



# O-SIGN RACES

## 10-11.10 CRACOW

3 PODCHORAZYCH STREET, WKS WAWEL

WE INVITE YOU TO POPULARIZATION ORIENTEERING COMPETITION!

### SCHEDULE

- Sprint Orienteering
- Trail Orienteering
- Mobile Orienteering
- Treasure Hunting



# SIGN

On: Sports In Nature and Good Nutrition



Co-funded by the European Union

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MORE INFO - [WAWELBNO.PL](http://WAWELBNO.PL)

# Programme

## 10.10 FRIDAY

8:30 - 10:00 - COMPETITION OFFICE,  
REGISTRATION

10:00 - 12:00 - SPRINT ORIENTEERING,  
TRAIL ORIENTEERING

12:00 - 14:00 - TREASURE HUNTING,  
MOBILE ORIENTEERING

14:00 - PRIZE-GIVING CEREMONY



## 11.10 SATURDAY

12:00 - 13:00 - COMPETITION OFFICE,  
REGISTRATION

13:00 - 15:00 - SPRINT ORIENTEERING,  
TRAIL ORIENTEERING

15:00 - 17:00 - TREASURE HUNTING,  
MOBILE ORIENTEERING

17:00 - PRIZE-GIVING CEREMONY

19:00 - 20:00 - WORKSHOP ON HEALTHY  
NUTRITION IN SPORT



**FREE STARTING PACKAGES  
FOR FIRST 400 PARTICIPANTS!**