**-ORGANIZER**

MOSIR EŁK (Municipal Sports and Recreation Center in Ełk)

**- ORGANIZERS**

• Ełk City Hall

• Shooting Unit 1007 Ełk Col. Marian Sołtysiak alias "Barabbas"

• Regional Directorate of State Forests in Bialystok

**-PATRONAGE**

• Mayor of the City of Ełk

• Ełk City Council

**-ORGANIZING COMMITTEE**

• Head of the marathon - Ireneusz Dzienisiewicz

• Route builders - Wiesław Rusak TP 100 km**(TP MEANS HIKING ROUTE)**, TP 50 km; Jarosław Prądzyński TP 25 km

• The main referee of the TP 100 km marathon, TP 50 km - Wiesław Rusak

• The main referee of the TP 25 marathon - Jarosław Prądzyński

**-MARATHON BASE**

Sports and Entertainment Hall MOSiR Ełk, **ul. St. M. M. Kolbe 11, 19 - 300 Ełk**.

On the base of the competition: competition office, competition technical briefing, finish line for all distances, presentation of prizes and decoration of winners, feast ending the event, parking for participants, accommodation (hall).

-**DATE AND PLACE OF COMPETITION**

• Ełk, 3 - 4 January 2020.

• Ełk - competition office Hala Sportowo-Widowiskowa MOSiR Ełk, ul. St. M. M. Kolbe 11, 19 - 300 Ełk.

-**MARATHON PROGRAM**

• **January 3, 2020 - Friday**

at 15:00 - 24:00 - registration of participants in the marathon office

for distances: TP 100 km, TP 50 km, TP 25 km.

at 19:30 - completion of registration for the 100 km TP route.

at 19:30 - technical briefing for participants of the TP 100 km route (marathon base).

at 20:00 - departure by organizer buses from the competition office to the starting place for participants of the 100 km TP route.

at 20:30 - start of the TP 100 km route.

**• January 4, 2020 – Saturday**

Time 06:00 - 07:15 - registration of participants on the 50 km TP route in the race office (marathon base).

at 07:15 - 10:00 - registration of participants on the 25 km TP route

in the race office (marathon base).

at 07:15 - technical briefing for participants of the 50 km TP route (marathon base).

at 08:00 - departure by organizer buses from the competition office to the starting point of the 50 km TP route.

at 08:30 - start of the TP route 50 km.

at 09:30 - technical briefing for participants of the TP 25 km route (marathon base).

at 10:00 o'clock - exit to the starting place, about 0.5 km from the marathon base.

at 10:30 - start of the TP route 25 km.

at 14:30 - closing of the finish for the 25 km TP route.

at 16:30 - closing of the 50 km TP route.

at 17:00 - 21:45 free use for route participants

TP 100 km and TP 50 km from the Water Park in Ełk.

at 20:30 - the finish for the 100 km TP route.

o 21:00 - start ceremony, feast for participants (until 02:00), organizers and invited guests (marathon base).

• **January 5, 2020 - Sunday**

at 08:00 - 21:45 free use for route participants

TP 100 km and TP 50 km from the Water Park in Ełk.

at 12.00 - leaving the marathon base.

- **PURPOSE OF THE MARATHON**

• Checking the limits of own endurance and mental resilience.

• Presentation of the sightseeing values ​​of Masuria, the Poviat and the City of Ełk.

• Promoting hiking and active recreation.

**-MARATHON ROUTE AND HOW TO CONDUCT AN EVENT**

• "Ełk Walking Marathon Orienteering-Ełk Zmarzlin" is an orienteering recreational and tourist event.

• During the event, participants have a choice of three distances: TP 100 km, TP 50 km and TP 25 km.

• Participants have time limits to cover the distances: TP 100 km 24 hours, TP 50 km 8 hours, TP 25 km 4 hours.

• Depending on weather conditions, the 100 km route limit may be extended to a maximum of 28 hours.

• Participants can go alone or in groups.

• Marathon participants who for some reason will be forced to stop the competition must return to the marathon base themselves. The organizer does not provide transport.

• The marathon route requires very good mortar in hiking.

There is a strict ban on walking on frozen lakes, ponds or rivers.

• When completing the marathon route on public roads, participants are required to comply with all traffic regulations.

• It is not allowed to use satellite navigation devices as route assistance and any external assistance, including internet. The above does not apply to the use of devices as route recorders (tracks) for its analysis after the event.

• Only people who have found and confirmed at least one CP within the time frame provided by the organizers and independently, reached the finish on foot will be classified.

• The participant's classification on the TP 100 route is first determined by the sum of the so-called conversion points obtained on the route by the participant with confirmation of the PK (conversion points for individual PK will be given next to the PK description on the map), followed by the number of PK found and confirmed, and the third is determined by the time of arrival at the finish.

• The PK control point will be marked with a white-red or white-orange lantern with a letter or number code and a perforator.

• The letter or number code will be repeated on the tree, painted with orange geodetic paint.

• PK, which will be counted at the beginning of routes, will be equipped with several perforators.

T**P ROUTE TP 25 km - ROGAINING 4h**

• TP 25 km competition will be held on the principle of rogaining with a time limit of 4 hours.

• Rogaining - what's up? Participants receive a map with control points marked with different weights (conversion points) depending on the difficulty of positioning the control point in the field. The task of each participant is to collect as many conversion points as possible within a 4-hour limit. The participant must plan for himself which checkpoints he wants to find and confirm by designing his route in such a way that he returns to the finish before the 4 hour limit. Participants plan a route taking into account their field orientation skills as well as their physical condition. The unwritten rule of rogaining is that the route is arranged by the organizers so that no participant is able to pass all the checkpoints. This adds a factor of planning and tactics, because there will be no situation that all participants have the same, confirmed values, checkpoints.

• TP 25 km competition - rogaining 4 h are organized for people who want to recreationally cross the forest while deepening their skills in field orientation, as well as for those more advanced participants who want to test and "squeeze" as much as possible from the route conversion points simultaneously within the time limit.

**• BASIC INFORMATION TP 25 km**

o The route will be prepared on 1:25000 color topographic maps with 1:10,000 highlights on some PK (highlights - sections of the map in the vicinity of the PK showing its location on a more detailed map 1:10,000).

o Checkpoints will be marked in the field with lanterns with a perforator attached to confirm the checkpoints.

o Each checkpoint will have an assigned weight (conversion points) described on the map. The conversion points will be between 2 and 9.

o The time limit planned for confirming checkpoints is 4 hours of basic time and 15 minutes of lateness.

o Reaching the finish line in the 4 hour limit does not result in any penalties, while in the limit of lateness - 1 conversion point will be deducted for each minute started.

o Reaching the finish line after the lateness limit means not classifying the participant.

o Participants will receive chips to measure time on the route before the start.

o The introduced 4 hour time limit allows you to travel a fast distance (6km / h) 24 km. People moving at a higher pace will cover a correspondingly longer distance, and a smaller - a shorter.

o The final score will look as follows:

 first, the conversion points will be calculated minus any penalties for the time limit in the lateness (the person with the highest number of conversion points wins);

- in the case of the same number of conversion points, the time of arrival at the finish line decides about the victory.

o It is not allowed to use satellite navigation devices as route assistance and any external assistance, including internet. The above does not apply to the use of devices as route recorders (tracks) for its analysis after the event.

o It is forbidden to destroy checkpoints and other behaviors that are not in line with the spirit of fair play.

o Detailed information on maps, routes and other aspects of the competition will be published at a later date in the form of a technical communication.

**TP ROUTE TP 50 km - ROGAINING 8h**

• TP 50 km competition will be held on the principle of rogaining with a time limit of 8 hours.

• **Rogaining - what's it?** Participants receive a map with control points marked with different weights (conversion points) depending on the difficulty of positioning the control point in the field. The task of each participant is to collect as many conversion points as possible within a limit of 8 hours. The participant must plan for himself which checkpoints he wants to find and confirm by designing his route in such a way that he returns to the finish before the 8 hour limit. Participants plan a route taking into account their field orientation skills as well as their physical condition. The unwritten rule of rogaining is that the route is arranged by the organizers so that no participant is able to pass all the checkpoints. This adds a factor of planning and tactics, because there will be no situation that all participants have the same, confirmed values, checkpoints.

• TP 50 km - rogaining 8 h competition is organized both for people who want to recreationally go through the forest while deepening their skills in field orientation, and for those more advanced participants who want to test and "squeeze" as much as possible from the route conversion points simultaneously within the time limit.

**BASIC INFORMATION TP 50 km**

o The route will be prepared on 1:25 000 color topographic maps.

o Checkpoints will be marked in the field with lanterns with a perforator attached to confirm the checkpoints.

o Each checkpoint will have an assigned weight (conversion points) described on the map. The conversion points will be between 2 and 9.

o The time limit planned for confirming checkpoints is 8 hours of basic time and 15 minutes of lateness.

o Reaching the finish line in the limit of 8 hours does not result in any penalties, whereas in the limit of lateness - 1 conversion point will be deducted for each minute started.

o Reaching the finish line after the lateness limit means not classifying the participant.

o Participants will receive chips to measure time on the route before the start.

o The entered time limit of 8 hours allows you to travel fast (6km / h) at a distance of 48 km.

o The final score will look as follows:

 first, the conversion points will be calculated minus any penalties for the time limit in the lateness (the person with the highest number of conversion points wins);

 in the case of the same number of conversion points, the time of arrival at the finish line decides about the victory.

o It is not allowed to use satellite navigation devices as route assistance and any external assistance, including internet. The above does not apply to the use of devices as route recorders (tracks) for its analysis after the event.

o It is forbidden to destroy checkpoints and other behaviors that are not in line with the spirit of fair play.

o Detailed information on maps, routes and other aspects of the competition will be published at a later date in the form of a technical communication.

**ROUTE 100 km - SCORELAUF 24h**

• TP 100 km events will be held on a scorelauf basis with a 24 hour time limit.

• In very bad weather conditions, the time limit can be increased by a maximum of 4 hours.

• Scorelauf - what's going on? Participants receive a map with marked control points (PK). The task of each participant is to collect as many PK as possible within the 24-hour limit. The participant chooses the PK that he wants to confirm and decides in which order to do it.

**BASIC INFORMATION TP 100 km**

o The route will be prepared on 1:25 000 color topographic maps.

o Checkpoints will be marked in the field with lanterns with a perforator attached to confirm the checkpoints.

o The time limit scheduled for confirming checkpoints is 24 hours. In very bad weather conditions the time limit can be increased by a maximum of 4 hours.

o Reaching the finish line in the 24-hour limit does not result in any penalties, while for each started minute of delay 1 point will be deducted.

o Participants will receive chips for measuring time on the route and GPS before the start.

o On the 100 km TP route, there will be a so-called "pass". It will be located on the 50 km route at the place indicated during check-in. Participants of the TP 100 km can take their package with a capacity of up to 20 liters to the bus, which they will have access to on the "pass". The organizer provides coffee, tea and boiling water for the participants. The gate will be closed 12 hours after take-off

o It is not allowed to use satellite navigation devices as route assistance and any external assistance, including internet. The above does not apply to the use of devices as route recorders (tracks) for its analysis after the event.

o It is forbidden to destroy checkpoints and other behaviors that are not in line with the spirit of fair play.

o Detailed information on maps, routes and other aspects of the competition will be published at a later date in the form of a technical communication.