

15th World Mountain Running Long Distance Championships

24th June 2018

KARPACZ / POLAND



TEAM MANUAL

VERSION 5. June 2018

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1. WELCOME & GENERAL INFORMATION

Welcome speeches

WMRA



I would like to welcome all Mountain Runners to Poland and the World Long Distance Mountain Running Championships. Running is a simple sport and yet when we run in the Mountains it is always unique and exciting with the diversity of the terrain making a big part of the challenge. The other big part is the challenge of competition. So it is great to see all of you mountain runners coming together racing for your country and wanting to test yourselves on the tough terrain over the hills and through the forests of Karpacz. I am sure you will take away some great memories as I have done over the many years of my own racing in many different places around the World.

I would like to give special thanks to the entire organisation team behind this event, sponsors, local government, mayor Radosław Jęcek for all of your hard work that gives all us in the Mountain Running Community the opportunity to enjoy your local hospitality and run in another beautiful location.

Jonathan Wyatt

WMRA President

Polish Athletic Association



Dear Friends of Mountain Running and Athletics

I am delighted to send my greetings to the athletes, coaches, officials and spectators who came from all over the world to take part in 15th World Long Distance Mountain Running Championships in Karpacz.

Karkonosze, Sniezka and Karpacz are the places not only exceptionally attractive for tourists. These are the places where the history of Polish Mountain Running began in the eighties years of the last century.

Poland is a country where the athletics is a real queen of sport. A country where athletics is practiced at the highest world level and championships in all areas of this sport are organised. All the more, I would like to thank all the organisers, sponsors and



all those involved in organisation of World Long Distance Mountain Running Championships for their efforts put in to held this event in accordance to international standards.

Mountain Running is a young field of athletics that has been dynamically developing world out and in our country.

I wish you all a pleasant stay in Karpacz and the best memories of this event.

Henryk Olszewski

President
of
Polish Athletic Association

Local Organizing Committee



As a Mayor, a member of the local Mountain Rescue Service and a citizen of Karpacz I am proud to host World Long Distance Mountain Running Championships in my hometown. Karpacz is situated in the Karkonosze Mountains – the most beautiful mountain range in Poland.

Sport in our town has a long tradition. For many years lots of great sportsmen, sportswomen and Olympic winners have come from here. The variety of the terrain, unique weather conditions and beautiful views make the area of Karpacz an ideal running environment for athletes from all over Europe. Extensive running and walking routes offer great training conditions and highly positive emotional experience.

We are hoping you will immediately feel the part of Karpacz community – people full of passions creating an amazing atmosphere of this town.

In Karpacz we reach the peaks of the mountains, but we also reach the peaks of our possibilities.

Radosław Jęcek

The Mayor of Karpacz



About Karpacz

Karpacz is a charming tourist town lying at the foot of the Giant Mountains and their highest peak - **Śnieżka** (1603 m). The outstanding tourist values, attractions and appropriate management of the town attracts over one million tourists per year. Not only the location of Karpacz is the major draw for visitors, it is also that famous 'special something', which means the atmosphere of the place created by hospitable and active inhabitants and tourists. The town offers perfect conditions for spending free time. Karpacz is a place where plenty of attractions await the visitors to keep the entertained all year-round and regardless of the weather.



Karpacz - Altitude 480-885 m – Area 37,99 km² - Population 4958 inhabitants

Before you start sightseeing the Giant Mountains learn more about their legendary ruler, the Mountain Ghost. A modern interactive exhibition **Mysteries of Giant Mountains** (Karkonoskie Tajemnice) has been located in the city centre. The collection contains all incredibilities of the Giant Mountains (including the skeleton of the Mountain Ghost and the machine which can pull up mandrakes). All sports fans and those who want to learn more on the history of the region must visit the **Museum of Sports and Tourism**.



Wang Church, a unique Nordic sacral building made of wood and decorated in the same way as Viking longships, is one of the best known and precious tourist attractions of Karpacz. Visiting **the Museum of Toys**, which presents a 200-year old legacy of toy industry, will be valuable experience not only for children but also for their



parents. There are other attractions and things to do for children in Karpacz: **Fairy Tales Park** (Park Bajek), two Lego exhibitions and **Sports and Leisure Centre** (Centrum Rekreacji i Sportu) **Kolorowa**.



After sightseeing the city centre, it is a good idea to cool down and go for a walk to **Wild Waterfall** (Dziki Wodospad), **Dam on Łomnica River** (Zapora na Łomnicy) or **Raven Rocks** (Krucze Skały) shrouded in legend. Hiking enthusiasts may indulge themselves in walking around **the Giant Mountains**. There are 90 kilometers of sign-posted tourist trails in Karpacz, which enable discovering one of the most precious natural area of our country. Four mountain huts can be found along tourist trails providing tired hikers with food and shelter: „Dom Śląski”,

„Samotnia”, „Strzecha Akademicka” i „Nad Łomniczką”.

Winter sports enthusiasts have numerous slopes and lifts at their disposal. There are also trails for cross-country skiing and ski touring. Children and those who crave for more excitements, ice rinks and snow-tubing tracks are waiting.

Over 50 sports, cultural and entertaining events are organized in the town annually.



POLAND



- Population:** about 38 million inhabitants
- Capital city:** Warsaw/Warszawa.
- Official language:** Polish
- Currency:** Zloty (0,24 euro)
- Time zone:** Summer (DST) CEST (UTC+2)
- Electricity specifications:** Type C European CEE7/16 Europlug
- Telephone code:** + 48 xxx
- Tap water:** Safe to drink



Some words and phrases in Polish language:

Hello, Hi - Cześć	Water - Woda
Good bye - Cześć, Do widzenia	Shower - Prysznic
Good morning - Dzień dobry	Bag - Torba
Good afternoon - Dzień dobry	Finish - Meta
Good evening - Dobry wieczór	Start - Start
Good night - Dobranoc	Toilette - Toaleta
Thank you - Dziękuję	Breakfast - Śniadanie
Dinner - Kolacja	Lunch - Obiad



2. ORGANISATIONAL STRUCTURE

2.1 IAAF

President:	Sebastian COE (GBR)
CEO:	Olivier GERS (FRA/USA)
Cross Country Committee – chairman:	Carlos CARDOSO (POR)

2.2 WMRA Council

President:	Jonathan WYATT (NZL)
General Secretary:	Tomo ŠARF (SLO)
Treasurer:	Nancy HOBBS (USA)
Council Member:	Giorgio BIANCHI (ITA)
Council Member:	Andrzej PUCHACZ (POL)
Council Member:	Sarah ROWELL (GBR)
Council Member:	Wolfgang MÜNZEL (GER)

2.3 WMRA Delegate

WMRA delegate:	Wolfgang MÜNZEL (GER)
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Jury of Appeal will be appointed at the Technical Meeting.

2.4 Polish Athletic Association (PZLA)

President:	Henryk OLSZEWSKI
Vice-President:	Tomasz MAJEWSKI
Vice-President:	Tomasz OSIK
Vice-President:	Zbigniew POLAKOWSKI
Vice-President:	Sebastian CHMARA
Vice-President:	Grzegorz SOBCZYK
Vice-President:	Marek FOSTIAK
General Secretary:	Pawel OLSZANSKI
Director of International Affairs:	Piotr DLUGOSIELSKI

2.5 Local Organising Committee

President & Marketing Director	Radosław JĘCEK
General Coordinator	Joanna JĘCEK
Event Management	Joanna JĘCEK
Competition Director	Joanna GRYGIER
Organisational Advisor	Andrzej Puchacz
Accommodation	Kamila CYGANIEK
Promotion	Radosław Jęcek
Ceremonies & Protocol	Kamila CYGANIEK
Logistics and Transportation	Kamila CYGANIEK
Photographer	Rober URBANIAK
Public Relations	Ewa PERZAK
Course Manager	Joanna GRYGIER
Safety & Security	Tobiasz FRYC
Venue settings coordinator	Radosław JĘCEK
Technical Manager, TIC	Ewa Perzak
Data Processing	STS TIMING



Medical Services
Volunteers
Website manager

Michał BARSKI
Tomasz Grygier
Marek SEREWIŚ

2.6 General Program

Venue: Karpacz, Poland

Start/ finish area is located in the city center, near Sports and Entertainment Hall at 48 Konstytucji 3 Maja street (see appendix 4).

Accommodation is provided in Hotel Golebiewski.

The distance between the hotel and completion venue is approx. 3km.

FRIDAY 22nd June 2018

All day Arrival of non-European teams; transfer to the hotel.

14:30 - 19:30 Accreditation for teams - Hotel Golebiewski

SATURDAY 23rd June 2018

All day Arrival of European teams; transfer to the hotel.

13:30 - 16:00 Lunch at Hotel Golebiewski.

09:00 - 20:00 Accreditation for European teams - Hotel Golebiewski

15:00 - 16:00 Press conference at Hotel Golebiewski

16:00 - 17:00 Technical Meeting at Hotel Golebiewski

18:00 - 19:00 Opening ceremony at start / finish area

19:00 - 21:00 Dinner at Hotel Golebiewski

SUNDAY 24th June 2018

9:00 Start of the Championships Race

9:20 Start of the Open Race

13:30 - 16:00 Lunch at Hotel Golebiewski

19:00 - 21:00 Dinner at Hotel Golebiewski

20:00 - 21:00 Award and closing ceremony at start / finish area.

21:00 - 22:00 Farewell party at start / finish area.

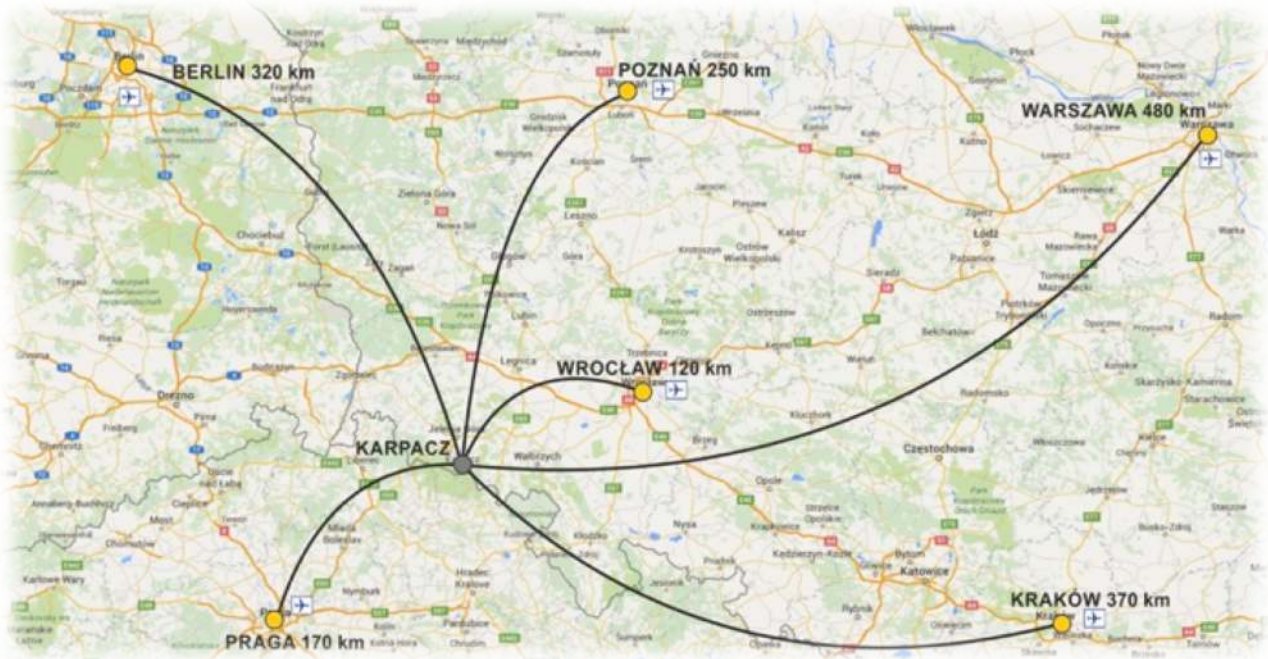
MONDAY 25th June 2018

All day Departure and transfer to the airport.



3. ARRIVALS

3.1 Arrival by air



The official airport is Wroclaw Copernicus Airport.

- Upon arrival at the airport, team members will be taken to the hotels by buses. LOC will do its best make the teams waiting not more than 1 hour.
- Bus service will operate only on Friday 22nd and Saturday 23rd
- The bus trip from the airport to the hotel takes approximately 2 hours.
- If teams arrive earlier than 22nd, LOC will do its best to organize the transfer at the team costs (the same applies for departures after the 26th).

3.2 Arrival by Train

Transfers can also be organized from the main train station in Jelenia Gora (20 km from hotel).

3.3 Arrival by Road

There is a 2 hours' drive from Wroclaw (the capital of the Lower Silesia Region) to Karpacz.

- Coming from Munich via Prague the travel takes 7 hours, from Prague 3 hours.
- From Vienna 6 hours, from Ljubljana – 10 hours.



3.4 Visa Requirements

Countries requiring visas to enter Poland should obtain them from the Polish Embassy or Consulate in their country. If these federations need support to get their visas, they should contact LOC at ultramaraton3xsniezka@gmail.com giving the names of the persons, their first name, date of birth, gender, passport number and expiring date.

Holders of valid Schengen visas of multiple entry can freely enter Poland without additional Polish visa.

- Countries that don't need a visa: ALB, AND, AUS, AUT, BEL, BUL, CAN, CRO, CZE, DEN, FRA, GBR, GER, HUN, IRL, ISR, ITA, JPN, LIE, MEX, MKD, MLT, MON, NED, NOR, NZL, POR, ROU, SLO, SMR, SRB, SUI, SVK, SWE, UKR, USA
- Countries that can travel to Poland without visa but with biometric passports: ALB, MKD, SRB
- Countries that need a visa and have Polish Embassy in the country: BLR, COL, KEN, RUS, TUR.

4. ACCREDITATION

4.1 General

- The accreditation centre will be located in the Hotel Golebiewski. All the teams will be accommodated there.
- Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. Photos are not required for the accreditation card system.

4.2 Accreditation Procedure

Accreditation cards will be prepared in advance, based on the information provided by the participating federation in the final entries. The Team Leader will be responsible for collecting the accreditation cards of all team members.

Team Leaders are requested to collect all the athletes' passports or IDs and take them to accreditation Centre in order to allow verification of the participants' age and nationality.

4.3 Access Areas for Teams

All team accreditation cards will allow access to the warm-up area, changing facilities and shuttle bus service. Only athletes who are directly involved in the competition will have access to the call room and to the course.

Separate cards will be issued for the Team Leaders, for access to the information available in the Technical Information Centre (TIC).

4.4 Loss of Accreditation

Any lost or damaged accreditation cards should be reported to LOC or to the team reference person. Duplicate cards can be obtained where proof of identity can be established.

5. INFORMATION DESK

An Information Desk will be set up at Hotel Golebiewski on Friday and Saturday.

For any need or information, the Team Attaché, will be available at any time during the event on the phone.

Teams' Attaché - Joanna Grygier, phone number + 48 696 437 545



6. ACCOMMODATION

6.1 General Information

Teams will be accommodated at Hotel Golebiewski ****

Address: 14 Karkonoska street, 58-540 Karpacz

Phone: + 48 75 767 07 40

The distance between the hotel (800m) and the start/finish area (620m) is about 2.8 km.



6.2 Costs and WMRA Quota

The LOC is responsible for the cost of the accommodation of the teams based on the following:

- for two nights (three nights in case of non- European teams)
- for a maximum of three runners men, three runners women
- for one official per team (two per team competing with two teams of 3 runners)
- meals are due from the lunch of the first day until the breakfast of the departure day

Additional team members and officials will meet accommodation expenses themselves.

For additional team members and for additional days the following rates apply:

- Twin or Triple room: 80 Euros per person per day*
- Single room: 90 Euros per person per day*

*Full Board accommodation (including transport from and to the airport and transport on site).

All participants should be listed in the Final Entry form in order to secure proper accommodation for everyone. The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for any subsequent reduction in the actual numbers of athletes and/or officials.



6.3 Payment Procedures

An invoice will be sent to each Federation detailing the amount they owe based on their final entries.

Federations can make an advance payment in EUR by bank transfer to the following account:

- Beneficiary: SZKOLA ZDOBYWCOW HORYZONT, ul. Wilcza 10, 58-540 Karpacz.
- Bank: WBK
- SWIFT – BIC code: WBKPPLPP
- IBAN: PL 83 1090 1708 0000 0001 3594 3979
- Reason for payment: “Extra Payment NAME OF THE COUNTRY – Invoice number”

Note: All bank fees for the transfer are paid by the ordering customer – OUR.

A copy of the bank transfer will be required upon accreditation.

In case of unsettled balance, it should be cleared on-site by the Team Leader upon arrival. Payment can be made only by cash in Euros or in PLN. The team leader may be requested to provide a credit card at the time of checking in at the reception desk to cover any extras.

6.4 Meals plan

	Friday 22 nd	Saturday 23 rd	Sunday 24 th
Breakfast	/	7h to 11h	6:30 to 11h
Lunch	13:30 to 16h	13:30h to 16h	13:30-16h
Dinner	19h to 21h	19h to 21h	19h to 21h

All meals will be served in hotel Golebiewski *****

7. TRANSPORT

7.1 Bus Shuttle Service

Dedicated bus shuttle service will operate between team hotel and start/finish & ceremonies venue
Details on the schedule and routes will be displayed at hotel and will given to the Team Leaders by Team Attaché.

7.2 Return to Airport / Train stations

Transport will be arranged according to the flight/train schedules submitted by the teams. Detailed departure charts will be displayed at hotel.



8. TECHNICAL INFORMATION

8.1 The Course

The 15th edition of the **World Mountain Running Long Distance Championships** will be held on the traditional „Sniezka mountain race” – medium course.

The race starts and finish in Karpacz (600m).

COURSE	Length	Total ascents	Total descents
Women & Men	36,2 km	2110m	2110m

Detailed maps and profiles of the courses are available in Appendix 2 of this Manual.

8.2 Technical Information Centre (TIC)

On the day of the race, a Technical Information Desk will be set up in sport hall near start/finish area.

The main function of the TIC is to ensure smooth communication among each Team Delegation, the LOC and the Competition Management of the Championships regarding technical matters, such as:

- handing out the results (one for team)
- collecting protest forms.

8.3 Technical Meeting

The Technical Meeting will be held on Saturday 23rd June 2018 at 16:00, at Hotel Golebiewski.

The Meeting will be held in English. Each team may be represented by a maximum of 2 (two) team delegates and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Meeting.

All questions related to the Technical Meeting must be presented in writing, in English, at the venue of the Meeting, at least 1 hour before the beginning.

The Technical Meeting will be attended by:

- LOC and the WMRA Representatives
- Doping Control Delegate
- Representatives of the Organising Committee
- National Competition Officials

Teams that are not able to attend the Technical Meeting, under extreme circumstances, can collect their information material from the TIC after the technical meeting.

The agenda of the Technical Meeting includes:

- Welcome by the LOC and the WMRA Representatives
- Presentation of the Competition Officials
- Information briefing by the Technical Delegate on matters not covered by the Team Manual
- Presentation of the competition and warm-up venues
- Ceremonies
- Presentation of Jury of Appeal
- Answering of questions submitted in writing by federations



9. COMPETITION REGULATIONS

9.1 Participation

9.1.1 Teams composition

Each member federation could be represented by one male and one female team. Juniors under 18 years of age in the year of competition are not allowed to start.

Each team will consist of a maximum of 6 athletes, including 1 as alternate (only 5 can start).

9.1.2 Age Categories

Juniors under 18 years of age in the year of competition are not allowed to start.

The passports of ALL athletes will be collected and photocopied upon Accreditation.

9.1.3 Citizenship

WMRA Members shall be represented only by Citizen of the Country (or Territory) which the affiliated Member represents, in accordance with the terms of the IAAF Constitution.

Exceptions to the clause above are accepted for the teams representing a Country (or Territory) with less than 50,000 inhabitants and at the condition that these athletes can prove that they are resident in this Country (Territory) since at least 5 years at the date of the competition.

9.2 Scoring

The team results shall be decided by the aggregate of places recorded by the three best competitors of each team. The team with the lowest aggregate of points will be judged the winner. In assessing the aggregate, no adjustment to the scoring placing of the finishing teams shall be made in respect of any non-scoring team runners or of individual entries.

If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards.

Any tie will be decided in favor of the team whose last scoring member finishes nearer the first place.

9.3 Entries Deadlines

The Preliminary and Final Entries should be made by WMRA member federations using the respective forms, to be sent to WMRA and the LOC.

- Deadline for the Preliminary Entries 24th April
- Deadline for the Final Entries: 10th June

9.4 Final Confirmation

Upon arrival, team Leaders or their representatives must confirm the athletes already entered who will actually take part in the competition.

Final start lists will be ready for collection after the Technical Meeting.

9.5 Competition Bibs

Each competitor receives 2 competition bibs (+ 1 for bags). The bibs shall be worn according to IAAF Rule 143. The competition bibs may not be cut, bent or covered in any way. The competition bibs will be distributed immediately after the Technical Meeting.

9.6 Competition Clothing

Competitors must wear the Federation's official team clothing. IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the latest version of the IAAF Advertising



Regulations in force at the time of the event. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed or taped at the Call Room.

Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.

10. COMPETITION PROCEDURE

10.1 Call Room Procedures

All athletes must report to the Call Room starting 20 minutes before the Start, but no later than 10 minutes.

It is the responsibility of the Team leaders to ensure that their athletes are aware of the last check-in times for entry to the Call Room. Athletes arriving late may be excluded from participation in the event.

The following checks will be carried out on equipment that must comply with IAAF Advertising and Competition Rules:

- Competition clothing
- Bags
- Non-authorized equipment (radio, walkman, mobile phone, camera etc.)

10.2 Starter Commands

All instructions will be given in English. The command is: “On your marks!” followed by a shot from the starter’s gun.

10.3 Refreshment Stations

There will be several Refreshment Stations with water, food and beverage along the course, plus refreshment points arranged close to the arrival area. Details will be presented during the Technical Meeting.

Personal refreshment may be handed over to athletes by their coaches or other team members on the official Refreshment Stations only.

An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

To find more about the refreshment points, please check a map at appendix 5.

10.4 Timing

The official timing will be provided by „STS TIMING” using chip timing system. The chips will be distributed along with BIB NUMBER and should be attached to shoe. World Championships participants will have a time limit: 2.5 hours for the first loop and 5 hours in the finish.

The results will be displayed on the info board near the Finish Area.

10.5 Luggage

Athletes will have the possibility to leave their clothes and bags in a dedicated place, close to Start Area (Sports and Entertainment Hall) and they will find them there at the end of the races (Start and Finish are basically in the same place). A general supervision of the area is guaranteed by LOC during the whole day, but we highly recommend not to leave personal belongings in the bags.



10.6 Protests and Appeals

Protests will be processed in accordance with IAAF Rule 146.

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3). Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the official Information board).

Any written appeal to the Jury of Appeal must be signed by a responsible official on behalf of the athlete and submitted to TIC / TID within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of 100 EUR must be paid. If the protest is not successful, the deposit will not be returned. The Jury's decision will be provided in writing at the TIC.

10.7 Doping Control

10.7.1 General Information

Doping control shall be conducted in accordance with IAAF Rules and Regulations under the supervision of the Doping Control Delegate. Both urine and blood samples may be collected immediately before, and during, the Championships.

Selected runners for the doping control will be informed just after finishing the race, but should go to the doping control after the Flower ceremony.

Athletes selected for doping control shall be informed by the doping control officials. Athletes will be required to sign a confirmation of notification. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Station (DCS).

10.7.2 Selection of Athletes

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the Doping Control Delegate.

A selected athlete should report immediately to the DCS unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCC. Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.

Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption system prior to attending the Championships.



11. MEDICAL SERVICES

11.1 General

The medical service is in charge of any medical assistance to teams, the competition organization, the personnel, the honorary guests as well as, during the competition, to the spectators.

In case of an emergency please contact the nearest medical first aid station or the local doctor, who is in charge of the medical service.

11.2 Medical Services in the Hotels

For medical or emergency needs Team Leaders shall refer to general Emergency number (112) or to hotel Staff.

11.3 Medical Services at the Competition Venue

Medical teams will be available near the Finish lines for acute medical assistance. First aid team of the Mountain Rescue Service will be positioned along course. They will be able to transport severely injured athletes to the ambulance waiting in Karpacz.

The local medical service will be responsible for any problem concerning the athletes' health both at competition and warming up areas. In case of injuries, only the official physician will be admitted to the course. The respective physician will decide on the further treatment of the injured athlete.

Team doctors will have access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

11.4 Physiotherapy

A physiotherapy space will be set up near the Finish area in Karpacz. Local physiotherapists will offer free of charge treatment to athletes. The team physiotherapists and doctors may use the equipment in co-operation with the medical staff.

11.5 Insurance

The participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the World Mountain Running Championships and during the event itself. Please take the necessary steps to fulfill these requirements well in advance.

12. SECURITY

Security will be provided in cooperation with the local Police force. Instructions given by the LOC, the security personnel and the police must be followed in all areas, as well as during transport from one location to another.

The accreditation card must be worn at all times. If an accreditation is lost, this should be reported immediately to any LOC information desk.

The emergency phone number is 112 (police, ambulance and fire department). If necessary, the police can be contacted via the Information Desk in the Team hotels.



13. CEREMONIES AND PROTOCOL

13.1 Opening Ceremony

The Opening Ceremony will take place on Saturday 23rd June 2018 at 18:00 in the city center, near the start/ finish area, close to the Church on Konstytucji 3 Maja street.

All team members are invited to attend the Opening ceremony. Teams should gather at 17:45 and then march a flag parade up to the scene. Transportation will be provided accordingly. Details on the ceremony will be given upon arrival. Athletes must wear the official team clothing.

13.2 Flower Ceremonies

The Flower Ceremonies for the individual winners will take place immediately after the finish of each race near the Finish line. Selected runners for the doping control will be informed just after finishing the race, but should go to the doping control after the Flower ceremony.

13.3 Award & Closing Ceremonies

The Award & Closing Ceremonies will take place on Sunday 24th June starting at 20:00 near start / finish area.

Individual and team winners will be invited to gather at the medal preparation area.

Athletes must wear the official team clothing for the Awarding ceremonies. No national flags will be allowed on the podium.

A short Closing Ceremony will follow immediately after the awards and will consist of WMRA flag handover to the next host of the World Mountain Running Long Distance Championships.

14. DEPARTURES

Teams will be asked to provide full travel details on the Final Entry Form. The Team Leader must indicate to the LOC any change in the departure schedule.

Departure times of the shuttle buses from the hotels will be displayed at the Information Boards of the hotel.

All outstanding fees, charges and possible other expenses must be settled with the hotel reception before departure.

15. CONTACT DETAILS

For further details about World Mountain Running Championships please contact:
ultramaraton3xsniezka@gmail.com

16. APPENDICES

Appendix 1 – Map of Poland

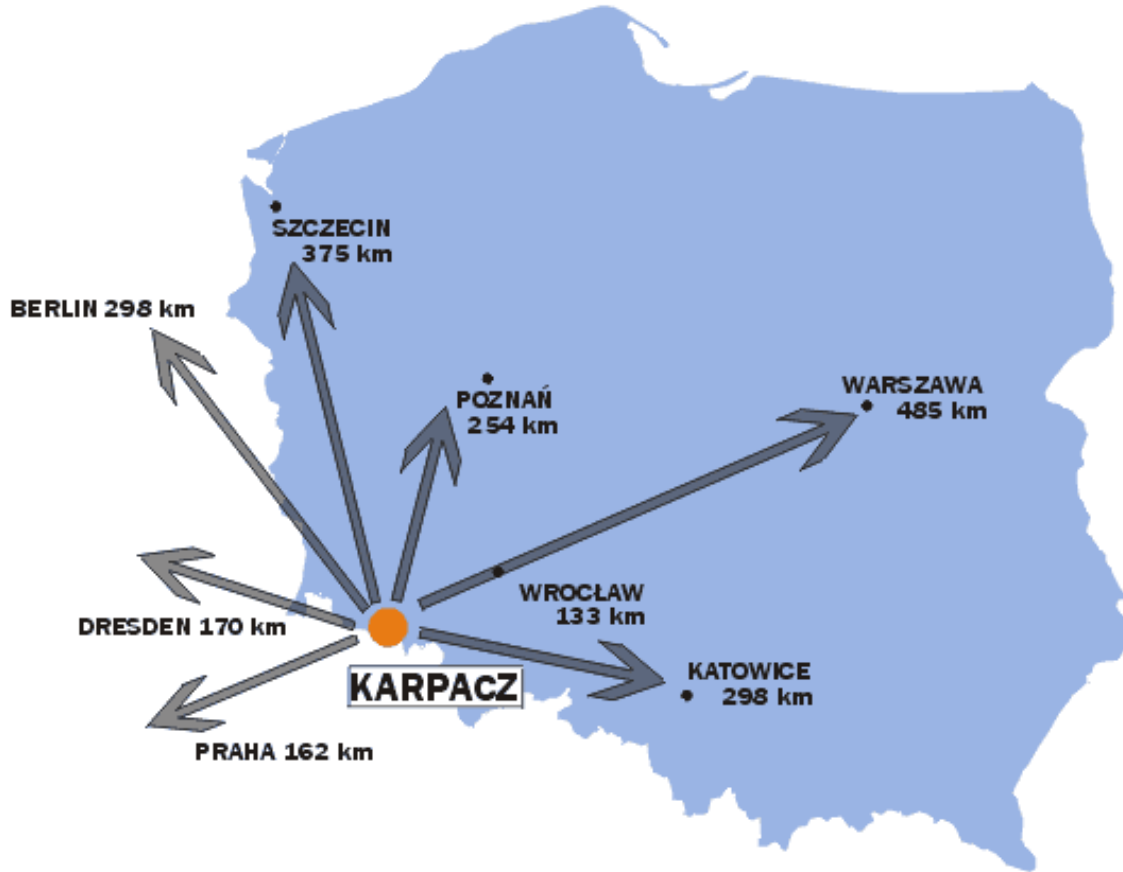
Appendix 2 – Map of Karpacz

Appendix 3 – Course Map and profile

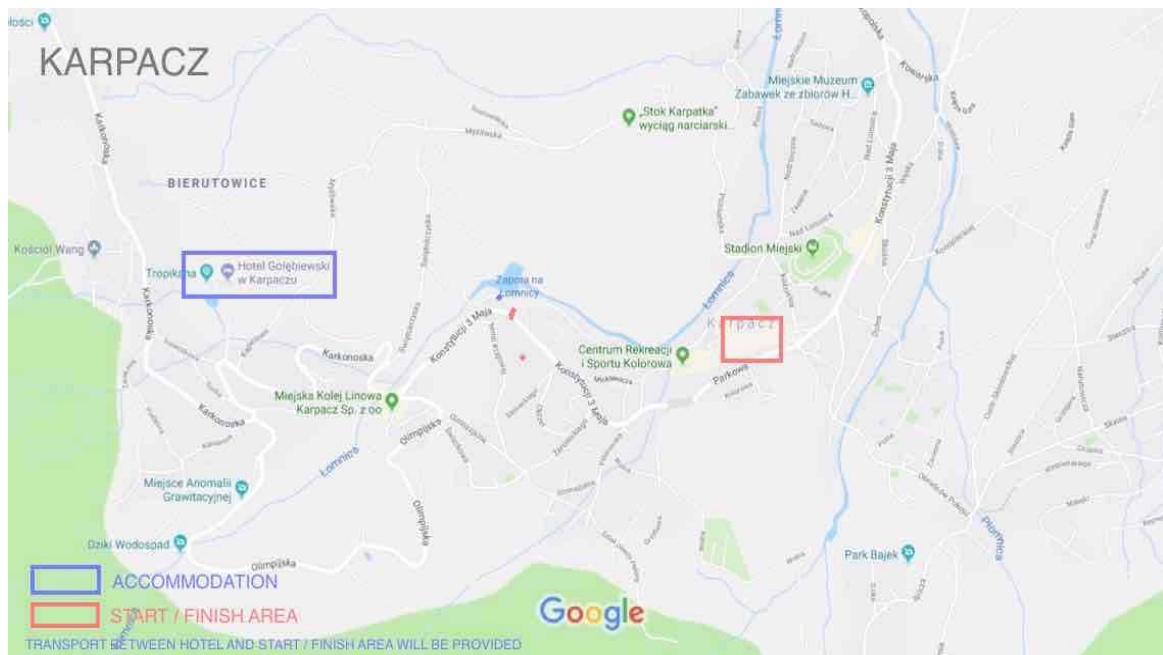
Appendix 4 – Map of Start/ Finish area



Appendix 1 - MAP OF POLAND

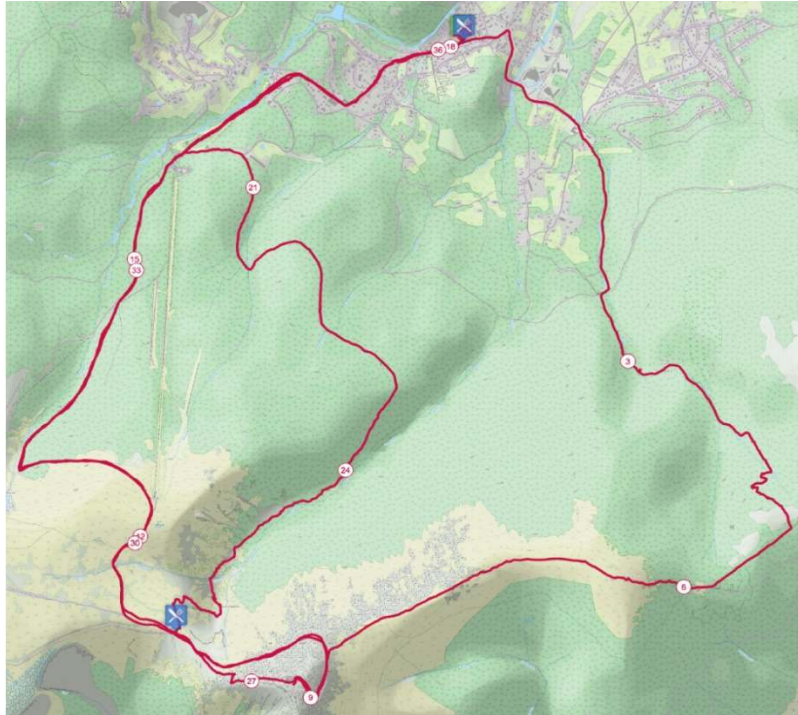


Appendix 2 - MAP OF KARPACZ





Appendix 3 - COURSE MAP AND PROFILE



COURSE	Length	Total ascents	Total descents
Women & Men	36,2 km	2110m	2110m



Appendix 4 - MAP OF START/ FINISH AREA - 48 Konstytucji 3 Maja Street





Appendix 5. MAP OF THE REFRESHMENT POINTS

