



Contact information

Organiser contact information

Phone	General: +48 532 893 947
E-mail	General: zgloszenia.biegi@gmail.com , Entries: zgloszenia.biegi@gmail.com , Accommodation: zgloszenia.biegi@gmail.com
Address	Polish Ski Association, Mieszczanska 18/3, Poland, 30-313 Kraków,

Officials

FIS Technical Delegate Tomasz Sobanski (POL)

Event schedule

Event schedule (LOC times)

20.01.2023	Event	Location	Races
18:00	Team Captains' Meeting	online https://meet.google.com/hmy-vvet-axg	22 Jan - JUN Women's 5k 22 Jan - JUN Men's 5k 22 Jan - FIS Women's 10k 22 Jan - FIS Men's 10k 21 Jan - JUN Women's SP 21 Jan - JUN Men's SP 21 Jan - FIS Women's SP 21 Jan - FIS Men's SP

Race Office building under the ski jumping hills

Date and place

21-22.01.2023 COS OPO Zakopane cross country course (JWSC course, stadium located next to the Średnia Krokiew ski jumping hills)

Entries should be send to zgloszenia.biegi@gmail.com until 20.01.2023 12:00.

Entry fee is 20euro per athlete per competition day.

Others

- Warm drink will be offer to the athletes during the race.
- Organizer has a right to change the competition program in case of any unfortable circumstances.
- Prize Giving ceremony will take plac 20min after the race for top 3 athletes of each category

Competition program

Friday, 20.01.2023

14:00-16:00 official training

18:00 TCM – online : <https://meet.google.com/hmy-vvet-axg>

Saturday, 21.01.2023 free Individual start

12:30 Open Men 10km F

13:10 U 18 Men 7.5km F

14:20 Open Women 7.5km F

14:50 U-18 Women 5km F



Polish Cup

Ptaszkowa (POL)
21.01.2023 - 22.01.2023



15:40 National level, born 2007-2008: Młodziczka 4km F

16:20 National level, born 2007-2008 : Młodzik 4km F

Sunday, 22.01.2023 free Individual start

9:00 Open Men 15km F

10:00 U 18 Men 10km F

11:20 Open Women 10km F

12:00 U 18 Women 7.5km F

13:00 National level, born 2007-2008 : Młodziczka 5km F

13:40 National level, born 2007-2008 : Młodzik 5km F