



**29TH WORLD
MOUNTAIN
RUNNING
CHAMPIONSHIPS**
8 SEPTEMBER 2013
KRYNICA-ZDRÓJ POLAND

TEAM MANUAL

Version 26th August 2013



www.wmrc2013.pl

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1. GENERAL INFORMATION

Krynica-Zdrój is famous for its winter sports facilities and cultural events attracting crowds in summer, but each season offers diverse attractions. We hope that the competition and stay in the most famous mountain resort in Poland will bring you many positive impressions and, most of all, a lot of joy from sport.

2. ORGANISATIONAL STRUCTURE

2.1 IAAF

- President: Lamine Diack (SEN)
- General Secretary: Essar Gabriel (FRA)
- Cross Country Committee - chairman: David S. Okeyo (KEN)

2.2. WMRA Council

- President: Bruno Gozzelino (ITA)
- General Secretary: Bashir Hussain (GBR)
- Treasurer: Nancy Hobbs (USA)
- Director of competition: Raimondo Balicco (ITA)
- Director of organisation: Wolfgang Münzel (GER)
- Director of marketing: Erhan Basoglu (TUR)
- Director of development: Tomo Šarf (SLO)
- Women reserved position: Galia Puhaleva (BUL)
- Member of Honour: Pierre Weiss (FRA)

2.3. WMRA/IAFF Delegates

- WMRA Organisational Delegate: Galia Puhaleva (BUL)
- WMRA Technical Delegate: Wolfgang Münzel (GER)
- IAAF Antidoping officer: Dr Giuseppe Fischetto (ITA)

2.4. Executive Board of Polish Athletics Association PZLA

- President: Jerzy Skucha
- General Secretary: Piotr Długosielski

2.5 Honorary Organising Committee

- Zygmunt Berdychowski, Chairman of the Economic Forum Programme Council
- Irena Szewińska, Polish Olympic Committee, IOC Member
- Izabela Zatorska, World & European Mountain Running Championships medallist
- Bogusław Mamiński, silver medallist 3,000m Steeplechase at European and World Championships
- Cezary Grabarczyk, Deputy Speaker of the Parliament
- Ireneusz Raś, Member of the Parliament, Chairman of the Committee of Physical Culture, Sport and Tourism
- Zbigniew Rynasiewicz, Member of the Parliament - Chairman of the Committee on Infrastructure
- Marek Sowa, Marshal of the Malopolska region
- Dariusz Reško, Krynica-Zdroj Community, Mayor
- Jan Golba, The Town & Commune of Muszyna, Mayor
- Juliusz Braun, TVP S.A. - President
- Jacek Krawiec, PKN ORLEN S.A., President of the Management Board, CEO
- Lucyna Roszyk, Ministry of Economy, Head of Political Office
- Piotr Kamiński, Totalizator Sportowy, CEO
- Andrzej Klesyk, PZU SA, President of the Board
- Jan Łuszczewski, Kolej Gondolowa Jaworzyna Krynicka SA, Chairman of the Board
- Mateusz Morawiecki, Bank Zachodni WBK, President of the Management Board
- Sebastian Mikosz, LOT Polish Airlines, President of the Management Board

2.6. Local Organising Committeel

- President: Zygmunt Berdychowski
- Vice President: Jerzy Bochyński
- General Coordinator: Tomasz Lipiec
- Director of Logistics: Aleksandra Gryciuk
- Director of Volunteers: Anna Hałka
- Director of Security and Medical Services: Marek Hebda
- Director of Transport: Magdalena Oszuścik
- Competition Director: Marian Dobosz
- Director of Course and Terrain: Marek Tokarczyk
- Director of Accommodation: Julita Profiruk
- Director of Accreditation: Marek Hałka
- Director of Medical Services and Doping Control: on charge of National Polish Antidoping Agency
- Director of Publications and Public Relations: Paweł Piszczek
- Press Agent: Łukasz Ciuba
- Organisational Consultant: Andrzej Puchacz
- Chairman of TIC: Anna Walczak

2.7. Programme

• THURSDAY, 5TH SEPTEMBER 2013

Afternoon Arrivals of non-European Teams and Transfers from the Krakow Airport to Krynica-Zdrój
 18:00 - 22:00 Dinner at hotels (for non-European Teams)

• FRIDAY, 6TH SEPTEMBER 2013

Accreditation in the RECEPTION in Dom Forum
 07:00 - 09:00 Breakfast at hotels (for non-European Teams)
 12:00 - 14:00 Lunch at hotels (for non-European Teams)
 Afternoon Arrivals of European teams and Transfer from airports to Krynica-Zdrój
 16:00 - 18:00 WMRA Council Meeting in Krynica-Zdrój
 19:00 - 22:00 Dinner at hotels
 During the day Course inspection and training

• SATURDAY, 7TH SEPTEMBER 2013

07:00 - 09:00 Breakfast at hotels
 08:30 - 09:00 IAFF Travel Assistance Payment, Dom Forum
 (All participating countries in the World Championships must be current with their 2013 WMRA Dues payment. Please arrive 30 minutes prior to the Congress meeting to settle your account.)
 09:00 - 12:00 WMRA Congress, Dom Forum
 09:00 - 12:00 Course inspection and training
 12:00 - 14:00 Lunch at hotels
 15:00 - 16:00 Technical Meeting, Dom Forum
 17:00 - 18:00 Opening Ceremony
 19:00 - 21:00 Dinner at hotels

• SUNDAY, 8TH SEPTEMBER 2013

06:00 - 08:30 Breakfast at hotels
 09:15 Start of Junior Women Race
 10:00 Start of Junior Men Race
 11:00 Start of Senior Women Race
 12:00 Start of Senior Men Race
 After each race the "flower ceremony" for first three individuals
 13:30 - 15:30 Lunch at hotels
 18:00 Award and Closing Ceremony, next to Pijalnia Główna
 19:00 Farewell party

- **MONDAY, 9TH SEPTEMBER 2013**
6:30 - 09:00 Breakfast at hotels
Departure of the teams

3. ARRIVALS

3.1 Arrival by Air

- Krakow-Balice is the official airport of the event. Welcome desk at the airport will be open from 5th to 6th September, according to the flight details given by the teams in the Final Entry Form.
- The journey from Krakow to competition venue takes approx. 3 hours.
- LOC provides free transfer service for the teams from this airport on Thursday, 5th September and Friday, 6th September.
- Free transfer service for the teams, back to the airport will be provided on Monday, 9th September.
- No free service will be available from/to the airport on Saturday, 7th September and on Sunday, 8th September.

3.2 Arrival by Car

- Coming from West: Motorway A4, exit Brzesko; follow the D75 toward Nowy Sacz, then to Krynica-Zdrój.
- Coming from South: from Vienna toward Bratislava, Nitra, Poprad, then follow the road 77 after Andrejovka toward Poland, to Muszyna and Krynica-Zdrój.

3.3 Arrival by Train or Line Bus

From Krakow: take the direct coach service to Krynica-Zdrój (<http://www.rda.krakow.pl/en/>)

3.4 Insurance

The participating teams are responsible for taking out their own insurance to cover the cost of illness or injury to any member of their team when travelling to and from WMRC 2013, as well as during the event itself.

4. ACCREDITATION

4.1 General

- The accreditation office will be situated in THE RECEPTION, in Dom Forum.
- At the accreditation, the Team Leaders shall present passports or ID's of the athletes, settle the payment, then collect the accreditation cards and welcome bags of the team members, based on final entry form.
- Each team member will receive an accreditation card, which must be worn all the time and should be clearly visible.
- Accreditation cards will have different colours for runners and team officials.
- The same will be applied to journalists.

4.2 Accreditation Procedure

- Accreditation cards will be prepared in advance, based on the information provided by the Member Federations in the final entry form. Last-minute changes will be accepted at the accreditation point.
- All team accreditation cards will allow access to the competition venue, to the hotels and meals, and to the transportation system.

4.3 Loss of Accreditation

If an Accreditation Card is lost, one should immediately report it in the RECEPTION.

5. INFO POINT / RECEPTION

- For any information, please refer to the Information Office located in the RECEPTION. It will be open every day from 9:00 to 20:00 (from Friday till Sunday).
- Qualified staff will help you with any aspect of the Championships.
- email: info@wmrc2013.pl
- Official WMRC website: wmrc2013.pl

6. ACCOMMODATION, INTERNATIONAL TRAVELS, FINANCES

6.1 Accommodation - General Information

Teams will be accommodated at 5 hotels and pensions in Krynica-Zdrój. The allocation of the team in each hotel will be made by the LOC who will inform each team.

These venues are:

- Krynica - Park Sportowy 3, Krynica-Zdrój
- Amadeusz- Piłsudskiego 32, Krynica-Zdrój
- Geovita - Leśna 15, Krynica-Zdrój
- Sportowiec- Dąbrowskiego 21, Krynica-Zdrój
- Pegaz - Czarny Potok 28, Krynica-Zdrój (only for non-European teams)

English - speaking staff will be always around in case help is needed.

The check-in starts at 3 p.m. and the check-out time is 11 a.m.

6.2 Accommodation Costs and WMRA Quota

The LOC pays full board accommodation for the participating athletes and quota officials for the period defined hereunder.

Any additional services, orders, mini-bar are to be covered by guests at the hotel.

Quota Officials for which the LOC covers accommodation are within the following limits:

Teams of 1 to 5 Athletes:	1 Official
Teams of 6 to 10 Athletes:	2 Officials
Teams of 11 to 17 Athletes:	3 Officials

- **Non-European teams:** from 5th September dinner until 9th September breakfast (extras should be paid directly to the hotel, not to the LOC)
- **European teams:** from 6th September dinner until 9th September: breakfast (extras should be paid directly to the hotel, not to the LOC)

Any other person coming with the Team to the WMRC must also be indicated along with the names of the Team members. The accommodation costs for extra officials are, full board:

- **European teams, 3 nights (6-9 September):**
double/twin room: € 165 per person
single room: € 225 per person.
- **Non-European teams, 4 nights (5-9 September):**
double/twin room € 220/person
single room € 300/person

LOC cannot guarantee that accommodation will be in the same hotel as teams.

- All payments (as well as payment for extra person) must be made at the RECEPTION on Friday, 6th September and on Saturday, 7th September (from 9 till 20).
- On the day of departure the Hotel Manager will check the rooms together with a team leader. Teams are liable for any damages and will be asked to pay for them.
- **If you arrive one day in advance (for non-Europeans before Thursday, 5th September, for Europeans before Friday, 6th September), LOC will not be in charge of organizing your stay.**

6.3 International Travel – Travel Grant

- Teams are responsible to organise and pay for their travel to Poland.
- Following its policy, the WMRA (with the financial support of the IAAF) will provide a travel grant for which each invited team will receive individually the proposed amount and its conditions

- The refund of the travel grant will be done, on site, in cash, to the Team Leader (unless a Federation specifically requests the relevant amount to be sent by bank transfer)
- If a Federation has **not** paid its 2013 Affiliation Fee to the WMRA, these 150\$ will be deducted from the travel grant.

7. TRANSPORT

7.1 Transport from and to the airport: see 3.1

7.2 Shuttle Bus Service

During the competition a dedicated bus shuttle service will be provided. Full details of the schedule will be displayed in the RECEPTION and distributed to the Team leaders.

Transportation will be provided by buses, minibuses and dedicated cars for the VIPs, according to the programme of the event.

On Friday, 6th September non-European teams are located next to Jaworzyna Krynicka Mountain. For these reason transport is not guaranteed.

SATURDAY, 7TH SEPTEMBER: Course Inspection at Jaworzyna Krynicka Mountain

Category	Means of transport	Hotels – Jaworzyna Krynicka Mountain	Back to Hotels
Teams	Buses	8:00 - 12:00	9:00 - 12:00

Exact hours will be provided after receiving Final Entry Form.

Saturday 7 September: WMRA Congress

Category	Means of transport	Pegaz Hotel – Dom Forum	Back to Pegaz Hotel
Team Leaders	Buses	8:15	12:15

SATURDAY, 7TH SEPTEMBER: Technical Meeting at Dom Forum at 15:00

Category	Means of transport	Pegaz Hotel – Dom Forum	Back to Pegaz Hotel after Opening Ceremony
Team Leaders	1 minibus	14:15	18:15

SATURDAY, 7TH SEPTEMBER: Opening Ceremony at 17:00

Category	Means of transport	Pegaz Hotel – Dom Forum	Back to Pegaz Hotel after Opening Ceremony
Teams	Buses	16:15	18:15

SUNDAY, 8TH SEPTEMBER: Competition day

- Bus shuttle service for competition from hotels to the course and back. First bus to depart from hotel at 06:30, last bus will depart from the course at 13:30.
- Athletes selected for Doping Control who happen to stay longer in the Doping Control Station, will be transferred back to the hotel by minibuses.
- Exact hours will be provided after receiving Final Entry Form.

SUNDAY, 8TH SEPTEMBER: Awards and Closing Ceremony and Farewell party

Category	Means of transport	Pegaz Hotel – Dom Forum	Back to Pegaz Hotel
Teams	Buses	17:15	22:00

8. COMPETITION REGULATIONS

8.1 Participation

- Every WMRA member may enter 1 (one) team for each event.
- Size of the teams:
 - Senior Men race: not more than 6 (six) athletes
 - Senior Women and Junior Men races: not more than 4 (four) athletes
 - Junior Women race: not more than 3 (three) athletes
- Ages:
 - Junior races: can participate athletes born in 1994 - 1995 - 1996 - 1997
 - Senior races: can participate athletes born in 1995 and before (but a Junior athlete, born in 1994/1995) cannot compete in both races, under condition that they run only in the senior race and not in the junior race
 - No athlete aged less than 16 years on 31 December on the year of competition may participate.

Citizenship: it is reminded that the WMRA Regulations for this competition (clause 4.1.4) say: *"WMRA Members shall be represented only by Citizen of the Country which the affiliated Member represents... Exceptions are accepted for the teams representing a Country with less than 50,000 inhabitants and at the condition that these athletes can proof that they are resident in this Country since at least 5 years at the date of the competition"*.

Detailed map and profile of the course are available in Appendix 2 of this manual.

8.2 Scoring

- Each race shall be scored separately. Each team's score shall be determined by the aggregate of the places of its best placed athletes as follows:
 - Senior Men - 4 fastest athletes counted
 - Senior Women - 3 fastest athletes counted
 - Junior Men - 3 fastest athletes counted
 - Junior Women - 2 fastest athletes counted
- Teams shall be classified according to their scores: the winner of the race gets one point, the second gets two points and so on. In each race, the team with the lowest score will be the winner. A tie shall be decided in favour of the team whose last scoring athlete finishes nearest to the first place. No adjustments to teams' results shall be made in respect of non-scoring team members.
- A team with fewer finishing athletes than the scoring athletes as specified above shall not be counted in the teams' classification.

8.3 Competition Clothing

- Competitors must wear the Federation's official team clothing.
- Team clothing must be uniform.
- A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete.

8.4 Preliminary entries

shall be sent by e-mail using the official Preliminary Entry Form in Appendix 3. This form indicates the number of the team members and provisional information about the travel. The form has to be sent form to: pierre@iaaf.org and s.oleksy@wmrc2013.pl by 9th July 2013 at the latest.

8.5 Final entries

shall be sent by e-mail using the official Final Entry Form (Appendix 4)

This form indicates the names of the athletes, their year of birth and nationality, names of officials and specific travel details of the team. Deadline for submission of Final Entry Form to pierre@iaaf.org and s.oleksy@wmrc2013.pl by 26 August 2013 at the latest.

8.6 Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Forms for the final confirmation will be distributed to each team during accreditation. These forms must be completed and returned immediately or no later than 12:00 on Saturday, 7 September 2013.

9. TECHNICAL INFORMATION

9.1 The Course

The Championships will be held on a 4,5km lap course.

The distances and amounts of ascent/descent per race are as follows:

- Junior Women: 4.65km, +286m / -276m
- Junior Men and Senior Women: 9.08km, +561m / -551m
- Senior Men: 13.56km, +838m / -828m

Detailed map and profile of the course are available in Appendix 2.

9.2 Technical Information Centre (TIC)

- The main function of the centre is to ensure smooth communication between each Team Delegates, the LOC, the WMRA Technical Delegate and the Competition Management regarding technical matters. The TIC is located at the competition venue in Jaworzyna Mountain at near the Start / Finish area.
- The TIC will be open on:
 - Friday – in the RECEPTION, 9:00 to 20:00
 - Saturday – in the RECEPTION, 9:00 to 20:00
 - Sunday, 8 September from 8:00 to 14:00 (Jaworzyna Mountain, near the start/finish area)
- The TIC will be linked to all Information Desks set up for this event and shall be responsible for the following:
 - Settlement of technical enquiries from delegations
 - Competition information
 - Recovery of items confiscated at the Call Room
 - Applications for additional doping control tests
 - Urgent notices – collection and delivery of any urgent written notices to the Team Delegations from Technical Delegates, WMRA and LOC
 - Publication of results
 - Receipt of appeals from the teams
- All technical information regarding the competition will be distributed to each delegation in the TIC. This information will also be displayed on information boards. Access to the TIC will be controlled by a separate entry card, not by the accreditation card. TIC cards will be given to each Team Leader.

9.3 Technical Meeting

- The Technical Meeting will be held on Saturday, 7 September 2013 at 15:00 in Dom Forum.
- The Technical Meeting will be held in English. Each team may be represented by a maximum of 2 (two) persons and, if necessary, an interpreter.
- All questions related to the Technical Meeting must be presented in writing, preferably in English, in the RECEPTION before 12:00 on Saturday 7 September.
- It is essential that all teams are represented at the Technical Meeting.
- The Technical Meeting will be attended by:
 - IAAF Representative
 - WMRA President or his representative
 - WMRA Council Delegate
 - WMRA Technical Delegate
 - Doping Control Officer
 - Jury of Appeal
 - Representatives of the Organising Committee

- National Competition Officials
- TIC Manager
- The preliminary agenda of the Technical Meeting includes:
 - Welcome by the IAAF representative
 - Welcome by the WMRA President or his representative
 - Welcome by the President of the Organising Committee
 - Presentation of the International Officials
 - Presentation of the Competition Officials
 - Information by the Technical Delegate
 - Answering questions submitted in writing by federations

9.4 Course visit

There will be no organised tour as the presentation regarding the competition and warm-up areas will be given at the Technical Meeting. Athletes and team members will have free access to the competition venue and race course for training and inspecting access routes and other facilities.

9.5 Competition Numbers

- Each competitor receives 2 bib numbers. The numbers shall be worn according to IAAF Rule 143. The competition numbers may not be cut, bent or covered in any way.
- The teams will be provided with the competition numbers and the chips immediately during ACCREDITATION.

10. COMPETITION PROCEDURES

10.1 Call Room Procedures

- All athletes must report to the Call Room 20 minutes before the start.
- Competition clothing will be checked at the Call Room. It must comply with the IAAF Advertising Rules.
- There will be a control whether the chips are tightened to the shoes.

10.2 Starter Commands

- All instructions will be given in English.
- The command is "On your marks!" followed by a shot from the starter's gun.

10.3 Refreshment Stations

- There will be 2 refreshment stations along the lap.
- They will be presented on a map during the technical meeting.
- Water will also be provided in the mixed zone after the race, as well as energy drinks, fruits and snacks.
- Personal refreshments are allowed. They must be handed over by team officials in restricted areas near the refreshment stations only.
- An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

10.4 Timing

The official timing will be made by chips (transponders) which should be tightened to the athlete's shoe. Results will be available by the WMRA procedures in the TIC.

10.5 Luggage

- Runners shall leave their luggage in their own bags that will be put into one big TEAM bag provided by the organisers, during accreditation.
- The LOC will take care of the bags and will take them to the mixed zone for recollection.

10.6 Protests and Appeals

- Protests will be processed in accordance with IAAF Rule 146.
- In the first instance, protests must be made orally to the Finish Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3).
- If such a protest is rejected, a written appeal, to the Jury of Appeal, signed by responsible representative of the athlete must be lodged at the TIC.
- Together with the appeal, a deposit of € 75.00/\$ 100.00 must be paid. If the protest is successful, the deposit will be returned. The Jury's decision will be published in writing at the Information Office.

10.7 Doping Control

- Doping control (blood before the event and urine after the event) shall be conducted in accordance with IAAF Anti-doping Regulations under the supervision of the Doping Control Officer.
- The selection of athletes for control will be made by the Doping Control Officer.
- Athletes selected for doping control shall be informed by anti-doping officers or chaperones. They will be required to sign a confirmation of notification form. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Centre (DCC). They should report immediately to the DCC unless there are valid reasons for delay.
- All selected athletes will be accompanied by a trained chaperone or Doping Control officer from the time of notification until arrival at the DCC.
- Athletes are reminded that refusal to provide a sample (urine or blood) can render them liable to disqualification and may lead to further disciplinary action.

11. MEDICAL SERVICES

- A medical tent will be active near the Finish line for acute medical assistance. First aid teams marked with Red Cross, supervised by doctors, will be distributed around the course during the competition.
- The local medical service will be responsible for any problem concerning the athletes' health both at competition and warming up areas. In case of injuries, only the official physician will be admitted to the course. The respective physician will decide on the further treatment of the injured athlete.
- Team doctors will have access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

12. SECURITY

- Any instructions given by the LOC, the security marshals and the police must be observed in all areas, as well during transport from one location to another.
- Special safety precautions will be taken on the road just after the start of the first race.

13. CEREMONIES AND PROTOCOLS

13.1 Opening Ceremony

- The Opening ceremony will take place next to Pijalnia Główna in the city centre of Krynica-Zdrój on Saturday 7 September 2013 at 17:00.
- All team members are invited to attend the Opening Ceremony.
- Athletes must wear the official team clothing. Details on the ceremony will be given upon arrival.

13.2 Flower Ceremony

- The flower ceremony will take place after the arrival of the third runner in each category.
- Medallists in individual races will be invited to the podium in the finish area and presented flowers. .
- Athletes who had been selected for doping control shall come to the flower ceremony first and then go to the doping control. Chaperones will accompany them.

13.3 Victory & Closing Ceremony

- The Award and Closing Ceremony will take place on Sunday, 8 September 2013 at 18:00 next to Pijalnia Główna.
- All medallists (team and individual) must wear the official team clothing for the ceremonies. They will be invited to be close to the podium to ensure smooth course of the protocol
- National flags held by the athletes will not be allowed on the podium during the award ceremonies.

13.4 Farewell Party

The Farewell Party will take place immediately after the closing ceremony. Everyone with an accreditation or an invitation is welcome to attend. Music entertainment to follow.

14. DEPARTURE

- Teams will be asked to provide full travel details on the final entry forms.
- Teams will also receive a departure form in THE RECEPTION, which should be completed and returned during accreditation if there are any changes in the previously submitted details.
- Departure times of the shuttle buses from the hotel will be displayed on the Information board of each hotel.

15. MEDIA

15.1 Press conferences

- Two press conferences are planned. The first one is scheduled to take place in the time from two weeks to one week before the Championships; the second attended by winners of individual races, will be held after announcement of official results.
- Exact dates of press conferences will be announced by 15 August 2013.

15.2 Media Accreditations

Media representatives will receive personal, non-transferable ID cards authorising them to access the media zones designated for the media.

Applications for accreditations will be received electronically from 1 June to 31 August 2013 through the website of the event (www.wmr2013.pl) and in Krynica-Zdrój before the beginning of Championship.

ID cards for the press will be distributed in THE RECEPTION upon presentation of a valid passport or a personal ID. Accreditations are free of charge.

15.3 Press area and photographer area

- Areas for journalists, photographers and TV crews will be marked out in the area of start and finish lines on Jaworzyna Krynicka Mountain. Access to these areas will be granted only for holders of accreditations. Moreover, journalists and photographers will be able to move along the routes of the races - they will receive maps with designated special routes for journalists.
- On the basis of accreditations, positions for photographers and TV crews will be marked out in the areas of the start and finish lines so that their work could bring the best results.
- Rules of access to the positions will be explained in detail to each individual press team.

15.4 Press centre

- The Main Press Centre will be located in Nowy Dom Zdrojowy, situated at Al. Nowotarskiego in Krynica-Zdrój.
- All accredited journalists and photographers will have access to the Centre in the following hours:
 - Saturday 7 September: 9.00 to 22.00
 - Sunday 8 September : 7.00 to 20.00
- In the press centre, the journalists will avail themselves of 20 PC work stations connected to the Internet and 20 Internet connections (LAN). Wi-Fi will be available as well.

- Use of the Press Centre, Internet and all devices is free of charge.
- Press materials - start lists, interviews, results, extended biographies and statistical info, publications, general info, etc. - will be available on a dedicated website in English and in print. Each of media representatives will also have a chance to receive such materials in the Press Centre.
- A Welcome Desk located at the entrance to the Press Centre is expected to provide support for journalists and photographers who need assistance.

15.5 Mixed Zone

The contact area of journalists with the runners will be possible in the mixed zone, marked out close to the finish line. Access will be granted only to accredited journalists.

15.6 Television

Support for the World Championship will be provided by TVP, the Polish Television, a public broadcaster with the largest coverage in Poland, larger than any private TV stations. Announcements and reports from the Championships will be broadcast in TVP1 (the most popular public channel in Poland), TVP INFO (the most popular information channel) and TVP Sport (a specialized sports channel). The scope of broadcast is under discussion.

15.7 Promotion

The Championships have the following media partners:

TVP with its channels: TVP 1, TVP INFO and TVP Sport, RMF FM - a radio broadcast with the greatest numbers of listeners in Poland, *Runner's World* - the biggest monthly magazine for runners in Poland, *Men's Health* - the biggest lifestyle monthly magazine for men in Poland, *Polish Press Agency* - a national press agency in Poland, *Maratony-Polskie.pl* - the biggest portal for runners in Poland, *Onet.pl* - the biggest Polish portal with universal character, *Rzeczpospolita* - the biggest business daily paper in Poland, *Do Rzeczy* - one of the biggest weeklies, *Wprost* - one of the biggest weekly magazines, *BiegiGórskie.pl* - the biggest portal for lovers of mountain running

16. CONTACT DETAILS

For further details about the World Mountain Running Championships in Krynica-Zdrój please contact:
Aleksandra Gryciuk: a.gryciuk@wmrc2013.pl; tel.+48 583-11-51

APPENDICES

Appendix 1 - Poland and Małopolska Region

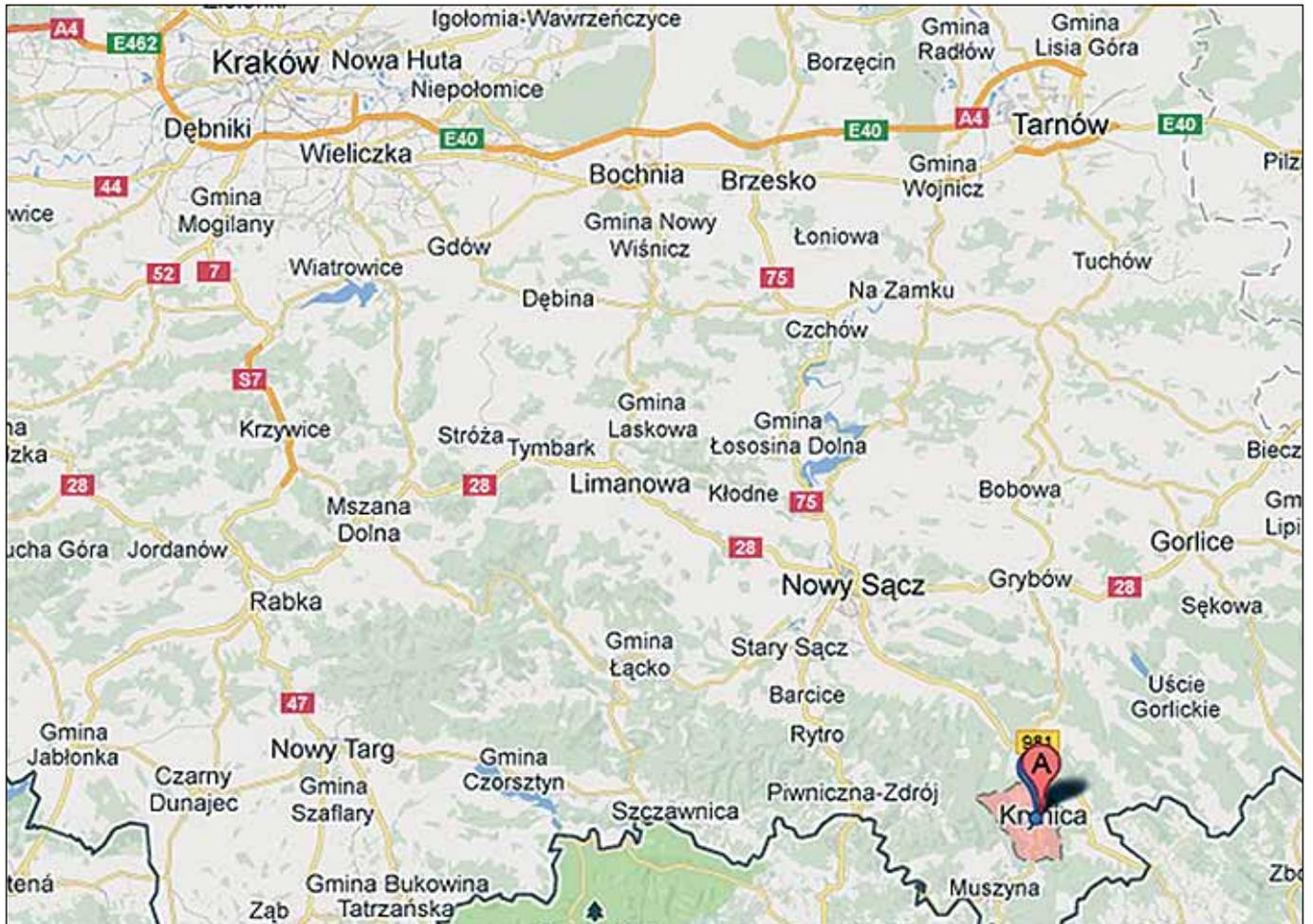
Appendix 2 - Course map and profile

Appendix 3 - Teams Visa Information Form

Appendix 4 – Venue Map

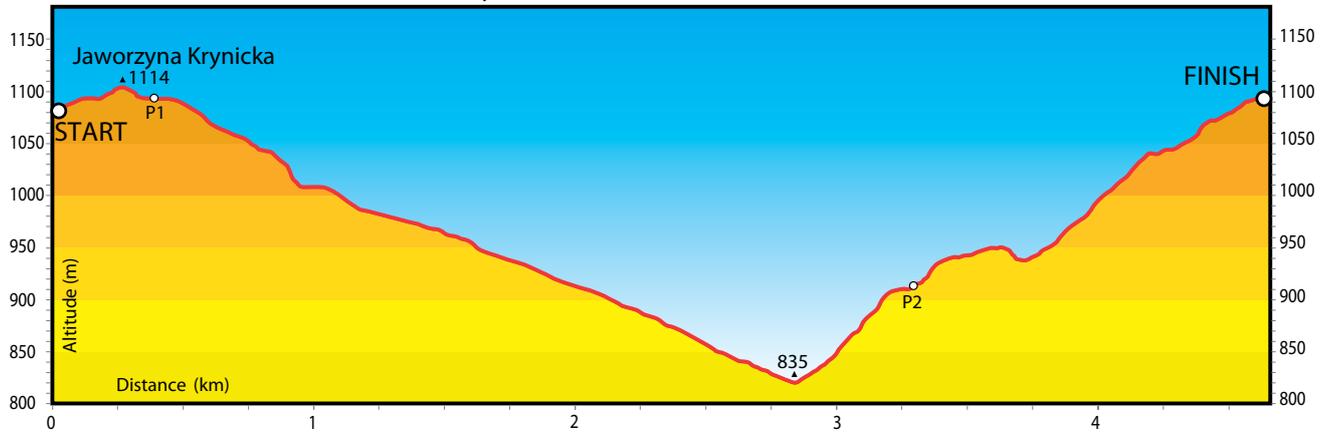
Appendix 5 - Photos

Appendix 1 - Poland and Malopolska Region

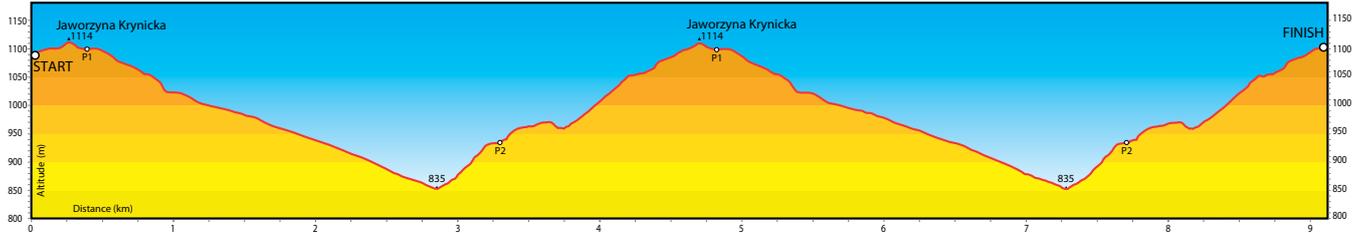


Appendix 2 - Course map and profile

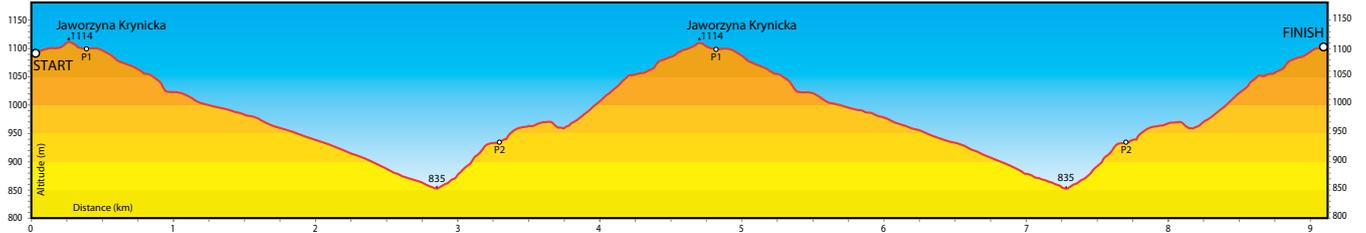
Junior women course 4,65 km +286 m - 276 m



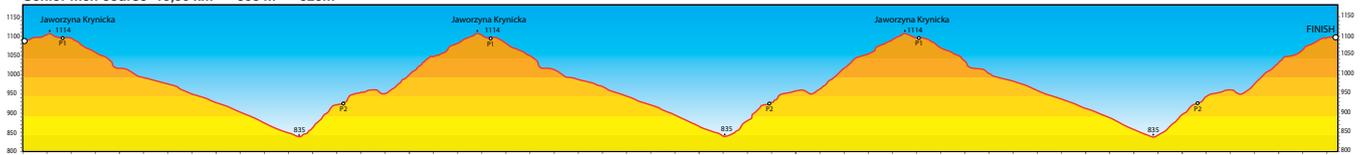
Junior men course 9,08 km +561 m - 551 m



Senior women course 9,08 km +561 m - 551m



Senior men course 13,56 km +838 m - 828m





Appendix 4 – Venue Map

