



IFSC WORLD CUP 2009 – Tarnów (POL)

Speed

Saturday April 18th – Sunday April 19th

1. Organisation

Polish Mountaineering Association (PZA)
Noakowskiego 10/12, 00-666 Warszawa, +48 (22) 875-85-05
Competition website: <http://pza.org.pl/swc>

2. Participation

3 male and 3 female competitors of each country plus the top 10 competitors in the Speed Ranking and the supplementary list.

3. Registration

- Please use the online registration <http://www.ifsc-climbing.org/egroupware/>
- Copy to: PZA World Cup Office kws@pza.org.pl
- **Deadline for registration: 18.00 GMT Friday 11 April 2009**

IMPORTANT: Those competitors whose Federation has not applied for a 2009 International Licence will not be allowed to compete!

VISA: If you require a visa please email PZA World Cup Office kws@pza.org.pl (Mobile +48 502 239 143, Fax: +48 22 875 85 05) to ask for invitation.

5. Prizes

World Cup - According to IFSC Standards.

For route record setting (not mandatory) 200 EUR for best time – man and woman

6. Competition venue

Tarnow Sports and Recreation Centre Gym (Hala Tarnowskiego Ośrodek Sportu i Rekreacji, Hala TOSiR), Tarnow, Krupnicza Street 8a. See location description below.

7. Provisional programme

Friday 17 April

19.00-20.00 Registration (at the competition venue)

20.00 Technical meeting (same as registration)

Saturday 18 April

15.00 Isolation opens
16.00 Isolation closes
16.45 Observation
17.00 Qualification starts
18.30 Results qualification
19.00 Finals
20.30 Results finals
20.40 Award ceremony
21.20 After party

Sunday 19 April

14.00 – 16.00 Route record setting (not mandatory)

8. Travel

a) **By air and rail:** the closest international airport is Krakow International (KRK), situated 90 km from Tarnow. From the airport (Krakow Balice) take the train to main train station (Krakow Główny). The travel from airport to train station takes approx. 15 minutes. Trains run every 30 minutes ([see time table](#)).

From Krakow main train station, take a train to Tarnow (or towards: Rzeszow, Przemyśl, Nowy Sącz, Krynica). The travel from Krakow to Tarnow takes approx. 1 hour by express or fast train and 1 hour 30 minutes by slow train. Trains run every 30-60 minutes, a ticket from the airport/main train station in Krakow to Tarnow costs between 5 and 10 euro, depending on the train you choose. From the Tarnow main train station take a taxi to the competition venue (10 mins., approx. 5 euro).

b) **By road:** Tarnow is located 80 kilometers to the East from Krakow, on E-40 international route.

Airline options

For updated information on flights and connections, visit the airport's website: http://www.lotnisko-balice.pl/strona_en.html .

Car rental companies

Major car rental companies at the Krakow Airport are:

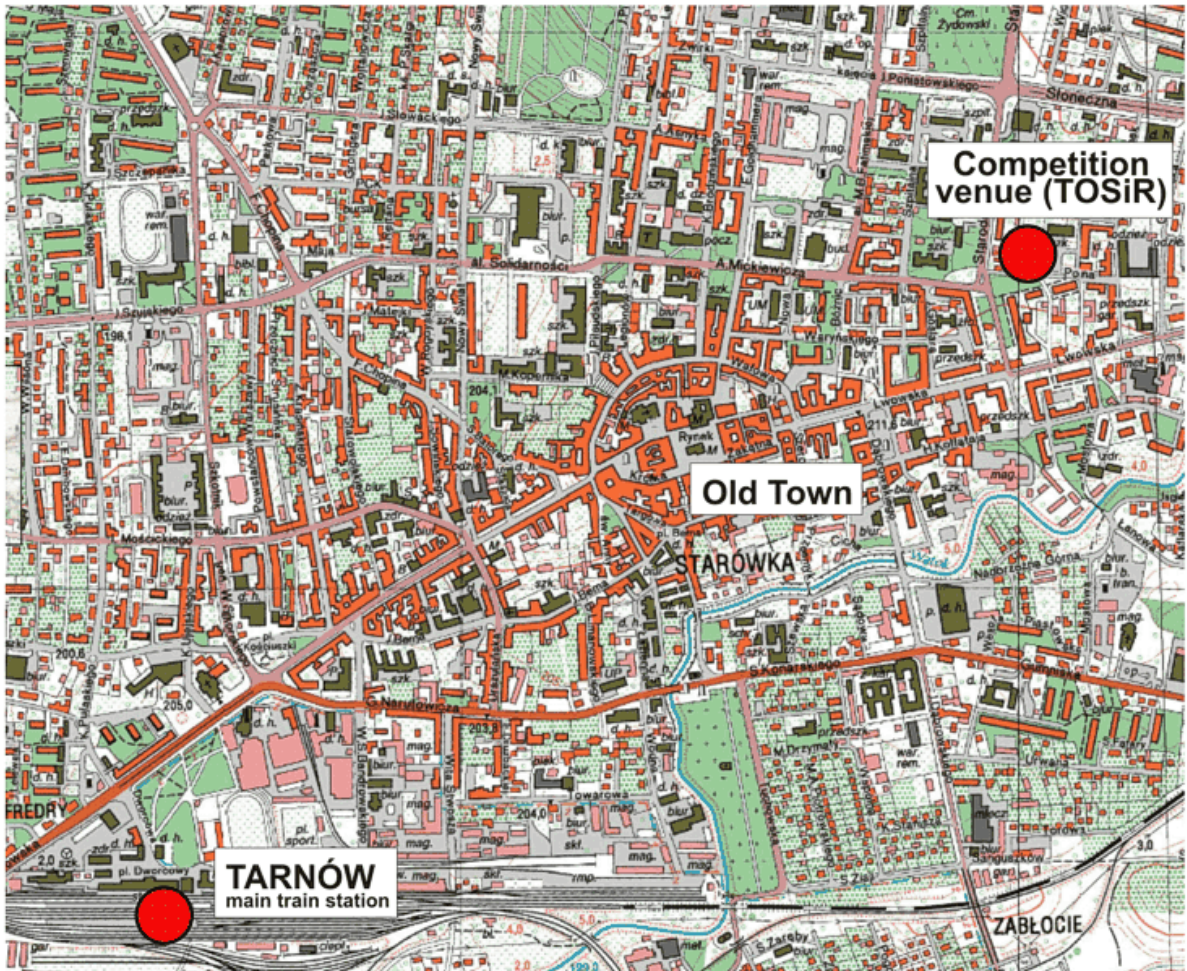
- www.avis.pl +48 12 639-32 89/+48 12 629-61-09
- www.budget.pl +48 12 285-50-25
- www.europcar.pl +48 12 285-50-45
- www.hertz.pl +48 12 285-50-84
- www.sixt.pl +48 12 639-32-16

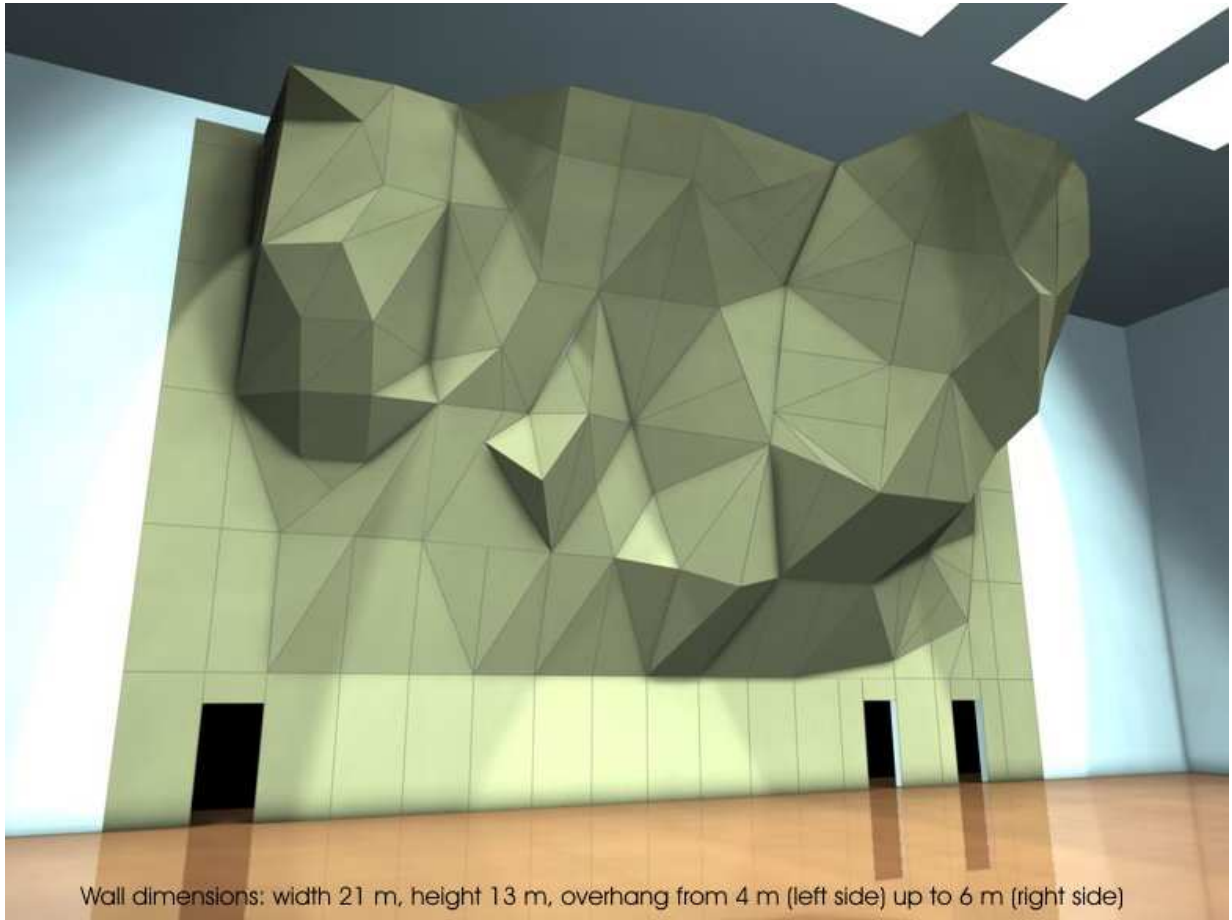
9. Accommodation

http://www.go-tarnow.com/english/accommodation/hotels_tar.html

10. Useful information

www.tarnow.pl , www.krakow.pl





Wall dimensions: width 21 m, height 13 m, overhang from 4 m (left side) up to 6 m (right side)