

COMPETITION REGULATIONS

I. Name of the Competition:

XXXIV Jan Strzelecki Memorial in Ski Mountaineering (hereinafter referred to as: **The Memorial**).

II. Structure of the Competition:

1. Organizer of the Competition (hereinafter referred to as: **The Organizer**):

Kraków Mountaineering Club - Ski Mountaineering Section

address: 31-152 Kraków, ul. Pędzichów 11/10A,

e-mail address: (in matters other than competition): kw@kw.krakow.pl,

e-mail address: (in matters related to the competition): strzelecki@kw.krakow.pl,

www: <https://strzelecki.kw.krakow.pl/>, <https://www.kw.krakow.pl/>,

KRS - 00 000 22 732,

NIP - 676 10 07 059,

REGON - 001 263 724,

Bank account - Bank Millenium 77 1160 2202 0000 0000 3523 6899.

2. Competition Director: Jacek Grabarz, e-mail: strzelecki@kw.krakow.pl, tel.: +48 530 878 318.

3. Chief Referee: Magdalena Syrek, e-mail: strzelecki@kw.krakow.pl.

4. Route Manager: Piotr Krygowski, e-mail: strzelecki@kw.krakow.pl.

5. Chief of Competition Office: Karolina Kondrak, e-mail: strzelecki@kw.krakow.pl.

III. Date of the Competition:

1. Basic date: Saturday **05 March 2022 r.**

2. Reserve date: Sunday **06 March 2022 r.**

IV. Venue of the Competition:

1. Basic date:

a. Tatra Mountains: area of Dolina Pięciu Stawów Polskich, Dolinka Kozia i Dolina Rybiego Potoku (basic route).

b. Tatra Mountains: area of Dolina Gąsienicowa and Dolina Goryczkowa (alternative route).

2. Reserve date:

a. Tatra Mountains: area of Dolina Gąsienicowa and Dolina Goryczkowa (alternative route).

V. Registration for the Competition:

1. Registration of athletes:

a. Registration of athletes of all categories (excluding children) is carried out via the website:

<https://panel.kw.krakow.pl/zawody/strzelecki-2022>

b. Registration of children is carried out in the Competition Office.

2. Registration deadlines:

a. Start of registration of athletes of all categories (excluding children):

- Friday **11 February 2022; 08:00**.

b. End of registration of athletes of all categories (excluding children):

- Friday **04 March 2022; 12:00** - closing of the start lists.

VI. Entry fee for the Competition (entry fee):

1. Fee amounts:

a. Children under age of 15 (born in 2008 and later): **no fee**.

b. Cadets and Cadettes (born between 2005 and 2007), juniors men/women (born between 2002 and 2004), members of Kraków Mountaineering Club with paid membership fee for 2022: **150 PLN** per person.

c. Seniors men/women, doyennes and doyens (born in 2001 and earlier): **180 PLN** per person.

2. Deadline for payment of entry fee:

a. The entry fee must be paid within **24 hours** from submission of the application.

b. Lack of payment within this period will result in removing of the athlete from the start list.

c. The date of payment of the entry fee determines priority of placement on the start list.

3. Method of payment:

a. Payment for participation in the competition can only be made through the website:

<https://panel.kw.krakow.pl/zawody/strzelecki-2022>

b. It is not possible to pay the entry fee in the Competition Office or to pay the entry fee in cash.

c. In exceptional cases after prior consultations with the Organizer (e.g. in case of athletes living outside Poland) it is possible to pay the entry fee in another form than the one adopted in these Regulations.

4. Miscellaneous Information:

a. The entry fee includes *inter alia*:

- participation in competition,
- regeneration meal after the competition,
- fee for securing the competition by TOPR [mountain rescue service],
- national park [TPN – Tatra Mountains National Park] access fee,
- personal accident insurance [NNW],
- starter package including a gift and athlete's number.

VII. Number of athletes allowed in the competition:

1. The maximum number of athletes participating in the Competition must not exceed 100 in total in the following categories: seniors men/women, doyens and doyennes, cadets and cadettes, juniors men and women (born in 2007 and before).
2. The Organizer of the Competition reserves the right to change the limit of athletes.

VIII. Competition Office:

1. Location of the Competition Office:

a. Friday 04 March 2022 (basic date):

- from 16.00 until 19.00 - TPN Parking at Palenica Białczańska in a vehicle marked as "Memoriał im. J. Strzeleckiego - Biuro Zawodów" close to Tatra National Park ticket office, near entrance to the Park (only pick up of starter packages).

b. Saturday 05 March 2022 (basic date):

- from 7.00 until 8.00 - TPN Parking at Palenica Białczańska in a vehicle marked as "Memoriał im. J. Strzeleckiego - Biuro Zawodów" close to Tatra National Park ticket office, near entrance to the Park (only pick up of starter packages).
- from 8.30 until 17.15 Refuge of W. Pol in Dolina Roztoki – Tatra Mountains.

c. Sunday 06 March 2022 (in the event of a reserve date):

- from 7.00 until 8.00 - TPN Parking at Palenica Białczańska in a vehicle marked as "Memoriał im. J. Strzeleckiego - Biuro Zawodów" close to Tatra National Park ticket office, near entrance to the Park.
- from 8.30 until 11.00 Murowaniec Refuge - Tatra Mountains.

IX. Program of the Competition:

Friday 04 March 2022 (basic date – basic route):

16:00 - 19:00 - pick up of starter packages in Competition Office - TPN Parking at Palenica Białczańska in a vehicle marked as "Memoriał im. J. Strzeleckiego - Biuro Zawodów" close to Tatra National Park ticket office, near entrance to the Park.

20:00 - main competitors' briefing - Refuge of W. Pol in Dolina Roztoki – Tatra Mountains and online at website:

<https://strzelecki.kw.krakow.pl/edycja-2022/>

Saturday 05 March 2022 (basic date – basic route):

07.00 - 08.00 - pick up of starter packages in Competition Office - TPN Parking at Palenica Białczańska in a vehicle marked as "Memoriał im. J. Strzeleckiego - Biuro Zawodów" close to Tatra National Park ticket office, near entrance to the Park.

08.30 - opening of the Competition Office - Refuge of W. Pol in Dolina Roztoki – Tatra Mountains.

08.30 - 9.30 - Pre-start check of the athletes (before entering the start).

10.00 - start of competitors on the basic route (seniors, doyens).

10.10 - start of competitors on the shortened basic route (juniors, cadets).

10.30 - start of competitors on the basic route for children (under 15 years old).

11.45 – 1st time limit on the basic route - checkpoint no. 4 (the Organizer reserves the right to change the time limit until the main briefing at the latest).

14.15 – 2nd time limit on the basic route - checkpoint no. 10 (the Organizer reserves the right to change the time limit until the main briefing at the latest).

15.30 - closing of the route of the Competition.

16.00 - announcement of unofficial results in the Competition Office - Refuge of W. Pol in Dolina Roztoki – Tatra Mountains.

16:15 - end of accepting protests.

16.30 - lecture by Tatra National Park [TPN].

until 17.15 - announcement of official results - decoration of the winners in each category - Refuge of W. Pol in Dolina Roztoki – Tatra Mountains.

16:00 - 19:00 - pick up of starter packages in Competition Office - TPN Parking at Palenica Białczańska in a vehicle marked as "Memoriał im. J. Strzeleckiego - Biuro Zawodów" close to Tatra National Park ticket office, near entrance to the Park (if the Competition were to be held on a reserve date).

Saturday 05 March 2022 (basic date – alternative route):

07.00 - 08.00 - pick up of starter packages in Competition Office - TPN Parking at Palenica Białczańska in a vehicle marked as "Memoriał im. J. Strzeleckiego - Biuro Zawodów" close to Tatra National Park ticket office, near entrance to the Park.

08.30 - opening of the Competition Office - Refuge of W. Pol in Dolina Roztoki – Tatra Mountains.

08.30 - 09.30 - Pre-start check of the athletes (before entering the start).

10.00 - start of competitors on the alternative route (seniors, doyens).

10.10 - start of competitors on the shortened alternative route (juniors, cadets).

10.30 - start of competitors on the shortened alternative route for children (under 15 years old).

12.30 - 1st time limit on the alternative route - checkpoint no. 5 (the Organizer reserves the right to change the time limit until the main briefing at the latest).

13.30 – 2nd time limit on the alternative route - checkpoint no. 7 (the Organizer reserves the right to change the time limit until the main briefing at the latest).

15.00 - closing of the route of the Competition.

15.30 - announcement of unofficial results in the Competition Office - Refuge of W. Pol in Dolina Roztoki – Tatra Mountains.

15:45 - end of accepting protests.

16.00 - lecture by Tatra National Park [TPN].

until 16.45 - announcement of official results - decoration of the winners in each category - Refuge of W. Pol in Dolina Roztoki – Tatra Mountains.

Sunday 06 March 2022 r. (reserve date - alternative route):

07.00 - 08.00 - pick up of starter packages in Competition Office - TPN Parking at Palenica Białczańska in a vehicle marked as "Memoriał im. J. Strzeleckiego - Biuro Zawodów" close to Tatra National Park ticket office, near entrance to the Park.

08.30 - opening of the Competition Office - Refuge of W. Pol in Dolina Roztoki – Tatra Mountains.

08.30 - 09.30 - Pre-start check of the athletes (before entering the start).

10.00 - start of competitors on the alternative route (seniors, doyens).

10.10 - start of competitors on the shortened alternative route (juniors, cadets).

10.30 - start of competitors on the shortened alternative route for children (under 15 years old).

12.30 - 1st time limit on the alternative route - checkpoint no. 5 (the Organizer reserves the right to change the time limit until the main briefing at the latest).

13.30 - 2nd time limit on the alternative route - checkpoint no. 7 (the Organizer reserves the right to change the time limit until the main briefing at the latest).

15.00 - closing of the route of the Competition.

15.30 - announcement of unofficial results in the Competition Office - Refuge of W. Pol in Dolina Roztoki – Tatra Mountains.

15:45 - end of accepting protests.

16.00 - lecture by Tatra National Park [TPN].

until 16.45 - announcement of official results - decoration of the winners in each category - Refuge of W. Pol in Dolina Roztoki – Tatra Mountains.

X. The Competition route:

1. Basic option (basic route) - (Attachment no. 1):

a. Description of the route:

- **Start next to Wodogrzmoty Mickiewicza [Mickiewicz Waterfalls] near the so-called "benches"**, continue along the green trail towards the refuge in Dolina Pięciu Stawów Polskich [Valley of the Five Polish Lakes] to the beginning of the black trail before Siklawa [Siklawa Waterfalls], then along the black trail towards the refuge in Dolina Pięciu Stawów Polskich [Valley of the Five Polish Lakes] via so-called winter bypass until **the refuge in Dolina Pięciu Stawów Polskich** [Valley of the Five Polish Lakes], continue along the blue trail to the yellow trail to Dolinka Pusta [Pusta Valley] until **Kozia Przełęcz** [Kozia Pass], then continue the yellow trail from Kozia Przełęcz [Kozia Pass] to **Dolinka Kozia** [Kozia Valley], until blue trail near Zmarzły Staw [Zmarzły Lake], then blue trail until **Przełęcz Zawrat** [Zawrat Pass], then descend along the blue trail to the area where the blue and yellow trails meet **[Wyżnie Solisko]** and continue along the yellow trail to **Przełęcz Szpiglasowa** [Szpiglasowa Pass], afterwards yellow trail until **finish near Refuge near Morskie Oko** [Morskie Oko Lake].

b. Parameters of the route:

- Length: approx. 16,9 km.
- Elevation: approx. 1900 m.

2. Alternative option (alternative route) - (Attachment no. 2):

a. Description of the route:

- **Start next to Wodogrzmoty Mickiewicza [Mickiewicz Waterfalls] near the so-called "benches"**, way in the direction of Palenica Białczańska until the beginning of red trail to Psia Trawka, then continue red trail through Waksmundzka Równia until **Psia Trawka**, then black trail to **Refuge Murowaniec**, then yellow trail to **Sucha Przełęcz [Sucha Pass]** and **Kasprowy Wierch** (bell), later to **Kuźnice** via Hala Goryczkowa, continue blue trail through **Boczań** into direction of Hala Gąsienicowa until **finish near Królowe Równienki in the place where the ski trail joins the blue trail**.

b. Parameters of the route:

- Length: approx. 23,13 km.
- Elevation: approx. 1760 m.

3. Shortened basic option - (shortened basic route) (Attachment no. 3):

a. Description of the route:

- **Start next to Wodogrzmoty Mickiewicza [Mickiewicz Waterfalls] near the so-called "benches"**, continue along the green trail towards the refuge in Dolina Pięciu Stawów Polskich [Valley of the Five Polish Lakes] to the beginning of the black trail before Siklawa [Siklawa Waterfalls], then along the black trail towards the refuge in Dolina Pięciu Stawów Polskich [Valley of the Five Polish Lakes] via so-called winter bypass until **the refuge in Dolina Pięciu Stawów Polskich** [Valley of the Five Polish Lakes], continue along the blue trail to **finish near the place of crossover to the yellow trail to Przełęcz Szpiglasowa [Szpiglasowa Pass]**.

b. Parameters of the route:

- c. Length: approx. 5,65 km.
- Elevation: approx. 655 m.

4. Shortened alternative option - (shortened alternative route) (Attachment no. 4):

a. Description of the route:

- **Start next to Wodogrzmoty Mickiewicza [Mickiewicz Waterfalls] near the so-called "benches"**, way in the direction of Palenica Białczańska until the beginning of red trail to Psia Trawka then continue red trail through Waksmundzka Równia until **Psia Trawka**, then black trail until **finish near Refuge**.

b. Parameters of the route:

- Length: approx. 11,35 km.
- Elevation: approx. 655 m.

XI. Conditions of athletes participation:

1. Only athletes who have a medical certificate confirming that their health condition allows them to safely participate in the competition in Ski Mountaineering may take part in the Competition.
2. Athletes declare possession of the medical certificate referred to in point 1 above when submitting application for participation in the Competition.
3. The Organizer may require the original version of the medical certificate referred to in point 1 above to be delivered within 14 days from the end of the Competition, of which the athlete will be notified using the contact details provided when submitting application for participation in the Competition. Failure to provide a ruling within 7 days of notification will result in automatic disqualification of the athlete. Any false information given during the registration process will result in disqualification of the athlete in question. Such competitor will be banned from participating in the next five editions of the Jan Strzelecki Memorial organized by the Organizer.
4. Only athletes who are equipped according to chapter III of the Rules of the Competition in Ski Mountaineering issued by Polish Mountaineering Association will be allowed to take part in the Competition. Athletes must have both basic compulsory equipment and additional compulsory equipment.
5. In case of under-age participants, a written consent of parents or legal guardians is required. The consent should be submitted in the Competition Office before the start of the athletes. Template of the consent is available [here](#).
6. Failure to deliver consent referred to in point 5 above will result in the athlete's inadmissibility to take part in the Competition.
7. When picking up the starting number the **athlete shall submit a written statement** available [here](#).
8. Failure to submit the written statement mentioned in point 6 above will result in competitor's inadmissibility to the Competition.
9. Receipt of the starting number by the athlete implies his/her agreement to the provisions of these Regulations.

XII. Competition formula:

1. The Competition will be held in accordance with:
 - a. These Regulations,
 - b. Rules of the Competition in Ski Mountaineering issued by Polish Mountaineering Association ([REGULAMIN ZAWODÓW W NARCIARSTWIE WYSOKOGÓRSKIM KOMISJI NARCIARSTWA WYSOKOGÓRSKIEGO POLSKIEGO ZWIĄZKU ALPINIZMU](#)),
 - c. Rules of Polish Cup 2021/22 in Ski Mountaineering issued by Commission of Ski Mountaineering of Polish Mountaineering Association ([REGULAMIN PUCHARU POLSKI 2021/22 W NARCIARSTWIE WYSOKOGÓRSKIM KOMISJI NARCIARSTWA WYSOKOGÓRSKIEGO POLSKIEGO ZWIĄZKU ALPINIZMU](#)).

In case of discrepancies between the rules and regulations listed in points b) and c) and these Regulation, these Regulation shall prevail.

2. Athletes compete individually.

XIII. Method of starting and calculating time:

1. The start is common for all athletes in each category.
2. Each competitor will receive an assigned starting number. Electronic time measurement with an accuracy of 0.1 seconds.
3. Time is measured continuously along the entire route from the start to the finish.

XIV. Methods of calculating results of the athletes in classification:

1. The Competition is won by the athlete with the shortest time, which is the sum of time on the Competition route and imposed penalties (if any).

XV. Classifications of athletes in the Memorial:

1. **OPEN** - in the category of women and men (without division into age categories) - on the basic or alternative route - seniors and doyens (everyone born after 2001)
2. **KW KRAKÓW** - in women and men category (without division into age categories).
3. **Jorguś** - rules in separate regulations ([Regulamin Jorgusia](#)).
4. **Rescuers** - rules in separate regulations ([Regulamin Pucharu Ratowników](#)).
5. **Polish Cup** - rules in separate regulations ([Regulamin Pucharu Polski 2021/22](#))

XVI. Rules resulting from the location of the Competition:

1. The Competition takes place in the Tatra National Park.
2. The athletes are required to observe the rules of the Tatra National Park [TPN], in particular to:
 - prohibition of leaving the trail,
 - prohibition of littering,
 - prohibition of making noise,
 - prohibition of animal disturbance.
3. Competitors are obliged to follow the rules of the Tatra National Park [TPN], available, among others on the website: <https://tpn.pl/>, especially: <https://tpn.pl/zwiedzaj/turystyka/turystyka-piesza> and <https://tpn.pl/zwiedzaj/narciarstwo>.
4. The athletes are required to use their own cups, bottles and bidons.

XVII. Protests.

1. Protests shall be submitted in writing to the Competition Office within **15 minutes** after the announcement of unofficial results. Unofficial results will be published in the Competition Office.
2. The protest shall include:
 - name and surname of the person lodging the protest,
 - phone number and e-mail address of the person lodging the protest,
 - number of the athlete, whom the protest concerns,
 - detailed description of the protest,
 - points of the Regulations that have been violated,
 - **50 PLN** fee in cash, which will be returned in case of accepting the protest.

3. The Jury:

- **President:** person appointed by Commission of Ski Mountaineering [KNW] of Polish Mountaineering Association [PZA].
- **Member of the Jury:** Competition Director.
- **Member of the Jury:** delegate of the Commission of Ski Mountaineering [KNW] of Polish Mountaineering Association [PZA] appointed by Commission of Ski Mountaineering [KNW] of Polish Mountaineering Association [PZA].
- **Member of the Jury** (without voting right): Route Manager.

4. Decisions of the Jury are taken by a simple majority of votes in its full composition.

XVIII. Supplementary provisions

1. By submitting the application for participation in the Competition the athlete accepts and commits to follow provisions of these Regulations, the Rules of the Competition in Ski Mountaineering issued by Polish Mountaineering Association and the regulations in force in the Tatra National Park.
2. The Organizer may not allow to take part in the Competition an athlete who does not have the required equipment, current medical certificate, is under the influence of intoxicants or psychoactive substances and/or whose health condition prevents safe participation in the competition.
3. The participants are obliged to assess independently the situation in the mountains, adjust their skills to the conditions on the route and react accordingly in case the weather deteriorates. The competition can be cancelled in case of unfavourable weather conditions, avalanche danger or other reasons beyond Organizer's control.
4. Athlete participating in the Competition is obliged to follow the organizational and safety rules established by the Organizer and the general safety rules.
5. Athletes who withdraw from the Competition cannot apply for a refund of the entry fee.
6. In case the Competition is not held, the Organizer shall return the entry fee.
7. The final interpretation of these Regulation belongs to the Jury of the Competition.
8. Information concerning processing of personal data are available at the time of online registration for the Competition.
9. The Organizer reserves the right to change these Regulations due to important reasons, in particular because of current legal regulations (including those introduced by PZA or ISMF) or prevailing weather and route conditions. Announcement of amendments to the Regulations will be made on the website <https://strzelecki.kw.krakow.pl>.
10. Each athlete may resign from further participation in the Competition on his own initiative, or be removed from the route by the Organizer. Resignation or removal from the route should take place at the checkpoint except in extraordinary circumstances. Extraordinary circumstances will be decided by the Jury of the Competition. A participant resigning from the competition on his own initiative is required to notify the nearest referee.
11. All competitors are required to provide assistance to a person in an emergency. In case of injury or fainting of an athlete, other competitors who are nearby should notify the Organizer. The jury will take into account the time taken to provide assistance.
12. **Helmets complying with both UIAA 106, EN1077B, EN 12492 and especially EN 12492 and EN 1077B standards are recommended.**
13. Each competitor must be equipped with **3-antenna avalanche detector** with a frequency of 457 kHz. The detector must be on in transmit mode at all times during the Competition.
14. Competition Regulations are available on the following website <https://strzelecki.kw.krakow.pl/edycja-2022/>.
15. This version of the Competition Regulations is effective as of 24/02/2022.

XIX. Covid Restrictions.

1. Athletes agree to comply with all regulations applicable on the day of the Competition related to the **SARS-CoV-2** epidemiological situation, including the requirements for athletes to participate in the competition and the safety rules introduced by the Organizer.



