



european forester's competition in nordic skiing

19-25 January 2020



**52<sup>nd</sup> European Forester's Competition  
in Nordic Skiing 2020 in Poland  
Duszniki-Zdrój, 19-25 January 2020**



Lasy Państwowe

## PROGRAM

powered by **STIHL**<sup>®</sup>

### Sunday, January 19<sup>th</sup>

10:00-21:00 Arrival of participants

16:00-21:00 Accreditation Office

### Monday, January 20<sup>th</sup>

8:00-19:00 Excursions

10:00-18:00 Accreditation Office

12:00-19:00 Competition Office

14:00-18:00 Ski training (no shooting)

### Tuesday, January 21<sup>st</sup>

8:00-19:00 Excursions

9:00-17:30 Competition Office

9:00-12:00 Ski training (no shooting)

10:00-16:00 Accreditation Office

19:00 Opening Ceremony (Duszniki-Zdrój, Main Square)

### Wednesday, January 22<sup>nd</sup>

8:00-19:00 Competition Office

8:00-11:00 Official ski and shooting training

10:30-12:00 Teams Leaders meeting and OC-session (Duszniki Arena building, 2<sup>nd</sup> floor)

13:00 Individual competition – Skating Style

### Thursday, January 23<sup>rd</sup>

8:00-19:00 Competition Office

9:00 Individual competition – Classic Style

9:00-16:00 Registration for Relay

18:00-18:30 Evening presentation “Forest Management in Poland” (F. Chopin Theatre)

18:30-19:30 Piano concert (F. Chopin Theatre in Duszniki-Zdrój)

### Friday, January 24<sup>th</sup>

8:00-18:00 Competition Office

9:30 Relay competition (Men)

9:35 Relay competition (Women)

12:00 Festival of Nations (Duszniki Arena)

19:00 Awards and Closing Ceremony (Sports Hall in Duszniki-Zdrój)

### Saturday, January 25<sup>th</sup>

9:00 Individual departure

Organizing Committee EFNS 2020

State Forests Information Centre

Grójecka 127, 02-124 Warsaw (Poland)

phone: +48 22 185 53 90, mobile: +48 604 550 171

e-mail: [efns2020@cilp.lasy.gov.pl](mailto:efns2020@cilp.lasy.gov.pl)





## **Competition venue:**

### **Duszniiki Arena**

57-340 Duszniiki-Zdrój, Poland  
Jamrozowa Polana, Olimpijska 4 Street

- Highest point of the courses: 695 m above sea level
- Lowest point of the courses: 649 m above sea level
- [www.dusznikiarena.pl](http://www.dusznikiarena.pl)

### **Accreditation Office:**

The Accreditation Office will be located at the Weber Hall (Duszniiki-Zdrój, Rynek 10). Accreditations are mandatory for accessing the Duszniiki Arena Stadium. Car passes and Parking Cards will also be handed out at the Accreditation Office.

### **Competition Office:**

The Competition Office will be located in the Technical Building (ground floor) of the Duszniiki Arena Venue (Duszniiki-Zdrój, Jamrozowa Polana, Olimpijska 2 Street).

e-mail: [office@dusznikiarena.pl](mailto:office@dusznikiarena.pl)



Lasy Państwowe



## Bank transfer payment for participation in the 52<sup>nd</sup> European Forester's Competition in Nordic Skiing 2020

### Participation fees of the 52<sup>nd</sup> EFNS

One individual competition	EUR 70
Two individual competitions	EUR 77
Relay competition (only)	EUR 70
Participants up to 25 years	EUR 20
Accompanying person	EUR 30
Organizational fee (participants over 25 years and accompanying persons)	EUR 13
Organizational fee (participants up to 25 years)	EUR 9
Award and Closing Ceremony	EUR 35
Registration made later than by December 6 <sup>th</sup> , 2019*	EUR 13
Excursions fees	EUR 12-50



\*Participation fees must be paid by **December 6<sup>th</sup>, 2019**.

**The deadline for payment is December 20<sup>th</sup>, 2019 (EUR 13 per person).**

### The recipient's details:

#### **Stowarzyszenie Inżynierów i Techników Leśnictwa i Drzewnictwa Zarząd Główny**

Address: Czackiego 3/5, 00-043 Warsaw, Poland

Bank: Bank Millennium S.A.

Bank address: Stanisława Żaryna 2A, 02-593 Warsaw, Poland

Account number: **PL 05 1160 2202 0000 0003 8952 1286**

BIC/SWIFT: BIGBPLPW

e-mail: [a.staniszevska@ibles.waw.pl](mailto:a.staniszevska@ibles.waw.pl)



## LOGISTIC INFORMATION

### Liability and Insurance

The organizers shall not be liable for any injuries to persons or material/equipment damage. All participants must be covered by sufficient health, accident and liability insurance. By submitting the entry by names, the participants confirm that all persons registered are covered by such insurance.

### Visa regulations

The following nations require a visa for entering and staying in Poland: ARM, BLR, CHN, GEO, KAZ, KGZ, MDA, MNG, RUS, TUR, UKR, UZB. For further information please contact Duszniki Arena Office.

### Accommodation

- All accommodation information is provided directly by the Accommodation and Logistic Office. **Contact us: [office@dusznikiarena.pl](mailto:office@dusznikiarena.pl), +48 796 869 438.**
- The costs of accommodation (overnight stay including full board: breakfast, lunch and dinner) are calculated per day per person. Reservation will be confirmed by invoice after deposit payment.
- Booking and payment of the accommodation will be carried out by the Accommodations and Logistics Office only. Payment must be done until January 3<sup>rd</sup>, 2020.
- 20% deposit must be paid until November 15<sup>th</sup>, 2019.
- In case of no-show or reservations not cancelled before November 22<sup>nd</sup>, 2019 the respective Team will be liable for the hotel's potential cancellation fee.

### Transportation

- Transport for Teams can be arranged by the Accommodation Office as below:
  - ✓ from Wrocław Airport (up to 8 persons – EUR 230, 9-50 persons – EUR 380)
  - ✓ from Prague Airport (up to 8 persons – EUR 320, 9-50 persons – EUR 560)
- On-site transport systems (Town of Duszniki-Zdrój)
  - ✓ Free of charge transport from official partnership hotels to/from the Duszniki Arena Stadium: from Town of Duszniki-Zdrój, the transport will be organized by Ski Bus.
  - ✓ Requests for transport from other places should be reported the day before to the Accommodations and Logistics Office.

e-mail: [office@dusznikiarena.pl](mailto:office@dusznikiarena.pl)





Lasy Państwowe

## CONTACT

# ORGANIZING COMMITTEE 52<sup>nd</sup> EFNS 2020

### Organizing Director:

Janusz Błaszczyk

- ✉ efns2020@cilp.lasy.gov.pl
- ☎ +48 604 550 171

### Competition Director:

Tomasz Bernat

- ✉ t.bernat@biathlon.com.pl
- ☎ +48 512 583 345

Martyna Jedynek-Szołtysek (Assistant)

- ✉ m.szołtysek@biathlon.com.pl
- ☎ +48 503 176 048

### Director of the Duszniki Arena:

Magdalena Kijanka

- ✉ dyrektormokis@duszniki.pl
- ☎ +48 793 572 509

### Shooting Range Director:

Bartłomiej Drozdowski

- ☎ +48 695 981 486

### Timekeeping Director:

Bartłomiej Golec

- ✉ kontakt@bgtimesport.pl
- ☎ +48 784 023 156

### Accreditation Office:

Dominika Wołoszka

- ✉ woloszkadominika@gmail.com
- ☎ +48 518 811 577

### Accommodation Office:

Justyna Janicka, Małgorzata Fituch

- ✉ office@dusznikiarena.pl
- ☎ +48 796 869 438

### Excursions Chief:

Przemysław Zwaduch,

- ✉ przemyslaw.zwaduch@wroclaw.lasy.gov.pl

### Payments Director

**(Participations fees and registration of participants):**

Anna Staniszevska

- ✉ a.staniszevska@ibles.waw.pl

### Support for team leaders:

Anna Kowalska

- ✉ efns2020@lasy.gov.pl
- ☎ +48 696 422 584



## COMPETITION INFORMATION

### Competition rules

The competition will be conducted by following the EFNS Competition Rules as in effect.

### Target system

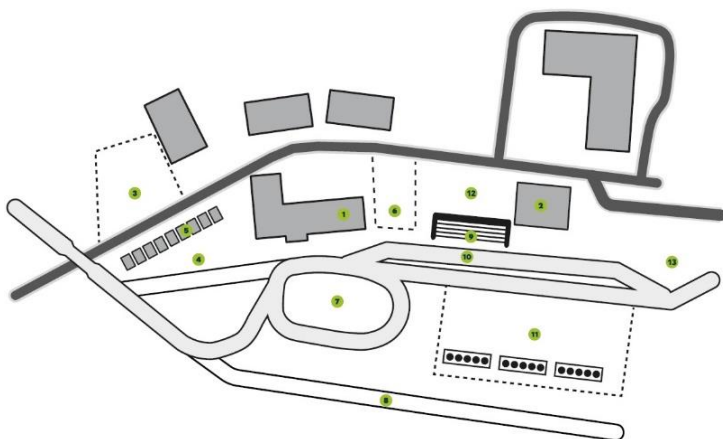
Electromechanical Kurvinen target system equipped with 30 shooting lanes.

### Wax Cabins

45 Wax Cabins will be available (refundable deposit 50 EUR for a key).  
Ski rental and service will be available in the Duszniki Arena Stadium.

### Situation Plan

Duszniki Arena Stadium



#### 1 TECHNICAL BUILDING

COMPETITION OFFICE  
COMPETITION DOCTOR  
LOGISTICS  
WAX CABINS  
FAMILY CLUB

#### 2 MAIN BUILDING

EFNS SD OFFICE  
EFNS OFFICE  
TIMING ROOM  
VOLUNTEERS MITING PLACE

3 TEAM PARKING

4 TEAM PARKING

5 WAX CONTAINERS

6 OC PARKING

7 PENALTY LOOP

8 WARUM UP ARENA

9 SPECTATORS

10 START/FINISH

11 SHOOTING RANGE

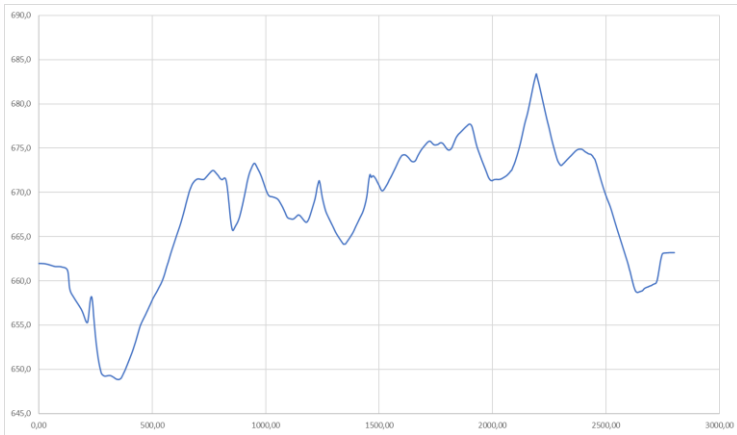
12 FANS ZONE

13 FESTIVAL OF NATIONS





## Ski Track – Duszniki Arena Stadium



The total length of the ski track: 2807 m

The sum of uphill runs: 75

The sum of downhill runs: 74

The highest point on the ski track: 683,4 m

The lowest point on the ski track: 648,8 m





## Competition – 52<sup>nd</sup> EFNS 2020

### Categories

The categories are dividing according to age and gender

Category	Label Women	Label Men	Distance	Shooting	Age Group
Students	W 13	M 13	W: 1 x 2.8 km M: 1 x 2.8 km	without	2005 and younger
Juniors	W 16	M 16	W: 2 x 2.8 km M: 2 x 2.8 km	without	2004-2002
Women/Men	W 19	M 19	W: 2 x 2.8 km M: 4 x 2.8 km	with	2001-1990
Women/Men	W 31	M 31	W: 2 x 2.8 km M: 4 x 2.8 km	with	1989-1980
Women/Men	W 41	M 41	W: 2 x 2.8 km M: 4 x 2.8 km	with	1979-1970
Women/Men	W 51	M 51	W: 2 x 2.8 km M: 4 x 2.8 km	with	1969-1960
Women/Men	W 61	M 61	W: 2 x 2.8 km M: 4 x 2.8 km	with	1959-1950
Women/Men	W 71	M 71	W: 2 x 2.8 km M: 4 x 2.8 km	with	1949-1940
Women/Men	W 81	M 81	W: 2 x 2.8 km M: 2 x 2.8 km	without	1939 and older
Disabled	W	M	W: 2 x 2.8 km M: 2 x 2.8 km	without	All



e-mail: [t.bernat@biathlon.com.pl](mailto:t.bernat@biathlon.com.pl)

## Competition – 52<sup>nd</sup> EFNS 2020

### Individual Competitions

Classic Technique (CT) and Skating/Free Technique (FT)

Category	Distance	Details
Students W 13, M 13	2.8 km	1 lap without shooting
Juniors W 16, M 16	5.6 km	2 laps without shooting
Women/Men W 81, M 81 and Disabled W, M	5.6 km	2 laps without shooting
Women W 19, W 31, W 41, W 51, W 61, W 71	5.6 km	2 laps with shooting
Men M 19, M 31, M 41, M 51, M 61, M 71	11.2 km	4 laps with shooting

### Relay Competitions

All relay competitions take place without shooting

Category	Label	Distance	Technique
Students and Juniors	W 13 / W 16	3 x 5.6 km	1 CT + 2 FT
Students and Juniors	M 13 / M 16	3 x 5.6 km	1 CT + 2 FT
Women under 50	W 19 / W 31 / W 41	3 x 5.6 km	1 CT + 2 FT
Women over 50	W 51 / W 61 / W 71 / W 81	3 x 5.6 km	1 CT + 2 FT
Men under 50	M 19 / M 31 / M 41	4 x 11.2 km	2 CT + 2 FT
Men over 50	M 51 / M 61 / M 71 / M 81	4 x 11.2 km	2 CT + 2 FT

**Shooting:** 5 shots, 50 meters, standing position. For every off-target shot, a penalty lap of 150 meters must be run.

**Time penalties:** Every not performed shot respectively every not run penalty lap results in a time penalty of 2 minutes.

**Disqualification:** Disqualified will be: who runs in free technique in a classic competition; who infringes the safety rules at the shooting range; who starts without a transponder.



e-mail: [t.bernat@biathlon.com.pl](mailto:t.bernat@biathlon.com.pl)





## EXCURSIONS



### Excursion 1. "Following Black Grouse"

Fee: € 22 (including a meal in the mountain hostel Chatka Górzystów). One coach daily (50 persons) with an English-speaking guide. Departure from Duszniki-Zdrój, 8 am. Return to Duszniki-Zdrój around 6.30 pm. Itinerary: departure from Duszniki-Zdrój, transfer to Świeradów, cable car ride to Stóg Izerski, ski ride to Chatka Górzystów (meal), ski ride to Polana Jakuszycka, departure from Polana Jakuszycka to Duszniki-Zdrój. Participants of this excursion will be able to admire the beauty of Izery Mountains, visit charming tourist mountain hostels and get some information about silviculture and environmental protection in this region provided by foresters from Świeradów Forest District.



### Excursion 2. "Łądek-Zdrój"

Fee: € 22 (without a meal). One coach (50 persons) with an English-speaking guide. Excursion organized only on Tue, 21<sup>st</sup> January 2020. Departure from Duszniki-Zdrój, 8.30 am. Return to Duszniki-Zdrój around 6 pm. Itinerary: departure from Duszniki-Zdrój, transfer to Sienna (Czarna Góra Resort), 10 am – cableway ride to Żmijowa Pass (1049 m above sea level). Warm clothes and backpack necessary. Cross-country ski ride (around 7 km, easy route) to the Śnieżnik mountain hostel (1218 m above sea level) and sweet snacks in the hostel. Ski ride (5 km) to the car park situated 15 min from Niedźwiedzia Cave on foot, change of clothes and footwear. Guide and 'autoguide' sightseeing of the cave. Transfer to Kletno, lunch and return to Duszniki-Zdrój. During this excursion participants will be able to admire the charming region of Bialskie Mountains and Śnieżnik Range, as well as they will get to know a lot about the job of foresters in this part of Kłodzko Land. There will be also an occasion to visit Niedźwiedzia Cave with its unique flowstone formations and many bones of animals from ice age. Cross-country ski equipment to be provided by the participants. Warm jackets and shoes necessary to visit the cave.



### Excursion 3. "Wałbrzych Neighbourhood"

Fee: € 22 (without a meal). 2 coaches (50 persons) per day (one German-speaking and second English-speaking). Departure from Duszniki-Zdrój, 8.30 am. Return to Duszniki-Zdrój around 6 pm. Itinerary: departure from Duszniki-Zdrój, transfer to Książ, sightseeing Książ Castle, lunch, transfer to Krzeszów, sightseeing Basilica – Sanctuary of the Gracious Mother of God, return to Duszniki-Zdrój. During this excursion participants will have the occasion to sightsee the majestic Książ Castle built in the 13<sup>th</sup> century, 3<sup>rd</sup> largest castle in Poland; as well as to visit the European gem of Baroque – Sanctuary of the Gracious Mother of God.

e-mail: [przemyslaw.zwaduch@wroclaw.lasy.gov.pl](mailto:przemyslaw.zwaduch@wroclaw.lasy.gov.pl)

## Excursions – 52<sup>nd</sup> EFNS 2020



### Excursion 4. “Wrocław Visiting”

Fee: € 25 (without a meal). 2 coaches (50 persons) per day (1 German-speaking and 1 English-speaking). Departure from Duszyniki-Zdrój, 8 am. Return to Duszyniki-Zdrój around 7 pm. Itinerary: departure from Duszyniki-Zdrój, transfer to Wrocław, sightseeing Wrocław, return to Duszyniki-Zdrój. During this excursion participants will have the occasion to admire the capital of Lower Silesia – Wrocław, also called ‘Venice of the North’. A guide will walk the group around the Old Town and Ostrów Tumski. The participants will be able to admire the view of the city from the tower of the Cathedral, the Gothic Town Hall, as well as beautifully renovated tenement houses. It will be also possible to see Panorama of the Battle of Raławice – the painting presenting the famous battle of Kościuszko Insurrection. There will be also free time to spend around Wrocław Market Square.



### Excursion 5. “Zdroje Forest District Neighbourhood”

Fee: € 20 (without a meal). 2 coaches (50 persons) per day (1 German-speaking and 1 English-speaking). Departure from Duszyniki-Zdrój, 9 am. Return to Duszyniki-Zdrój around 5.30 pm. Itinerary: departure from Duszyniki-Zdrój, transfer to Kłodzko, sightseeing Kłodzko, transfer to Polanica-Zdrój, lunch, sightseeing Polanica-Zdrój, Return to Duszyniki-Zdrój. During this excursion participants will be able to sightsee Kłodzko market square with the historic town hall and, above all, the fortress overlooking the town. In the charming health resort Polanica-Zdrój there will be a tasty meal as well as the possibility to get familiar with the history of this popular spa, and to taste crystal clear spring water, famous for its healthful properties, in the historic pump room.



### Excursion 6. “Zdroje Forest District Ski Touring Excursion”

Fee: € 50 (including ski and shoes renting) or € 10 (with own equipment). Number of participants limited: 20 per day. English-speaking guide. No meal. Departure from Duszyniki Arena Stadium, 10 am. Return around 2 pm. Itinerary: departure from Duszyniki Arena (skiing), tour towards Zieleniec, return to Duszyniki Arena. During this excursion participants will explore the area of Zdroje Forest District off the regular tourist trails.



### Excursion 7. “Orlica Cross-Country Skiing”

Fee: € 15 (without a meal). Number of participants limited: 40 per day. English-speaking guide. Departure from Zieleniec, 3 pm. Return to Zieleniec around 7 pm. Itinerary: cross-country ski tour from Zieleniec towards Orlica to Masarykowa Chata, meal, return to Zieleniec (NOTE: due to evening return every participant must be equipped with headlamp). During this excursion participants will have an occasion to visit part of the forests of Zdroje Forest District, reach Orlica peak (1084 m above sea level), visit tourist mountain shelter Masarykowa Chata and admire sunset from Orlickie Mountains ridge.



Excursions – 52<sup>nd</sup> EFNS 2020**Excursion 8. “Kłodzko Land Attractions”**

Fee: € 12 (without a meal). 2 coaches (50 persons) per day (1 German-speaking and 1 English-speaking). Departure from Duszniki-Zdrój, 9 am. Return to Duszniki-Zdrój around 5.30 pm. Itinerary: departure from Duszniki-Zdrój, transfer to Wambierzyce, sightseeing Basilica, transfer to Karłów, climbing Szczeliniec Wielki, getting to Kudowa-Zdrój, lunch, sightseeing Kudowa-Zdrój, return to Duszniki-Zdrój. During this excursion participants will be able to visit the superb Basilica in Wambierzyce – a must-visit place for many pilgrims. In the National Park of Stołowe Mountains we will visit the highest peak – Szczeliniec Wielki, from which we can admire fantastic view, even of far distant Karkonosze. In one of the most beautiful health resorts in Kłodzko Land the participants will eat a tasty meal and sightsee the place with a historic pump room and charming architecture. Depending on the weather, it is also possible to visit the Stołowe Mountains National Park (PNGS) Ecocentre where we can get to know more about the nature of this region. NOTE: Excursion participants, due to possible icing on the trail to Szczeliniec, have to be equipped with crampons.



e-mail: [przemyslaw.zwaduch@wroclaw.lasy.gov.pl](mailto:przemyslaw.zwaduch@wroclaw.lasy.gov.pl)

## GETTING TO DUSZNIKI-ZDRÓJ

### How to get to Duszniki-Zdrój...

#### ...by train

Wrocław is the main transport junction for IC and EIC trains. There are local trains (Kudowa-Zdrój direction) that shuttle from and to Duszniki-Zdrój.

#### ...by car

Motorway 8 (Wrocław – Kudowa-Zdrój),  
Duszniki-Zdrój lies near highway A4  
(Zgorzelec-Wrocław-Korczowa).

#### ...by airplane

The nearest airports are located in Wrocław (about 120 km)  
and Prague (about 200 km). It takes 1.5–2.5 hours by car  
or 3-4 hours by public transportation to reach Duszniki-Zdrój.



## ORGANIZERS OF THE 52<sup>nd</sup> EFNS 2020

**Association of Foresters and Wood Technologists**  
**The State Forests Poland**  
**City of Duszniki-Zdrój**



Association of Foresters  
and Wood Technologists



**State Forests**  
FOR FOREST, FOR PEOPLE

