

European Capital of Nordic Walking invites you to the Polish Cup, European Cup and Cross-Country Running!

Organizers introduce walkers to revolutionary idea of competition on brand new European Cup where we will meet the best of the best nordic walking champion. 5K European Cup will be preceded by eliminations.

I 5K Nordic Walking European Cup

To qualify for the 5K Nordic Walking European Cup entitles going through the elimination phase, which will start at 10:10 on a distance of 5 km and complete it on the spot of not less than 20th in the OPEN category of his gender – which means that, the fastest 20 men and the fastest 20 women at the finish line of the Polish Cup for 5 km, qualifies to take part in the 5K Nordic Walking European Cup.

The competitors will be set at the start on treadmill in two lines, the starting order will be the result of elimination score.

Time will be measured gross – final result is the order on the finish line.

Any warning received from the referee will result in 15 seconds penalty added to final score of the competitor.

Athletes will compete on 12,5 laps on treadmill around the city stadium – 12,5 laps equals 5 km.

There will be only one European Champion, one Vice-Champion and one Second Vice-Champion in categories both men and women.

Sign up: <https://elektronicznezapisy.pl/en/event/1117.html>

(to sign up you have to choose "dystans 5 km (również eliminacje do ME) NW" in distances)

The registration office will be open:

- 08.09.2017 at the City Stadium of B. Bagiński on ul. Sportowa 2, from 14:00 to 20:00
- 09.09.2017 at the City Stadium of B. Bagiński on ul. Sportowa 2, from 7:30 to 14:15.

Time table:

7:30 – opening of the registration office and beginning of NW poles check

09:45 – official opening and common warm-up

10:00 – start of Nordic Walking for 10 km

10:10 – start of Nordic Walking start at 5 km

11.30 – start of Cross-country running on 10 km

13:00 – ceremony of NW 5 km, 10 km and XC running 10 km decoration

14:00 – start of 5K Nordic Walking European Cup - women

14:45 – start of 5K Nordic Walking European Cup - men

15:30 – ceremony of European Champions decorations

15:45 – lottery