

RACE REGULATIONS

“POMERANIA GRVL powered by CentrumRowerowe.pl”
Polish National Championships in Gravel Cycling
GDYNIA | 04.10.2026

1. Organizer

- **Pomerania Sports Association**
ul. Generała Władysława Sikorskiego 24, 83-330 Pępowo Kartuskie, Poland
VAT ID (NIP): 5892048213 | KRS: 0000752292
 - Website: www.pomeraniagravl.pl
 - Contact: kontakt@pomeraniagravl.pl | tel. +48 600 624 090
 - Bank account: 78 1870 1045 2078 1047 9275 0001 (NestBank)
 - Patronage: Pomorskie Zrzeszenie LZS, Marshal's Office of the Pomeranian Voivodeship, State Forests.
 - Co-organizers: Gdynia Sports Center, Fundacja Mistrzowie Zdrowa
 - Title Sponsor: CentrumRowerowe.pl
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2. Basic Information

2.1 The PomeraniaGRVL gravel cycling race will take place on **4 October 2026** in **Gdynia**, with the event base located at:

Stadion Miejski Arka Gdynia, ul. Olimpijska 5/9, 81-538 Gdynia:

<https://maps.app.goo.gl/y4F9hd6RVMVmA6XbA>

2.2 The races are held over the following distances:

- 158 km
 - 97 km
 - 54 km
 - Junior: 100 m to 3000 m
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3. Participation Conditions

3.1 The event is open and intended for both amateurs and riders holding a valid **PZKol** or **UCI** cycling license, unless the detailed rules of a given category provide otherwise.

3.2 An “amateur” is a rider who has never previously raced in the **ELITE** or **U23** categories according to PZKol licenses.

3.3 Participation requires correct registration of an individual rider account in the online registration system available at:

<https://zapisy.pomerania-sports.pl>

3.4 The participant is obliged to:

- correctly complete the required online declarations,
 - enter correct and up-to-date rider data,
 - enter a current **UCI** and **PZKol** license number in the registration system*,
 - accept these Race Regulations,
 - pay the entry fee in accordance with the current fee table.
- *only for riders who wish to compete in the Polish National Gravel Cycling Championships

3.5 The race pack is collected at the Race Office upon presenting an individual QR code sent by email to the address provided during registration.

3.6 Minors aged **14–17** (born 2009–2012) may participate **only in the 50 km distance**.

Admission to the start requires submitting at the Race Office a **written consent** of a parent or legal guardian (form available for download from the race website). Minors without a PZKol or UCI license must provide a scan of valid personal accident insurance (NNW) covering participation in cycling competitions.

The Organizer reserves the right to refuse the start to a minor if the Organizer considers that the course conditions or difficulty level may endanger the participant's safety.

3.7 Minor participants – Junior race:

Participation requires submitting at the Race Office written consent from a parent or legal guardian (form available from the race website). The race pack may be collected only by the parent/legal guardian, who declares there are no health contraindications for the minor's participation and undertakes to supervise the minor during the event and assumes full responsibility for them.

3.8 Adult participants take part at their own risk, declaring no health contraindications to participate and accepting these Regulations.

3.9 Each registered participant receives an individual bib number with an assigned electronic timing chip. The bib number:

- must be attached to the front of the bicycle handlebar,
- must be legible and visible to officials,
- must not be wrapped around the handlebar — this may prevent chip reading at timing points and the finish line.

3.10 Each participant must wear a cycling helmet that meets applicable safety standards throughout the race.

3.11 A rider is registered in the electronic timing system at the start for measuring their individual result on the selected route. The distance must be declared during registration.

3.12 Changing the selected distance (150 km / 100 km / 50 km) is possible no later than **10 days before the event** and requires individual agreement with the Organizer by email: kontakt@pomeraniagrwl.pl. In the case of changing to a longer distance, a one-time administrative fee of **PLN 40** applies and proof of payment must be attached to the email.

3.13 Entering the race is equivalent to reading and fully accepting these Regulations.

4. Distances, Time Limits, Aid Stations

4.1 Pazur Gryfa – 150 km – black loop

- Start: according to the schedule on www.pomeraniagrwl.pl
- Time limit: 10 hours (15 km/h)
- Aid stations/Technical boxes: 3
- Mandatory GPS tracker

4.2 Skrzydło Gryfa – 100 km – red loop

- Start: according to the schedule on www.pomeraniagrwl.pl
- Time limit: 7 hours (14.2 km/h)
- Aid stations/Technical boxes: 2
- Mandatory GPS smartphone app

4.3 Serce Gryfa – 50 km – gold loop

- Start: according to the schedule on www.pomeraniagrwl.pl
- Time limit: 5 hours (10 km/h)
- Aid station/Technical box: 1
- Mandatory GPS smartphone app

4.4 Junior – “Gryfki na start” – event village course

Start: 10:30 balance bikes 100 m – long straight

Start: 10:35 balance bikes F 1000 m – 1 lap

Start: 10:45 balance bikes M 1000 m – 1 lap

Start: 11:00 bicycles M/F 3000 m – 3 laps

5. Age Categories (Amateurs)

5.1 Pazur Gryfa – 150 km – black course:

- Women Open
- Men Open
- M19 (19–29)
- M30 (30–39)
- M40 (40–49)
- M50 (50 and above)

5.2 Skrzydło Gryfa – 100 km – red course:

- Women Open
- Men Open
- K19 (19–29)
- K30 (30–39)
- K40 (40–49)
- K50+ (50 and above)
- M19 (19–29)
- M30 (30–39)
- M40 (40–49)
- M50 (50–59)
- M60+ (60 and above)

5.3 Serce Gryfa – 50 km – gold course:

- Women Open
- Men Open
- K18 (14–18)
- M18 (14–18)
- K19 (19–29)
- K30 (30–39)
- K40 (40–49)
- K50 (50–59)
- K60+ (60 and above)
- M19 (19–29)
- M30 (30–39)
- M40 (40–49)
- M50 (50–59)
- M60 (60–69)
- M70+ (70 and above)

5.4 Junior – “Gryfki na start”:

- Balance bikes F4 (up to 4) 100 m
- Balance bikes M4 (up to 4) 100 m
- Standard bikes M6 (5–6) 1000 m
- Standard bikes F6 (5–6) 1000 m
- Standard bikes M8 (7–8) 1000 m
- Standard bikes F8 (7–8) 1000 m
- Standard bikes M10 (9–10) 3000 m
- Standard bikes F10 (9–10) 3000 m
- Standard bikes M13 (11–13) 3000 m
- Standard bikes F13 (11–13) 3000 m

*The OPEN category does not overlap with age categories.

6. Age Categories (Polish National Championships)

6.1 Participation in the National Championships requires a valid **PZKol / UCI** license. A racing license may be obtained from the Polish Cycling Federation or regional cycling federations:

https://www.pzkol.pl/pobierz/13714/s/13714_licencje_2026.pdf (fees and required data).

6.2 Pazur Gryfa – 150 km – black course:

National Championships categories:

- Men Elite
- U23 Men
- Masters Men I
- Masters Men II
- Masters Men III

6.3 Skrzydło Gryfa – 100 km – red course:

National Championships categories:

- Women Elite
- U23 Women
- Masters Women I
- Masters Women II
- Masters Women III
- Junior Men
- Masters Men IV

6.4 Serce Gryfa – 50 km – gold course:

National Championships categories:

- Junior Women
- Younger Junior Men
- Younger Junior Women
- Masters Men V

6.5 The following distances will also host the **Polish Amateur Gravel Championships** for riders without racing licenses. An amateur is a rider who has never previously raced in **ELITE** or **U23** categories according to PZKol licenses.

6.6 Pazur Gryfa – 150 km – black course:

- Amateur Men Open

6.7 Skrzydło Gryfa – 100 km – red course:

- Amateur Women Open
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7. Entry Fees / Group Registration

7.1 Riders participating individually must pay the entry fee according to the rules below.

7.2 Individual participants pay through the electronic payment system in the registration platform zapisy.pomerania-sports.pl, handled by an external payment agent (PayU).

7.3 Organized groups such as companies, clubs, associations, etc. may register as a group and pay by bank transfer, providing the details of riders registered by the group (minimum 5 people):

- Example transfer title: “entry fee PomeraniaGRVL ‘city’ and club/company, distance”.
- Such a group must send an email with all riders’ details (first name, last name, year of birth, distance) to kontakt@pomeraniagrwl.pl no later than 10 days before the race, provided that places are still available on the start list.
- All riders registered as a “group” or “club” must have accounts in the online registration system zapisy.pomerania-sports.pl, otherwise they cannot be added to the start list.
- Each rider in the group/company/club must use the same team name in the “club” field; otherwise, team points will not be counted in the team classification at the finish line.

7.4 Withdrawal from the event allows a refund of **80%** of the paid fee. Withdrawal must be reported no later than **14 days** before race day. After this deadline, refunds are not accepted due to Organizer costs and orders already placed.

7.5 Group transfer details:

- Pomerania Sports Association, ul. Sikorskiego 24, 83-330
- bank account (NestBank): 78 1870 1045 2078 1047 9275 0001

Distance | Tier I (until 31.03.2026) | Tier II (until 31.08.2026) | Tier III (until 28.09.2026)
| Race Day

50 km | PLN 130* | PLN 160* | PLN 190* | PLN 250*

100 km | PLN 170* | PLN 215* | PLN 260* | PLN 350*

150 km | PLN 210* | PLN 260* | PLN 310* | PLN 350*

Junior | – | – | PLN 20* | PLN 50*

*A 2% PayU service fee is added to the entry fee.

Team fee (minimum 5 people)

Only until 24.09.2026 (23:59): 20% discount from the applicable entry-fee tier.

8. Race Pack

8.1 As part of the entry fee, each participant on the main routes receives:

- Finisher T-shirt at the finish*: (PomeraniaGRVL50 – Gold Finisher / PomeraniaGRVL100 – Red Finisher / PomeraniaGRVL150 – Black Finisher),
- finisher medal at the finish line,
- individual one-time bib number with timing chip,
- aid stations with water, isotonic drinks, baked goods, fruit, nuts/raisins along the route,
- access to the finisher zone at the finish line (drinks, baked goods),
- voucher for a recovery meal after finishing (3 options including vegetarian),
- access to bicycle service before and after the race in the event village,
- access to bike wash in the event village,
- medical support during the race (emergency number on bib),
- mobile technical service on the route (emergency number on bib),
- photo and video coverage,
- a prepared, fully marked and secured route with marshals,
- electronic timing and an SMS with the unofficial result after the race,
- live tracking: GPS tracker (returnable) only for the 150 km distance,
- live tracking: access to a GPS smartphone app as a tracker, only for 50 km and 100 km (participant must have their own phone on the route) *,
- other benefits subject to Organizer's capacity.

*T-shirt size must be entered in the rider account at <https://zapisy.pomerania-sports.pl/> (edit in the upper right corner).

*Rules for using the ŚledźGPS app as a trackerGPS are explained in a separate section.

8.2 As part of the entry fee, each Junior participant receives:

- finisher medal at the finish line,
- individual one-time bib number,
- RFID chip (to attach to shoe or handlebar) — returnable at the finish,
- access to bicycle service before and after the race in the event village,
- access to bike wash in the event village,
- a prepared, fully marked and secured route,
- other benefits subject to Organizer's capacity.

9. Start Corrals

9.1 To ensure a smooth start, rider safety, and fair competition conditions, start corrals 0/1/2/3/4/5 will apply on selected distances.

9.2 Corral assignment will apply according to distance and age category. The assignment will be published on www.pomeraniagravl.pl and in the technical bulletin (Racebook) no later than 48 hours before the start.

9.3 Corral starts follow the schedule, every few minutes.

9.4 Penalty for changing corrals and starting from a different one: +10 minutes added to the finish time or DSQ depending on the Chief Judge's interpretation.

10. Course and Safety

10.1 The route will be marked using:

- white directional boards with black arrows (A4/A5),
- white/black warning tape "POMERANIA SPORTS",
- yellow warning boards indicating dangerous or important locations (e.g., splits, aid station), A4,
- red "X" on a yellow background indicating leaving the route (A3).

10.2 Course splits will be marked at least twice according to the color of the bib number for a given route: split 150 km (black), split 100 km (red), split 50 km (gold). A3/A2 or larger. Officials may be present at splits and key points.

10.3 The Organizer reserves that riding a route different from the one declared during registration (or changed) may result in inaccurate timing and the participant not being classified in the distance actually completed.

10.4 Each participant is subject to the time limit published on the race website and in the Racebook issued no later than 48 hours before the start.

10.5 Some sections may run on public roads which will be closed for the leading riders and those within 30 minutes of the leaders. After that, route staff will coordinate both race traffic and car traffic at critical locations. Polish road traffic rules apply, including right-hand traffic.

10.6 Each rider must have:

- a functioning bicycle (powered by muscle strength),
- a rigid helmet,
- two functioning brakes,
- a bib attached to the front of the handlebar.

10.7 Prohibited:

- riding an e-bike (electric assisted bicycles),
- littering outside aid station zones,
- cutting the course,
- technical assistance by accompanying persons outside technical boxes/aid stations,
- changing the bicycle to another one on the course / at technical boxes.

10.8 The use of full disc wheels and “baton” wheels, all types of handlebar extensions used on time trial bikes (aero bars), and axle extensions (known from stunt bikes) is strictly prohibited, as they may pose a hazard to participants on the course.

10.9 Warm-up riding and riding against the race direction on the course during the event are strictly prohibited under penalty of disqualification.

10.10 Violation of the above may result in DSQ.

10.11 Support from external persons is allowed only at aid stations (technical boxes).

10.12 The same frame must be used for the entire race (wheels and drivetrain may be changed in technical boxes or by the Organizer’s mobile service when called).

10.13 Each aid station (technical box) is accessible by car.

10.14 Maps and access links to technical boxes will be available at www.pomeraniagrwl.pl no later than 48 hours before the start.

11. Timing

11.1 An electronic timing system will be used.

11.2 The condition for recording a rider’s time is having a bib number with the electronic chip provided by the Organizer attached to the front of the handlebar, with the number clearly visible.

11.3 After the race each rider will receive an SMS with an unofficial result. To receive the SMS, online registration and a phone number entered in the rider account are required.

11.4 Unauthorized modifications to the electronic chip are prohibited.

11.5 Interfering with Organizer equipment used for electronic timing is prohibited.

11.6 Participants must not alter or modify bib numbers in any way. Tampering with the chip may damage its integrity; the rider’s time may not be recorded and they will not be classified.

11.7 The bib with RFID chip must be mounted on the front of the handlebar and fully visible. The bib will not work properly if wrapped around the handlebar/frame; the rider’s time may not be recorded.

11.8 Protest procedure

- A rider has the right to file a protest regarding:

- o results,
 - o classification,
 - o breach of the race regulations.
 - The protest must be submitted in writing to the Chief Judge no later than 30 minutes after publication of unofficial results.
 - The protest must include the rider's details and a detailed description of the incident.
 - Protests are reviewed by the Chief Judge in consultation with the Organizer.
 - The decision issued after review is final and not subject to appeal.
 - Failure to submit a protest within the set deadline means acceptance of the results.
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12. Live GPS Tracking

12.1 LIVE tracking is used solely to enable following the race in real time (with approximately a 5-minute delay) and to ensure rider safety and quick Organizer response in case of an accident or other incident. Tracking data is not used for classification, timing, or sporting control.

12.2 Tracking will be publicly available at www.sledzgps.pl.

150 km route: Each rider must use the GPS tracker provided by the Organizer. The tracker is returnable, weighs approx. 50 g, and is issued at the Race Office together with the race pack.

12.3 Before the start, the rider must turn on the tracker by holding the ON/OFF button for about 5 seconds, ensure it is working properly (flashing green light), and place it in a jersey pocket, shorts pocket, or backpack.

12.4 After finishing or leaving the course, the rider must return the tracker at the place designated by the Organizer. Failure to return the tracker results in an additional fee of PLN 300.

12.5 A missing active tracker on the course may result in refusal to start or removal from the race.

50 km and 100 km routes: Each rider must have a mobile phone with GPS tracking enabled.

12.7 Installation of the ŚledźGPS app from App Store / Google Play is required. To start tracking in the app: download and install the app, open it, select the relevant event, select the route, press START, then place the phone in a jersey pocket, shorts pocket, or backpack.

12.8 The rider is responsible for sufficient phone battery level, proper functioning of the app, and keeping GPS enabled throughout the race.

12.9 Missing active tracking may result in refusal to start or removal from the race.

12.10 Live tracking does not apply on Junior routes.

13. Awards

13.1 Prizes are предусмотрены for Open winners of each distance and winners of age categories:

- trophies for Open winners on each distance,
- medals for age-category winners,
- for the best time on the 150 km route among men and on the 100 km route among women, a prize is предусмотрены including: a voucher worth PLN 2000 for CentrumRowerowe.pl.

13.2 Vouchers received during podium ceremonies and in the overall classification are personal and may not be sold or transferred to third parties. The voucher recipient must report to the Race Office immediately after the ceremony to have their details recorded by staff.

13.3 Cash prizes are awarded depending on the Organizer's possibilities.

14. Minor Participants

14.1 Minors may start in the Junior distance in the event village.

14.2 Minors aged 14–17 may start only on the 50 km distance.

14.3 Minors must provide a signed consent of the legal guardian, delivered on race day to the Race Office.

14.4 Participants ride without a guardian on the course (but the guardian must be present in the event village).

14.5 Minors may register in the online system (<https://zapisy.pomerania-sports.pl>) the same way as adults. Age will be verified at the Race Office. Registration requires an individual email address assigned to only one person and completing all required data.

15. Liability and Insurance

15.1 The Organizer provides event liability insurance (OC) as required by applicable law.

15.2 Personal accident insurance (NNW) is not provided by the Organizer. Each participant may obtain such additional insurance individually. Minors without a UCI/PZKOL license starting on the 50 km route must have NNW insurance purchased individually and must present it at the Race Office.

15.3 The Organizer is not liable for damages, including injury or loss of life, resulting from reckless riding, failure to meet safety requirements, including failure to wear protective equipment (including a helmet).

15.4 The Organizer is not liable for damages caused by participants resulting from breaches of these Regulations.

15.5 The Organizer is not liable for the condition of participants' equipment, including bicycle, helmet, and other technical equipment.

15.6 The Organizer is not liable for damages resulting from using equipment that does not provide adequate protection.

15.7 The Organizer is not liable for participants' property brought to the event, nor for the property of persons not directly participating as riders, including spectators and accompanying persons.

15.8 Each participant rides at their own risk (for minors, responsibility lies with the legal guardians).

15.9 During the event, safety must be maintained towards oneself and all other participants, including spectators.

15.10 The Organizer and all cooperating persons are not liable towards participants for accidents, collisions, personal, material, or property damage occurring before, during, or after the race caused by participants. Participants bear civil and legal liability for damages caused.

16. Event Schedule

16.1 The full schedule will be published no later than 10 days before the start at www.pomeraniagrwl.pl and in the Racebook.

16.2 The Organizer reserves the right to make time adjustments due to organizational specifics and will inform participants on an ongoing basis.

16.3 The race will be conducted on designated and marked routes.

16.4 The start will be a mass start divided into corrals. The Organizer reserves the right to use a different starting procedure, which will be announced in the technical bulletin (Racebook).

16.5 The route will be marked and secured by marshals, medical rescuers, and an ambulance (emergency number is on the bib). Judge control points will be located on the route. Missing any control point will result in disqualification.

16.6 The final route will be published no later than 10 days before the event date. The Organizer reserves the right to change the route after this date if necessary.

16.7 The schedule of the event edition is available on the subpage for the race at www.pomeraniagrwl.pl and will be available in the Racebook 48 hours before the start.

17. Penalties

17.1 According to the Organizer's rules and the rules of the Polish Cycling Federation:

- littering outside technical box / aid station zones – DSQ*
- starting from a different corral: +10 min or DSQ
- cutting the course – DSQ
- prohibited assistance on the course – DSQ

*DSQ – Disqualification

18. Participant Obligations

18.1 Each properly registered participant in the electronic registration system www.zapisy.pomerania-sports.pl will receive an individual QR code by email, which must be presented at the Race Office for verification and to collect the race pack. The QR code is received immediately after registration and payment, and is resent up to 24 hours before the race.

18.2 Each participant rides at their own risk and is liable for all damages caused by them to other participants, the Organizer, and unrelated entities, including damage caused to areas where the race takes place.

18.3 Each participant should verify in advance whether their health condition allows safe participation.

18.4 The participant undertakes to:

- read the race regulations,
- comply with the race regulations,
- observe road safety rules,
- follow instructions of the police and event staff,
- wear a rigid helmet throughout the entire distance,
- maintain appropriate safety towards themselves and others, including not bringing or using objects/tools commonly recognized as dangerous,
- not damage the area and vegetation,
- participate sober (starting under the influence of alcohol or intoxicants is prohibited),
- behave respectfully, including respecting other participants and spectators, not hindering them,
- complete the designated route independently, without using assistance (including electric drive).

18.5 A participant registers by completing the online registration form.

18.6 For children and youth under 18, consent of a parent/legal guardian in writing is required, as described in these Regulations, available on the race website. The legal guardian assumes full responsibility for the minor during the event.

18.7 By completing the registration form and entering the race, the participant declares they are able to participate, are not aware of any health reasons excluding them, and start at their own risk. The participant also declares they have read and accept these Regulations.

18.8 A participant who withdraws during the race must immediately inform the Organizer. The Organizer's phone number is on the bib.

18.9 A participant who withdraws due to health reasons must immediately inform the medical staff on the route or the Race Office, under penalty of bearing the costs of a search operation. The Organizer must also be informed. The Organizer's phone number is on the bib.

18.10 Persons riding on the course during the event without registration and without bib numbers/chips will be removed from the route by technical staff.

18.11 The Organizer warns that dangerous sections may occur on the course, including steep climbs and descents. The participant is responsible for completing them properly and safely. The participant is also responsible for correct navigation according to course markings.

18.12 The Organizer is not financially liable for items lost during the event. Liability rules are described in Chapter 6 of the Regulations.

18.13 Participants must respect the natural environment. Littering the route and the event area is prohibited. The Organizer will designate special zones, including aid and technical zones, where eating and waste disposal are permitted. Littering outside technical boxes will be punished by disqualification.

18.14 By registering, the participant declares they are capable of participation and are not aware of any health reasons excluding them.

19. Weather Conditions

19.1 The Organizer reserves that the event will take place regardless of weather conditions, except where weather conditions are so adverse that they pose a risk to the health and life of participants and persons responsible for organization. The event may be cancelled due to force majeure — external events impossible for the Organizer to foresee.

20. Contact with the Organizer

20.1 Contact is available via: kontakt@pomeraniagrwl.pl, the website www.pomeraniagrwl.pl, and all other communication channels listed there (phone, email, post, social media).

21. Personal Data

21.1 A participant registers by completing a declaration available at www.pomeraniagrwl.pl and providing personal data (or data of a child for whom they are the legal guardian).

21.2 All data provided must be accurate and true.

21.3 The Organizer (Pomerania Sports Association, ul. Sikorskiego 24, Pępowo) acts as the data controller within the meaning of the Act of 29 August 1997 on personal data protection (Journal of Laws 2016, item 922).

21.4 The participant may at any time change, update, modify or request deletion of their data. A deletion request should be sent to kontakt@pomeraniagrwl.pl.

21.5 A deletion request does not affect the lawfulness of processing prior to the request.

22. Intellectual Property Rights

22.1 Use of works protected by intellectual property rights related to the event, including in particular the marathon logo, requires the Organizer's permission. Participants and accompanying persons may record the event only for personal use and not for commercial purposes.

23. Media

23.1 The race will be recorded in photographs and video. Information about the race and its organization will appear in press and social media. The participant consents to publication.

24. Amendments to the Regulations

24.1 In justified cases, the Organizer reserves the right to amend these Regulations.

24.2 In the event of amendments, the Organizer will publish information about the change at www.pomeraniagrwl.pl, indicating when the amendment enters into force.

24.3 The participant is obliged to read the Regulations, also in the event amendments are published.

24.4 These Regulations enter into force on **1 January 2026**.

24.5 The Regulations may be downloaded and reproduced via www.pomeraniagrwl.pl.