

# BUKOWA CUP XII

*1-4 maja 2025 r.*

## BIULETYN NR 2

# Szczecin





### Dear Orientalists,

We are approaching the 12th edition of Bukowa Cup, which promises to be an exceptionally exciting event this year. Following the organizational success of EYOC 2024, we are taking on a new challenge – the city of Szczecin will be the host of ETOC 2026. The upcoming editions of Bukowa Cup will serve as a perfect test ahead of the European Trail Orienteering Championships to be held in our region. We warmly invite you to spend the May long weekend in Szczecin, where six stages of Foot Orienteering await you, all organized using the well-known points system. The final results will be based on the five best stages. The races will take place in areas of varying difficulty – some of which you may remember from EYOC 2024, as well as on new maps created specifically for this event. In addition, we have prepared four Trail Orienteering stages, three of which are included in the World Ranking Event (WRE) calendar. This year, we also want to emphasize the importance of community integration and the promotion of parasport. The event program has been designed so that everyone – regardless of experience level – will find something for themselves. Bukowa Cup is organized by a team with a true passion for orienteering, and the courses will lead you through the picturesque yet demanding Bukowa Forest. See you in Szczecin – we hope that your experiences on the courses will become unforgettable memories!



**Bartłomiej Mazan**  
**Competition Director**

### ORGANIZER

Sports Orienteering Club BnO Szczecin  
Somosierry 32c  
71-181 Szczecin

### PARTNERS AND SPONSORS

City of Szczecin  
West Pomerania  
Gryfino  
CX80  
Etcetera  
Polish Orienteering Association  
Flamqa



FLAMQA

### ORGANIZING TEAM

Event Director: Bartłomiej Mazan  
Event office: Aleksandra Mazan  
Main referee of the competition: Krzysztof Polec  
Map makers:  
E2: Hubert Świerczyński  
Pre0 Sprint: Hubert Świerczyński  
E1, E3-E6: Wojciech Dwojak  
Pre0, Temp0 – Krystian Petersburski  
Course setters:  
E1-E6: Bartłomiej Mazan  
Pre0 Sprint: Krystian Petersburski  
Pre0: Bartłomiej Mazan  
Temp0: Jacek Wieszaczewski  
IOF advisers (Trail0): Jacek Wieszaczewski (Pre0), Bartłomiej Mazan (Temp0)  
Jury (Trail0): Zoltán Mihácz, Tomáš Leštinský, John Kewley

## BULLETIN No. 2



### RANK AND FORM OF THE COMPETITION

FootO: Individual competitions, total point classification after six stages – the 5 best results of the competitor out of 6.

Time conversion to points for each stage:

Competitor's score =  $1000 \cdot \text{winner's time} / \text{competitor's time}$

CTZ ranking competitions with the coefficient  $Z=1.10$ .

People who have less than 5 starts do not count towards the general classification.

TrailO: PreO Sprint, 2 x PreO, TempO – separate classification for each stage of the EW S.A., total classification for 4 starts.

### DATE AND PLACE

In the link below you can find a map with marked competition centers – [HERE](#)

<b>E1 – Medium PreO Sprint E2 – Sprint</b>	1.05.2025 Thursday	Bukowiec  Gryfino
<b>E3 – A Classic PreO (WRE)</b>	2.05.2025 Friday	Głaz Serce Puszczy
<b>E4 – medium PreO (WRE) E5 – medium</b>	3.05.2025 Saturday	Clearing at the Beech Park Manor House
<b>E6 – a classic TempO (WRE)</b>	4.05.2025 Sunday	Clearing at the Szmaragd Environmental Education Center

### COMPETITION PROGRAM

**Due to the large turnout of people registered for Precision Orientation, the start times have changed. Please read the new start times**

1.05.2025 Thursday	9:30 – opening of the competition office 11:00 – E1 – middle distance 17:00 – PreO Sprint 18:00 – E2 – sprint
2.05.2025 Friday	10:00 – E3 – long

**10:30 – PreO – ATTENTION CHANGE OF START TIME !!**

3.05.2025 Saturday	9:00 – E4 – Middle distance <b>9:30 – PreO – ATTENTION CHANGE OF START TIME !!</b> <b>16:30 – E5 – middle distance – ATTENTION CHANGE OF START TIME !!</b>
4.05.2025 Sunday	<b>9:00 – PreO – ATTENTION CHANGE OF START TIME !!</b> 9:30 – E6 – long

### PARTICIPATION

According to the PZOS regulations, competitors taking part in CTZ competitions who want to participate in sports competitions organized by PZOS (competition for ranking points) are obliged to have a valid PZOS license. However, the lack of a license does not exclude the competitors from sports competition during the Bukowa Cup, the competition is open to everyone.

All of them are required to have valid medical examinations. Persons taking part in the Bukowa Cup competition, who do not have valid medical examinations, are obliged to sign a declaration of participation at their own responsibility in the competition office.

Competitors who want to compete for ranking points as part of the WRE in TrailO must have an account on the EVENTOR platform and have an IOF ID number. When creating an account on Eventor, each competitor receives their number. This does not require you to pay for a license.

### CONTROL PUNCHING

The Bukowa Cup competition will be using the SportIdent electronic confirmation system. It is possible to borrow an SI chip from the Organizer. This should be indicated in the application.

During the competition, the contactless SportIdent AIR+ control punching system will be used.

TrailO: PreO and PreO Sprint – Toe Punch, TempO – ANT



## CATEGORIES

Foot0:

K10N, K10, K12, K14, K16, K18, K20 K21E, K21A, K35, K40, K45, K50, K55, K60, K65, K70, K75, K80, K85, K90+

M10N, M10, M12, M14, M16, M18, M20, M21E, M21A, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90+

## RECREATIONAL AND SPORTS ROUTES:

**N** – ribbon course

**SHORT** – easy, short, for beginners without age restrictions

**MEDIUM** – more difficult, longer, for intermediate people without age restrictions,

**LONG** – technically difficult and technically demanding, no age restrictions

**FAMILY** – very easy and short, for families with small children

**K21A, M21A** – technically difficult routes, but significantly shorter than K21E and M21E

**Trail0:**

**ELITE - O** – all competitors regardless of gender, age and degree of disability

**ELITE - P** – includes competitors regardless of age and gender, with significantly reduced mobility according to the IOF/PZOS rules

**ELITE - J** – competitors up to 20 years of age (born in 2005 and later) regardless of gender

**A - CLASS** – includes all competitors regardless of gender, age and rank who do not want to compete for WRE points, easy course – created for beginners

## REGISTRATION AND ENTRY FEE

6 STAGES				
deadline	W/M 10-14 Family W/M10N	W/M 16-18	from W/M 20	short middle long
Term I until March 18	PLN 145	PLN 205	PLN 290	PLN 205
Term II until April 15	PLN 175	PLN 235	PLN 350	PLN 235
After the deadline	PLN 235	PLN 265	PLN 410	PLN 265
1 STAGE				
deadline	W/M 10-14 Family W/M10N	W/M 16-18	from W/M 20	Short Middle Long
Term I until March 18	PLN 25	35 PLN	PLN 50	35 PLN
Date II until April 15	PLN 30	PLN 40	PLN 60	PLN 40
After the deadline	PLN 40	PLN 45	70 PLN	PLN 45
Trail0				
deadline April 15	OPEN		A-class	
Pre0/Temp0	25 EUR/110 PLN		7 EUR/30 PLN	
Pre0 Sprint	10 EUR/40 PLN		7 EUR/30 PLN	

**Remark!! The validity of the application within a given period is determined by the payment of the entry fee to the organizer's account, not the fact of filling in the application form.**

Renting an AIR+ SI chip for the entire competition 40 PLN. – limited quantity, the order of applications is decisive,

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Renting an SI chip – an older model for the entire competition 20 PLN.

Losing an AI chip – 360 PLN/piece

Any changes, i.e. chip or category number **after April 16** or in the Competition center – PLN 10.00/change

**Resignation from participation – In the event of resignation from the competition, after making the payment – the entry fee is non-refundable. It is not possible to transfer the entry fee to another competitor.**

Competitors who did not show up at the start but made an application are obliged to cover 50% of the entry fee.

Applications will be accepted via the PZOS application form [www.zielonysport.pl](http://www.zielonysport.pl)  
Changes and additions to the data with the SI card number inclusive will be accepted until 15 April 2025.

Applications of competitors from abroad will also be accepted through the website <https://www.orienteingonline.net/>

The entry fee should be sent to the following bank account:

**BnO Szczecin Sports Orienteering Club Association**

**IBAN 27 1090 2806 0000 0001 4992 9495**

**SWIFT WBKPPLPP**

**Santander Bank Polska**

The transfer title should include:

**Bukowa Cup 2025 and the name of the Club (or the name of the contact person)**

### OFFICIAL TECH T-SHIRT

It is possible to buy an official Bukowa Cup T-shirt at the competition office.  
Cost 120 PLN/pc.

TEMPLATE NO. 1



MODEL NO. 2 (while stocks last)



### BUFFET

In the competition center during E1, E3-E6, there will be a well-stocked buffet with a grill. Payment in cash – PLN or EUR.

### CLOTHING

Sprint – free clothing, no running in shoes with spikes.

Forest runs – clothing covering the entire body except for the head, neck and hands.

### STARTING NUMBERS

The organizer will provide the competitors with their bib numbers at the competition office. Each competitor will receive one personalized number, which is valid for the whole competition. It is mandatory to have and start with the



assigned number at all stages of the competition. Please attach it properly and keep it throughout the event.

If possible, please bring your own safety pins for the number.

### RULES

The competition will be held according to the regulations of the Polish Orienteering Association (E1-E6) and IOF Trail Orienteering Rules (all TrailO events).

### CONTROL PROTECTION

Checkpoints during E1, E3-E6 protected against interference by scattering confetti and a white and orange marker with the checkpoint code.



### MEDICAL

The organizer provides medical care.

Emergency number: 112

Race Manager: 668 009 601

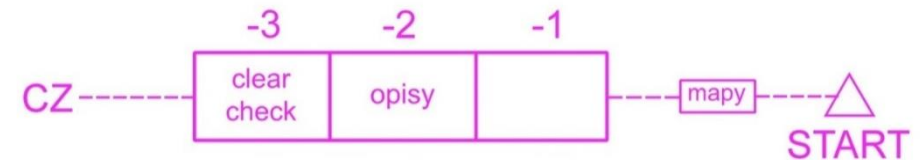
### CLUB TENTS E1, E3-E6

The Organizer does not provide public tents for Participants.  
We recommend that you bring club tents.

### INTERRUPTION OF THE RUN

Competitors who are forced to stop the race must report at the finish line to inform the Organizers.

### START PROCEDURE



### TRAILO - ZERO TOLERANCE

Zero tolerance is 4m. This means that if the correct answer is "ZERO", no flag can be less than 4m from the correct place according to the map.

### GPS TRACKING AND LIVE SCORES

A GPS system will be used for tracking competitors during the competition. GPS transmitters will be issued to competitors before entering the first starting box. The list of people running with the transmitter will be published on the competition website.

A link to follow the competitors will be available on the competition website. The "live" results will be published on the [oresults.eu](https://oresults.eu) portal

### AWARDS

The organizer provides diplomas and medals for places 1-3. In the categories up to KM-14 for places 1-6.

### COMMENTS

Participants of the competition insure themselves on their own. The organizer is insured against civil liability.

The organizer provides emergency medical care.



### CONTACT

Email address: [kontakt@bno.szczecin.pl](mailto:kontakt@bno.szczecin.pl)

Website: <http://bukowacup.pl>

Office Manager: Aleksandra Mazan tel. 721 121 141

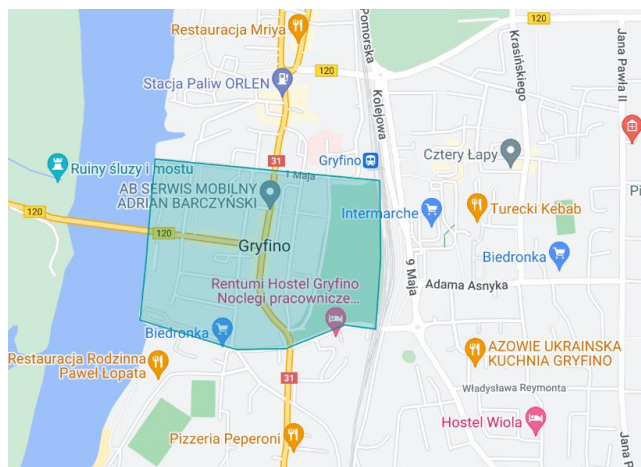
Competition Director: Bartłomiej Mazan tel. 668 009 601

### CLOSED AREAS

The Organizer closes the area where the BukowaCup 12 Competition will be held under the following conditions:

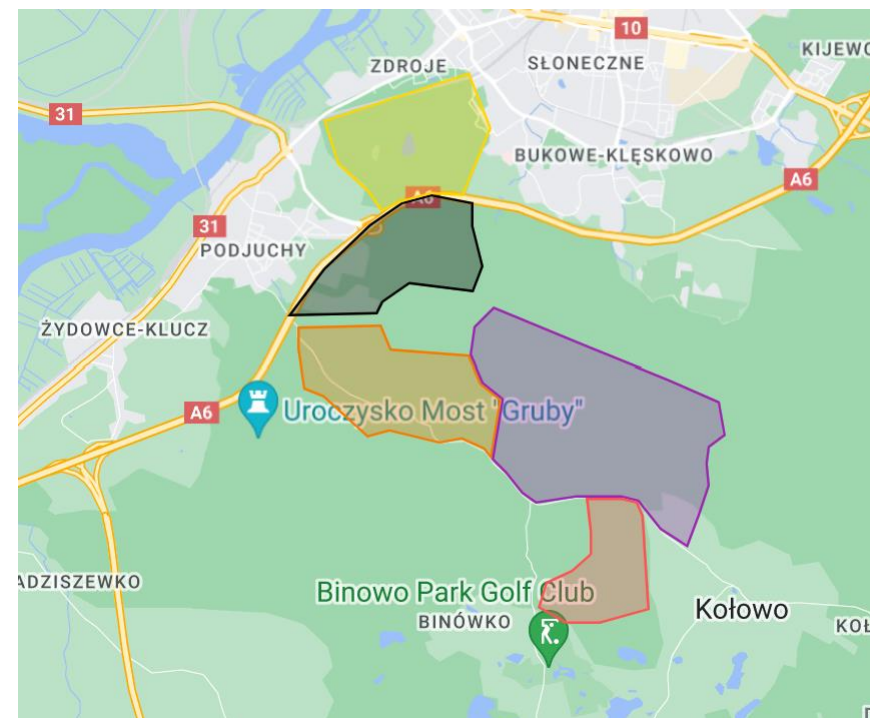
#### Sprint Race - E1

In a closed area, it is allowed to stay as a resident, student, for business or tourist purposes (e.g. sightseeing, visiting a restaurant, shopping, participating in indoor sports events). In the closed area, it is forbidden to: stay with a map for Sports Orientation, run, orienteering.



#### Forest Runs - E2-6

It is forbidden to stay in the entire closed area, this applies to walking, running, cycling or skiing, etc. It is forbidden to organize Orienteering competitions.



Link to the interactive map:

[HERE](#)



## TERRAINS AND MAPS

### STAGE 1 – middle distance (1.05.2025)

A typical moraine with a very good to very difficult course with a well-developed road network. The forest is heavily used economically.

Map: scale 1:10 000, for category KM50+ 1: 7 500, contour lines every 5m, ISOM 2017, format A4, current spring 2025.



### STAGE 2 – sprint race (1.05.2025)

The area of the run will include the urbanized area of the Old Town in Gryfino and adjacent areas with housing estate buildings such as blocks of flats and single-family houses. The map also includes the adjacent park.

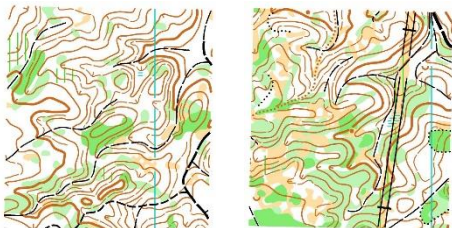
### Pre0 Sprint (1.05.2025)

City park area in Gryfino.

### STAGE 3 – long (2.05.2025)

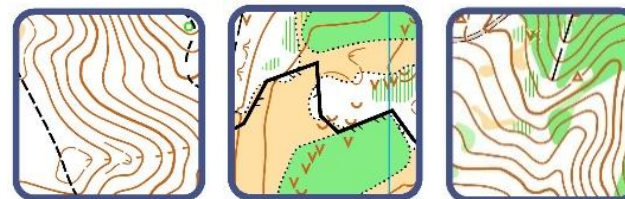
A typical moraine with a very good to very difficult course with a well-developed road network. The forest is heavily used economically.

Map: scale 1: 15,000, 1:10,000 for age categories K/M-40 and older and category K/M14 and younger and 1:7,500 for category K/M65, contour lines every 5m, ISOM 2017, format A3-A4 depending on the category, current spring 2025.



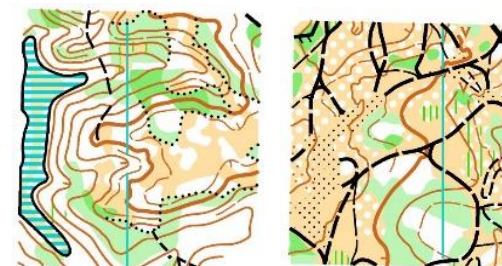
### Pre0 (02/05/2025)

A typical moraine with a very good to very difficult course with a well-developed road network. The forest is heavily used economically.



### STAGE 4 – middle distance (3.05.2025)

There are three types of forest. The first part is a semi-open mixed forest with good running opportunities and limited visibility, the second is a dense forest with limited running opportunities and the third is a typical beech forest terrain with good running and visibility.



### Pre0 (3.05.2025)

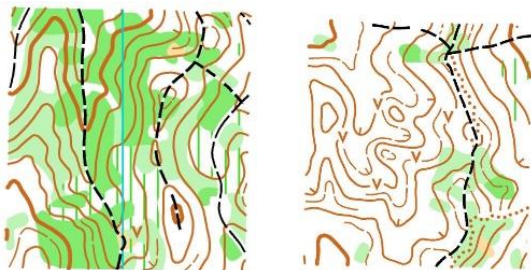
A typical moraine with a very good to very difficult course with a well-developed road network. The forest is heavily used economically.



### STAGE 5 – middle distance (3.05.2025)

A typical moraine with a very good to very difficult course with a well-developed road network. The forest is heavily used economically.

Map: scale 1:10 000, for category KM50+ 1: 7 500, contour lines every 5m, ISOM 2017, format A4, current spring 2025.



### STAGE 6 – long (4.05.2025)

A typical moraine with a very good to very difficult course with a well-developed road network. The forest is heavily used economically.

Map: 1:15,000, 1:10,000 for age categories K/M-40 and older and category K/M14 and younger and 1:7,500 for category K/M65, contour lines every 5m, ISOM 2017, format A3-A4 depending on the category, current spring 2025.

### Temp0 (4.05.2025)

A typical moraine with a very good to very difficult course with a well-developed network of roads and the slopes of the adjacent lake, which was once a chalk mine.

**1.05.2025****STAGE 1 – MIDDLE DISTANCE****COMPETITION CENTER**

Puszcza Bukowa – Bukowiec  
GPS 53.3384, 14.641885

**MAP**

"Bukowiec" (PZOS no. 2024-046-2993-ZPM)  
Scale: 1 : 10,000, contour lines every 5, A4 format  
For categories from KM50 scale 1 : 7 500  
Authors: Wojciech Dwojak, Jacek Morawski  
News: April 2024  
Routes: Bartłomiej Mazan  
Time limit: 120 minutes

**TERRAIN DESCRIPTION**

The area in the area of Bukowiec (148.4 m above sea level) is a typical Szczecin moraine, where the highest elevations occur in the Beech Forest. The forest runs mixed from easier to more difficult parts. The area is well covered by a network of roads and paths. The forest is heavily used economically.

**PARKING**

There is no designated parking lot in the Competition Center. Please park on the left side along the access road leading from Szczecin-Podjuch towards Kołowo. Cars should be placed as close to the side of the road as possible, in an orderly manner, not obstructing the passage of other vehicles, including large ones. Parking is free.

**CLOTHES FROM THE START**

Due to the close distance from CZ to the start during stage 1, things will not be transported.

**START**

Start at 11:00 Distance  
from the Race Center to the start – 100 m

**FINISH**

In the center of the competition.

**Pre0 Sprint****COMPETITION CENTER**

Sports Hall at 1A Parkowa Street in Gryfino  
GPS 53.2526, 14.4896

**MAP**

"Gryfino Park Miejski" (PZOS no. 2025-019-3072-ZPM)  
Scale: 1 : 4 000, e-2m, A5 format

Author: Hubert Świerczyński

News: April 2025

Routes: Krystian Petersburski

**COURSE**

Time limit: E-Open, E-Junior, A-class: 30min; P-Class: 35min  
Route length: 20 points, 300m

**PARKING**

There will be no organized parking lot for non-disabled people in the Competition Center. We recommend parking along public residential streets in the area. Due to the Days of Gryfino event taking place at the same time, we recommend coming to the city by public transport. A special parking lot is provided for the



disabled in the hall at 1a Parkowa Street in Gryfino. Please use this car park only if you have the appropriate licence.

### TOILETS

Toilets available at the Race Centre.

### START

Start at 17:00

Distance from the Race Center to the start – 60m

Distance from the finish line to the Race Center – 260m

### STAGE DESCRIPTION

The stage takes place along the park alley. All tasks on the course will have only 1 flag (A). There will be two one-way sections on the route (ONE WAY). This means that after crossing the line marking its beginning, it is allowed to move only forward in the direction of the route (you can stop, but you cannot go backwards). These sections will also be marked on the control descriptions in the same way as a mandatory passage. Competitors have to answer all tasks which are listed in the descriptions above the one-way section before entering this section. In case of a mistake and omitting a point, there will be no possibility to go back and answer! There is an elevation difference of 4m on the route, it is located on a one-way section.

### SPECIAL SYMBOLS

The symbol 313 depicts birdbaths.

The symbol 531 depicts information boards, exercise equipment or structures on playgrounds.



### START LIST

The start list is available on the website. Please read it and follow the information as carefully as possible.

### FINISH

The finish line is located in the field, 640 m from the Competition Center. The return to CZ takes the same route you walked. On the return, there is 20m of

elevation evenly distributed, without steep sections. Please keep quiet, because during this time other players will be in the process of solving the tasks.

### RESULTS

The results available on the website [top.yq.cz](http://top.yq.cz) a moment after the start of the last competitor.

### REMARK

There will be additional flags (used for the FootO sprint event) in the terrain.

## STAGE 2 - SPRINT RACE

### COMPETITION CENTER

Sports hall at 1a Parkowa Street

### MAP

"Gryfino" (PZOS no. 2025-019-3072-ZPM)

Scale: 1 : 4 000, from category KM60 scale 1:3000 e-2m, format A4

Author: Hubert Świerczyński

News: April 2025

Routes: Rafał Podziński

Time limit: 45 minutes

### TERRAIN DESCRIPTION

The competition will be held in the area of the old town in Gryfino, in the adjacent housing estate and in the vast city park in the vicinity of the sports and entertainment hall. Diverse terrain – combines historical buildings with narrow streets, open recreational spaces and typical urban blocks of flats. In some places, normal car and pedestrian traffic is possible – the streets will not be closed to traffic. To ensure the safety of the competitors, two mandatory runs will be designated on the main streets, marked on the map with the symbol 710 (crossing point) – please strictly observe.



### PARKING

There will be no organized parking in the Competition Center. We recommend parking along public residential streets in the area. Due to the Days of Gryfino event taking place at the same time, we recommend coming to the city by public transport.

### TOILETS

Toilets available at the Race Centre.

### START

Start at 18:00

The access to the start is marked with faworki and is 350 m  
3 minutes before the start, according to the classic procedure, the competitors enter  
to the 1st stall where the clear is carried out. In the next box  
check is the chip and the start descriptions are available for download, and in the  
last  
boxing the fighter is waiting for the start. After the third box, the competitor  
downloads the map  
and runs to the flag start.

### FINISH

In the center of the competition.

### MANDATORY ROUTE ACROSS THE STREET

All categories will cross a busy street twice in a designated place.  
The mandatory route is marked on the map with the symbol 710.0 Crossing point.

### TRAFFIC

Please follow the precautions when crossing the streets and use traffic regulations. The competitor does not have the right of way against a moving car, please don't risk your life.

Note: due to the Gryfino Days taking place at that time, there may be increased pedestrian and car traffic in the competition area. Please be extra careful.

## 2.05.2025

### STAGE 3 - LONG

#### COMPETITION CENTER

Boulder Heart of the Forest

GPS 53.335099049524345, 14.664633426572252

#### MAP

"Wzgórze Szubieniczne" (PZOS no. 2023-019-2865-ZPM)

Scale: 1 : 10 000 , for category KM16-KM35 1:15 000, from category KM65 scale 1:7 500 e-5m

Author: Wojciech Dwojak, Jacek Morawski

News: September 2023

Routes: Bartłomiej Mazan

Time limit: 180 minutes

#### CAR PARK

The car park at the "Heart of the Forest" boulder is intended only for people with disabilities taking part in Precision Orientation. It is categorically forbidden to park there.

For other participants, parking is available at GPS coordinates 53.333292363796915, 14.66688648214543, the cost is 20 PLN.

Please do not park along the road – the large space in the parking lot will ensure comfort for all participants.

#### TOILETS

Toilets available at the Race Centre.

#### START

Start at 10:00 a.m.



Distance from the Race Centre to the start – 370 m, marked

### REFRESHMENT POINTS

For the longest courses, the organizer has prepared refreshment points along the course.

### FINISH LINE

In the center of the competition.

## Pre0 1

### COMPETITION CENTER

Głaz Serce Puszczy  
GPS 53.3351, 14.6646

### MAP

"Zygzak" (PZOS no. 2025-024-3077-ZPM)

Scale: 1 : 4 000, e-2m, A4 format

Author: Krystian Petersburski

Updated: April 2025

Course setter: Bartłomiej Mazan

### COURSE

Time limit: E-Open, E-Junior: 120min; P-Class: 130min; A-class: 75min;

Route length: 34 points (A-class 19 points), 640m

### CAR PARK

The car park at the "Heart of the Forest" boulder is intended only for people with disabilities taking part in TrailO. It is categorically forbidden to park there for anyone else

For other participants, parking is available at GPS coordinates 53.3333, 14.6669, the cost is 20 PLN.

Please do not park along the road – the large space in the parking lot will ensure comfort for all participants.

### TOILETS

Toilets available at the Race Centre.

### START

Start at 10:30 a.m.

Distance from the Race Center to the start – 60m

Distance from the finish line to the Race Center – 700m

### FORM OF THE COMPETITION

The stage takes place on a forest road with a very good surface. There is no elevation gain on the route. After completing the route, 1 time station with 3 tasks awaits the competitors (no ZERO answer).

### SPECIAL SYMBOLS

The symbol 409 depicts fallen trees or heaps of branches, very characteristic in the area. The symbol 115 depicts the flattening of the terrain. They are similar in appearance to basins, with the difference that on the one hand they are "open" and not deep. Illustrative photo:





### CLASSIFICATION

By the number of correct answers from the course, and in the case of ties, the time from the time station (60s penalty, no ZERO answer). The time station is at the end of the route.

### EMERGENCY PUNCHING

In case of ToePunch malfunction use safety pins and spare punching fields on the map.

### START LIST

The start list is available on the website. Please read it and follow the information as carefully as possible.

### FINISH

The finish line is located in the field, 640 m from the Competition Center. The return to CZ takes the same route you walked. On the return, there is 20m of elevation evenly distributed, without steep sections. Please keep quiet, because during this time other players will be in the process of solving the tasks.

### RESULTS

The results available on the website [top.yq.cz](http://top.yq.cz) a moment after the start of the last competitor.

**3.05.2025**

### E4 – MIDDLE DISTANCE

### COMPETITION CENTER

Clearing at the Beech Park Manor House  
GPS 53.3646461019647, 14.618764667573773

### MAP

"Panorama" (PZOS no. 2024-046-2993-ZPM)  
Scale: 1 : 10,000, contour lines every 5  
For categories from KM50 scale 1 : 7 500  
Authors: Wojciech Dwojak, Jacek Morawski  
Updated: June 2024  
Courses: Bartłomiej Mazan  
Time limit: 120 minutes

### TERRAIN DESCRIPTION

The map consists of three parts, the first part is a typical beech forest, the second part is a semi-open area with lush lichen and vegetation, the third part is a polygonal sandy semi-open area.



### PARKING

Organized parking for competitors will be located in the parking lot of the Panorama Hotel. The driver will receive a ticket at the entrance, with which you should go to the hotel reception and pay the amount of PLN 20 before departure.

### THINGS FROM THE START

The way to the start runs through the finish line. Competitors can leave their belongings at the finish line. The organizer does not provide transport of items from the start.

### START

Start at 9:00 a.m

. Distance from the Race Center to the start – 570 m

### GOAL

Getting from the finish line to CZ 450 m

## PreO 2

### COMPETITION CENTER

Clearing at the Beech Park Manor House  
GPS 53.3646461019647, 14.618764667573773

### MAP

"Border Road" (PZOS no. 2025-025-3078-ZPM)

Scale: 1 : 4 000, e-2m, A4 format

Author: Krystian Petersburski

Updated: April 2025

Course setter: Bartłomiej Mazan

### ROUTE

Time limit: E-Open, E-Junior: 147min; P-Class: 150min; A-class: 77min;

Course length: E-Open, E-Junior, P-Class 43 points, 540m; A-class 20 points, 500m

### TOILETS

Toilets available at the Race Centre.

### START

Start at 09:00

Distance from the Race Center to the start – 1200m

Distance from the finish line to the Race Center – 1980m

### FORM OF THE COMPETITION

The stage takes place along a forest road. The stage is divided into 3 parts (2 parts for A-class). The elevation gain on the route is 17m, and in total with accesses 55m. There will be two one-way sections on the route (ONE WAY). This means that after crossing the line marking its beginning, it is allowed to move only forward in the direction of the route (you can stop, but you cannot go backwards). These sections will also be marked on the control descriptions in the same way as a mandatory passage. Competitors have to answer all tasks which are listed in the descriptions above the one-way section before entering this section. In case of a mistake and omitting a point, there will be no possibility to go back and answer! There are 2 time stations with 3 tasks waiting for the competitors (no ZERO answer). The first one is before the start, and the second one between the first and second part of the course. At point 15 (10 in A-class) a large tree was cut down and a new clearing was created, which is not mapped. However, this does not affect the solution of the tasks.

### SPECIAL SYMBOLS

The symbol 409 depicts fallen trees or heaps of branches, very characteristic in the area.

The symbol 115 depicts the flattening of the terrain. They are similar in appearance to basins, with the difference that on the one hand they are "open" and not deep. Illustrative photo:



### CLASSIFICATION

By the number of correct answers from the course, and in the case of ties, the time from the time stations (60s penalty, no ZERO answer).

### EMERGENCY BUMP

In case of ToePunch malfunction use safety pins and spare punching fields on the map.

### START LIST

The start list is available on the website. Please read it and follow the information as carefully as possible.

### FINISH

The finish line is located in the field, 1980 m from the Race Center. The return to EC takes the same route you walked. There is a slight elevation gain on the return, without steep sections. Please be quiet when walking back along the course, there will be other competitors there.

### RESULTS

The results available on the website [top.yq.cz](http://top.yq.cz) a moment after the start of the last competitor.

## E5 – MIDDLE DISTANCE

### COMPETITION CENTER

Clearing at the Beech Park Manor House  
GPS 53.3646461019647, 14.618764667573773

### MAP

"Panorama" (PZOS no. 2024-046-2993-ZPM)  
Scale: 1 : 10,000, contour lines every 5  
For categories from KM50 scale 1 : 7 500  
Authors: Wojciech Dwojak, Jacek Morawski  
News: June 2024  
Routes: Bartłomiej Mazan  
Time limit: 120 minutes

### TERRAIN DESCRIPTION

Typical terrain for the Beech Forest with a more developed terrain, forest crossroads variable, road network limited in places. There will be additional checkpoints in the field from outside the BnO routes (lanterns on shepherds) not equipped with AI stations. These will be points used to conduct the competition in precision orientation.

### PARKING

Organized parking for competitors will be located in the parking lot of the Panorama Hotel. The driver will receive a ticket at the entrance, with which you should go to the hotel reception and pay the amount of PLN 20 before departure.

### THINGS FROM THE START

It is possible to leave things at the start, from where they will be transported to the finish line.



### START

Start at 16:30

Distance from the Race Center to the start – 1500 m

### FINISH

Getting from the finish line to CZ 450 m

**4.05.2025**

**E6 – LONG DISTANCE**

### COMPETITION CENTER

Clearing at the headquarters of the West Pomeranian Voivodeship Landscape Park Complexes at 53.373642730302265, 14.625263791894735

### MAP

"Emerald Lake 2" (PZOS no. 2025-026-3079-ZPM)

Scale: 1 : 10 000, for category KM16-KM35 1:15 000, from category KM65 scale 1:7

500 , contour lines every 5

Authors: Wojciech Dwojak,

News: April 2025

Routes: Bartłomiej Mazan

Time limit: 120 minutes

### TERRAIN DESCRIPTION

The map consists of three parts – the first is a former post-mining area with a varied micro-relief, the second is a recreational forest of the Beech Forest with a dense network of roads, the third is an area with difficult crossing. There will be additional checkpoints in the field from outside the BnO routes (lanterns on shepherds) not equipped with AI stations. These will be points used to conduct the competition in precision orientation.

### PARKING

Free parking is located at the end of Kopalniana Street 53.37338189851586, 14.624437671517907 about 200 m from CZ. We ask that people with disabilities park there, after the spaces are full, it is possible to park along Kopalniana Street. The second parking lot is located 500 m from CZ at the bottom of Kopalniana Street, just behind the railway viaduct.

### THINGS FROM THE START

It is possible to leave things at the start, from where they will be transported to the finish line.

### REFRESHMENT POINTS

For the longest categories, the organizer has prepared refreshment points along the route.

### START

Start at 9:30 Distance

from the Race Center to the start – 800 m

### FINISH

In the center of the competition.

## TEMPO

### COMPETITION CENTER

Clearing at the headquarters of the West Pomeranian Voivodeship Landscape Park Complexes at 53.3736, 14.6253

### MAP

"Emerald Trail0" (PZOS no. 2025-026-3079-ZPM)

Scale: 1 : 4 000, e-2m

Author: Krystian Petersburski

Updated: April 2025



Course setter: Jacek Wieszaczewski

### COURSE

8 TempO stations with 6 flags and 5 tasks, 750 m course length

### PARKING

Free parking is located at the end of Kopalniana Street 53.37338189851586, 14.624437671517907 about 200 m from CZ. We ask that people with disabilities park there, after the spaces are full, it is possible to park along Kopalniana Street. The second parking lot is located 500 m from CZ at the bottom of Kopalniana Street, just behind the railway viaduct.

### TOILETS

Toilets available at the Competition Centre.

### START

Start at 09:00

Distance from the Race Center to the start – 150m

Distance from the finish line to the Race Center – 900m

### FORM OF THE COMPETITION

Course length 750 meters, total climb 30 meters. Between stations 4 and 5 there is a 90 meters section of average gradient 15% (going up). There will be an additional helper placed there and everyone who needs this is allowed to rest after this section before proceeding to station 5. There are 8 stations, each with 6 flags and 5 tasks. Return to the event center back on the course until station 5, then using one of three possibilities:

- for competitors who have no problem walking downhill, a direct route to the EC that doesn't go through the course
- everyone else can return via the course. Be careful on the (now downhill) steep section between stations 5 and 4, ask for help if you need it to get through safely.
- alternatively, there is a route back from station 5 that is a bit over 1000 meters long, on a good quality road which is nearly completely flat, leading to another place that is possible to get to by car (N 53° 21.904' E

014° 37.071, near Dworek Bukowy Park hotel). If you would like to use this route and be picked up by somebody from your team, let us know so that we arrange the start list to make it possible.

### CLASSIFICATION

The sum of time at the stations and penalties for errors (30s/error) is decisive.

### START LIST

The start list is available on the website. Please read it and follow the information as carefully as possible.

### RESULTS

The results available on the website [top.yq.cz](http://top.yq.cz) a moment after the start of the last competitor.



Course lenght											
STAGE 1				STAGE 2			STAGE 3				
Class	Lenght	Climb	Controls	Class	Lenght	Controls	Class	Lenght	Climb	Controls	
K10N	3,1	100	6	K10N	1,2	10	K10N	3,1	70	6	
K10	2,5	105	8	K10	1,5	14	K10	2,8	75	7	
K12	3,0	155	10	K12	2,2	17	K12	3,1	100	8	
K14	2,9	160	12	K14	2,4	17	K14	3,4	105	10	
K16	3,1	140	13	K16	2,7	20	K16	3,8	175	11	
K18	3,4	150	13	K18	2,7	20	K18	4,4	225	9	
K20	3,7	155	14	K20	2,7	20	K21E	6,5	290	13	
K21E	4,6	215	16	K21A	2,2	19	K35	4,3	170	11	
K35	3,5	200	13	K21E	3,1	23	K40	3,8	175	11	
K40	3,5	200	13	K35	2,6	22	K45	3,5	165	9	
K45	3,2	180	13	K40	2,6	22	K50	3,2	155	8	
K50	3,0	170	13	K45	2,4	20	K55	3,0	125	8	
K55	2,8	135	11	K50	2,4	20	K60	2,8	150	7	
K60	2,7	130	12	K55	2,2	19	K65	2,6	120	8	
K65	2,3	120	9	K60	2,0	16	K70	2,5	110	7	
K70	2,0	85	8	K65	2,0	16	K75	2,5	110	7	
K75	2,0	85	8	K70	1,7	14	M10N	3,1	70	6	
M10N	3,1	100	6	K75	1,7	14	M10	2,8	75	7	
M10	2,5	105	8	K85	1,7	14	M12	3,1	100	8	
M12	3,0	155	10	M10N	1,2	10	M14	3,4	105	10	
M14	3,1	175	12	M10	1,5	14	M16	5,8	275	12	
M16	3,5	190	10	M12	2,4	17	M18	7,1	305	16	
M18	3,8	160	15	M14	2,7	17	M21A	4,9	260	11	
M21A	3,6	155	13	M16	3,0	22	M21E	9,8	395	19	
M21E	5,5	295	18	M18	3,2	21	M35	7,9	350	17	
M35	4,2	175	18	M20	3,1	23	M40	7,1	305	16	
M40	4,2	175	18	M21A	2,7	22	M45	6,5	290	13	

M45	3,8	160	15	M21E	3,7	25	M50	5,8	275	12	
M50	3,7	155	14	M35	3,1	23	M55	4,9	260	11	
M55	3,4	150	13	M40	3,2	21	M60	4,4	225	9	
M60	3,1	140	13	M45	3,0	22	M65	3,8	175	11	
M65	2,8	135	11	M50	2,7	22	M70	3,5	165	9	
M70	2,7	130	12	M55	2,0	22	M75	3,0	125	8	
M75	2,3	120	9	M60	2,3	16	Krótką	2,3	75	8	
Krótką	2,1	85	7	M65	2,3	16	Średnia	3,2	155	8	
Średnia	3,0	145	11	M70	2,1	16	Długa	4,4	225	9	
Długa	3,6	155	13	M75	1,8	16	Rodzinną	2,8	50	8	
Rodzinną	1,7	80	6	Krótką	1,6	14					
			Średnia	2,4	20						
			Długa	3,2	21						
			Rodzinną	1,2	12						
Parametry tras											
STAGE 4				STAGE 5				STAGE 6			
Class	Lenght	Climb	Controls	Class	Lenght	Climb	Controls	Class	Lenght	Climb	Controls
K10N	2,9	20	6	K10N	3	55	6	K10N	3,4	55	6
K10	2,6	35	9	K10	2,7	65	8	K10	2,7	50	9
K12	3,0	40	10	K12	3	65	9	K12	3,0	65	11
K14	2,8	50	12	K14	2,9	100	13	K14	3,4	35	10
K16	3,1	65	13	K16	3,1	105	12	K16	3,9	95	13
K18	3,3	70	13	K18	3,2	120	13	K18	4,3	115	15
K20	3,6	85	15	K20	3,7	120	15	K21A	3,9	95	13
K21A	3,3	70	13	K21A	3,2	120	13	K21E	6,7	170	19
K21E	4,6	125	20	K21E	4,6	170	18	K35	4,3	130	14
K35	3,6	90	14	K35	3,6	115	13	K40	3,9	95	13
K40	3,6	90	14	K40	3,6	115	13	K45	3,2	85	11

## BULLETIN No. 2



K45	3,1	65	14	K45	3,2	110	12	K50	3,3	80	10
K50	3,0	55	13	K50	2,9	100	11	K55	3,2	80	10
K55	2,9	55	12	K55	2,7	100	11	K60	2,8	55	9
K60	2,6	45	12	K60	2,5	90	11	K65	2,5	50	8
K65	2,5	35	11	K65	2,3	85	10	K70	2,3	50	7
K70	2,2	30	11	K70	2,1	75	10	K75	2,3	50	7
K75	2,2	30	11	K75	2,1	75	10	M10N	3,4	55	6
M10N	2,9	20	6	M10N	3	55	6	M10	2,7	50	9
M10	2,6	35	9	M10	2,7	65	8	M12	3,0	65	11
M12	3,0	40	10	M12	3	65	9	M14	3,1	65	10
M14	3,2	60	13	M14	3,1	105	13	M16	6,1	155	20
M16	3,6	90	14	M16	3,6	115	13	M18	7,1	155	22
M18	3,9	100	15	M18	3,9	125	16	M21A	5,0	125	18
M21A	3,5	95	14	M21A	3,4	110	13	M21E	9,4	255	32
M21E	6,0	160	24	M21E	5,8	250	21	M35	7,9	170	22
M35	4,3	120	18	M35	4,3	165	17	M40	7,1	155	22
M40	4,3	120	18	M40	4,3	165	17	M45	6,7	170	19
M45	3,9	100	15	M45	3,9	125	16	M50	6,1	155	20
M50	3,6	85	15	M50	3,7	120	15	M55	5,0	125	18
M55	3,3	70	13	M55	3,2	120	13	M60	4,3	115	15
M60	3,1	65	13	M60	3,1	105	12	M65	3,9	95	13
M65	2,9	55	12	M65	2,7	100	11	M70	3,5	85	11
M70	2,6	45	12	M70	2,5	90	11	M75	3,2	80	10
M75	2,5	35	11	M75	2,3	85	10	Krótką	2,4	50	8
Krótką	2,0	50	8	Krótką	2,1	60	7	Średnia	3,3	80	10
Średnia	2,7	45	11	Średnia	2,7	100	9	Długa	4,3	115	15
Rodzinn	1,9	30	7	Rodzinn	1,5	60	6	Rodzinną	1,9	40	7
				K85	2,1	75	10				