



Contact information

Organiser contact information

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Website	http://www.pzn.pl

Officials

FIS Technical Delegate Zofia Stefania Kielpinska (POL)

Event schedule

Event schedule (LOC times)

10.01.2022	Event	Location	Races
14:00	Training	COS OPO Zakopane	
17:00	Team Captains' Meeting	Online : https://meet.google.com/ugr-wzhc-tcd	
11.01.2022	Event	Location	Races
10:00	Competition start	COS OPO Zakopane	11 Jan - SC Women's SP
10:30	Competition start	COS OPO Zakopane	11 Jan - SC Men's SP
12:00	Competition start	COS OPO Zakopane	11 Jan - SC Women's SP
12:20	Competition start	COS OPO Zakopane	11 Jan - SC Men's SP
15:00	Training	COS OPO Zakopane	
17:00	Team Captains' Meeting	online : https://meet.google.com/ugr-wzhc-tcd	
12.01.2022	Event	Location	Races
09:30	Competition start	COS OPO Zakopane	12 Jan - SC Men's 15k
11:30	Competition start	COS OPO Zakopane	12 Jan - SC Women's 10k

Entries should be send on FIS entry form with valid FIS Codes to zgloszenia.biegi@gmail.com until 9th January 2022

Participation fee is 10 euro per athlete.

Prize Giving Ceremony will be held for top 3 athletes after the end of competition

TCM will be held online with the link : <https://meet.google.com/ugr-wzhc-tcd> on Monday 10th January 2022 at 5 p.m.

GENERAL – LOC and Polish Regulation

Use protection mask in all closed public areas and in the open space where you can't keep at least 1.5m distance from others

Clean hands and use hygienic liquids

Keep social distance min.1,5m



2. ARRIVAL TO POLAND

No quarantine after presenting the UE C-19 vaccination certificate or recovery certificate or negative C-19 result no older than 48h.

During planning travel to Poland keep in mind restrictions in other country on your way : <https://www.gov.pl/web/koronawirus/przyjazd-dopolski-ze-strefy-schengen>

3. RESTRICTIONS IN MOVING AROUND

Face covering (mouth and nose) is mandatory in public areas like shops, petrol station, public transportation and hotel. No need of face covering (mouth and nose) in the open space or private car where the distance min.1.5m can be kept.

4. VENUE

Mandatory use of mask except for athletes when worm-up and during the start. When athlete is not using the mask the social distance need to be kept.

in situation where 1,5m distance can't be keep (waiting room at the start, coach platform)

Every person who wishes to access a venue must complete a Health Questionnaire (see Annex 1).

Protection mask need to be used all the time : no need only during warm up and start in the competition.

During the prize giving ceremony athletes need to wear a mask. Mask can be take out only for photoshoots when social distance is kept.