



TECHNICAL BULLETIN

GRAND PRIX POLONIA

2025 RUBEZAHL

ORIENTEERING CUP EDITION 0

26-28/07/2025





ORGANIZERS

- MKS Paulinum Jelenia Góra
- Paulinum Events

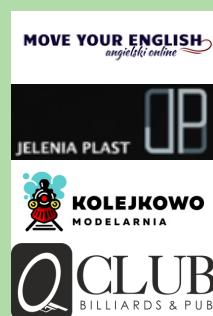
paulinumevents.pl, [FACEBOOK](#),
biuroestrady@paulinumevents.pl

COOPERATION

- Polski Związek Orientacji Sportowej
- Dolnośląski Związek Orientacji Sportowej
- Miasto Jelenia Góra
- Marszałek Województwa Dolnośląskiego

PARTNERS AND SPONSORS

- Move your English angielski online
- Jelenia Plast Sp. z o. o.
- Kolejkowo Modelarnia
- QClub Billards & Pub





ORGANIZING TEAM

- Competition Director - Damian Dutkiewicz
- Chief judge - Marzena Drągowska
- Course setters:
 - S1 - Grzegorz Zwoliński,
 - S2 - Robert Drągowski,
 - SPRINT, S3 - Daniel Jończy,
- Map makers: Grzegorz Zwoliński, Wojciech Dwojak, Jacek Morawski
- Competition Service and SportIdent: MKS Paulinum Club Members
- Coordination, graphic design, authors ROCup - Igor Górska, Szymon Ładomirski

COMPETITION FORM

3-day competition in individual categories in Orienteering - 2 stages on the middle distance, 1 stage on the long distance, an additional sprint stage. Final overall classification after 3 stages without the sprint stage (sprint separate classification). PZOS Central Competition Schedule ranking competitions, each stage with a coefficient of 1.1.





COMPETITION PROGRAM

STAGE 1 - SATURDAY (26/07), middle-distance race, start at 11:00 a.m.

STAGE 2 - SUNDAY (27/07), middle-distance race, start at 10:00 a.m.

EXTRA SPRINT - SUNDAY (27/07), sprint race, start at 5:00 p.m.

Decoration of the winners of GPP 1st place S1, S2 and Sprint 6th place Kids and Junior, 3rd place Elite, Veteran and Superveteran, 7:00 p.m. (Park Zdrojowy)

STAGE 3 - MONDAY (28/07), classic race, start at 10:00

Decoration of the winners of 6 places KM10N, KM10, KM12, KM14 and 3 places in other categories, 1:30 p.m. (OW Łokietek Borowice)

COMPETITION OFFICE

26/07/2025 open from 9:00 a.m. at the Competition Center, other days 27-28/07/2025 open during the competition at the Competition Center





COMPETITION CENTER

STAGE 1 - SATURDAY (26/07), middle-distance
Przesieka, OW Markus, GPS: 50.809757,
15.650632

STAGE 2 - SUNDAY (27/07), middle-distance
Borowice, OW Łokietek, GPS: 50.799107,
15.695701

EXTRA SPRINT - SUNDAY (27/07), sprint distance,
Cieplice Śląskie-Zdrój, Park Zdrojowy, GPS:
50.864076, 15.681626

STAGE 3 - MONDAY (28/07), long distance,
Borowice, OW Łokietek, GPS: 50.799107,
15.695701

In Competition Center (CZ) there will be a competition office, SI office, medical support, toilets, a buffet, tents for competitors, a relaxation zone, as well as space for club tents.





PARKINGS

During STAGES 1-3, parking lots will be provided for competitors near the Competition Center. During STAGE 1, parking will be charged at PLN 20 per vehicle. During STAGES 2-3, parking will be charged at PLN 20 for both days. Parking will be available for P1 first, and once full, P2 will be opened. During the SPRINTER STAGE, parking is at your own expense in the Cieplice area.

Please follow the maps.



STAGE 1:



STAGE 2 AND 3:





SI CONFIRMATION SYSTEM

The SPORTIdent system will be used during the competition. The stations will be compatible with all SI card series.

The stations will be set to contactless (AIR+) system. SI cards can be rented from the Organizer.

START CATEGORIES

GPP 2025:

K10, K10N, K12, K14, K16, K18, K20, K21E, K21S, K35, K40, K45, K50, K55, K60, K65, K70, K75, K80, K85.

M10, M10N, M12, M14, M16, M18, M20, M21E, M21S, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, Open- Łatwa, Średnia, Trudna, Rodzinna.

EXTRA SPRINT:

KIDS W, KIDS M, JUNIOR W, JUNIOR M, ELITE W, ELITE M, VETERAN W, VETERAN M, SUPER VETERAN W, SUPER VETERAN M

The organizers reserve the right to make changes to the categories!





CLOTHING AND FOOTWEAR

Forest clothing is required for the forest stages, and spiked footwear is preferred.

During the sprint stage, clothing and footwear are optional. You will be able to leave your belongings in the starting area, which we will then transport to CZ.

START PROCEDURE

Competitors enter the first starting box three minutes before their start, after clearing their SI card (CLEAR station). Competitor verification and SI card checks take place in the first box (CHECK station).

Controls descriptions are available for pick up in the second box. In the third box, competitors pick up their map, check their printed category, and line up with the map at the starting line. Viewing the map is prohibited until the start.

The run to the starting point will be marked and is mandatory.



CONTACT WITH THE ORGANIZERS

- Mobile - +48 695 790 820
- Mail: biuroestrady@paulinumevents.pl
- Facebook - [FACEBOOK - PAULINUM EVENTS](https://www.facebook.com/FACEBOOK-PAULINUM-EVENTS)
- Strona WWW: paulinumevents.pl

OTHER INFO

- Medical care during the competition (stages) is provided by the organizer,
- The organizer is insured against civil liability,
- The organizer does not cover the costs of individual insurance,
- The organizer is not liable for any items lost during the competition,
- The Organizer reserves the right to the final interpretation of this Bulletin,
- All disputes are decided by the main judge of the competition,
- By registering for the competition, you accept the provisions of this bulletin,
- The technical announcement (bulletin no. 2) together with the route parameters will be published no later than one week before the competition.
- The sprint stage routes run through residential streets with limited car traffic - please be careful (participants are subject to traffic regulations).





STAGE 1 - JULY 26 (SATURDAY), MIDDLE DISTANCE

Map: Regle

Map maker: Grzegorz Zwoliński Scale: 1:7 500,
contour lines: every 5 m Current: summer 2025
(forest works are being carried out in the
competition area) Map printing: digital printing,
A4 format, laminated maps

Controls descriptions will be printed on the maps
and additionally separated for pick up in box no.

2.

Start

First start: 11:00

The start is located 700 meters from the
Competition Center (CZ).

The way to the start is marked with blue tapes.

KM10N route, Rodzinna - white-red tapes.

Open categories - start at any minute (from the
start SI unit) between 00' and 60'.

Time limit

120 minutes





STAGE 1 ^



STAGE 2,3 ^





STAGE 2 - JULY 27 (SUNDAY), MIDDLE DISTANCE

Map: Borowice - Sosnówka

Map makers: Wojciech Dwojak, Jacek Morawski

Scale: 1: 7500 for categories from KM60, the rest 1: 10000, contour lines: every 5 m Current: spring 2024, updated summer 2025 (Forest works are carried out at the competition area)

Map printing: digital printing, A4 format, laminated maps

Controls descriptions will be printed on the maps and additionally in separated form for pick up in box no. 2.

Start

First start: 10:00

The start is located 500 meters from the Competition Center. (CZ)

The way to the start is marked with blue tapes.

The finish is located 1200 meters from the Competition Center. The return way is marked with orange tapes.

KM10N route, Rodzinna - white-red tapes.

Open categories - start at any minute (from the start SI unit) between 00' and 60'.

Time limit

120 minutes





EXTRA SPRINT - JULY 27 (SUNDAY), SPRINT DISTANCE

Map: Cieplice Śląskie-Zdrój

Map author: Daniel Jończy Scale: 1:4000,

Contour lines: every 2 m Current: summer 2025

Map printing: digital printing, A4 format,
laminated maps

Controls descriptions will be printed on the maps
and additionally in separated form for pick up in
box no. 2.

Start

First start: 17:00 Start located 100 meters from
the Competition Center.

Time limit

60 minutes

Attention

The routes run through
residential streets with limited
car traffic - please be careful
(participants are subject to
traffic regulations).





STAGE 3 - JULY 28 (MONDAY), LONG DISTANCE

Map - Borowice - Sosnówka

Map makers: Wojciech Dwojak, Jacek Morawski

Scale: 1: 7500 for categories from KM60, the rest 1: 10000 Contour lines: every 5 m Current: summer 2024, updated summer 2025 (Forest works are carried out at the competition area)

Map printing: digital printing, A4+ and A3+ format, laminated maps

Controls descriptions will be printed on the maps and additionally in separated form for pick up in box no. 2.

Start

First start: 10:00

The start is located 500 meters from the Competition Center.

The way to the start is marked with blue tapes.

KM10N route, Rodzinna - white-red tapes.

Open categories - start at any minute (from the start SI unit) between 00' and 60'.

Time limit

180 minutes





GOOD LUCK AND SEE YOU IN THE KARKONOSZE MOUNTAINS



The final interpretation of the Technical Notice and other publications published by the European Parliament rests with the organizer. The authors of the Notice are Igor Górska and Szymon Ładomirski.