



BULLETIN



POLSKI ZWIĄZEK
SPORTU NIESŁYSZĄCYCH



11th European Deaf Cross Country Championships and European Deaf Junior Cross Country Championships

05 October - 06 October 2018

BYDGOSZCZ, Poland



Ministerstwo
Sportu i Turystyki



URZĄD MARSZAŁKOWSKI
WOJEWÓDZTWA
KUJAWSKO-POMORSKIEGO
W TORUNIU



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EDSO Assistant
Technical Director
for Athletics



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KOWALSKI**
Manager
ZAWISZA Bydgoszcz



**Czeslaw
LUBIK**
Chief
Referee

BYDGOSZCZ CITY

Bydgoszcz (*Bydgosztia*) is a city in northern Poland, on the Brda and Vistula rivers. With a city population of 358,614 (June 2014), and an urban agglomeration with more than 470,000 inhabitants, Bydgoszcz is the eighth-largest city in Poland. It has been the seat of Bydgoszcz County and the co-capital, with Toruń, of the Kuyavian-Pomeranian Voivodeship since 1999. Prior to this, between 1947 and 1998, it was the capital of the Bydgoszcz Voivodeship, and before that, of the Pomeranian Voivodeship between 1945 and 1947.

MAP OF POLAND



PHOTO - BYDGOSZCZ CITY



VENUE CHAMPIONSHIPS

Forest Park of Culture and Recreation in Bydgoszcz (LPKiW), also: Myślęcinek - the largest urban park in Poland, with 830 hectares of land, located in the northern part of Bydgoszcz, 5 km from the city center. It is colloquially called "the park in Myślęcinek" from the name of the part of the city in which it is located.

Picture of Myslecinek

About Forest Park Myslecinek see here:

<http://www.myslecinek.pl/>

https://pl.wikipedia.org/wiki/Leśny_Park_Kultury_i_Wypoczynku



ROUTE



COMPETITIONS

	Men	Women
Senior	4 km	4 km
Senior	12 km	8 km
Junior U20 (1999/2000)	6 km	4 km

Race	Short Laps	Long Laps (1.750m)	Finish straight	Total
Junior Men	1 (1.950m)	4	50 m	8 km
Junior Women	1 (1.950m)	3	50 m	6 km
Senior Men	1 (1.950m)	2	50 m	4 km
Senior Men	1 (1.950m)	6	50 m	12 km
Senior Women	1 (1.950m)	2	50 m	4 km
Senior Women	1 (1.950m)	4	50 m	8 km
Laps	1.950 m			

REGISTRATION DEADLINES

Final entry	30 May 2018
Registration by name	04 September 2018

COMPETITION PROGRAM

[Annex no. 1](#)

TECHNICAL REGULATIONS

[Annex no. 2](#)

TRAINING

Training from 03 October 2018 to 04 October 2018 from 10:00 to 12:00 and from 15:00 to 17:00 in the Park Myslecinek

OFFICIAL PROGRAMME

The Opening Ceremony will be held in PARK MYSLECINEK on 05 October 2018 at 00:00
The Closing Ceremony will be held in PARK MYSLECINEK on 06 October 2018 at 00:00

TECHNICAL MEETING

The first Technical Meeting will be held at 7 p.m. on 04 October 2018, in the Hotel's conference room.

Each team can send two representatives to the meeting.

The second Technical Meeting will be held at 7 p.m. on 05 October 2018

TRANSPORT TO WARSAW/GDANSK/BYDGOSZCZ/POZNAN

AIRPORT

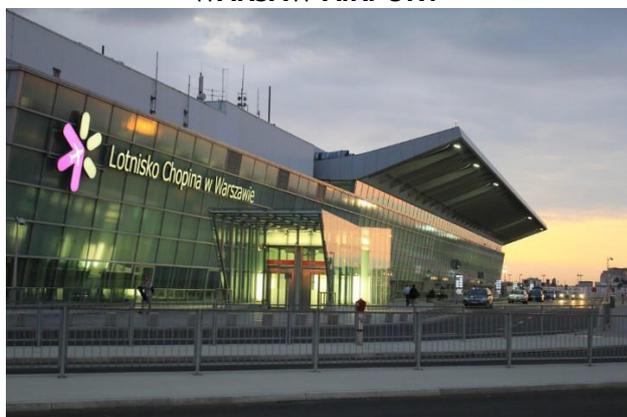
About Warsaw Airport see here: <http://www.lotnisko-chopina.pl/en/index.html>

About Gdansk Airport see here: <http://www.airport.gdansk.pl/>

About Bydgoszcz Airport see here: <http://plb.pl/en>

About Poznan Airport see here: <http://www.airport-poznan.com.pl/en/>

WARSAW AIRPORT



GDANSK AIRPORT



BYDGOSZCZ AIRPORT



POZNAN AIRPORT



FROM THE TRAIN TO BYDGOSZCZ

INFORMATION

About Bydgoszcz Train Station see here:

<http://rozkład-pkp.pl/pl/terminal/bydgoszcz-g-wna>



MAP OF DESTINATIONS

The map show examples of transit connections from destination airports. Please verify information on the Cartier websites.



ACCOMMODATION

ZAWISZA Hotel

See here: <http://hotel-zawisza.pl/>



This hotel is located in a large business and sports centre in the northern city of Bydgoszcz. Away from the city center, about 1,5 km
The Filmar Hotel offers free Wi-Fi.
All rooms are air-conditioned and include a flat-screen TV, desk and a private bathroom.

PRICE OFFER

Rooms	Quantity of beds in room	Price
Standard single		
Standard double	1 person	65 euro

FEE INCLUDES:

Prices based on full board accommodation (Breakfast, Lunch and Dinner)
Transportation (venue, training, hotel)
Accreditation
Waters
T-shirt
Closing banquet

Annex No. 3 - Reservation Hotel Form

REGISTRATION FEE

The Organizing Committee must pay a participation fee of 50 Euro per person.

TRANSPORT FORM

Please see attached Transport Form. You need to send filled Transport Form back to us no later than the 05 September 2018

Annex No. 4 - Travel Information

TRANSPORT IN BYDGOSZCZ

Polish Deaf Sports Association is responsible for transport:
1. Airport or Train Station - Hotel - Airport or Train Station
2. Hotel - Venues - Hotel

VISA INFORMATION

The following countries require visas **Belarus, Russia, Ukraine, ...**, it is in order to send you the invitation we need to have your name, surname, date of birth, passport number and a copy of hotel reservation.

We can send you necessary forms by e-mail.

Despite visa you will need a medical insurance for each participant. It is also available at the Polish Embassy in your country.

ACCREDITATION

Each participant of 11th European Deaf Cross Country Championships will receive accreditation with photo. This accreditation allows free entry to all competitions. We ask all to send photo for accreditation to keep time.

FAREWELL PARTY

We invite you for the farewell party after the closing ceremony on 06 October 2018 at 20:00 in ZAWISZA Restaurant.

MEDIA

The ZAWISZA Hotel offers free Wi-Fi.

INTERNET

Facebook: soon

CONTACT

If there are any questions please don't hesitate to contact the PDSA Office:
e-mail: info@pzs.pl



WELCOME TO POLAND !