

REGULATIONS
of the 26th JAĆWING CROSS COUNTRY SKIING RACE 2013

1. Organiser:

Sport and Recreation Center
19-500 Gołdap, Stadionowa Street 5A
tel/fax. (+48) 87 615 06 41

www.osirgoldap.pl osir@osirgoldap.pl lech@osirgoldap.pl dyrektor@osirgoldap.pl



3. Co-organisers:

Gołdap Forest District
Sport School Association of Warmia and Mazury in Olsztyn
„Biegówki” Skiing Society

4. Special guests: Józef Łuszczek, Wojciech Fortuna.

Honorable Race Commander: Lech Iwanowski.



5. Date and place of the event:

15-16.02.2013

Skiing Tracks in Kumiecie Forest in Gołdap.

Start and finish next to the Forester's House, Świerkowa Street.

6. The goal of the event:

Cross Country Skiing promotion;

Sport Calendar implementation;

Promoting the Town of Gołdap through sport;

Presentation and promotion recreational and natural values of Mazury, particularly The Gołdap District and Romincki Forest

Revealing the best contestants.

Promoting health life style and spending free time actively

Propagating active rest and sport

Joining sport rivalry with recreation and fun

7. Distances:

- 20 km free technique (F) - 16.02.2013

- 10 km free technique (F) - 16.02.2013.

- 20 km classic technique (Cl) - 16.02.2013

- Children and Youth Races - 15.02.2013

Primary Schools:

- gr. I – class IV and younger - distance 1000 m. (born 2002 and younger)

- gr. II – class V - distance - 2000 m (born 2001)

- gr. III – class VI - distance - 2000 m (born 2000)

Lower Secondary Schools:

- gr. I – class I - distance 2000 m. (born 1999)

- gr. II – class II - distance 3000 m (born 1998)

- gr. III – class III - distance 3500 m (born 1997)

8. Program of the competition:

Friday – 15.02.2013

The Province Championship of Sport School Association of Warmia and Mazury in Olsztyn

In the competition start primary schools pupils reported in the following key:

- gr. I – class IV and younger - distance 1000 m. (born 2002 and younger)

- gr. II – class V - distance 2000 m (born 2001)

- gr. III – class VI - distance 2000 m (born 2000)

In the competition start Lower Secondary Schools students reported in the following key:

- gr. I – class I - distance 2000 m. (born 1999)

- gr. II – class II - distance 3000 m (born 1998)

- gr. III – class III – distance 3500 m (born 1997)

Saturday - 16.02.2013

a) Main race 20 km F female (K) and male (M) born 1994 and older free technique (F) with age divisions

b) Mid race 10 km F (2 x 5 km) K i M. born 1996 and older.

c) Main race 20 km Cl female (K) and male (M) classic technique with age divisions.

During JACWING CROSS COUNTRY SKIING RACE, The championship of The State Forests National Forest Holding Workers and Military Forces will be held. Particular regulations will be presented in the nearest future.

9. Participation and registration:

Participation:

- The event is opened to everyone who is associated and non- associated. Children and youth under 18 must have written parents' acceptance.
- Competitors participate at their own risk pursuant to the Regulation of the Minister of National Education of 12 September 2001(Dz. U. Nr 101 poz.1095).
- Participation in the race involves granting consent to processing personal data and to using the image of a contestant by Ośrodek Sportu i Rekreacji in Gołdap, Gołdap community, or any object in order to acceptance in above publications, during TV, radio and internet broadcast.
- The organizer reserves the right to alteration of the course route and distance in the event of bad weather conditions.
- The right to start in the competition has everyone who in the race day has a valid medical check-up and presents health condition report.

Registration:

a) by the form on the website www.biegjacwingow.pl in folder „ Zapisz się “

b) on postcards,

c) on summary letters to e-mail lech@osirgoldap.pl

d) mailed up to **31.01.2013** to the address: Ośrodek Sportu i Rekreacji, 19-500 Gołdap, Stadionowa 5A, including:

surname and name, year of birth, domicile, the club or school, distance

- Race participants take part in the competition on their own risk.
- Insurance obligation is on the competitor or on notifying organization.
- **The registration due to 10.02.2013 .**
- Reservation of accommodation due to 10.02.2013.
- Starting fees in the main race female (K) and male (M):
 - 30 zł. to 31.01.2013 .
 - 50 zł. to 10.02.2013 .
 - 100 zł. registration after 10.02.2013

Bank account: PKO BP SA **39 1020 4724 0000 3002 0007 5135**

10. Conducting the race.

- All age divisions will start from the joint start according to program.
The competition is conducted in accordance with the guidelines for the FIS for cross country skiing.

Competitors:

- have to run from start to finish along market track and go over all check points,
- can't hinder the race and can't disturb other competitors,
- can't impede the other overtaking of faster competitors. Weaker competitors should use the right side of track, faster – the left one.
- have to run according to the technique in which is conducted the given race.
- The competitors can't change their skies during the race , unless they are damaged. Changing skies during the race will cause disqualification.
- On the race course there will be set check points, where service staff will notify bib numbers in order to verify the distance proceed by the contestant.
- Running in 26th JACWING CROSS COUNTRY SKIING RACE 2013 without a valid bib number is forbidden. People without a valid bib number will be moved out from the race track by service stuff.

11. Time program:

Friday - 15.02.2013

- 10:00 Opening Ceremony of The Province Championship of Sport School Association of Warmia and Mazury in Olsztyn

Primary Schools:

- 10:10 Girls gr. I – class IV and younger - distance 1000 m. (born 2002 and younger)

- 10:20 Boys gr. I – class IV and younger - distance 1000 m. (born 2002 and younger)
- 10:30 Girls gr. II – class V - distance 1500 m (born 2001)
- 10:40 Boys gr. II – class V - distance 1500 m (born 2001)
- 10:50 Girls gr. III – class VI - distance 1500 m (born 2000)
- 11:00 Boys gr. III – class VI - distance 1500 m (born 2000)

Lower Secondary Schools:

- 11:10 Girls gr. I – class I - distance 1500 m. (born. 1999)
- 11:20 Boys gr. I – class I - distance 1500 m. (born 1999)
- 11:40 Girls gr. II – class II - distance 3000 m (born 1998)
- 12:00 Boys gr. II – class. II - distance 3000 m (born 1998)
- 12:20 Girls gr. III – class III - distance 3500 m (born 1997)
- 12:40 Boys gr. III – class III - distance 3500 m (born 1997)

Saturday - 17.02.2013.

9:50 - Grand Opening Ceremony of 26th JAĆWING CROSS COUNTRY SKIING RACE 2013

10:00 - Mid race 10 km F (2 x 5 km) K i M. born in 1996 and older.

10:30 - Main race 20 km F female (K) and male (M) born 1994 and older free technique. (F)

with age divisions

12:30 - Main race 20 km Cl female (K) and male (M) classic technique with age divisions.

12. Awards.

- For the first three women and first three men in-kind award or cash prize
- For the first three women and first three men diploma and medal
- In the main race women and men medal for participation

13. Other issues:

- Numbers will be distributed in The Race Office, which will be opened on:
 - 15.02.2013 from 9:00 to 12:00 on start glade in The Race Office in Świerkowa Street – considered The Province Championship of Sport School Association of Warmia and Mazury in Olsztyn
 - 15.02.2013 from 4 p.m. to 8:30 p.m. on Plac Zwycięstwa 16 (Centrum Promocji Regionu Gołdap)
 - 16.02.2013r. from 9:00 a.m. on start glade in The Race Office in Świerkowa Street
- Every participant after the race will be given a hot meal.
- In case of bad snow condition distances can be changed.
- In case of bad weather condition on 14 February 2013 the organizers will make a final decision of race cancellation (the race cancellation can be made only in case of lack of snow or when the temperature is below -20°C).
- Before departure to the race organizers recommend calling in order to confirm whether the 26th JAĆWING CROSS COUNTRY SKIING RACE 2013 will be on time.
- The information is available on: Ośrodek Sportu i Rekreacji w Gołdapi tel/fax +48 87 615 06 41, mobile +48 530 722 031
- Rewarding ceremony: 15 minutes after each race.
- The information about The 26th JAĆWING CROSS COUNTRY SKIING RACE 2013 and the final results can be seen on the website: www.osirgoldap.pl

14. Final provision:

The final and binding interpretation of presented regulations entirely belong to the organizer of 26th JAĆWING CROSS COUNTRY SKIING RACE 2013.

The organizer reserves the right to change the rules without specifying any reason.

