



**57th CENTRAL CEREMONY OF THE OLYMPIAN'S DAY SUWAŁKI 2021  
REGULATIONS OF  
„INTERNATIONAL PODLASIE CUP”  
in roller ski running  
SZELMENT 12.09.2021**

**Under the auspices of: Artur Kosicki the Marshal of Podlaskie Voivodeship and  
Apoloniusz Tajner the President of Polish Skiing Association ( PZN )**

**AIM**

To popularize roller ski running as a form of active leisure and alternative for climate changes in our environment.

To emerge the winner of „Podlasie Cup” in roller ski running in all age categories.

**DATE AND PLACE**

The competition will take place on 12th, September, 2021 on a closed loop in WOSIR Szelment (28 km from Budzisko boarder crossing ) with the start and the finish line near the Water Ski Lift.

The start of the first competitor at 11 a.m. in order from Children to Senior category.

**ORGANIZERS**

Podlaski Okręgowy Związek Narciarski w Białymstoku, 15-024 Białystok, ul. Sobieskiego 24  
Wojewódzki Ośrodek Sportu i Rekreacji w Szelmencie Sp. z o.o. 16-404 Jeleniewo, Szelment 2  
Uczniowski Klub Sportowy „HUBAL” Białystok.

**CO – ORGANIZERS**

Podlaska Federacja Sportu w Białymstoku

Firma ROLLSPEED – Nartorolki – Polski Producent Nartorolek – Dawid i Konrad Sadowscy

**PARTNERS**

Urząd Marszałkowski Województwa Podlaskiego Białystok

Polski Związek Narciarski Kraków

Wydział Prewencji Komendy Wojewódzkiej Policji w Białymstoku.

Komenda Miejska Policji w Suwałkach.

**RANGE OF SPORT RIVALRY**

The competitions include individual roller ski running rivalry in the following age categories:

2012 and younger / Children (Girls+Boys) / 1500 m .

2010-1011 / Younger Children (G+B) 1500 m .

2009-2008 / Older Children (G+B) 2000 m .

2007-2006 / Teenager (G+B) 4000 m ( 2 x 2000 m).

2005-2004 / Younger Junior (G+B) 6000 m ( 3 x 2000 m).

2003-2002 / Junior (G+B) 6000 m ( 3 x 2000 m).

2001 and older / Senior (G+B) 6000 m ( 3 x 2000 m).

## **PARTICIPANTS**

People who are able to roller ski.

## **REGISTRATION**

Applications will be accepted on PZN (Polish Skiing Association) forms or others until 3 p.m. 9th, September, 2021 e-mail: [awro65@wp.pl](mailto:awro65@wp.pl), telephone number Andrzej Wróblewski 695 040 097 or until 10.30 a.m. on the competition day. The application should include: first name, surname, the year of birth, the name of school or sports club. We accept only competitors with medical certificate ( valid medical examination ) or parents' or legal guardians' agreement signed and submitted to Technical Delegate, as well as valid accident insurance NNW. Start numbers will be given on competition day 9.30-10.30 a.m. in WOSiR Szelment building ( on the ground floor near the Water Ski Lift ).

## **THE PROCESS OF COMPETITIONS**

The competition will be held during one day with the division for particular age categories according to PZN guidelines, the regulations of Competitions, the minute program, as an individual running in free style. **The start on the basis of interval running every 20 seconds from categories: Children, Younger Children, Older Children, Teenager and every 30 seconds from Younger Junior, Junior, Senior. The competitors in categories: Senior, Junior, Younger Junior, Teenager, Older Children, Younger Children take part on the roller skis with no more than 100 mm wheels ( black rubber ).**

**Competitors only in Children category are allowed to use roller skis as well as roller skates. Every competitor have to owe a helmet, ski poles and ski-boots.** The organizers do not take responsibility for potential accidents or unattended sports equipment. In case of unfavourable weather conditions the Organizer in agreement with DT and the referee might reduce particular distances.

## **PRIZES AND TITLES**

Prizes: / Cups for 1st places, medals for 1-3 places / will receive first three competitors in particular age categories / , and commemorative diplomas for 1-3 place in every age category.

The winners will receive the title of Podlasie Cup Master in 2<sup>nd</sup> Roller Ski Running and ROLLSPEED rollers skis in eight categories chosen by the Organizers.

In other six categories the Organizers and Co-organizers will sponsor vouchers for sports equipment or in-kind prizes. (The final list of prizes will be revealed for all concerned by 3<sup>rd</sup>, September ).

## **OTHER ISSUES**

- 1. The competition will be cofinanced with resources of Urząd Marszałkowski Województwa Podlaskiego.**
- 2. The jury committee: DT PZN Grzegorz Staręga – Siedlce, the main referee – Lech Szargiej, the other members of the jury committee will be designated by Anna Piekarska the chairwoman of KS POZN, computer (IT) support for competition – Andrzej Wróblewski, competition manager - Waldemar Leszczyński.**
- 3. The Organizers reserve the right to finance additional prizes in some of the categories and classifications as well as to create additional classifications.**
- 4. The Organizers reserve the right to interview contestants, take photographs or film, use their names and surnames, images, voice and other materials connected with taking part in roller ski running competition. The Organizers may use it for the advertisement and promotional purpose as well as for the Internet, radio or other commercial needs with the right for modification. The use of photographs, films, interviews and recordings of the contestants may be used gratuitous as well as they can be published on electronic devices, catalogues or**

media: television, radio, newspapers, magazines, web sites for promotional needs. The contestant declares that the Organizer is not obliged to pay any fee connected with the activities mentioned above and he/she gives unlimited licence to use any information without notification in order to 'Roller ski running' promotion.

5. There is a possibility to order dinner on the day of competitions ( 12th, September ) - price about 25PLN – as well as accommodation 11th-12th, September - send orders at **sekretariat.wosir-szelment.pl** – until 9th, September, 2021 ( invoices are possible for clubs/schools )
6. There is a possibility to book accommodation 11th-12th, September - send orders at **sekretariat.wosir-szelment.pl** – until 9th, September, 2021 ( invoices are possible for clubs/schools )

### **FINANCING RULES**

The costs of preparing the route, equipment, referee and medical fee, prizes are paid by the Organizers. The participation in competition is free.

### **REPORT**

The competition report will be published on web pages of: Skipol.pl , UKS Hubal Białystok, WOSiR Szelment and Podlaska Federacja Sportu.

### **MEDIA PARTNERS**

TVP3 Białystok  
Polskie Radio Białystok  
Kurier Poranny i Gazeta Współczesna Białystok  
Suwałki 24  
Niebywałe Suwałki  
Suwałki Info  
TVS 24 Suwalszczyzna  
Dwutygodnik Suwalski



### **MEDICAL ASSISTANCE**

Szpital Wojewódzki im. Dr Ludwika Rydygiera w Suwałkach, ul, Szpitalna 60, 16-400 Suwałki

### **COMPETITION OFFICE**

Recepcja/Reception WOSiR Szelment – ground floor, open 12th, September, 9.00-11.00 a.m.

### **ATTACHMENTS**

The maps of the competition routes.

**On behalf of organizers:**  
Prezes POZNart Waldemar Leszczyński  
Prezes WOSiR Szelment Daniel Racis

