

**WAWEL
CUP**



**1982
2024**

**11-14.07
International
Orienteering
Competition**

Wysowa-Zdrój



We'll create a real orienteering's celebration!

We have a vision of an event respected in Poland and recommended by athletes from abroad. Event with tradition but also looking for modern solutions. Different types of terrain, professional maps, interesting courses and excellent atmosphere. We strive to make the Wawel Cup remain and become a „holiday competition with class”. When organizing the event, we try to care for every detail. We want every runner to feel great during Wawel Cup.

In 2024, we want to invite you to a completely new region of Małopolska. The area around Wysowa-Zdrój is an area known from GEZNO, but when it comes to sports competition, it has not been discovered to us yet!

It is only 70 kilometers from Wysowa-Zdrój to Krosno, where the autumn Polish Championships in long distance and relays will be held. The Wawel Cup competition can therefore be a good preparation for the second part of the season!

A handwritten signature in blue ink, appearing to read "M. Garbacik".

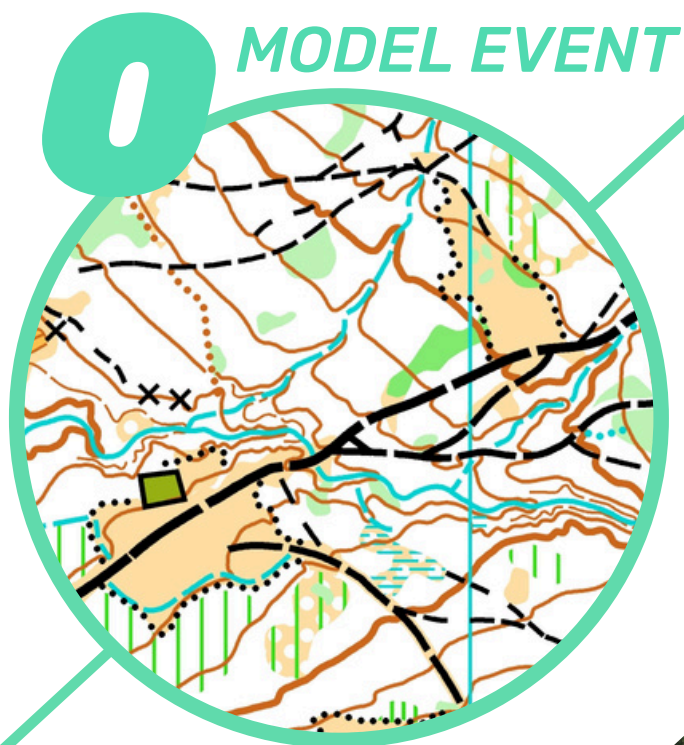
Michał Garbacik

A handwritten signature in blue ink, appearing to read "Wiktoria Zębala".

Wiktoria Zębala

COMPETITION SCHEDULE

10.07.2024	MODEL EVENT	<i>Wysowa-Zdrój</i>	
11.07.2024	1 STAGE	<i>Hutniańska Pass</i>	<i>LONG DISTANCE SHORTENED</i>
12.07.2024	2 STAGE	<i>Hutniańska Pass</i>	<i>MIDDLE DISTANCE</i>
12.07.2024	3 STAGE	<i>Hutniańska Pass</i>	<i>MIDDLE DISTANCE</i>
13.07.2024	4 STAGE	<i>Wysota</i>	<i>LONG DISTANCE SHORTENED</i>
13.07.2024	Trail Orienteering	<i>Wysowa-Zdrój</i>	<i>PreO COMPETITION</i>
14.07.2024	5 STAGE	<i>Wysowa-Zdrój</i>	<i>LONG DISTANCE SHORTENED "PURSUIT"</i>



MODEL EVENT

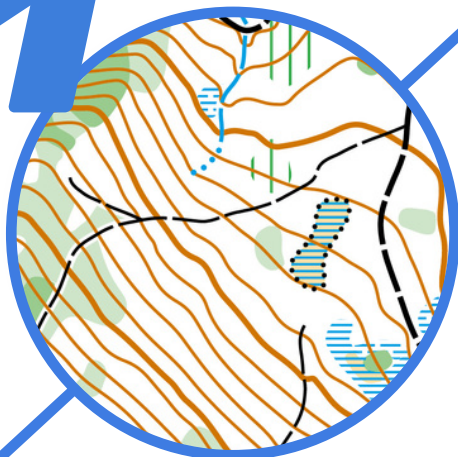
WELCOME IN WYSOWA-ZDRÓJ

10.07.2024

Like every year, we would like to start this year's edition with a training competition as part of the Model Event. There are 2 routes of different lengths (as well as a route for children) in terrain similar to the other stages of the 43rd Wawel Cup. The forest is divided into two parts - in the western part you will find fragments of a map dominated by windthrow and watercourses; in the eastern part, you will see a forest with typical mountain characteristics and higher elevations.

The Model Event will be held near the Zacisze recreation center, where is the possibility to use the Campsite.

1 STAGE



HUTNIAŃSKA PASS

11.07.2024
LONG DISTANCE SHORTENED

The area of the 1st stage offers you struggles with typical mountain characteristics. The forest is mostly very well runnable and the road network is moderately developed. The area is crossed by 4 deep ravines, which require the selection of individual route choice. And it is the selection of route choice that is to be the main challenge of this stage. The southern part of the map borders Slovakia. A stage with the characteristics of a shortened long distance race.

Mapper: Wojciech Dwojak
Course planner: Michał Garbacik

2 STAGE



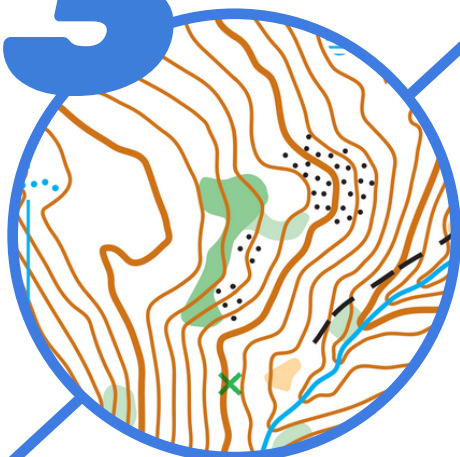
HUTNIAŃSKA PASS

12.07.2024
MIDDLE DISTANCE

For Friday morning we have planned the shortest stage for you, with a relatively small number of elevation gains. The area is very well runnable, the road network is practically non-existent. In the forest you will find numerous watercourses, marshes and rock formations. This mix is intended to guarantee an unforgettable experience!

Mapper: Jacek Morawski
Course planner: Włodzimierz Dyzio

3 STAGE



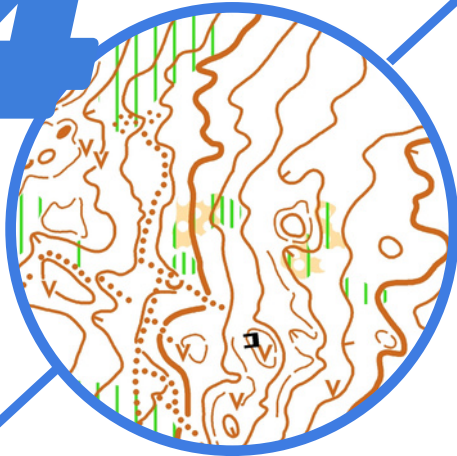
HUTNIAŃSKA PASS

12.07.2024
MIDDLE DISTANCE

The terrain of the 3rd stage is typically mountainous with large elevation gains. Runnability and visibility are very good. There will also be deep ravines and watercourses in the forest. The stage will be characterized by a high density of control points. Power in the legs and efficient navigation are the key elements of the equipment of a good orientalist!

Mapper: Jacek Morawski
Course planner: Karol Galicz

4 STAGE



WYSOTA

13.07.2024

LONG DISTANCE SHORTENED

The 4th stage will be held around Wysota Hill. A typical mountain run awaits you. Runnability from very good to difficult in places, the road network is limited. In some parts of the map there are various landforms. Once again, you can expect route choices characteristic of the long distance.

Mapper: Włodzimierz Dyzio
Course planner: Włodzimierz Dyzio

5 STAGE



WYSOWA-ZDRÓJ

14.07.2024

LONG DISTANCE SHORTENED "PURSUIT"

At the very end, the emotions of a handicap race await you! The area of stage V is divided into two parts. The northern part has a varied runnability, where you will find many windthrows, watercourses, marshes and various terrain features. The southern part is an area with typical mountain characteristics - good runnability and numerous elevation changes. The stage ends with a finish line in the charming Spa Park in Wysowa-Zdrój. We are looking forward to this exciting day!

Mapper: Włodzimierz Dyzio
Course planner: Włodzimierz Dyzio

ORGANIZER

WKS „WAWEL”
3 Podchorążych Street
30-084 Kraków
e-mail: zawody@wawelcup.pl



TYPE OF EVENT

Four-day individual competition. Four stages are held in a time interval, and the last one will be played in pursuit format (for categories W21E & M21E in upside-down format).

XV Bartek Moniak's memorial in category M14
XIV Leszek Podsiadły's memorial in category M55

TEAM OF ORGANIZERS

WKS WAWEL PRESIDENT: Piotr Ludwig
EVENT COORDINATOR: Michał Garbacik, Wiktoria Zębala
MAPPERS: Wojciech Dwojak, Włodzimierz Dyzio, Jacek Morawski, Piotr Pietron
COURSE PLANNERS: Karol Galicz, Włodzimierz Dyzio, Michał Garbacik
COMPETITION ARENA: Paweł Pudetek
MAIN REFEREE: Anna Karnia-Biskupska
EVENT OFFICE DIRECTOR: Maja Lamparska
SI: Marcin Leśnicki
START DIRECTOR: Teresa Bugaj
TRAIL ORIENTEERING: Teresa Bugaj, Karol Galicz
PHOTO: Jakub Kijak
COMMENTATOR: Michał Garbacik

AGE CATEGORIES

Rodzinna; WM10N; OPEN Long; OPEN Short, WM12-14B

W10; W12; W14; W16; W18; W20; W21E; W21S; W35; W40; W45; W35-49S; W50; W55; W60; W65; W70;

M10; M12; M14; M16; M18; M20; M21E; M21S; M35; M40; M45; M35-49S; M50; M55; M60; M65; M70; M75; M80;

COURSES - N - marked routes; Rodzinna - family course; S - shortened
WM21S, WM35-49S - shorted but technically demanding
WM12-14B, OPEN Long, OPEN Short - courses with lower difficulty level

In case of small numbers of competitors, the organizer has the right to merge some of the categories.

During all stages athletes from Rodzinna, WM10N, OPEN Long, OPEN Short will start from SI Unit in any start minute (but not earlier than 15 minutes after minute "0" and not later than 10 minutes before the last starting minute).

ENTRY FEE

When planning the registration fee, we wanted to give our competitors the opportunity to early sign up and make use of special offer fee. The rule for registration to Wawel Cup 2024 will be „the sooner, the cheaper”. Additionally we prepared a special offer for clubs. Of course we will have a contest for free entrance fee!

This is the date of the money transfer to the organizer’s bank account that would determine if you benefit from the reduced entry fee (I, II, III due date). It is not enough to complete the registration form only.

ENTRY FEE	I due date 2nd April	II due date 31st May	III due date 2nd July	after due date (competition office)*
WM10, WM10N, Rodzinna	60 PLN / 13 EURO	80 PLN / 17,5 EURO	90 PLN / 20 EURO	100 PLN
WM12-14, WM12-14B	100 PLN / 21,5 EURO	120 PLN / 26 EURO	140 PLN / 30 EURO	150 PLN
WM16-18, WM 60+	170 PLN / 36 EURO	200 PLN / 42,5 EURO	220 PLN / 47 EURO	240 PLN
WM 20-55, OPEN Long, OPEN Short	210 PLN / 45 EURO	240 PLN / 51 EURO	260 PLN / 55 EURO	280 PLN

ONE RACE	I due date 2nd April	II due date 31st May	III due date 2nd July	after due date (competition office)*
WM10, WM10N, Rodzinna	15 PLN / 3,5 EURO	20 PLN / 4,5 EURO	20 PLN / 4,5 EURO	20 PLN
WM12-14, WM12-14B	20 PLN / 4,5 EURO	25 PLN / 5,5 EURO	30 PLN / 6,5 EURO	30 PLN
WM16-18, WM 60+	35 PLN / 7,5 EURO	45 PLN / 10 EURO	45 PLN / 10 EURO	50 PLN
WM 20-55, OPEN Long, OPEN Short	45 PLN / 10 EURO	50 PLN / 11 EURO	55 PLN / 12 EURO	60 PLN

*payment in cash

43., 143., 243., ... Additionally, as in the past, during Wawel Cup's 2024 it will be possible to win a free entry. If you are 43rd, 143rd, 243rd (...) person on the entry list, we are pleased to offer you the participation without any entry fee!

DISCOUNTS FOR CLUBS

We also have a special offer for clubs, which will have the number of representatives during Wawel Cup higher than: 20, 30, 40 and even 50.

more than 20 people – 5%
more than 30 people – 10%
more than 40 people – 15%
more than 60 people – 20%

Attention! Club discount can only be offered in case of registration and payment made by the club. Individual registration will not be added to the club discount.

REGISTRATION

The registration form is available on our website - wawelcup.pl.
For Polish Orienteering Association members, registration via - zielonysport.pl
<https://orienteering.org.pl/pzos/detail/competition/585>

If you need an invoice, please contact us via email fakturewawelcup@gmail.com and send all the details.

Deadline for invoice request is July 14th 2024.

PAYMENT

After completing the registration form, please transfer the entry fee to one of the bank accounts mentioned below.

PAYMENT IN PLN

bank account:
WOJSKOWY KLUB SPORTOWY WAWEL: PL 26 1090 1665 0000 0001 3605 9803
BIC/SWIFT WBKPPLPP
address: WOJSKOWY KLUB SPORTOWY WAWEL, Podchorążych Street 3,
30-084 Kraków title: Wawel CUP, name and surname, club name

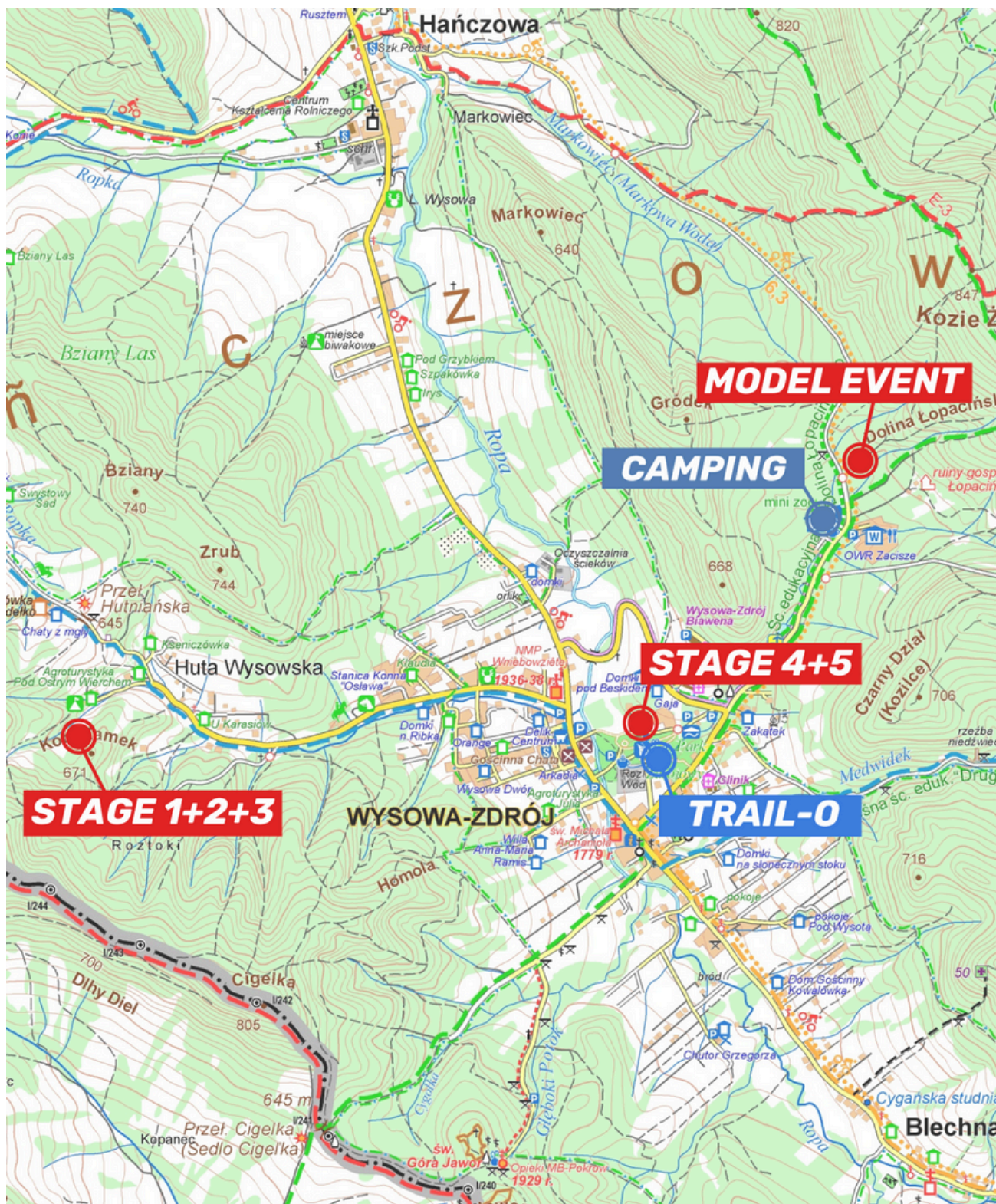
PAYMENT IN EURO

bank account:
WOJSKOWY KLUB SPORTOWY WAWEL PL 39 1090 2590 0000 0001 3054 8491 BIC/
SWIFT WBKPPLPP
address: WOJSKOWY KLUB SPORTOWY WAWEL, 3 Podchorążych Street,
30-084 Kraków, title: Wawel CUP, name and surname, club name.

The registration fee is non-refundable.

In case of resignation from participation in the competition after the 3rd due date, a fee of 50% of the basic registration fee is charged.

LOCATION



**GPS
COORDINATES**

COMPETITION OFFICE 10.07 49.442014, 21.137899

MODEL EVENT 49.453167, 21.192594

STAGE I, II & III 49.440874, 21.137699

STAGE IV & V + TRAIL ORIENTEERING 49.440186, 21.177245

'ZACISZE' CAMPING 49.449579, 21.193502

'ZACISZE' MAIN PARKING 49.449341, 21.194749

ACCOMMODATION

CAMPSITE

During the Wawel Cup, you can't miss the opportunity to use the camping site. This year, the campsite will be located in the charming Zacisze resort.

The campsite will include space for tents/caravans/campers. There will be opportunities to use toilets, showers and a charging point. It is possible to book accommodation with meals.

Reservation directly to the e-mail address – biuro@zaciszewysowa.pl with the password "Wawel Cup".

Reservation deadline – 30th June

Link to the center's website – <https://zaciszewysowa.pl/>

PRIMARY SCHOOL

Listening to your comments, we decided to organize additional accommodation for groups.

As part of this year's competition, we would like to offer interested participants the opportunity to book accommodation in the gym at the Primary School in Uście Gorlickie (address: Uście Gorlickie 186).

We provide access to showers, toilets, and the opportunity to charge phones.

Please send your accommodation request (including the number of people and days of accommodation) to zakwaterowanie.wawelcup@gmail.com.

The number of places is limited. Reservation until 8th July.

Price list:

– adults – 25 zł / night

– competitors up to WM18 category (born in 2006 and younger) – 20 zł / night

TRAIL ORIENTEERING



This is our permanent Wawel Cup tradition! Similarly to previous years, during the 43rd edition of Wawel Cup we plan to organize popularization competitions in Trail Orienteering. The main addressee of the competition are competitors with disabilities, but anyone interested can take part in it (we encourage you to do so)! Let's break the attendance record for these competitions together!

Date – 13/07, 11:00 – 15:00

Location – Spa Park, Wysowa-Zdrój

Categories:

O (Open) – all competitors regardless of gender, age and degree of disability.

P (Physically challenged) – players whose disabilities significantly limit their mobility.

applications via the online form (until July 2nd) – <https://wawelcup.pl/pl/trail-orienteering-4/>

Entry fee – a free donation to the "Na Ratunek" foundation

**WAWEL CUP
O-SHIRT**

We are pleased to show you the design of the official 43.Wawel Cup t-shirt. We present for you a unique version that can be ordered only this year!

Internet order price:

O-shirt Raglan 12 (front – coolmax, back – mesh) 105 PLN

V-neck F22 (front – mesh, back – mesh) 115 PLN

Collection of ordered T-shirts will be possible in Wawel Cup Shop.

It is possible to purchase T-shirts in the Competition Center (without a previous order). We do not guarantee availability of all sizes.

Price in Competition Center:

O-shirt Raglan 12 (front – coolmax, back – mesh) 125 PLN

V-neck F22 (front – mesh, back – mesh) 135 PLN



COMPETITION OFFICE

Below you will find the opening hours of the competition office. On Wednesday, the office will be open at the competition center close the Hutniańska Pass. On other days, the office will be located in the competition centers of individual stages.

10.07 Hutniańska Pass **19:00-21:00**

11.07 competition center, Hutniańska Pass **11:00-15:00**

12.07 competition center, Hutniańska Pass **8:00-9:00 & 13:30-15:00**

13.07 competition center, spa park **8:00-10:00**

14.07 competition center, spa park **8:00-9:00**

CAR PARK

Stage I, II and III – the organizer provides car park in the competition center.

Price: 10 zł per day

Stage IV and V – the organizer does not provide parking.

Suggested parking nearby:

49.440019, 21.174025

49.438482, 21.176155

49.440663, 21.182702

49.437288, 21.175195

RENTING SI

As every year, the 43rd edition of Wawel Cup will be played in the AIR+ System. Please send your request for SI rental no later than Tuesday (July 2, 2024) via the application form.

The reservation form is available at wawelcup.pl or at the link

<https://docs.google.com/forms/d/e/1FAIpQLScmpTu7ioRmdMuEQrCFx6RfVJ8fGfOr7cywMWg-we51RDz3nA/viewform>

The renting fee is:

– 10 zł per day (SIAC)

– 5 zł per day (SI CARD)

You can pick it up in SI tent in the competition center.

Payment by bank transfer to the WKS Wawel account or in cash at the competition o

Loosing SI, depending on type (70 zł – 320 zł)

PRIZE-GIVING CEREMONY SCHEDULE

We present you the prize-giving plan. All ceremonies will take place in the charming amphitheater in the Spa Park in Wysowa-Zdrój. We invite you!

13/07/2024 at 18:00 – ceremony of stage winners (I-IV) + Trail Orienteering

14/07/2024 approx. 13:30 – final ceremony

PRIZES

WINNERS OF INDIVIDUAL STAGES

We ensure a stage winners gift for the winners of first 4 stages.

GENERAL CLASSIFICATION

All participants in the family category (“Rodzinna”) will receive a small gifts so we won’t give additional prizes to first three winners in this categories.

In the general classification of the Wawel Cup we provide statuettes and diplomas for the TOP3 competitors in a given category.

WM10N, W10, M10, W12, M12, W14, M14, W12-14B – diplomas for TOP6.

The competitors in the memorial categories will receive cups.

In the team classification, the best three teams will receive cups and a sweet surprise.

TEAM CLASSIFICATION



During this edition of Wawel Cup, for the second time in a row, we will conduct a team classification. Commemorative cups are provided for the best clubs. Good luck to all teams!

Rules similar to previous season.

The 6 best results of a given club in one stage will be taken into account for the total classification.

You can score points in the first 4 stages. Handicap race will not count towards the team classification.

SCORING SYSTEM:

1st place in the age category at one stage – 4 points
2nd place in the age category at one stage – 2 points
3rd place in the age category at one stage – 1 point

We score in all age categories with the exception of WM10R, WM10N, WM12-14B, W21S, M21S, W35-49S, M35-49S, OPEN Long, OPEN Short.

In case of equal number of points, the number of victories is decisive.

MEALS

There will be a possibility to order dinners during the upcoming event. Meals will be prepared by our partner (known from last year's edition of CEYOC) - Food & Life Social Enterprise.

Meals in a vege and meat version will be available during 4 days in the competition center.

A detailed lunch MENU for each day is available on the competition website.

The order should contain information about the days, number of people and the version of the meal. We are waiting for your orders until 04.07.

Price - PLN 35.

Blocks for the meal will be available at the competition office.

Meals issues – zamowieniaobiady.wawelcup@gmail.com

During this year's Wawel Cup you will also be able to buy delicacies prepared by the country housewives' association.

- Friday – grilled sausages with bread, mustard and ketchup and homemade sour rye soup
- Saturday and Sunday – including: goulash soup cooked in a large cauldron over a fire served with home-made bread, traditional dumplings with butter, homemade delicious cakes, home-made bread, wild garlic bread, lemonade.

TAKE YOUR CUP FOR WATER

Outdoor events often generate extra amount of waste. Therefore, we would like to encourage you to bring your own water bottle/mug to the finish line. We hope that thanks to such effort we will reduce the amount of waste produced. Thank you in advance for your mobilization!

WASTE SORTING

We would like to inform you that strict waste segregation will be carried out during the 43rd Wawel Cup. We would like to ask team managers to familiarize their competitors with this topic.

Bag colors:

- Yellow – plastic
- Green – glass
- Blue – paper
- Brown – organic
- Dark gray/black – mixed – e.g. dirty paper plates after a barbecue, plastic containers after dinner

LIVELOX

We encourage livelox users to upload your tracks after each stage. You will find links to courses after each stage in 'LIVE' tab on our website.

You can also send .gps file on gps.wawelcup@gmail.com.

ADDITIONAL INFORMATION

- Competitors take part in Wawel Cup at their own risk.
- Competitors are road traffic participants and do not have precedence over cars.
- Organizer have bought civil responsibility insurance.
- Organizer does not bear the costs of individual insurance.
- Applications to the competition means agreement with all decisions from the bulletin and agreement for transformation personal data.
- Medical rescuer aid will be available in competition center.
- Competitors are obliged to have valid medical examinations. Managers of teams are responsible for checking the medical examinations.
- All dispute issues are adjudicated by main referee.
- Organizer reserves the right to final interpretation of bylaws and bulletin.

PARTNERS



Nadleśnictwo Łosie



FORYTEK&PARTNERZY