

# World MTB Orienteering Championships

Junior World MTB Orienteering Championships

World Masters MTB Orienteering Championships

MTB Orienteering World Cup Round 3

European MTB Orienteering Youth Cup

**Białystok - Supraśl POLAND** / 23 - 31 August 2014

## Bulletin 4



August 2014

# Dear Sir or Madam,

I kindly invite you to wonderfully beautiful forests of the Podlasie region to the Bike Orienteering World Championship.

Polish forests, the surface area of which is consistently increasing, are available to the public except for the areas under special protection. The old-growth Knyszynska Forest is the ideal place to demonstrate mastery skills. It is the healthiest sports arena and gymnasium for everyone. More and more people, whenever an opportunity arises, go to the ancient trees of the Knyszynska Forest, escaping from the monotony of the modern civilization. The Knyszynska Forest is one of the most interesting forest complexes in Poland. Over 20 nature reserves were established within its area; wisents, wolves and lynxes as well as birds such as lesser spotted eagle and many other interesting species live here. As a forester, I am glad that the competitions will take place in this natural forest scenery.

I wish you successes during the sport competitions and many positive impressions!

With a Polish forest greeting: Darz Bór! (May the forest reward you)

**Ryszard Ziemblicki**  
**Director**  
**of the Białystok Regional Forest Directorate**  
**for National Forests**



70 lat Dyrekcji Lasów Państwowych w Białymstoku



# Ladies and Gentlemen,

I would like to welcome all the participants, organizers and hosts of the World Mountain Bike Orienteering Championships, which takes place in Białystok this year. Preparation and conduct of such an important sporting event is a great honor for our country, and also recognition of the Polish achievements in this discipline.

Best riders from all around the world will have the opportunity to show their skills in this very demanding sport. The key to a success is to find a balance between fast driving and the correct reading maps and navigating in the area. Therefore, it is a sport for thinking people who can make decisions quickly, and extremely focused when driving the route.

This discipline makes us aware how great wisdom, but also precision and skill one must show during the competition to achieve the best results. Every start is unique and provides a great thrill for both the participants as well as spectators, the more that courses are not known before.

I wish all the competitors successful performances and achieve the best results. Let these championships will be unique time of achieving the desired objectives and unforgettable sporting event.

In particular, I greet and wish success for athletes who arrived to Poland from different sides of the world. I hope that this rivalry and the atmosphere during the event will be a memorable experience of your stay in our country.

Participating in the competition for this rank makes you, Dear Athletes, winners already. Great effort and work put into heavy workouts led each of you to success in competitive sports and allowed to participate in the major events.

I would like to congratulate the organizers of WMTBOC good work and professionalism. At the same time I wish the fans an unforgettable experience and the joy of winning their favorites.

Yours sincerely,

**Andrzej Biernat**  
Ministry of Sports



# Map of the venue





# Welcome to the KNYSZYŃSKA PRIMEVAL FOREST



It turns out that not only the wolf is drawn to the woods, as this old proverb is true also for man. Irrespective of whether this longing is due to some form of atavism or a rational need for leisure, more and more people want to be closer to nature. Whenever they have a chance, more and more people come here, where amongst age old trees and sun-loving saplings of the KNYSZYŃSKA PRIMEVAL FOREST history has left the irremovable mark of past centuries. Here, where numerous tourist trails lead through the high and lowland forests.

Then, if you're not afraid of discovering and falling in love with (mutually!) with the hospitality of the Podlasie region, if you are willing to be the guests of foresters, then head out with us through untravelled forests, villages memorable in their oblivion, and towns longing for splendor long lost.

So... let's go!



# State Forests

The State Forests, national forest manager, are – according to its status – the national organizational body with no legal entity. And while this is a phenomenon on a European scale, it means that State Forests are not a commercial company, it is hard to omit the fact that it does possess some characteristics of a company. Governing more than 28% of the area of Poland, it is a great organization which manages over 7.6 million hectares of forests and other related lands. State Forests consequently implements a sustainable, multi-faceted forest management strategy based on environmentally friendly principles. The pinnacle of its focus is general protection of forests and the development of their resources, the conservation and enhancement of biological diversity, and wildlife preservation. Polish forests, whose area is systematically expanding, apart from areas subjected to special protection, are in general available to the public. At the same time, they offer that one of a kind, unique yet renewable resource – wood, which has accompanied man for ages. But forests are also rich in a wide range of other priceless goods.



## PFC Knyszyńska Primeval Forest

Promotional Forest Complexes are an original idea of promoting a multi-functional, constantly sustainable yield forestry. The complexes are created in areas which are especially valuable in terms of nature and their social functions. The "Knyszyńska Primeval Forest" PFC, which was established on November 30, 2011, comprises of several Forests Districts of the Regional Directorate of the State Forests in Białystok (Czarna Białostocka, Dojlidy, Krynki, Supraśl) and has a total area of 62,312 ha. The proximity to both a large city (Białystok) and several smaller towns (Supraśl, Sokółka, Czarna Białostocka) creates specific social needs, and our Primeval Forest has all the perfect conditions to meet all of them. It is an area which is extremely rich both in nature and culture. It contains 22 nature reserves, the Knyszyńska Primeval Forest Landscape Park, it is covered by the Nature 200 network, has a web of didactic trails, bicycle, horseback and hiking courses, and a range of educational chambers.



No one better than the forester knows that a tree dies without its roots or, at best, vegetates poorly. History confirms that the same applies to nations. That is why we so often refer to history, that is why we revive the traditions of old. The area of our Promotional Forest Complex is a real melting pot of nations, cultures, and religions. It is no surprise that each step taken here confirms the age-old maxim that "diversity creates beauty". Poles, Belarusians, Lithuanians, Jews, Tartars – these are the nations which shaped local traditions, culture, and language. With extraordinary piety, the foresters take special care not only of their forest, but also of the artefacts left to us by those who bequeathed our small motherland to us.



## Rules of behavior in the forest

You are warmly welcome to be a guest of the forest! Still, when you indulge yourself in the charms of the forest, you must remember about the rules of behaviour which apply here. The rules for staying in a forested area are legally regulated (Forest Act of September 28, 1991).

Remember that travelling in a forest by a motor vehicle, horse-drawn vehicle, and motorbike is only allowed on public roads, and you can only ride on forest roads if they are marked with special signs. Entry is strictly prohibited to forests which are forest farms up to 4 m height, experimental areas and seed-tree stands, animal preserves, river and tree seepages, and sites where special forestry maintenance is performed.

A forest grows slowly but burns very quickly, therefore campfires and currently popular barbecues can only be set in areas specially allotted for that purpose.

Remember that the forest is a home for countless species of plants and animals and we are only paying a friendly visit. Let us therefore be welcomed guests.



## Geographic profile

The "Knyszyńska Primeval Forest" PFC covers all sorts of primeval forest environments and the city of Białystok, along with the smaller forest complexes which surround it. The lands of the "Knyszyńska Primeval Forest" PFC are located in the following local administrative units: the city of Białystok, towns: Zabłudów, Wasilków, Suraż, Sokółka, Choroszcz, Czarna Białostocka, Krynki, gminas (communities): Turośń Kościelna, Juchnowiec Kościelny, Dobrzyniewo Duże, Szudziałowo, Gródek, Korycin.

According to the administrative division of the country, the area is located in the Podlasie voivodship; according to the division in terms of nature it belongs to the mesoregion of Eastern Europe, the macroregion of North Podlasie Lowland.



## Nature

„The Knyszyńska Primeval Forest" Promotional Forest Complex – is the most characteristic part of the Primeval Forest in terms of nature. It comprises of coniferous forests, with the invaluable ecotype of the "mast" pine, naturally precious deciduous forests, but also swamps, marshes, and wet forests. The characteristic element of the vegetation here is its remarkably boreal character, but also the coexistence of plant communities whose optimal growth conditions occur in Central Europe. Among its tree communities, the largest area is occupied by fresh mixed forests whose dominant species is pine. Also, a significant part is covered by more than 100 year old mixed, spruce and pine forests. There is also a distinct share of mixed, multi-species forests involving oaks growing in a solid coniferous stand. For ages, the Forest has been a refuge for wildlife where among moose, deer, roes, boars, badgers, and beavers, there also are such rare species as: lynx, European bison, or wolf. At least 38 breeding species of birds listed in Annex I of the Bird Directive can be found here. The populations of nine of those species are large enough to consider the area as their refuge of international importance, according to the directive. These are: black stork, European honey buzzard, lesser spotted eagle, hazel grouse,



black grouse, black woodpecker, white-backed woodpecker, Eurasian three-toed woodpecker, and red-breasted flycatcher. Individual species require the preservation of proper breeding sites and feeding grounds, or settling conditions. This is achieved by active protection on part of foresters in collaboration with environment protection services.

The most naturally-valuable parts of the PFC are protected in 17 nature reserves. They serve not only preserving the natural richness, but are also sites for scientific research and broadly understood education. In general, it must be stated that all forests, including commercial forests, are managed with due care, warranting the utmost, rational, and justified protection of natural resources.



## Green control point

Making the forests available to the society is one of the more important activities of forestry.

This idea is closely followed by the concept of various forms of field orientation. This thought is embodied by the creation of a network of fixed control points and developing special, extremely detailed maps in accordance to the guidelines outlined by the International Orienteering Federation. This concept, which involves specific projects, is called the "Green Control Point."

The most popular form of orienteering is foot orienteering, although recently more and more people are engaging in bike or ski orienteering, and also precision orienteering – created especially for people with handicaps. To answer this demand, the State Forests have undertaken the initiative to make forests accessible for this form of recreation.

The "Knyszyńska Primeval Forest" Promotional Forest Complex encourages various forms of forest orienteering and recreation in order to join the ability to use a map and physical fitness with the joy of experiencing nature. Numerous courses have been created, which are furnished with maps, descriptions, and control points.

The first project based on the Green Control Point idea and carried out in the KNYSZYŃSKA PRIMEVAL FOREST was project "BieGaj" implemented in the Krynki Forest District. The project received a golden certificate from the Sports and Nature Foundation.

For more information on this type of recreation visit:

<http://obiezylas.pl/biegaj/>



## Active rest

The "Knyszyńska Primeval Forest" Promotional Forest Complex is located in close proximity to Białystok, a city with a population of approximately 300,000. In recent years, the authorities of the city and Forest Districts have been undertaking actions aimed at meeting the needs of the local communities in terms of every-day and holiday rest and recreation. Bike lanes were built which lead out of the city centre. Forests were furnished with numerous tourist and educational facilities, whose quality and location increase the comfort and safety of its potential users. Everyone can find their favourite form of leisure all year round. Depending on personal preference, these may be: strolls, cycling, horseback riding, canoeing, or, in winter, a special course prepared for cross-country skiing. All courses and facilities are marked and are furnished with special facilities which allow people to relax and familiarize themselves with the nature, history, and culture of the region. For those who like challenge, we prepared a program based on the Green Control Point which, apart from being an active form of leisure, develops navigational skills and teaches how to recognize and discover nature.





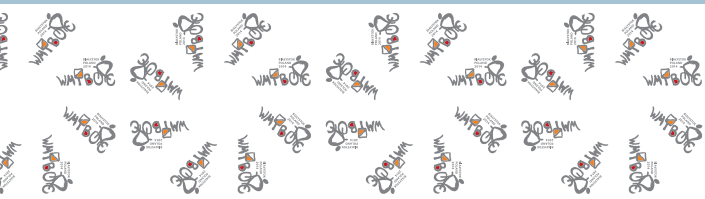
# Historical outline and today

The "Knyszyńska Primeval Forest" is what remained of a vast and condensed complex of forests on the borderline between the Crown of the Kingdom of Poland and the Grand Duchy of Lithuania, covering at the end of the 15<sup>th</sup> century the forests of Grodno, Knyszyn, and the Bludowska forest. Being a long-term borderland, the area saw the clash of Polish, Russian, Lithuanian, Yotwigan, and Teutonic Knights' interests. The accelerated settlements of forests in the 16<sup>th</sup>-18<sup>th</sup> century lead to a significant decrease of the forest area in favour farmlands. It was then when the approximate border of the current KNYSZYŃSKA PRIMEVAL FOREST was formed. For ages the main use of the Forests was for hunting game and products of forest bee-keepers. The 19<sup>th</sup> century introduced significant changes, when the increased exploitation of forests entailed the need to introduce forestry strategies based, to a larger extent than before, on artificial reforestation. The greatest changes in the region began in 1914. The occupying German army plundered and exploited the forest on a scale never seen before. In many forest settlements sawmills were built. They were connected with a network of a forest railway to transport the timber. The 1970s and 80s were a breakthrough in the approach to forests and their functions. Increased attention was given to their biological richness, as well as the ecological and social functions of forests. Emphasis was put on nature preservation: creation of nature reserves, protection zones around the nests of birds of prey, establishment of natural monuments, watershed protection forests, seed-tree stands, etc.



## Local customs, legends, cuisine

The region of the forest is a true national, cultural, and religious melting-pot. Every step taken here easily confirms the age-old saying that "diversity creates beauty." This is the result of the borderline location of Podlasie between the Crown of the Kingdom of Poland and the Grand Duchy of Lithuania. For ages the area was under the influence of Lithuanian, Mazovian, and Russian settlements. The Poles, Lithuanians, Jews, Belarusians, Tartars, and Germans who for ages inhabited the region, have shaped the local culture, language, traditions and customs. In the 16<sup>th</sup> century, the area of KNYSZYŃSKA PRIMEVAL FOREST remained under the reign and influence of the royal court in Knyszyn, which at the time was the centre of culture, also in the material sense, including culinary culture. Also, other cultural models originated nearby, such as:





the goods of Grodno economy, goods from Capital, and, finally, the goods from the aristocratic Białystok. This cultural diversity also influenced the cuisine of the region: kartacze (Cepelinai, meat stuffed potato dumplings), kindziuk (traditional Lithuanian cold cut of pork), kiszka ziemniaczana (potato sausage), pierogi, sękacz (tree cake), kwas chlebowy (fermented beverage made from rye bread), kołduny (dumplings). The multitude of cultures can also be heard in in the "Podlasie dialect", shaped under various influences – Belarusian, Lithuanian, and to some extend also Russian, Ukrainian, German, and Yiddish. The region is rich in its own unique traditions and beliefs. Among those typically Slavic stories, we can also hear tales originating from here and specific to the region. They are connected to places which for ages were imbued with magical traits, such as haunted houses, places of tragic deaths, and areas inaccessible to people – dark and gloomy woods, lakes with monsters living in their fathoms.



## Description of towns, villages

The "KNYSZYŃSKA PRIMEVAL FOREST" Promotional Forest Complex is not only contained in its natural richness and splendor, but is also present in its people, and that means towns, cities and villages, which complement the local forests with their beauty, culture and customs. Almost in the heart of the Forest, by the river Biała, we find the capital city of Podlasie – the city of Białystok, whose first settlements are dated as far as the first half of the 15th century. The city, although intensively developing, retains its specific and exquisite character seen at every turn in its tranquility, greenery, and well preserved monuments. The beautiful, Baroque in their concept although built in 18th century palace and gardens of the Branicki family, or the unique landscape of the city are only a brink of what can and should be seen in the city.

Right outside Białystok and due east there is Supraśl with its Monastery of Annunciation, an orthodox monastery for men which is also the home of the Icon Museum. Further on the road is the town of Krynki and its Baroque town square, designed by the renowned Treasurer of the Grand Duchy of Lithuania, Antoni Tyzenhaus, with a twelve street roundabout. Travelling on towards the border we come upon the Tartar Kruszyniany, the site of a unique Mosque and an antique Muslim cemetery. For those who need a rest in their journey, the Tartar Yurt awaits.

There, apart from a spiritual feast, you can taste the delicacies prepared by a Chef from a real line of Tartars.

And many many more in our mobile application "Puszcza Knyszyńska"



## Event office

Punkt Usług Turystycznych "Bukowisko"  
Hotel Bukowisko str. Piłsudskiego 64, 16-030 Supraśl, Poland  
Tel/Fax: +48 (609) 833 555  
Email: [iblachut@team360.pl](mailto:iblachut@team360.pl)  
Website: <http://www.wmtboc2014.pl/>  
GPS : N 53.2129334  
E 23.3368546

## Organizers

<b>IOF</b>	International Orienteering Federation
<b>PZOS</b>	Polish Orienteering Federation
<b>POZOS</b>	Podlaski Okręgowy Związek Orientacji Sportowej
<b>Executive organization</b>	Team 360 Stopni
<b>Event Director</b>	Waldemar Paweł Sieradzki
<b>Event Vice-Director</b>	Igor Błachut
<b>Event secretariat</b>	Krzysztof Sobolewski
<b>Media</b>	Dariusz Urbanowicz
<b>Course Setter</b>	Remigiusz Nowak
<b>Mapping team director</b>	Lech Trzpil
<b>Mappers adviser</b>	Markus Puusepp
<b>Local organizing committee adviser</b>	Jan Cegiełka
<b>IT/timing</b>	Maciej Krzyśko and Marek Sobiegraj
<b>Webmaster</b>	Marcin Krasuski, Bartłomiej Niezgódka

## Event controlling

<b>IOF Senior Event Adviser</b>	Simon Seger (SUI)
<b>National Controller</b>	Sixten Sild (EST)

# Program

23 <sup>th</sup> august 2014, Saturday	Arrival of teams
24 <sup>th</sup> august 2014, Sunday	Model Event; Opening Ceremony
25 <sup>th</sup> august 2014, Monday	Unofficial Mixed Sprint Relay
26 <sup>th</sup> august 2014, Tuesday	Sprint
27 <sup>th</sup> august 2014, Wednesday	Middle distance
28 <sup>th</sup> august 2014, Thursday	Rest day
29 <sup>th</sup> august 2014, Friday	Long distance
30 <sup>th</sup> august 2014, Saturday	Relay; Official Closing Ceremony and Banquet
31 <sup>st</sup> august 2014, Sunday	Departure

## Detailed program

### Saturday 23<sup>rd</sup> August

arrival of teams

19.30– 20.30 – dinner

### Sunday 24<sup>th</sup> August

08.00– 09.30 – breakfast

10.30– 12.30 – model event for long, middle and relay (Supraśl)

12.00 – deadline for final entries for unofficial mixed relay

13.00– 14.00 – lunch

14.30 – 16.15 – model event for sprint and start/finish procedure (Białystok). After 16.15 – the area is closed, no entry for competitors

16.30– 16.45 – gathering for opening ceremony (Białystok)

17.00 – opening ceremony (Białystok)

19.00 – team officials' meeting for unofficial mixed relay (optional, Supraśl)

19.30– 20.30 – dinner

### Monday 25<sup>th</sup> August

07.00– 08.30 – breakfast

09.30 – unofficial mixed relay (youth cup, juniors and masters)

11.00 – unofficial mixed relay (seniors)

12.00 – deadline for final name entries / allocation of start groups to sprint event and deadline for submitting name entries for long distance competition

12.30 – mixed relay (not-classified teams)

13.40 – prize-giving ceremony and special ceremony in the competition center

14.30– 15.30 – lunch

18.30– 20.00 – dinner

19.00 – team official's meeting

### Tuesday 26<sup>th</sup> August

06.30– 08.30 – breakfast

09.30 – last entry into quarantine zone for elite and junior categories

09.30 – sprint event (elite and junior categories)

13.00 – sprint event (youth, masters, open event categories)

12.00 – deadline final name entries / allocation of start groups for middle distance event)



14.30– 15.30 – lunch  
17.30– 18.20 – prize-giving ceremony (Supraśl)  
18.30– 20.00 – dinner  
19.00 – team officials' meeting

### Wednesday 27<sup>th</sup> August

07.00– 09.30 – breakfast  
10.00 – middle event (elite, junior and youth categories)  
11.30 – last entry into quarantine zone for elite, junior and youth categories  
11.30 – end of finish quarantine  
13.30 – middle event (masters and open class)  
packed lunch will be distributed in accommodation during breakfast  
17.30– 18.20 – prize-giving ceremony (Supraśl)  
18.30– 20.00 – dinner

### Thursday 28<sup>th</sup> August

08.00–09.30 – breakfast  
10.00–16.00 – Team leader tour to Poczopek  
12.00 – deadline for final name entries / allocation of start groups to long event  
14.00– 15.00 – lunch  
17.00 – Open MTBO forum (event center)  
18.30– 20.00 – dinner  
19.00 – team officials' meeting

### Friday 29<sup>th</sup> August

06.30– 09.30 – breakfast  
09.30 – long distance event (elite, juniors and youth categories)  
11.30 – last entry into quarantine zone  
11.30 – end of finish quarantine  
12.00 – deadline for name entries for relay event  
packed lunch will be distributed in accommodation during breakfast  
14.00 – long distance event (masters and open class)  
17.30– 18.20 – prize-giving ceremony (Supraśl)  
18.30– 20.00 – dinner  
19.00 – team officials' meeting

### Saturday 30<sup>th</sup> August

07.00– 09.00 – breakfast  
10.30 – start of the relay (elite, juniors and youth categories)  
13.30 – open race  
15.00– 16.00 – lunch  
17.30– 19.30 – prize-giving and closing ceremony (Supraśl)  
20.00 – banquet

### Sunday 31<sup>st</sup> August

08.00–09.30 – breakfast  
departure of teams

## Accreditation

Accreditation takes place at the Event Center. To receive all the necessary materials please bring your passport or national identification card.

## Team officials' meetings

All of the team officials' meetings will take place at event centre (Touristic Information centre "Bukowisko") at 19.00 every day preceding competition day.

## Opening and prize-giving ceremonies

The opening ceremony will take place in Białystok Main Square (Rynek Kościuszki) at 17:00. Gathering takes place at 16:15-16:35 at the parking close to Legionowa street. Scheme of the ceremony – see next page.

Prize-giving ceremony of the competition day takes place in the main square of Supraśl, in front of the Buchholtz Palace. Those ceremonies will start at 17.30.

The prize-giving ceremony of the final day and closing ceremony will take place in Supraśl in the same place (in scene in front of Buchholtz Palace) and will start at 17.30.



Podium finishers (1-6 in Elite, Junior, Youth and Master) are requested to dress in team uniforms, and refrain from taking to the podium items such as hats, sun glasses, bottles, headbands and various gadgets.







## Transport information

Any teams or competitors, who will order bike and personal transport from the event center to the competition venue, will take a schedule of transport from the event office

## Parking information

All competition areas will have a parking place.

## Bicycle repair

One of our sponsors – Wheeler – will provide bicycle repair tent in the event centre in Supraśl each day of the event, except for long distance (Friday, 29.08) and relay (Saturday, 30.08). These days bicycle repair tent will be located in the finish area of the competition.

# Competition rules

All events will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events, valid from 1 January 2014, Special Rules for MTB Orienteering World Cup 2014 and Qualification procedure for allocating start slots for WMTBOC Long distance competitions, valid from 2014. Please consult <http://orienteering.org/mtb-orienteering/rules/>.

## In this specific event:

- Riding off the track, trail or path is allowed unless marked as private areas (olive colour) or forbidden areas (magenta).
- In Poland one drives on the RIGHT side of road.

Therefore riders must ride on the RIGHT side on all roads and tracks.

**Overtaking slower riders should be done by the LEFT side.**

## Mapping conventions

Generally, rideable open areas are mapped as Open land (ISMTBOM 401) or Open land with scattered trees (ISMTBOM 402).

Riding is slow or impossible where open areas are mapped as Rough open land (ISMTBOM 403) or Rough open land with scattered trees (ISMTBOM 404). Forest mapped as white (ISMTBOM 405 Forest: good visibility) have a good sight and may provide a possibility to ride.

# Complaints

All complaints should be submitted by written report in the finish area to the competition office. The complaints should be submitted not later than 15 minutes after the last competitor has reached the finish line.

# Members of Jury

Nermin Fenmen (TUR)  
Wolf Eberle (AUT)  
Jiri Vransky (CZE)

# Classes and participation

Classes:

WMTBOC & World Cup:	W 21, M 21
JWMTBOC:	W 20, M 20
WMMTBOC:	W/M 40, 50, 60, 70
EYMTBOCup:	W/M 17
OPEN COMPETITION CLASSES:	W/M 14, 17, 20, 21

**WMTBOC& MTBO World Cup event** – There is one class for women and one for men (W 21 and M21). There are no age restrictions. Each Federation may enter a team of an unlimited number of competitors and an unlimited number of team officials. In each competition (except for long event) every Federation may enter up to 6 women and 6 men and in addition, the current World Champions for the distance may be entered by their Federations provided they are members of the Federations team.

In the Relay, each Federation may enter two women's teams and two men's teams, each consisting of 3 team members.

Unofficial Mixed Sprint Relay - each federation may enter four relay teams including one male and one female team member (women: legs 1 and 3, men: legs 2 and 4).

**JWMTBOC** – There is one class for women and one for men. Only competitors who are entitled to compete in the classes W20 or M20 may participate. Each Federation may enter a team of up to 12 competitors — up to 6 women and 6 men and an unlimited number of team officials.

In the Relay, each Federation may enter two women's teams and two men's teams, each consisting of 3 team members.

Unofficial Mixed Sprint Relay - each federation may enter four relay teams including one male and one female team member (women: legs 1 and 3, men: legs 2 and 4).

**WMMTBOC** – Participation in WMMTBOC is open to all competitors according to their age classes.

**EYMTBOCup** – Each federation may enter a team of 18 competitors (up to 9 women and 9 men) and an unlimited number of team officials.

In the Relay, each Federation may enter three women's teams and three men's teams, each consisting of 3 team members.

**OPEN COMPETITION CLASSES** – Each federation or club may enter unlimited competitors.  
Categories: WM 14, WM 17, WM 21

## Final entries

See two tables on next pages.

## Start groups

Five start groups for WMTBOC are defined in the rules 12.15, 12.16 and 12.17: <http://orienteering.org/wp-content/uploads/2010/12/Competition-Rules-for-IOF-MTB-Orienteering-Events-2014.pdf>

Lists of Red and Orange Start groups for each distance will be published Sunday evening (24<sup>th</sup> of August) as latest.



Country	W 17	W 20	W 21	W 40	W 50	W 60
AUS					1	
AUT	1	2	3	1		
BLR			1			
CZE	1	3	4			
DEN		1	3		4	5
ESP			1			
EST		1	3	1		
FIN		4	6			2
FRA	2	1	3	1		
GBR			1	1	1	
GER			2		1	
HUN	1	1	2	2		
ITA			1			1
JAP		1	3			
LAT			1			
LTU	1	3	5	3	1	
NZL				1		
POL	4		3			1
POR				1		
RUS	9	6	7		1	
SUI			2		1	1
SVK			2		1	
SWE	3	4	3			1
TUR					1	
UKR		1				
USA			3	1		
<b>Total:</b>	<b>22</b>	<b>28</b>	<b>58</b>	<b>12</b>	<b>12</b>	<b>11</b>

Country	M 17	M 20	M 21	M 40	M 50	M 60	M 70	Officials
AUS		3	2		1	2	1	2
AUT	2	4	6	1	2	2	2	2
BLR			3					
BUL		1	1			3		
CZE	2	3	6	4	3			7
DEN		3	5	1	7	6	3	1
ESP	1	1	5	1	2			1
EST	1	1	7	3		1	1	2
FIN		6	6	2	6	2	3	3
FRA	3	3	5		5			3
GBR		1	2	5	3	1		1
GER			2	1	4			
HUN	1	1	1	5	4			
ITA		1	3	1				
JAP			4	1				
LAT		3	3	1	2			
LTU	1	4	6	8	3	1		
NOR		3	1					
NZL		1				1		
POL	4	4	4	5	7	2	2	3
POR		1	5	1	1			
RUS	9	6	6	4	1			2
SUI		1	1	2		1		
SVK		3		1	1			1
SWE	4	5	6	2	7	6	1	2
TPE			1					
TUR		1	1					
UKR		4	2					
USA			4		1			
Total:	28	64	98	49	61	28	13	30

# Long distance start slots

The qualification system for WMTBOC Long distance competition is defined here:

<http://orienteering.org/wp-content/uploads/2010/12/Procedure-for-allocating-WMTBOC-long-distance-start-slots.pdf>

In men's elite category following already qualified for the long distance competition (top 30 places in previous Long Distance Competition or top 30 place in world ranking): Samuli Saarela (FIN), Anton Foliforov (RUS), Vojtech Stránský (CZE), Ruslan Gritsan (RUS), Tõnis Erm (EST), Jiří Hradil (CZE), Pekka Niemi (FIN), Lauri Malsroos (EST), Marek Pospíšek (CZE), Valery Glukhov (RUS), Hans Jørgen Kvåle (NOR), Jussi Laurila (FIN), Baptiste Fuchs (FRA), Yoann Garde (FRA), Alex Randall (AUS), Rasmus Sjøgaard (DEN), Luca Dallavalle (ITA), Margus Hallik (EST), Christian Wüthrich (SUI), Kevin Haselsberger (AUT), Clément Souvray (FRA), Šarūnas Dmukauskas (LTU), Michael Sommer (DEN), Davide Machado (POR), Giaime Origgi (ITA), Juho Saarinen (FIN), Tuomo Lahtinen (FIN), Martin Sevcik (CZE), Bernhard Schachinger (AUT), Victor Korchagin (RUS).

Rest of the slots (up to 60+ additional start places) in Mens Elite category will be qualified during the championships.

# Quarantine zone

Competitors will be quarantined on all individual competitions before the start. After finishing there will be quarantine only for the first riders in the finish, till the beginning of the start quarantine (middle and long). Start-quarantine area is equipped with toilets and tents. In quarantine area it is not allowed to use phones, computers or any other multimedia devices that can help you to follow the competition online. After finishing it is not allowed to go to the Start-quarantine zone. All your belongings will be delivered from start quarantine area to the finish area by organizers.

# Time-keeping system

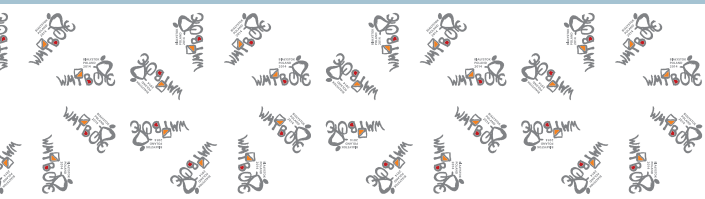
The SportIdent system will be used in all events. Competitors can use their own SI-card. Organizer provides SI-cards on request. Please give your SI card number with the entry. SI cards can be rented from organizers for 10 EUR /all days (30 EUR deposit). The light beam will be used for finish timing, punching after the finish line.

## GPS tracking

Top 20 elite competitors (that is Red and Orange start groups in both men and women classes) and top 5 junior competitors (both men and women) will carry a GPS device. Those devices will be handed out prior to the start.

GPS system is similar to that, which was used at WMTBOC last year. The device is a matchbox format, weighs about 60 grams and should be attached to the outside of the arm with an elastic armband.

After the finish devices should be returned at the SI-readout.







## Fair play

Competitors are strictly forbidden to require any information from GPS tracking before their start.

## Anti-doping

Doping is strictly forbidden, and the organizers of these championships are dedicated to supporting anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be few minutes' drive away, we suggest the athletes are prepared at all events to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of Testing. The IOF Anti-Doping Code and rules apply as of 1st February 2010.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping control station. Accreditation cards with photo can also be used for this purpose. The athletes should bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

Should you have any question regarding doping testing, please contact the Senior Event Advisor.

## Bicycle storage

Bicycle storage will be available in every accommodation. Access to the storage will be permitted for the competitors with an accreditation only.

Bicycle washing will be available close to the hotels as well.

# Courses

Relay	Length	Nr of Controls	Optimal route	Total climb	Refreshments	Map size	Online results	Estimated winning time
M21	12.3 -12.9 km	30	17.4 – 17.8 km	200 m	11.0 km 16.0 km	268x340	11,0 km 16. 0 km	48 min
W21	10.0 – 10.6 km	21	12.5–12.8 km	150 m	9,1 km 12.7 km	268x340	9,1 km 12.7 km	45 min
M20	10,2 – 10,7 km	21	13.4 – 13.9 km	160 m	8.8 km 13.5 km	268x340	8.8 km 13.5 km	40 min
W20	8.1 – 8.5 km	15	11.2– 11.8 km	130 m	7,2 km 11.0 km	268x340	7,2 km 11.0 km	36 min
M17	5.9 – 6.1 km	15	7.5 – 7.9 km	90 m	6,8 km	268x340	6,8 km	35 min
W17	4.5 – 4.9 km	12	6.3 – 6.6 km	60 m	5,1 km	268x340	5,1 km	30 min

Long	Length	Nr of Controls	Optimal route	Total climb	Refreshments	Map size	Online results	Estimated winning time
M21A	32.9 km	37	44.8 km	405 m	8.9 km 20.5 km or 24.5 km 36.1 km	420x297	8.9 km 20.5 km or 24.5 km 36.1 km	115 min
M21B	31.1 km	29	41.3 km	400 m	11.6 km 23.4 km or 21.8 km 33.6 km	420x297	11.6 km 23.4 km or 21.8 km 33.6 km	110 min

W21	25.6 km	30	34.4 km	265 m	14.2 km	420x297	14.2 km	90 min
							20.5 km or 20.8 km	
							27.1 km	
M20	26.8 km	26	35.0 km	290 m	11.4 km	420x297	11.4 km	88 min
							20.1 km or 19.7 km	
							28.6 km	
W20	20.4 km	26	26.3 km	230 m	6.4 km	420x297	6.4 km	75 min
							13.4 km or 11.8 km	
							18.8 km	
M17	13.3 km	16	17.7 km		8.5 km	420x297	8.5 km	70
							W17	9.1 km
M40	31.6 km	33	41.6 km		10.7 km	420x297	10.7 km	115
							21.3 km or 22.5 km	
							33.1 km	
W40	21.5 km	25	28.3 km		7.7 km	420x297	7.7 km	115
							15.4 km or 13.3 km	
							21.0 km	
M50	26.2 km	32	36.0 km		11.0 km	420x297	11.0 km	115
							17.6 km or 9.6 km	
							26.2 km	
W50	17.4 km	23	23.1 km		5.9 km	420x297	5.9 km	115
							11.6 km or 12.1 km	
							17.8 km	
M60	22.1 km	28	31.0 km		8.8 km	420x297	8.8 km	115
							16.2 km or 16.6 km	
							24.0 km	
W60	12.0 km	17	17.0 km		6.3 km	420x297	6.3 km	110
							15.0 km	
M70	15.0 km	19	20.3 km		8.6 km	420x297	8.6 km	110



Middle	Length	Nr. of Controls	Optimal route	Total climb	Refreshments	Map size	Online results	Estimated winning time
M21	13.3 km	26	20.8 km	225 m	No	420x297	12.6 km	60 min
W21	10.4 km	20	16.0 km	185 m	No	420x297	7.2 km	55 min
M20	9.6 km	22	14.2 km	185 m	No	420x297	10.7 km	45 min
W20	7.9 km	16	11.8 km	140 m	No		6.8 km	45 min
M 17	6.0 km	14	8.9 km	100 m	No	420x297		30 min
W 17	5.0 km	10	7.5 km	85 m	No			30 min
M 40	12.4 km	25	19.1 km	200 m	No	420x297	12.4 km	60 min
W40	7.8 km	20	11.9 km	160 m	No	420x297	10.1 km	60 min
M 50	10.5 km	21	15.5 km	195 m	No			60 min
W 50	6.9 km	15	9.8 km	150 m	No	420x297	8.5 km	60 min
M 60	8.4 km	16	12.1 km	185 m	No	420x297	11.6 km	60 min
W 60	4.7 km	10	7.2 km	100 m	No	420x297		60 min
M 70	6.5 km	14	9.6 km	150 m	No	420x297		60 min

Sprint	Length	Nr. of Controls	Optimal route	Total climb	Refreshments	Map size	Online results	Estimated winning time
M21	5.7 km	31	7.3 km	50	No	264x327	No	23 min
W21	4.9 km	29	6.4 km	40	No	264x327	No	20 min
M20	5.2 km	27	6.7 km	50	No	264x327	No	19 min
W20	4.8 km	27	6.0 km	40	No	264x327	No	18 min
M17	4.0 km	23	5.0 km	35	No	264x327	No	20 min
W17	3.8 km	21	4.8 km	35	No	264x327	No	18 min
M40	5.6 km	27	6.9 km	50	No	264x327	No	25 min
W40	4.1 km	26	5.2 km	40	No	264x327	No	25 min
M50	4.9 km	27	5.9 km	45	No	264x327	No	25 min
W50	3.7 km	21	4.3 km	35	No	264x327	No	25 min
M60	4.2 km	25	5.3 km	40	No	264x327	No	25 min
W60	3.1 km	20	3.4 km	30	No	264x327	No	25 min
M70	3.2km	17	3.7 km	30	No	264x327	No	25 min

# Unofficial sprint relays

Youth/junior/masters women: 5,1-5,3 km 17 PK (1 leg)  
Youth/junior/ masters men: 5,6-5,8 km 18 PK (1 leg)  
Elite women: 5,6-5,8 km 18 PK (1 leg)  
Elite men: 6,3-6,5 km 20 PK (1 leg)

Open event courses have the same length and number of control as WMTBOC courses – except for W/M 21 long distance, where it will be the same course as in W/M40 category.

## Map details

Distance	Map details	
	Scale	Contour
Sprint	1 : 5000	2,5 m
Middle	1 : 10000	5 m
Relay	1 : 10000	2,5 m
Long	1 : 15000	5 m
Unofficial Mixed Sprint Relay	1 : 5000	2,5 m

W/M 14, W/M 60 and M 70 categories will get maps in scale 1:10000 for long distance competition.

Fieldwork done in spring-summer 2014.

All maps will be printed on waterproof paper.



# Daily details

## Sunday, 24.08.2014

### Model events

First model event will be organized between 10.30–12.30. This is model event for long, middle and relays. Map is situated close to event center in Supraśl.

Maps will be given to team officials at registration.

Second model event will be organized in Białystok between 14.30-16.15. It will be model event for sprint distance. After 16.15 the area will be closed for competitors and no entry will be allowed.

Maps will be given to teams officials at registration.

## Monday, 25.08.2014

### Sprint relay:

This event will be held in Poczopek, 30 km north-east from Supraśl. The terrain is often visited by people. Big part of the terrain is open. Roads are kept in a good condition and paths of the good visibility. The terrain is mostly flat with some slopes. The ground can be wet close to streams. Many special features (monuments, cages for animals) appear.

### DISTANCES:

From Event Centre to the arena 31 km

From Parking area to the arena 0.2-0.5 km

**Warm up:** Warm up area is close to the start/finish area

**Map:** 1: 5000 / 2.5m, map size A4

**Start begins:** 9:30 (Youth, junior, masters); 11:00 (senior category); 12:30 – non-classified category

**Finish:** Light beam, the time is taken when the last leg competitor's front tyre crosses the finish line. No punching on finish line.

**Time limit:** 60 minutes (youth, juniors, masters) and 80 minutes (senior category).

Start numbers for the relay will be given to team officials at the registration.

## Tuesday, 26.08.2014

### Sprint:

Sprint competition will be held in Białystok. The sprint area is a combination of park and forest, situated in the town borders. The area has numerous paths and tracks, but the path network is irregular in parts. A part of the map is regular open park with numerous man made features.

There are many natural obstacles (fallen trees) in the forest part of the map. Part of the map is an old gardens area, where riding off the paths is not allowed – as it is dangerous area (full of pits).

There is also a BMX training track, which will be marked as a broken ground symbol.

**DISTANCES:**

From Event Centre to the arena 17 km

From Parking area to the arena 0.3-0.6 km

From arena to pre-start area 0.5 km

**Warm up:** Warm up area is on stadium (in quarantine area)

**Map:** 1:5000 / 2.5m, map size 264x327 mm

**Start begins:** 09:30

**Start interval:** 2 min for all categories.

**Finish:** Light beam, the time is taken when the competitor's front tyre crosses the finish line. No punching on finish line.


**Start quarantine:** All Elite and Junior riders (classes MW20 and MW21) must be in quarantine area at the latest 09:30. Quarantine zone is close to start and finish.

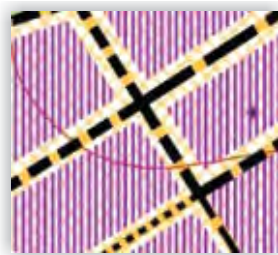
Youth, masters and open classes must be in quarantine area at latest 13:00. Before that time they can enjoy the competition at the arena, on the small area around the finish, which is shown on the scheme below. The only access route is from north. Competitors of youth, masters or open classes breaking this rule will be disqualified.

**Finish quarantine:** No finish quarantine.

**Time limit:** 60 minutes.

**Special map features:**

- o - picnic place (forest) or statue / memorial stone (park)
- x - playground equipment
-  - dangerous area of old gardens

**Sprint map sample:****Wednesday, 27.08.2014****Middle:**

Competition will be held in Jurówce, west-south from Supraśl. The terrain is hilly (especially in the southern part of the map). Density of paths network differs significantly in two different parts of the terrain. Some of the roads are sandy. In the middle of the map there is an old trench (depth 1-2 m), which goes through the terrain in east-west direction. It is marked as a small erosion gully (symbol 110) on the map.

**DISTANCES:**

From Event Centre to the arena 19 km

From finish parking area to the arena 0,3 km

From arena to pre-start area 6 km (gravel and asphalt roads, flat terrain)

**Warm up:** Warm up map close to the start of the competition

**Map:** 1:10 000 / 5m, map size A 3

**Start begins:** 10:00

**Start interval:** 2 min for all categories.

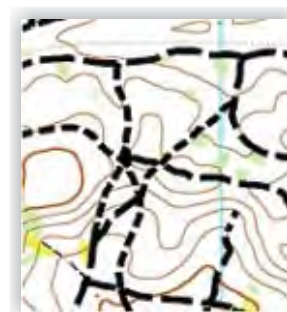
**Finish:** Light beam, the time is taken when the competitor's front tyre crosses the finish line. No punching on finish line.

**Start quarantine:** All competitors of Elite, Junior and youth classes must be in quarantine at the latest 11:30. Quarantine zone is close to start.

**Finish quarantine: Until 11.30**

There are no quarantines for masters and open classes. They are allowed to visit the arena before they go to the start. We recommend to go to the start by bike from the arena according to organisers directions.

**Time limit:** 150 minutes.



**Middle map sample:**

### 29.08.2014, Thursday

Rest day

### 30.08.2014, Friday

#### **Long:**

The long distance venue – located very close to Supraśl - is moderately hilly. A combination of regular paths and irregular roads offer route choice opportunities. Regular paths, if they are just tracks of forestry machines, can be poor for riding. Some of the narrow paths can be covered by grass. As the vegetation is quite dense, shortcuts are not recommended. An old narrow railroad (out of use now) appears in the northern part of the map. The railroad is rideable and its rideability equals to slow riding track.

#### **DISTANCES:**

Event Centre to the arena 4,5 km

From finish parking area to the arena 0,2 km

From arena to pre-start area 2,5 km

**Warm up:** Warm up map close to the start of the competition

**Map:** 1:15 000-1: 10 000 / 5m, map size A 3

**Start begins:** 09:30

**Start interval:** 3 min for all categories.

**Finish:** Light beam, the time is taken when the competitor's front tyre crosses the finish line. No punching on finish line.

**Start quarantine:** All competitors of Elite, Junior and Youth classes must be in quarantine at the latest 11:30. Quarantine zone is close to start.

Masters and open class competitors have no quarantines.

**Finish quarantine:** Finish quarantine until at 11:30

**Logistics:** There are two different entry points to the start and finish areas shown on the scheme. Elite, junior and youth classes can only enter quarantine/start area at the north eastern entry point.

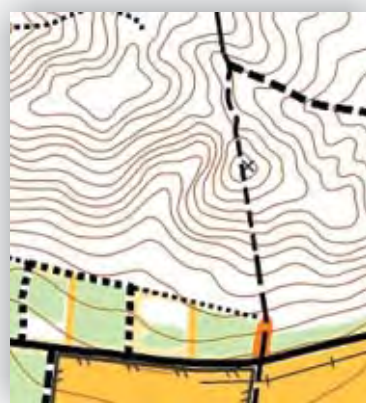
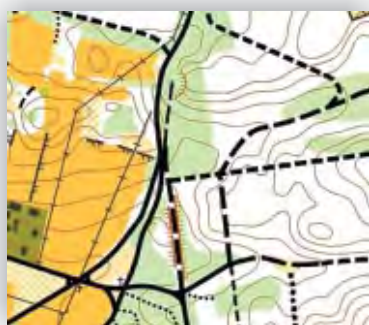
Masters and open classes can until 13.00 only enter the finish/arena through south western entry point.

Until 11.30 it is only one way traffic to finish/arena (no traffic from finish/arena back to start area and Supraśl).

**Time limit:** 210 minutes.



## Samples of the map:



## Special map features:

x – fenced ant hill/information board



**Saturday, 30.08.2014**

### Relay:

The map is situated on the northern border of the Białystok. Moderately hilly forest terrain with mostly gentle slopes and some steep slopes. Some of the tracks are sandy, which may slow down the ride – especially when dry. In the northern part of the map some BMX and dual-cross obstacles appear.

### DISTANCES:

From Event Centre to the arena 13 km

From Parking area to the arena 1,5 km

From arena to pre-start area 0 km

**Warm up:** Warm up area close to the start of the competition

**Map:** 1:10 000 / 2,5m, map size 268x340 mm

**Start begins:** 10:30 and 13:30 (free order for Open event categories)

**Finish:** Light beam, the time is taken when the last leg competitor's front tyre crosses the finish line. No punching on finish line. SI-finish station is located behind the finish line.

**Time limit:** 90 minutes/leg

### Special made features:

x – other man-made object

o – fireplace

o –characteristical tree

### Relay map sample:

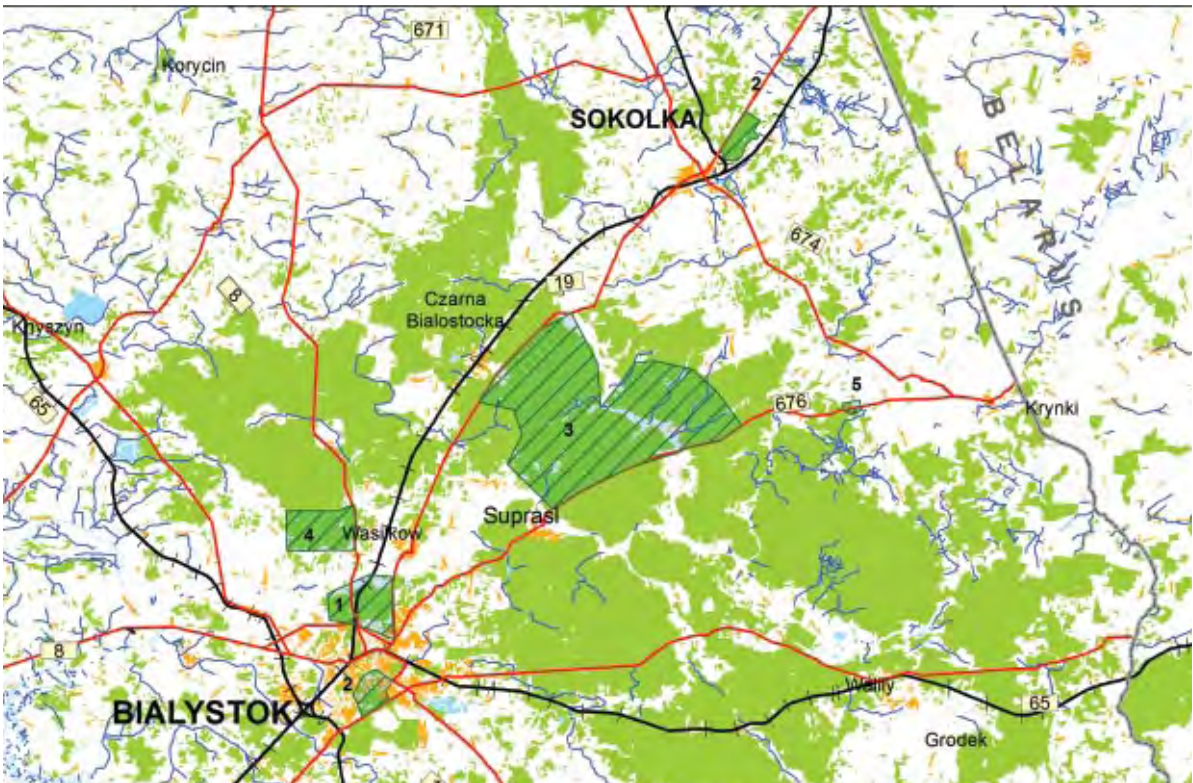
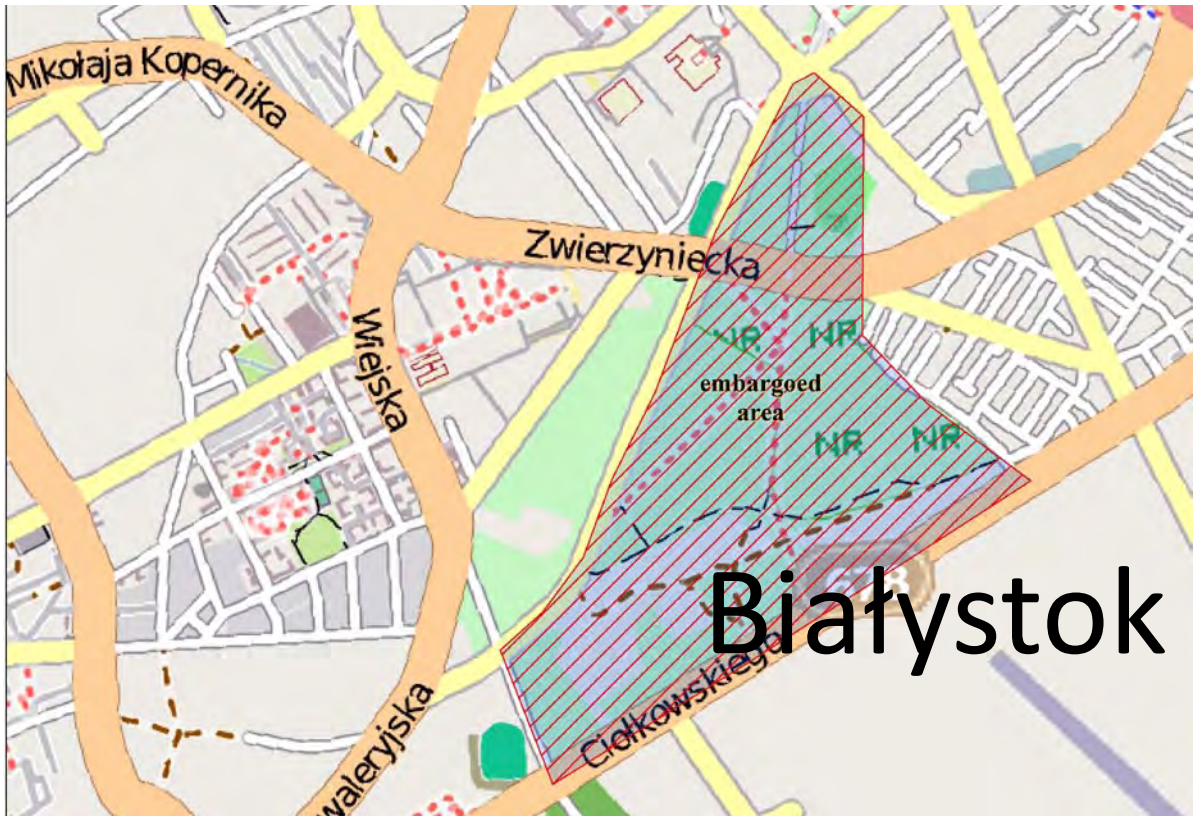




# Embargoed areas



Areas embargoed during  
05 February 2013 – 30 August 2014.



## Transportation

The use of private cars is allowed.

Competitors, which are going to use their campers to stay, will have to pay 10 EUR/night for a place with electricity available.

Information about public transport:

By Bus <http://warszawa.pks.busportal.pl/>

By Train <http://www.rozklad.pkp.pl/>

In Poland it is possible to travel with a bike in most trains; if the bike is packed into a case, you don't have to pay extra for it.

## Local climate

During August you can expect temperatures from 22° to 32° Celsius during the day and from 10° to 18° Celsius at night. There are about 35-45% rainy days in August.

## Media

All media representatives are welcome during WMTBOC In Supraśl and Białystok; for any further information and accreditations please contact:

Dariusz Urbanowicz, [durbanowicz@team360.pl](mailto:durbanowicz@team360.pl), tel. (+48) 696-878-777

## Contact

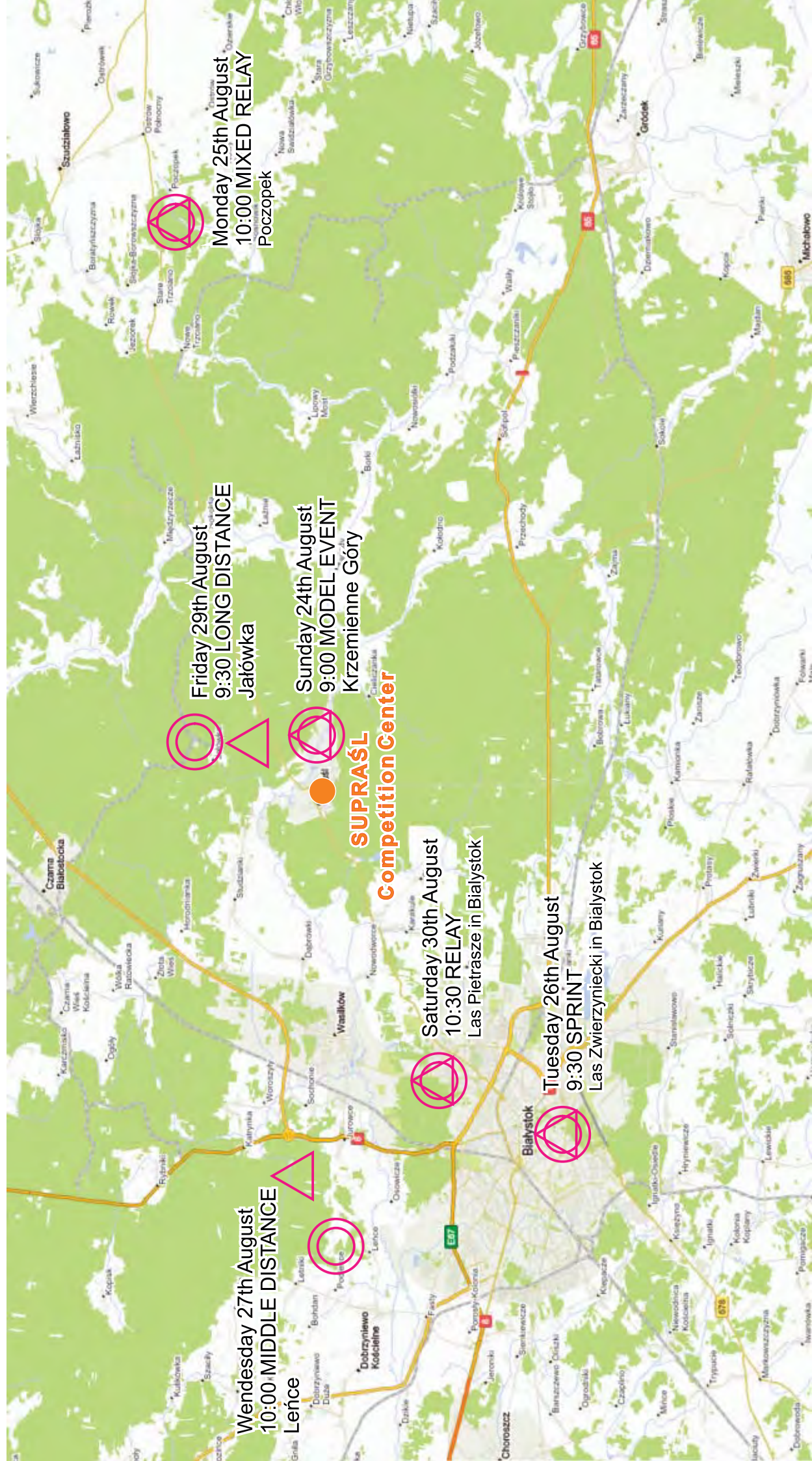
Igor Błachut; [iblachut@team360.pl](mailto:iblachut@team360.pl), tel. (+48) 609-833-555



# MAP OF STARTS



World Mountain Bike Orienteering Championships





# MAP OF STARTS

Sunday 24th August - 9:00 MODEL EVENT



World Mountain Bike Orienteering Championships



KRYNKI

Sunday 24th August  
9:00 MODEL EVENT  
Krzymienne Góry

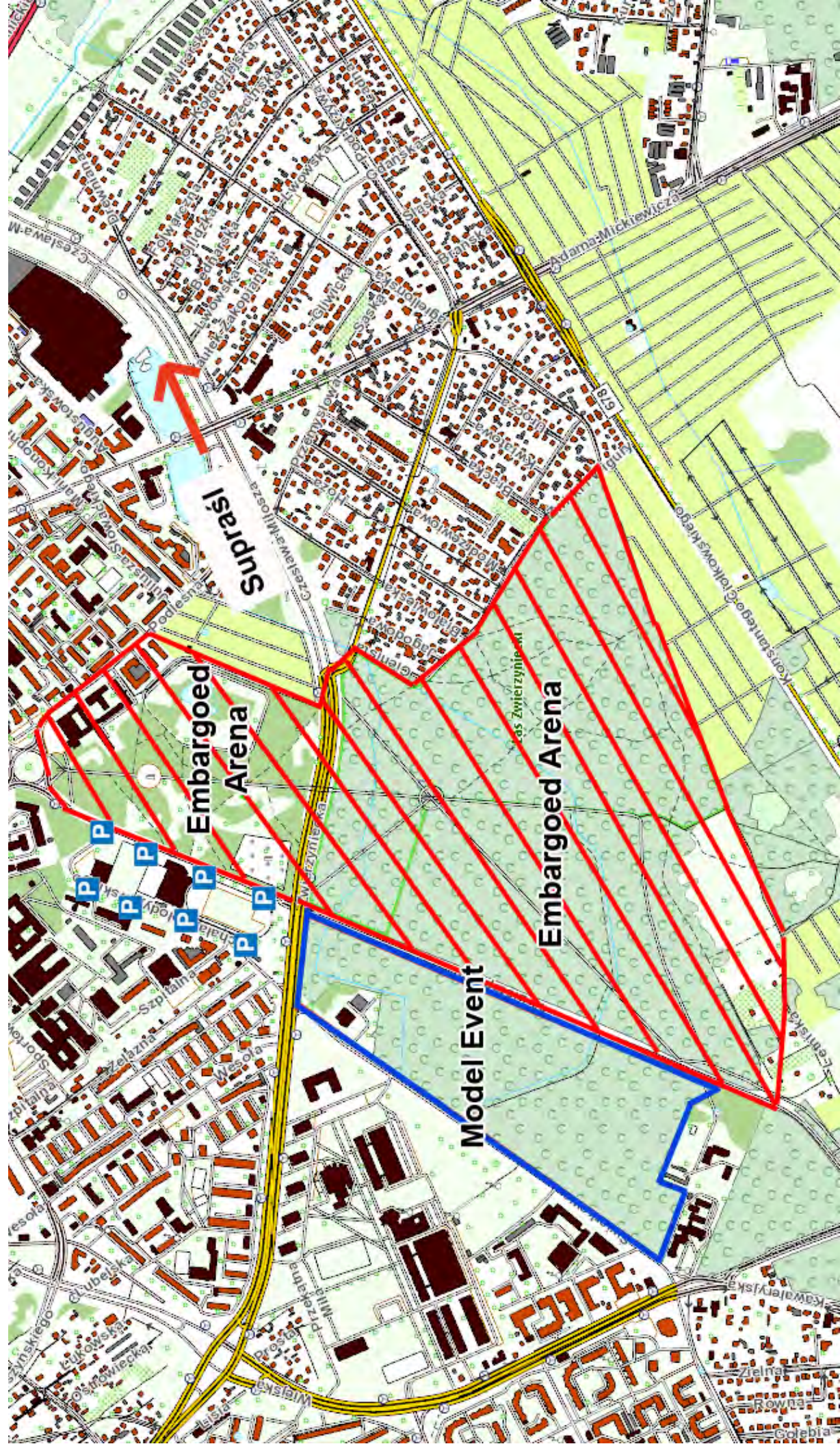
Competition Center

SUPRAŚL



# MAP OF STARTS

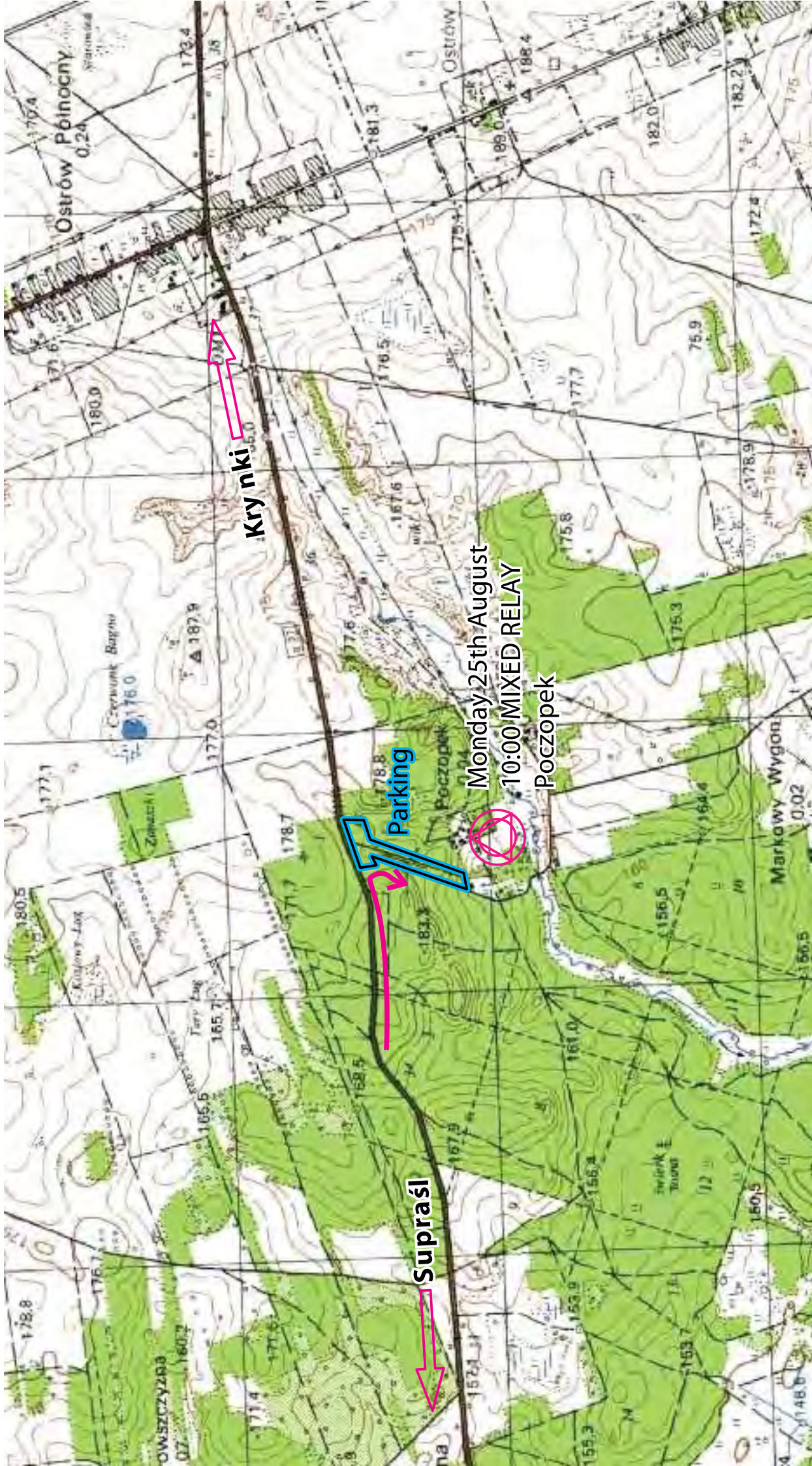
Sunday 24th August - 13:00 MODEL EVENT





# MAP OF STARTS

Monday 25th August - 10:00 MIXED RELAY



Krynkki

Parking

Monday 25th August  
10:00 MIXED RELAY

Poczopek

Supraśl

Markowy Wygon

Ostrów Północny

Ostrów

Czerwone Bagno

Koziński Łąg

Tępy Łąg

OWSZCZYŻARÓ

OWSZCZYŻARÓ

75.9

175.3

175.8

156.5

161.0

150.5

170.4

173.4

180.0

177.0

187.9

176.0

177.7

180.5

176.1

178.8

178.8

170.4

173.4

180.0

177.0

187.9

176.0

177.7

180.5

176.1

178.8

178.8

170.4

173.4

180.0

177.0

187.9

176.0

177.7

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176.1

178.8

178.8

170.4

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170.4

173.4

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178.8

170.4

173.4

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173.4

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177.0

187.9

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170.4

173.4

180.0

177.0

187.9

176.0

177.7

180.5

176.1

178.8

178.8

170.4

173.4

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176.0

177.7

180.5

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178.8

170.4

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180.0

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176.0

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178.8

170.4

173.4

180.0

177.0

187.9

176.0

177.7

180.5

176.1

178.8

178.8

170.4

173.4

180.0

177.0

187.9

176.0

177.7

180.5

176.1

178.8

178.8

170.4

173.4

180.0

177.0

187.9

176.0

177.7

180.5

176.1

178.8

178.8

170.4

173.4

180.0

177.0

187.9

176.0

177.7

180.5

176.1

178.8

178.8

170.4

173.4

180.0

177.0

187.9

176.0

177.7

180.5

176.1

178.8

178.8

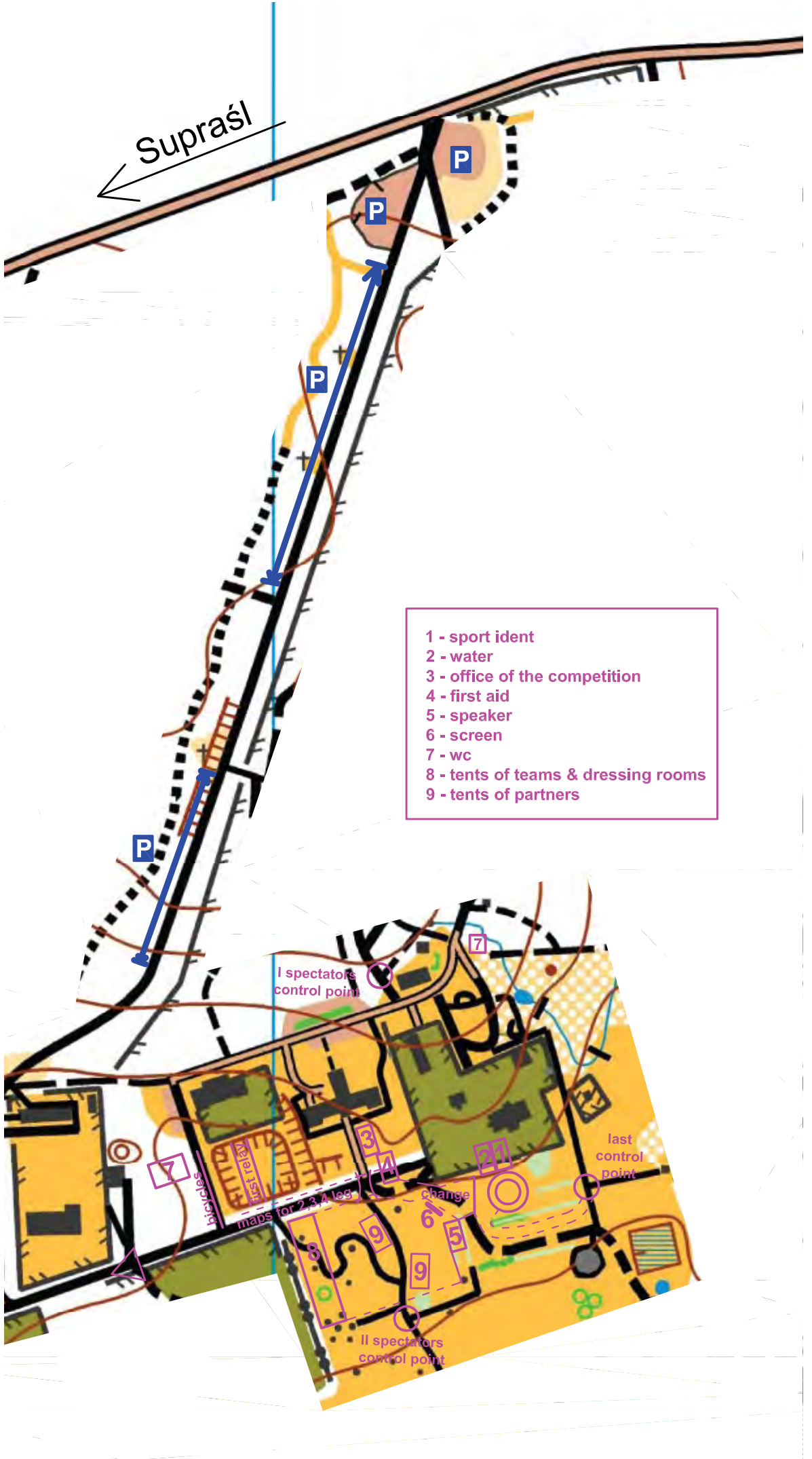
170.4

173.4



# MAP OF STARTS

Monday 25th August - 10:00 MIXED RELAY





# MAP OF STARTS

Tuesday 26th August - 9:30 SPRINT



World Mountain Bike Orienteering Championships



Tuesday 26th August  
9:30 SPRINT  
Las Zwierzyniecki in Białystok

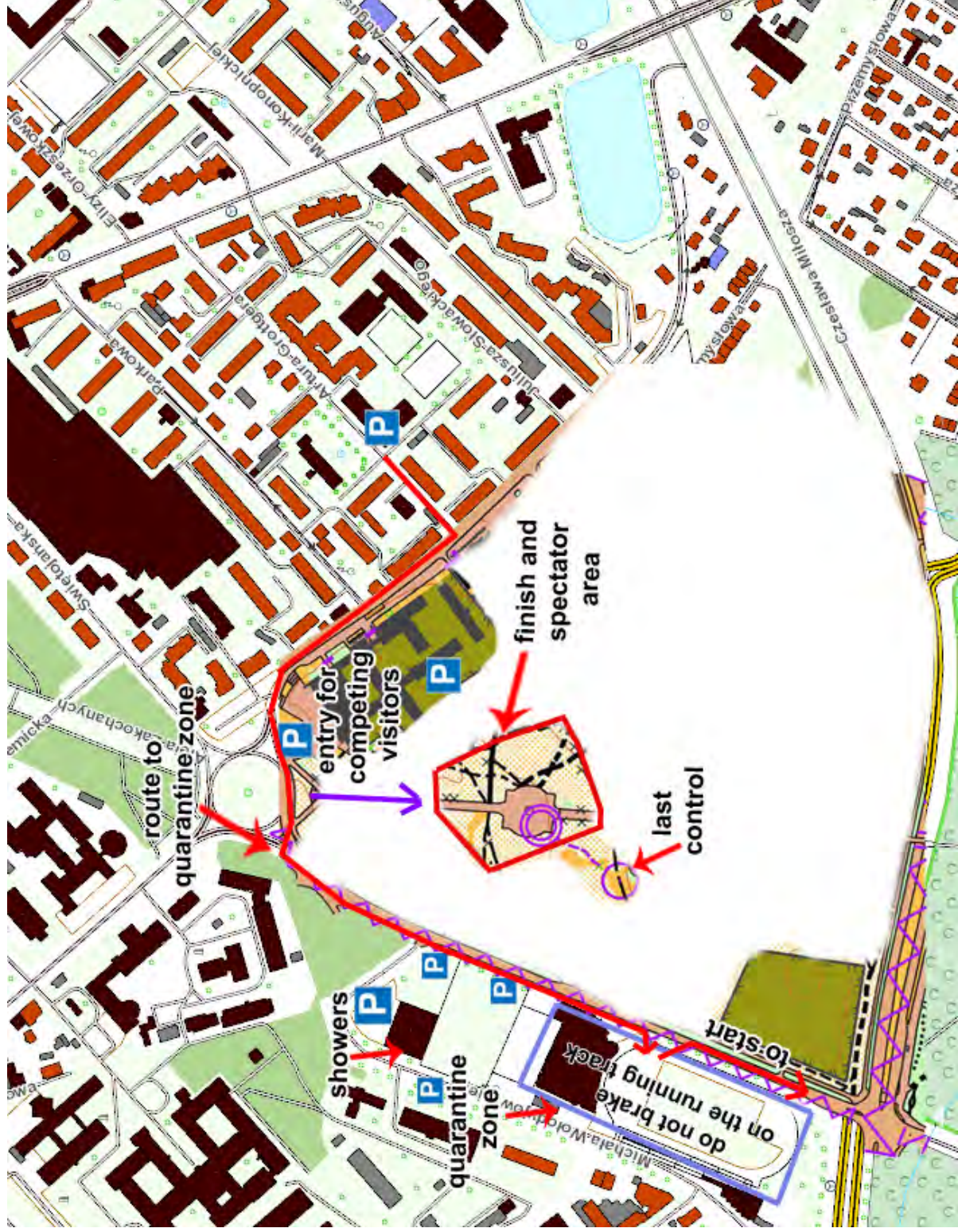


# MAP OF STARTS

Tuesday 26th August - 9:30 SPRINT



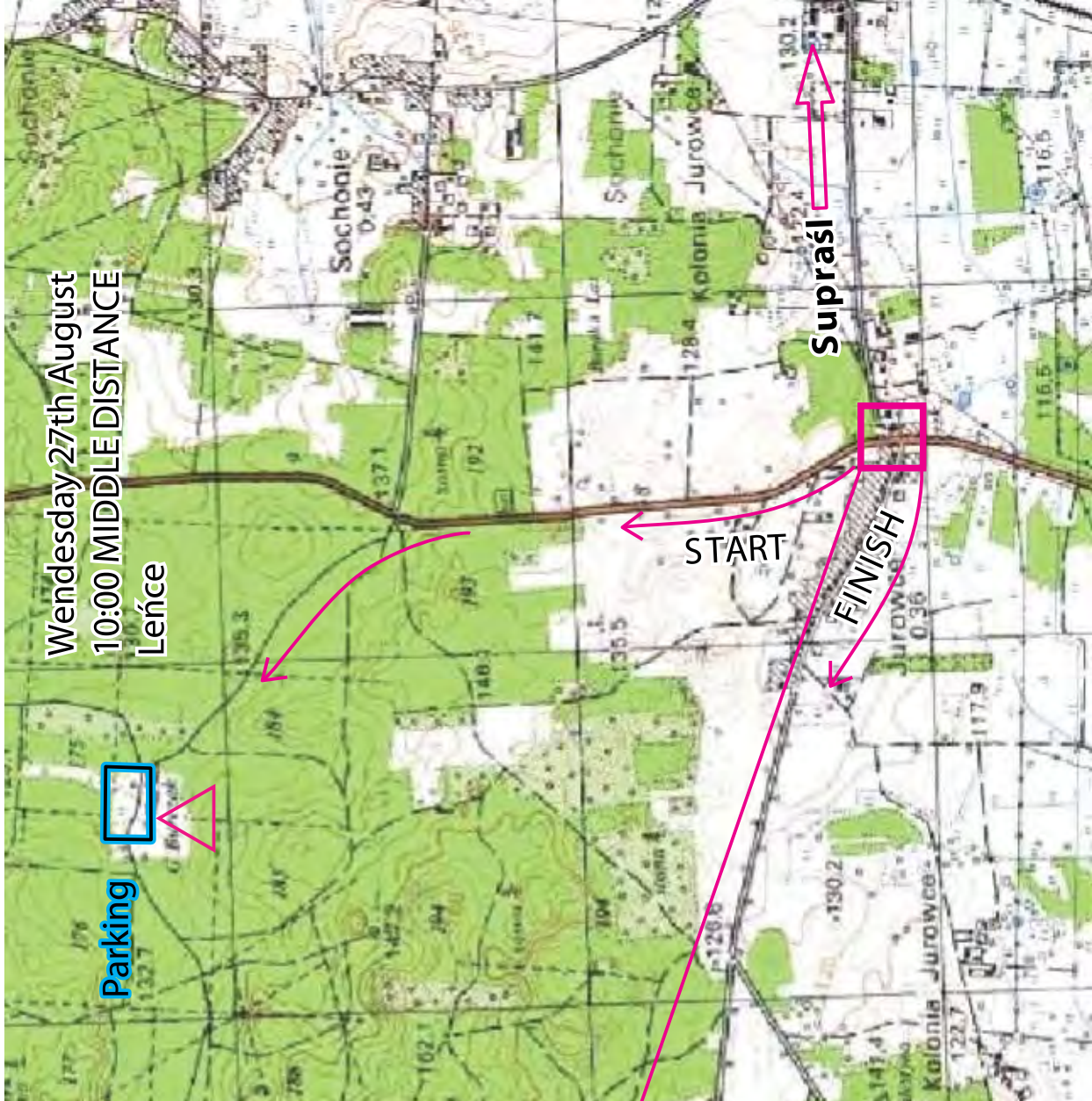
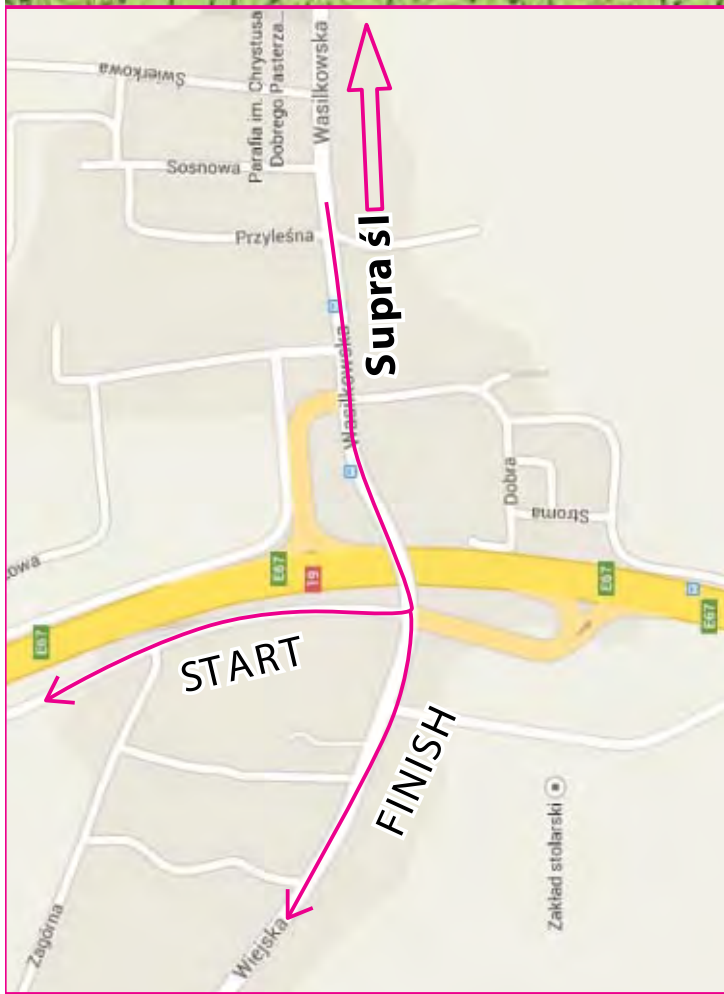
World Mountain Bike Orienteering Championships





# MAP OF STARTS

Wednesday 27th August - 10:00 MIDDLE DISTANCE



Wednesday 27th August  
 10:00 MIDDLE DISTANCE  
 Leńce

Parking

START

FINISH

Supraśl



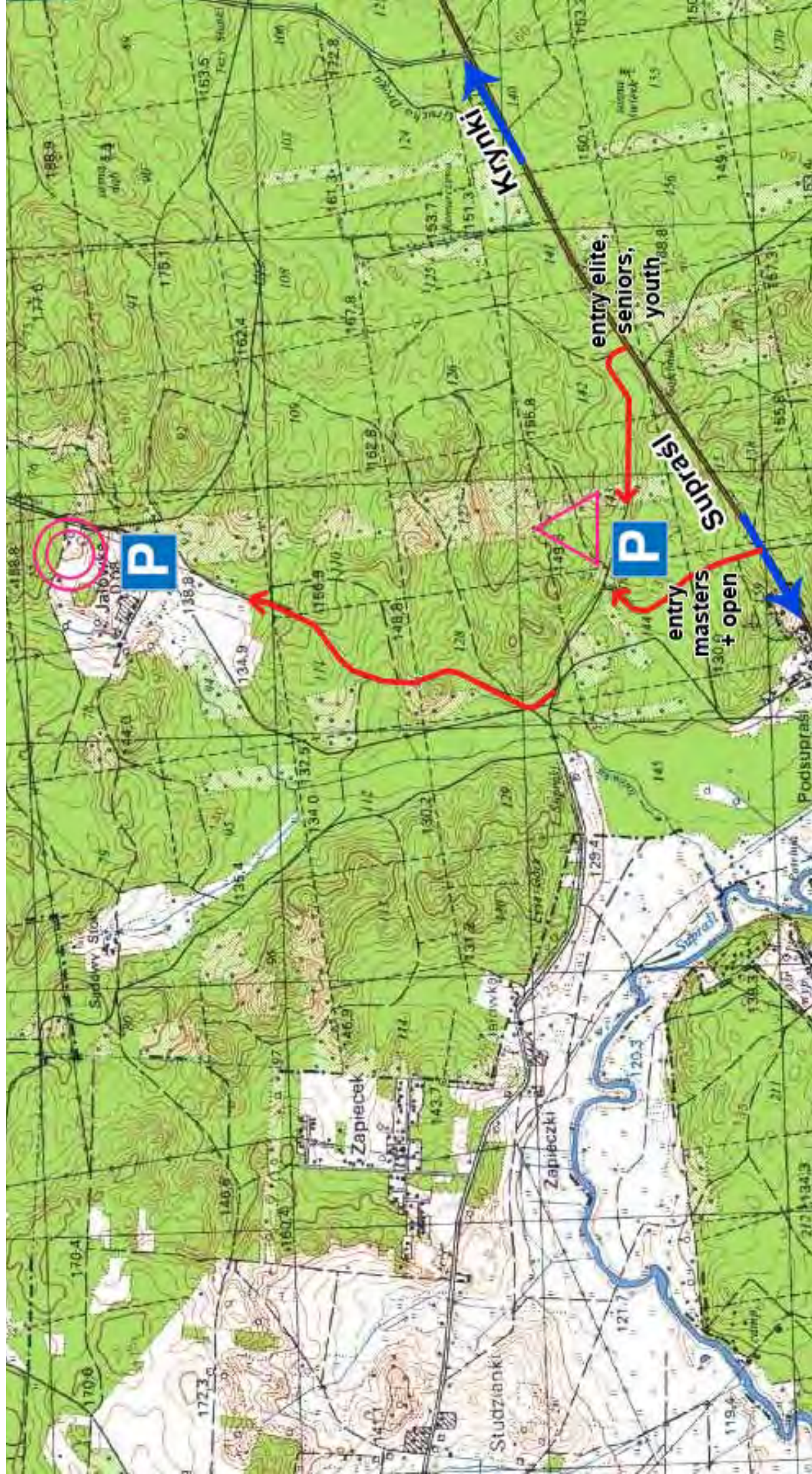


# MAP OF STARTS

Friday 29th August - 9:30 LONG DISTANCE



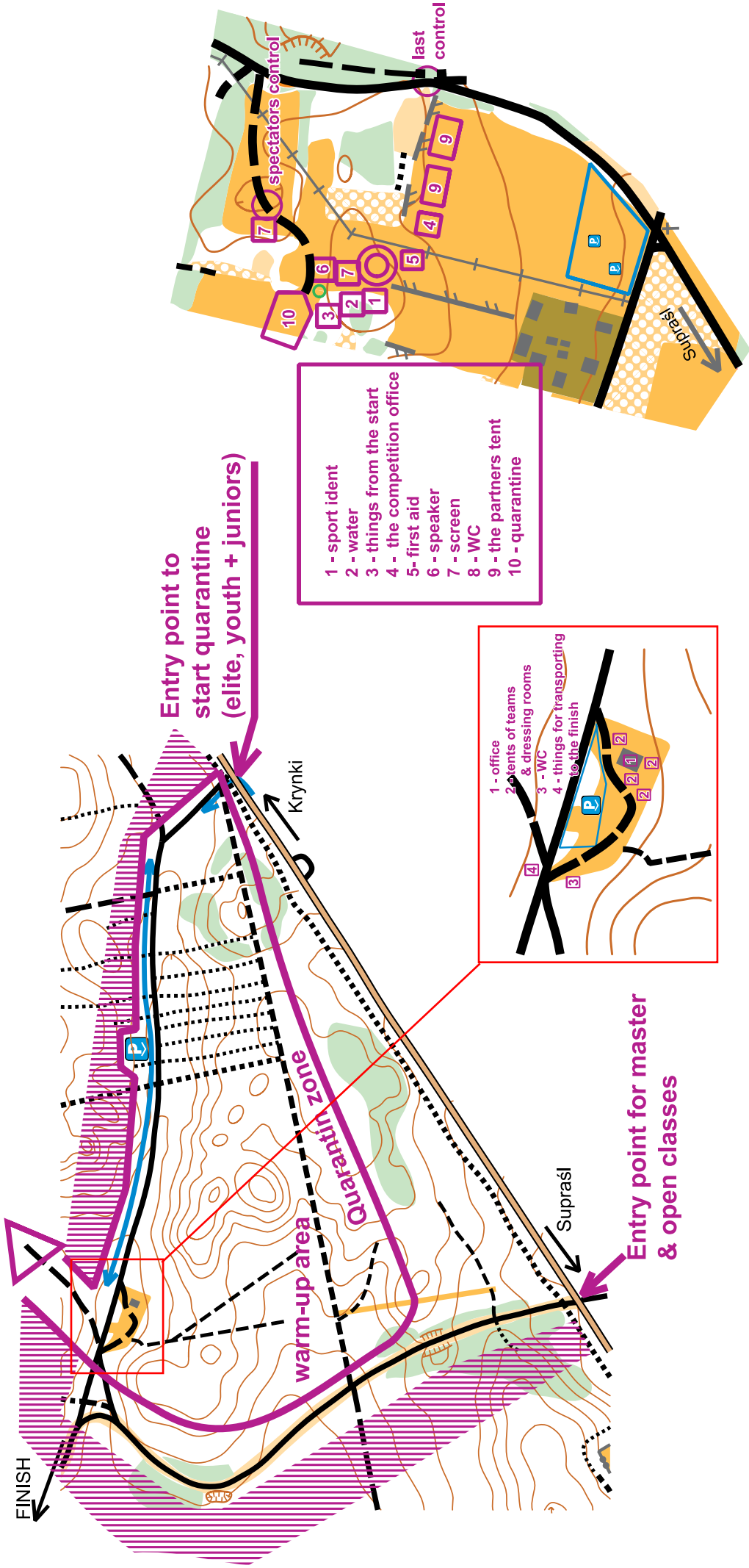
World Mountain Bike Orienteering Championships





# MAP OF STARTS

Friday 29th August - 9:30 LONG DISTANCE - START & FINISH





BIAŁYSTOK  
POLAND  
2014

# WMTBOE

World Mountain Bike Orienteering Championships

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Białystok



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70 lat Dyrekcji Lasów Państwowych w Białymstoku



Supraśl



Czarna  
Białostocka



Michałowo



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