” A3 – Pre-quarantine	7.15	Parking next to Opolska street – Hotel “Pegaz”	13.15	21



European Youth Orienteering Championships - Poland 2016
Jarosław, 30th June - 3rd July

Poland 2016

ORGANIZERS



Podkarpacki
Okręgowy Związek
Orientacji Sportowej



UKS Azymut
Dębów



Miasto
Jarosław



Gmina Gać

PARTNERS



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