

BukowaCup

14-16 august 2020

BIULLETIN no 2

Competition of the Poland Central Calendar (coefficient of Z=1.10)



Flamma.
świeca rzepakowa



Bukowa Cup VII – 14-16 august 2020 – Szczecin
bno.szczecin.pl

ORGANISER

Klub Orientacji Sportowej BnO Szczecin
Ul. Somosierry 32c
71-181 Szczecin

CO-ORGANISERS

Urząd Miasta Szczecin
Polski Związek Orientacji Sportowej
Zachodniopomorski Okręgowy Związek Orientacji Sportowej

PARTNERS

Etcetera Reklama Szczecin
Ekspert Zdrowia
Gospodarstwo Agroturystyczne „Mała Wenecja”
Fotopoligraf.pl – fotografia ślubna i studyjna
Decathlon Szczecin
Szczecin Floating Garden
Szczecin Kibicuje
Nadleśnictwo Gryfino
Biernat Chłodnictwo Klimatyzacja Wentylacja
Mariano Italiano
Flamma
Rybiarnia Intersea Poland

RANK & FORM OF THE COMPETITION

Bukowa Cup is a series of 4 competitions.

The individual professions include:

Bukowa Cup Juniorzy (kategorie od km 12 do km 16)

Bukowa Cup Seniorzy (kategorie od KM 18 do KM 21)

Bukowa Cup Weterani (kategorie od M35 do M 70/75)

Bukowa Cup OPEN (kategorie od K 35 do K 55/60, KM 10 i Krótka, Średnia, Długa)

FootO: Individual competition, overall classification after three stages;

TrailO:

Individual competitions, separate classification for TempO and PreO.

Bukowa Cup VII – 14-16 august 2020 – Szczecin
bno.szczecin.pl

THE ORGANISER'S TEAM

Director: Bartłomiej Mazan

Head Referee: Hubert Kula

Referee at the start: Krzysztof Polec

Referee at the finish line: Artur Haptar

Speaker: Sławomir Cygler

Cartographers:

E1 : Hubert Świerczyński

E2: Wojciech Dwojak, Jacek Morawski

E3: Hubert Świerczyński

PreO i TempO: Bartłomiej Mazan

SportIdent Service: Joanna Kotkowiak, Hubert Świerczyński

Course Builders:

S1: Bartłomiej Mazan

S2: Wojciech Dwojak i Jacek Morawski

S3: Bartłomiej Mazan

PreO i TempO: Bartłomiej Mazan, Aleksandra Mazan

Forest Sprint: Aleksandra Mazan

Jury Trail Orienteering:

1. Karol Galicz (PL)

2. Alessio Tenani (ITA)

Jury BnO

1. Bernd Wollenberg (GER)

2. Piotr Janowski (PL)

DATE AND LOCATION

14.08.2020 (Friday)

S1 - Sprint – Podjuchy GPS 53.365987, 14.599494 Albert Willemski Park,
Krzemienna Street, Szczecin

15.08.2020 (Saturday)

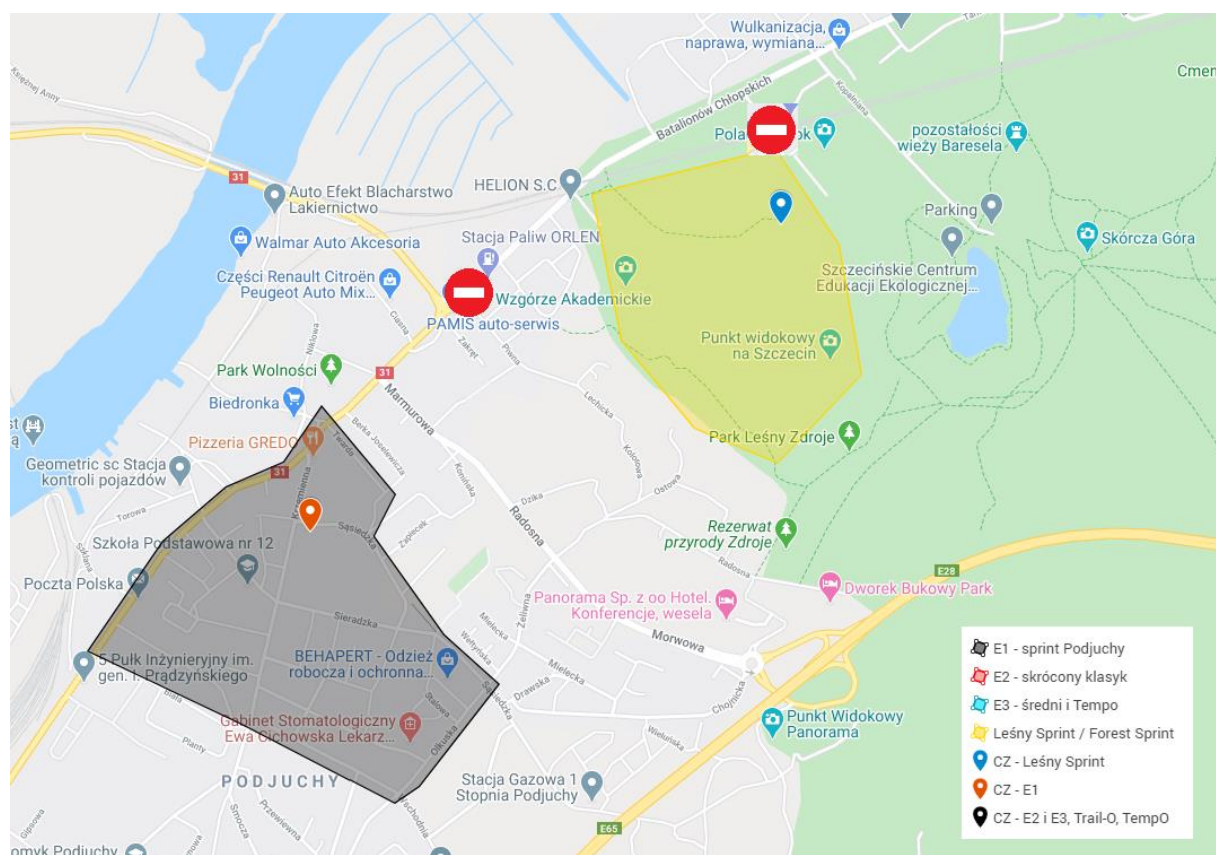
S2 – Short Classic and PreO – Bukowa Forrest GPS 53.322093, 14.706036
glade near “Leśnictwie Kołowo”

Forrest sprint - Szmaragdowe Lake GPS 53.373678, 14.617824 Former
Restaurant “Grota” at the end of Grabowa Street

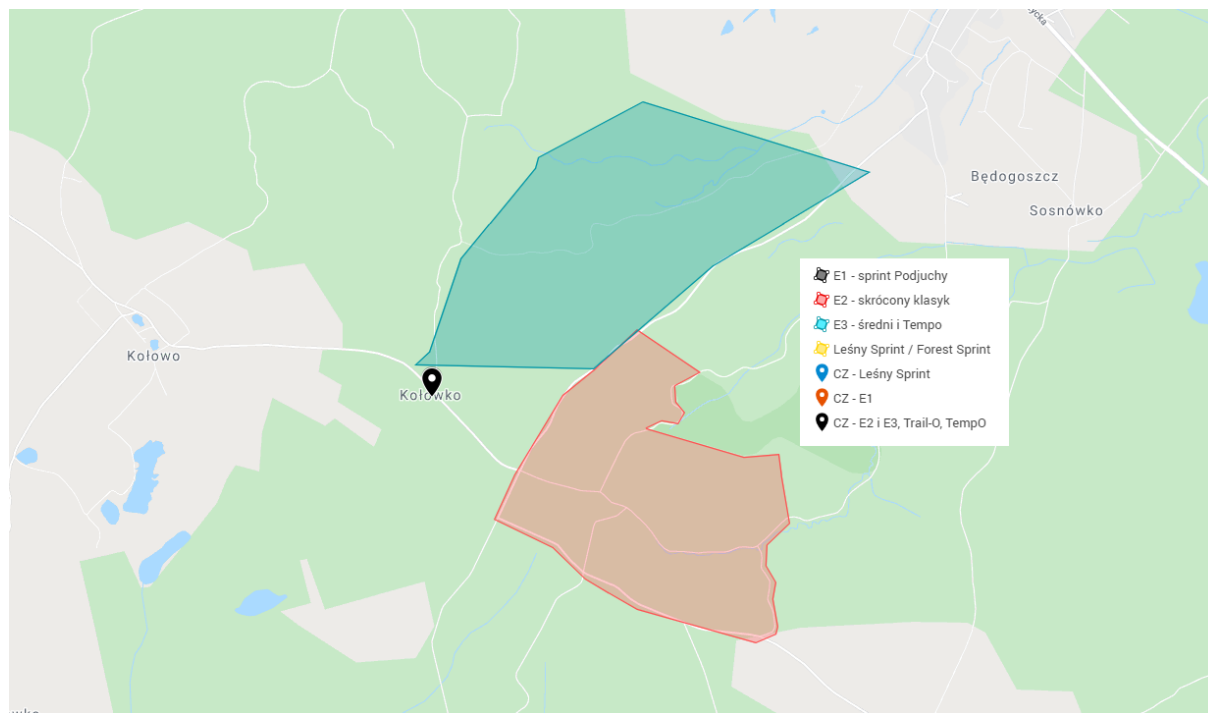
16.08.2020 (Sunday)

E3 – Middle and TempO – Bukowa Forrest GPS 53.322093, 14.706036 glade
near “Leśnictwie Kołowo”

Bukowa Cup VII – 14-16 august 2020 – Szczecin
bno.szczecin.pl



Bukowa Cup VII – 14-16 august 2020 – Szczecin
bno.szczecin.pl



COMPETITIONS OFFICE

The Competition Office will be located at the Competition Center each day.

PROGRAMME

14 august (Friday):

17:30 – Competition Centre opens
19:00 – S1 sprint

15 august (Saturday):

8:30 – Competition Centre opens
9:00 – PreO – **!! ATTENTION !! RESCHEDULED !!**
10:00 – S2 short classic
17:00 – forrest sprint
ok. 19:00 – medal ceremony for the forrest sprint winners

16 august (Sunday):

8:30 – Competition Centre opens
10:00 – E3 Middle
10:30 – Tempo
Around 14:00 – Closing Ceremony

Bukowa Cup VII – 14-16 august 2020 – Szczecin
bno.szczecin.pl

DRESS CODE

Sprint – no dress code, shoes with spikes are forbidden

Forrest sprint – no dress code, shoes with spikes recommended

Forrest runs – outfit covering whole body excl. head, neck and hands.

START NUMBERS

It is mandatory to run all courses with assigned start numbers. These will be included in welcome packages.

RULES

Competition is going to be referred in accordance to PZOS rules (Polish Orienteering Federation).

CONTROL POINTS

The Bukowa Cup will use the electronic system to verify competitor's points validation - Sportident. The event's version of the system does not require physical contact using Sportident AIR+ capabilities. It is possible to rent SI chips from the Organisers. Should you require that kind of help, please make sure to note that in your registration form.

PreO competition will be conducted with traditional start cards. Time Trials will be recorded with the help of TiM app. TempO will use a TiM app to conduct the event. Participants will be additionally equipped with cards as a backup.

CONTROL POINT PROTECTION

Control points at the second (S2) and third (S3) stage have been protected from third-party inference. Control point is surrounded with confetti. The organisers have also placed a white-and-orange square next to it.



MEDICAL HELP

The organisers will ensure the medical help presence at the sit of the event.

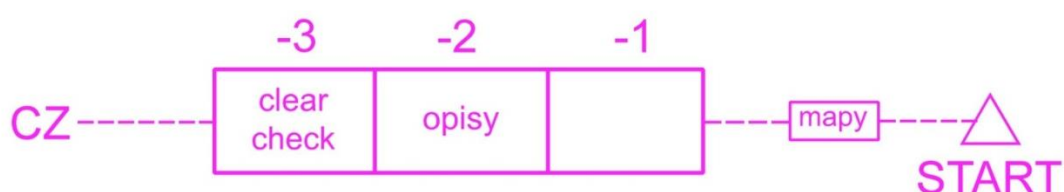
Emergency number: 112

Event Director: 668 009 601

PRZERWANIE BIEGU

Competitors who at any point feel forced to stop the race are obliged to inform the organisers about their intent.

PROCEDURE AT THE START



GPS TRACKING

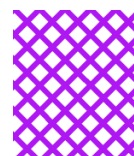
The organisers will provide K21 and M21 competitors with GPS tracking devices. These will be handed out before first box at the start.

Link to livetrack M21 and K21 competitors:

<http://trackcourse.com/index.php?mnu=83>

DANGEROUS ZONE

There is a dangerous zone in form of a bunker at the location of the first course. It has been marked with 709.0 symbol: Out-of-Bounds Area.



PRIZES

Organiser guarantees certificates and medals along with gifts for places 1-3 in all categories. For categories up to KM-14, best six competitors will receive diplomas.

For forrest sprint winners, organiser guarantees gifts for winners.

OFFICIAL BUKOWA CUP JERSEY

It is possible to acquire Bukowa Cup's official jersey. These jerseys will still be available in the Competition Centre at 110 PLN a piece. Limited stock apply



COMPETITION INFORMATION AND RECOMMENDATIONS RELATED TO COVID-19

1. Participants should apply social distancing at all times while in or around the Competition Centre.
2. It is recommended to wear a facial mask while in the Competition Centre, especially if a competitor predicts that maintaining social distancing could be difficult.
3. The Organisers will conduct the event so that there won't be more than 150 participants per hour on the course.
4. Please find and use the sanitisers accessible in the Competition Centre. Participants are obliged to sanitise before entering the Organisers Office.
5. The Office work will be conducted in order to maintain social distancing between competitors and organisers, including queueing 2m apart
6. Visits in the Office should be limited to a minimum amount of time. The caretakers and trainers are obliged to represent its pupils in the Office. It's prohibited to approach the Organisers' Office or to queue with a child.
7. The Office will be maintained in a sanitary fashion with regular decontamination of touch points, such as: tables, SI dock, etc. Bukowa Cup VII – 14-16 august 2020 – Szczecin bno.szczecin.pl page 13 z 13
8. It's not required to wear a face mask while jogging/walking to the start line. It is recommended though to maintain social distancing.
9. There will be intervals between players starting.
10. Participants on the start line have to maintain distance from Organisers.
11. The Organisers in the office and on the start line will be equipped with facial masks and sanitary gloves.
12. SI docks located on control points will be contactless-ready. In order to turn on SIAC contactless mode in your SI chip, you have to first CLEAR your chip and then dock the CHIP to the START control point (non-contactless). Participants who do not possess SI AIR+ chips can still validate control points using ordinary SI chip dock.

13. Participants are not obliged to use masks while on the start line or on the course
14. Participants are asked to swiftly leave the Competition Centre after completing the course.
15. The results will be published on Organiser's website: www.bno.szczecin.pl
16. It is essential for the participants who just entered the finish line and approaches the SI reading station to sanitise their hands before approaching the Organisers. Please also remember to apply social distancing while queueing.
17. We urge all those who have been in contact with people tested positively for COVID19 to stay home!
18. We also recommend staying home to all those who live or are often in contact with elderly or chronically ill.
19. Stay home and seek medical help if you have any of these symptoms: fever, running nose, cough, shortness of breath, chest pain, loss of taste or smell, diarrhoea.
20. We recommend bringing your own tissues, facial mask, sanitiser and a bottle of water.
21. If possible, avoid public transport en route to the event.
22. Bath thoroughly after coming back from the event
23. Launder your tracksuit
24. Remember about making sure you will not run out of sanitisers or tissues between event days. Or that you haven't lost your facial mask.
25. During Bukowa Cup, every course was built so that every category could have an entirely different route
26. Seek for available medical help if needed. The paramedics are always present in the Competition Centre
27. Registering for the event means that the participants accepts these rules, accepts Bukowa Cup rules and agrees to processing their data.

COURSES DETAILS

	E1			E2			E3		
Category	Length [km]	superiority [m]	amount of controls	length [km]	superiority [m]	amount of controls	length [km]	superiority [m]	amount of controls
K10N	1,1	30	7	2,2	60	4	2,5	50	7
K10	1,2	40	11	2,7	90	8	1,8	50	10
K12	1,1	40	11	2,9	110	10	2,3	60	12
K14	2,0	50	13	3,5	160	9	2,7	70	15
K16	2,1	50	15	5,0	190	13	3,4	75	14
K18	2,5	70	19	6,5	235	18	4,1	19	120
K20	2,5	70	19	6,5	235	18	4,1	120	19
K21	2,9	70	18	8,3	330	19	5,6	125	25
K35	2,1	50	15	5,6	230	15	3,6	80	16
K40	2,0	50	13	5,0	190	13	3,2	80	17
K45	2,0	50	13	4,3	180	12	4,3	110	16
K50	1,8	40	11	3,5	160	9	2,9	70	12
K55	1,6	40	11	3,0	135	7	2,5	45	12
K60	1,6	40	11	3,0	135	7	2,5	45	12
K70	1,4	40	11	3,0	135	7	1,9	40	10
M10N	1,1	30	7	2,2	60	4	2,5	50	7
M10	1,2	40	11	2,7	90	8	1,8	50	10
M12	1,4	40	11	2,9	110	10	2,3	60	12
M14	2,1	50	15	4,3	180	12	3,2	75	14
M16	2,7	70	17	5,6	230	15	4,1	110	18
M18	3,0	60	18	7,2	280	22	5,0	120	21
M20	3,0	60	18	8,3	330	19	5,0	120	21
M21	3,9	80	20	11,3	560	29	7,1	155	27
M35	3,0	60	18	8,3	330	19	5,0	120	21
M40	2,7	70	17	7,2	280	22	4,5	125	18
M45	2,5	70	19	6,5	235	18	4,3	110	16
M50	2,5	70	19	5,6	230	15	4,1	120	19
M55	2,1	50	15	5,0	190	13	4,1	120	19
M60	2,1	60	13	4,3	180	12	3,4	75	14
M65	2,1	60	13	3,5	160	9	3,2	75	14
M70	1,6	40	11	3,0	135	7	2,3	55	12

M75	1,6	40	11	3,0	135	7	2,3	55	12
Krótką	1,1	40	11	2,9	110	10	2,3	60	12
Średnia	1,8	40	11	5,0	190	13	4,1	110	18
Długa	2,7	70	17	7,2	280	22	5,0	120	21
Rodzinna	1,1	30	7	2,2	60	4	2,5	50	7

DAY 1 (14.08.2020 r.) – SPRINT

Centrum Zawodów

Parking lot near “Dom Kultury Krzemień”

Podjuchy GPS 53.366369, 14.599035

Map

„Osiedle Podjuchy”

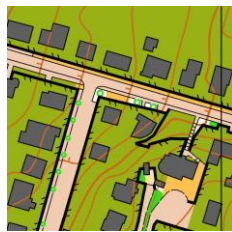
Scale: 1 : 4 000, e-2m, format A4

Author: Hubert Świerczyński

Topicality: august 2020

Courses: Bartłomiej Mazan

Time limit: 45 minutes



Terrain description

Three types of terrain: typical Polish estate form the 90's; flat terrain with long rows of detached houses next to one another with substantial differences in altitude; park with decreased mobility and substantial differences in altitude.

Competitors are obliged to follow traffic regulations

Parking lot

There will be no parking places guaranteed

Start

Start at 7 p.m.

Competition Centre is 260 meters away from the start

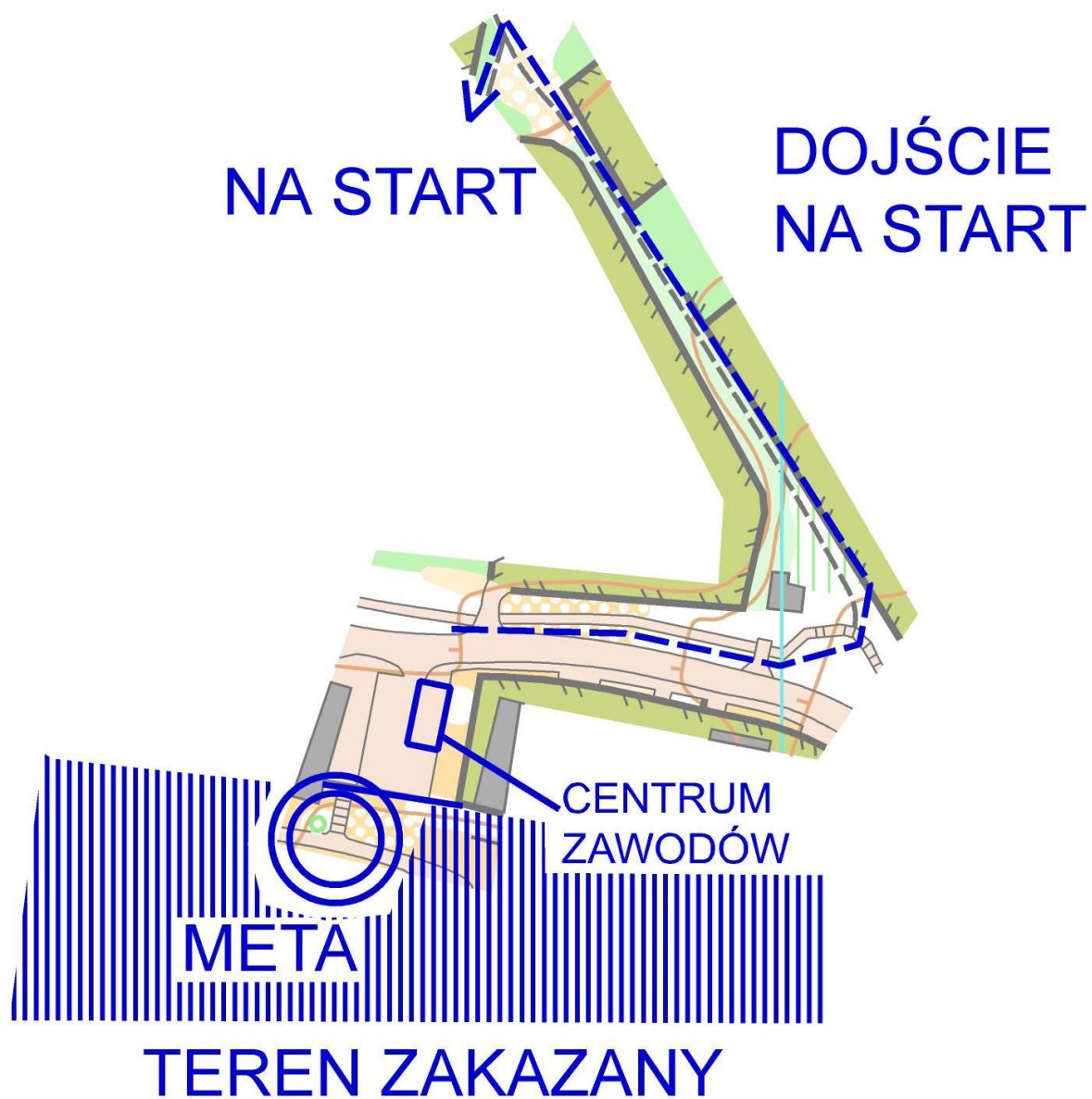
Route leading to the start will be marked

Finish Line

50 meters away from Competition Centre

Warm up zone

Competitors can warm themselves up using the pavement leading to the start



DAY 2 (15.08.2020 r.) – classic

Centrum Zawodów

Glaze near Leśniczówka Kołowo

GPS 53.321881, 14.705843

Map

„Kołówko”

e-5m, format A4

Author: Wojciech Dwojak, Jacek Morawski

Topicality: august 2020

Courses: Wojciech Dwojak, Jacek Morawski

Time limit: 180 minutes

Scale varies with categories

1: 15 000 for KM16-35

1: 7 500 for KM65+

1 : 10 000 for the remaining participants

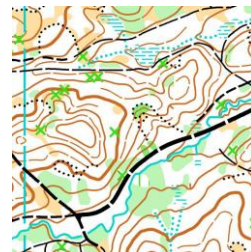
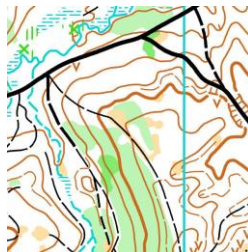
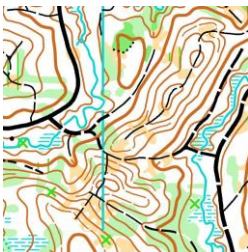
Map alterations for categories KM16-35

KM16-35 maps will be printed on both sides, A competitor runs the course beginning from the start, using all points on this side of the map and then turns the map to use the other side of it after checking the last control point on the first page. They then continue their course, checking remaining control points on the other side and using it to reach the finish line.

Water Point - there will be 2 water points on location. They are marked with 713.0 symbol

Terrain description

Typical morain with mobility scaling from very good to very limited. Well-developed route network. Forrest is highly-exploited economically.



Parking lot

There will be a parking lot available near the Competition Centre. Price: 5 PLN per day per a car

Start

Start at 10:00 am

Competition Centre is 1 200 meters away from the start

Route leading to the start will be marked

Finish Line

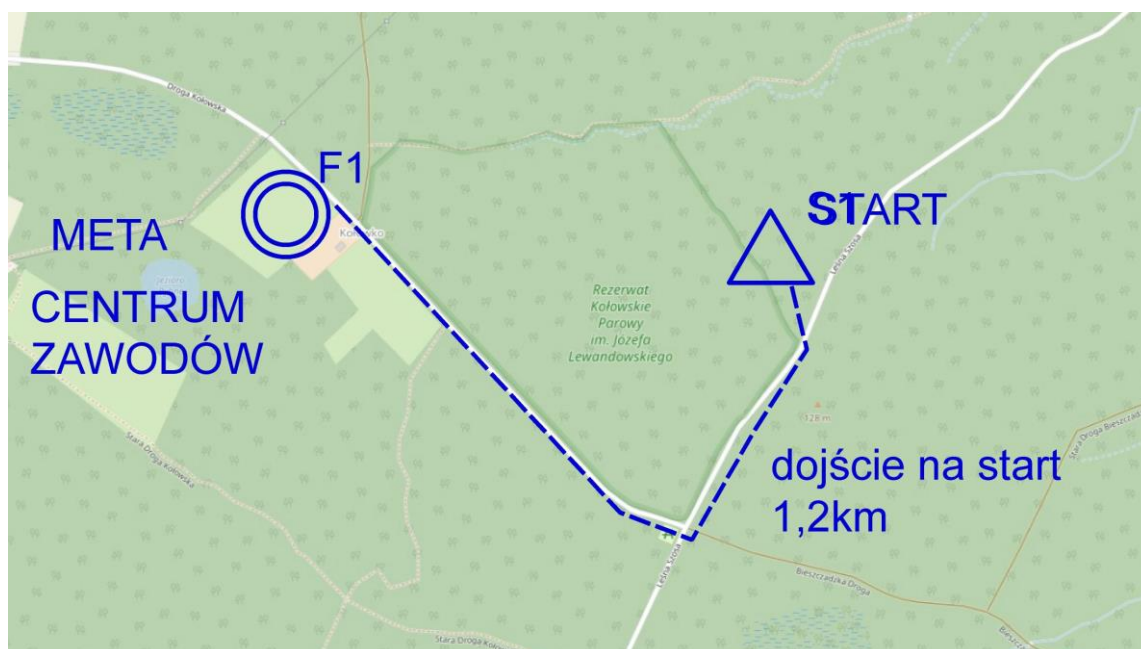
Near the Competition Centre

Buffet

A well-equipped buffet will be localised in Competition Centre

Bathing

Competition Centre will provide cold water to wash



DZIEŃ 2 (15.08.2020 r.) – PreO

Competition Centre

Glaze near Leśnictwo Kołowo

GPS 53.321881, 14.705843

Map

"Droga Bieszczadzka Zachód" ISSPrOM2019

Scale 1:4000, e=2m, format A5

Author: Bartłomiej Mazan

Topicality: august 2020r.

Courses: Aleksandra i Bartłomiej Mazan

Categories:

OPEN

PARA

YOUTH

Course length: 0,3 km / 10 meters up-and-down

Control points: 15 + 1 time station with 3 questions at the beginning of the course

Time limit for OPEN: 56 minutes

Time limit for PARA: 63 minutes

Start:

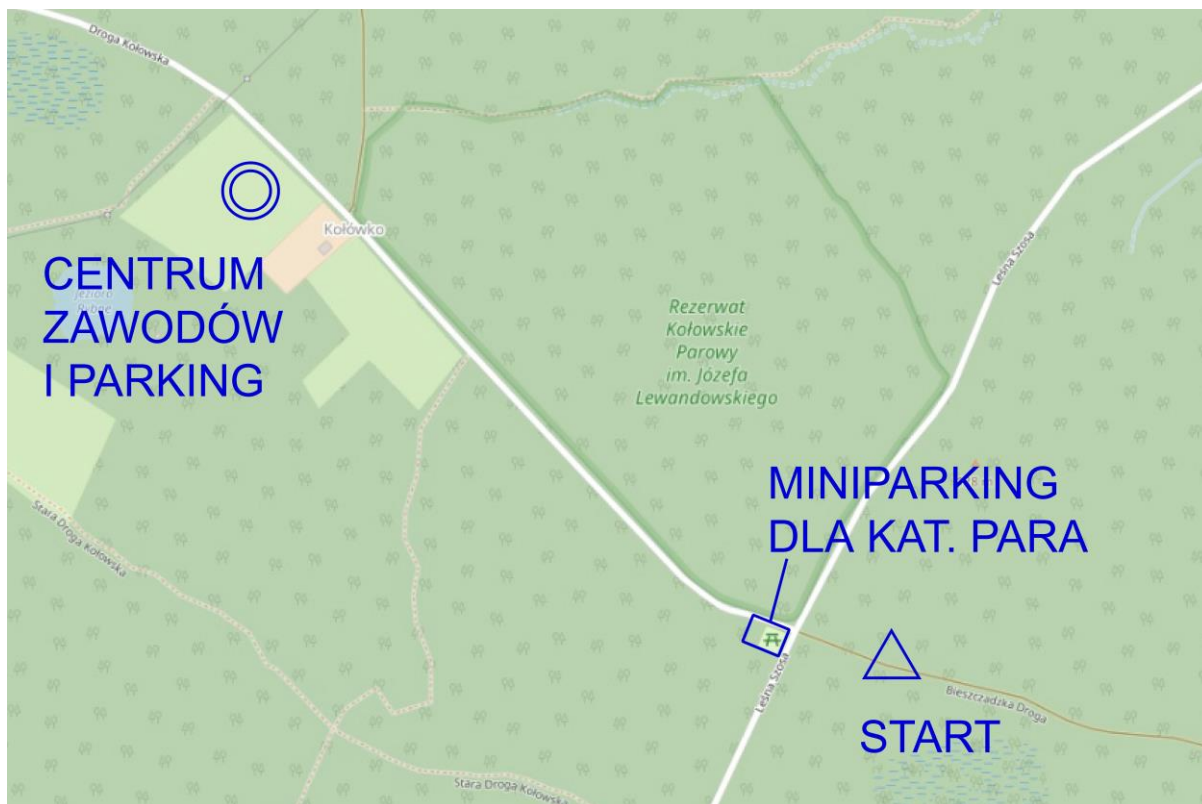
The route to "start" is 1 200 meters long. Disabled can reach a crossroad near the start and follow the route for 450 meters. Remaining participants have to leave their cars near the competition centres.

Point confirmation: on the card

Teren:

Typical morain with mobility scaling from very good to very limited. Well-developed route network. Forrest is highly-exploited economically.

Zero tolerance: To allow competitors more precise answers, we established 4 meters "zero tolerance" 4 meters. If a competitor answers ZERO, the closest control point will stand at least 4 meters from the correct spot.



DAY 2 (15.08.2020 r.) – Forrest Sprint

Competition Centre

Former “Grotta” Restaurant near Grabowa Street in Szczecin

Map

„Kopalnia Kredy”

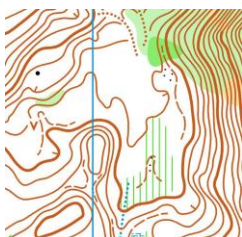
Scale 1 : 4 000, e=2m, ISSOM 2007, format A4

Topicality: summer 2019

Author: Wojciech Dwojak

Courses: Aleksandra Mazan

Time limit: 45 minutes



Terrain description

Remainings of an old chalk mine. Various terrain with multiple steep slopes. Mobility limited with local wetlands. Competitors on a wheelchair are advised to enter the

Bukowa Cup VII – 14-16 august 2020 – Szczecin
bno.szczecin.pl

terrain with a guide.

Start

Start at 5:00 pm

Competition Centre is 400 meters away from the start

Route leading to the start will be marked

Finish lin

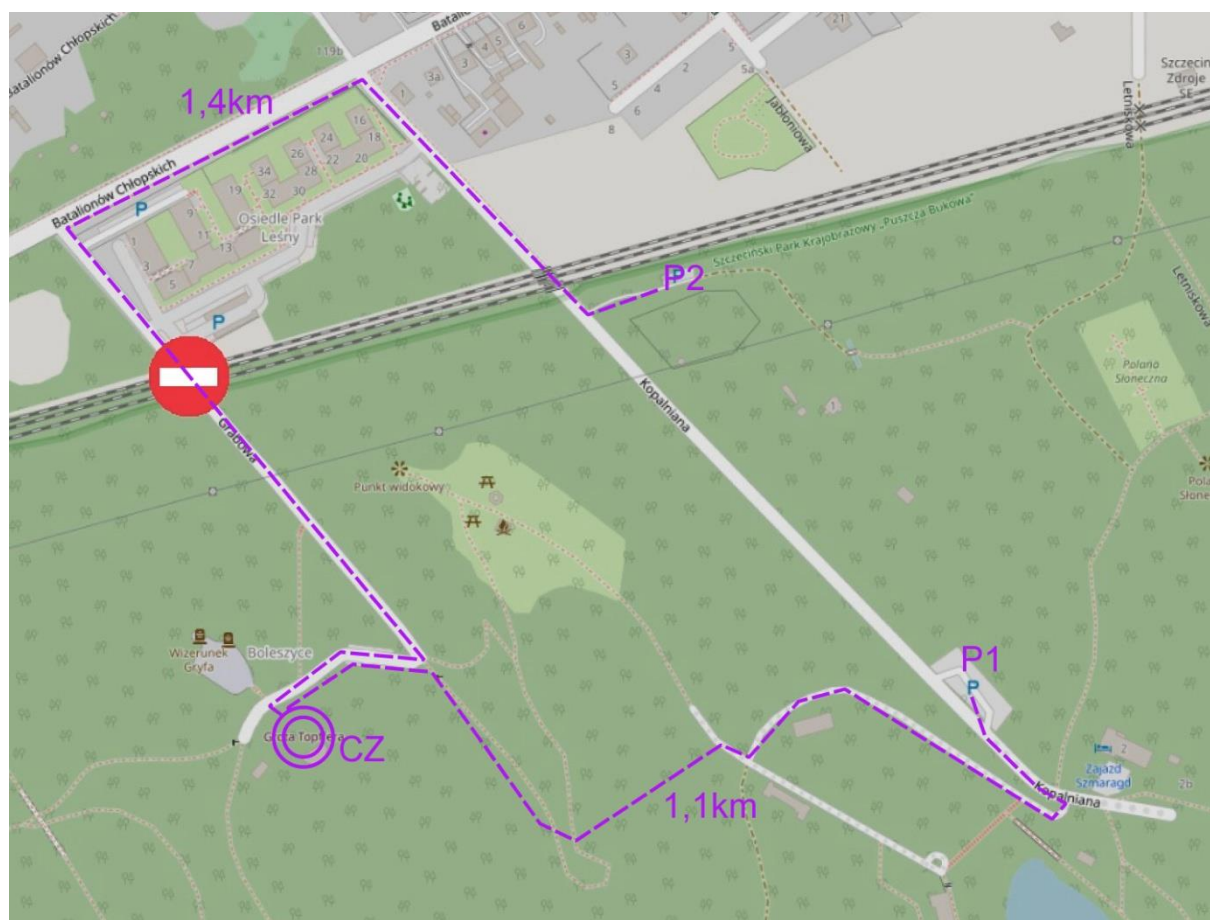
In the woods. Competition Centre is 300 meters away from the finish line

Prizes

Organisers granatem diplomas and prizes for winners of every categor

COURSES DETAILS

Category	lenght[km]	superiority [m]	amount of controls	Category	lenght [km]	superiority [m]	amount of controls
K10N	0,6	15	7	M10N	0,6	15	7
K12	0,7	40	10	M12	0,7	40	10
K14	1,1	55	14	M14	1,1	65	14
K16	1,3	70	17	M16	1,4	85	19
K18	1,4	85	19	M18	1,8	120	23
K20	1,8	110	23	M20	1,8	125	23
K21	1,8	125	23	M21	2,4	150	27
K35	1,8	125	22	M35	1,8	125	23
K40	1,6	100	20	M40	1,8	110	22
K45	1,5	80	20	M45	1,6	100	21
K50	1,5	80	20	M50	1,5	80	20
K55	1,1	55	13	M55	1,5	85	20
Krótki	0,7	35	10	M60	1,1	50	13
Średni	1,1	55	14	M65	1,1	50	13
Długi	1,8	105	23	M70	1,2	55	15
Rodzinna	0,6	15	7				



Bukowa Cup VII – 14-16 august 2020 – Szczecin
bno.szczecin.pl

DAY 3 (16.08.2020 r.) – Middle

Competition Centre

Glaze near Leśnictwo Kołowo

53.321881, 14.705843

Map

"Droga Bieszczadzka"

Scale: 1 : 10 000, e-5m, format A4

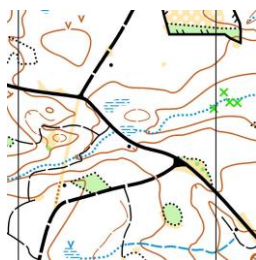
Scale: 1:7500 for KM65+

Author: Hubert Świerczyński

Topicality: august 2020

Courses: Bartłomiej Mazan

Time limit: 120 minutes



Terrain description

Typical morain with mobility scaling from very good to very limited. Well-developed route network. Forreast is highly-exploited economically.

Parking lot

There will be a parking lot available near the Competition Centre. Price: 5 PLN per day per a car

Start

Start at 10:00 am

Competition Centre is approx 2 500 meters away from the start

Route leading to the start will be marked

Finish line

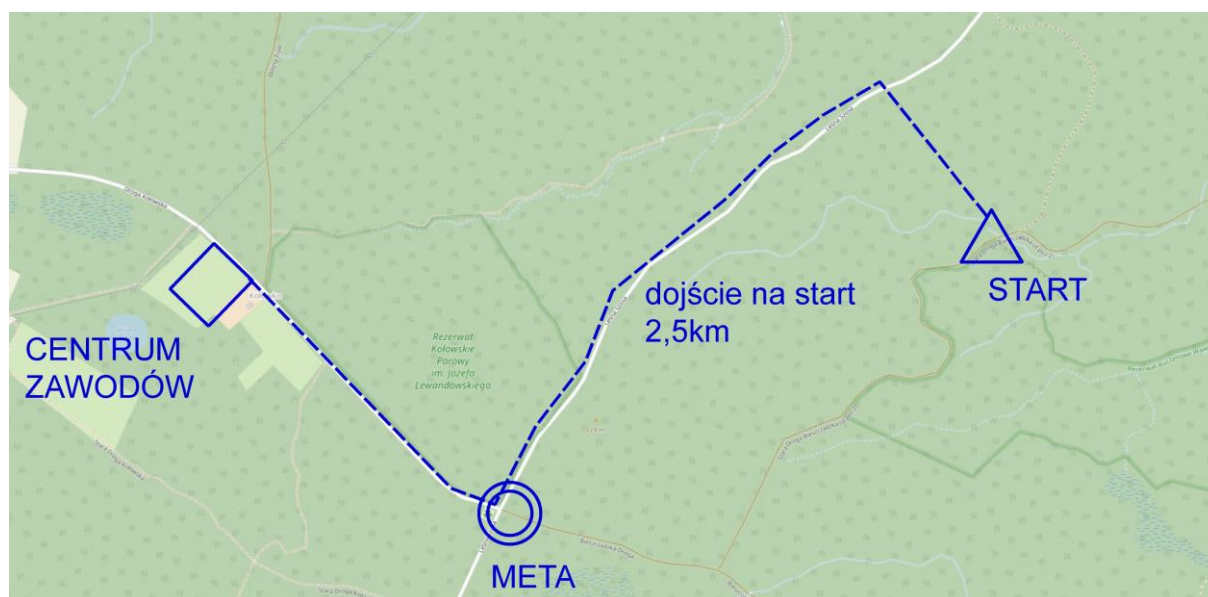
In the woods. Competition Centre is 500 meters away from the finish line

Buffet

A well-equipped buffet will be localised in Competition Centre

Bathing

Competition Centre will provide cold water to wash



DAY 3 (15.08.2020 r.) – TempO

Competition Centre

Glaze near Leśnictwo Kołowo
53.321881, 14.705843

Map: „Buczynowe Wąwozy”

scale 1 : 4 000, e=2m, ISSPrOM 2019, format A4

Topicality: august 2020

Author: Bartłomiej Mazan

Categories:

- OPEN
- Para
- Youth

Form: TempO

5 stations with 6 points and 5 questions - time limit for every station is 150 seconds.

Organisers will make you aware of time running after 130 seconds.

Wrong answer penalty: 30 seconds.

You can choose between binded and non-binded maps

Competition Centre is approx 100 meters away from the start

Course length from the moment a competitor steps out from Competition Centre to the moment they return is 1 400 km.

Start procedure:

Competitors start in their start times. Organisers ask you to stop in the place marked with "STOP" sign.

Terrain:

Typical morain with mobility scaling from very good to very limited. Well-developed route network. Forrest is highly-exploited economically.

Zero tolerance: To allow competitors more precise answers, we established 4 meters "zero tolerance" 4 meters. If a competitor answers ZERO, the closest control point will stand at least 4 meters from the correct spot.