

THE RULES OF THE SPORTS AND DEFENCE CHAMPIONSHIPS OF YOUTH ASSOCIATIONS FOR THE CUP OF MINISTER OF NATIONAL DEFENCE

1. Five – man teams may take part in the championships including an adult captain. If a captain is not adult there should be an adult chaperon.
2. Competitors must be from 16 till 21 years of age. (determined by year of birth).
3. Regular soldiers and reservists cannot participate.
4. A team captain (and carer) makes sure that his team knows: the program and rules of the competition championships safety rules (competitors must be trained in using sports weapons)



5. The organizer guarantees free meals and accommodation for all registered in the championships.
6. Competitors' equipment:
 - battledress
 - uniform belt
 - military boots
 - sportswear and trainers
 - swimming suit
7. At least one of the competitors in the team should have a driving license category B, and it is recommended that at least one have driving license

category A.

8. Disobeying the rules about outfit and boots disqualify the competitor and his team.
9. Each competitor is obliged to possess: an association membership card valid accident insurance medical certificate stating no contradictions for taking part in the competitions;
 - a) juveniles must have a student card and a statement written by parents stating no contradictions for taking part in the competitions;
 - b) adults must have an ID card and military ID;
 - c) team captain must have liability insurance.
10. Competitors who do not meet the above-mentioned rules and regulations will not be admitted for the competition.
11. The organizer is not responsible for any accident during the game.

COURSE OF EVENT

The championships are conducted in two stages.
Starting order is decided by a draw during the briefing for team captains.

FIRST STAGE

TEAM SLOW-RUN



In the first stage contestants have to run about 10 kilometres in the shortest time possible and score maximum score at checkpoints.
There are 7 checkpoints on the course (PK), where contestants perform the following tasks.

Team receives:

1. Scoring paper for recording scores, presence and time for possible brakes caused by coming to the checkpoint by the other team.

When team arrives at a technical point where there is another team performing a task, the referee dispatches

newly arrived team to the waiting area and writes the waiting time on the scoring paper. The team captain confirms his fact and signs the referee's card and waiting time is subtracted from the multi-discipline event. The break is counted from the time when the last team member arrives at technical

point to the START command given by the referee.

TEAM SLOW-RUN CHECKPOINTS

The team which covers the route the quickest (subtracting breaks and awaiting) and completes the tasks at all technical points in order marked on the map scores 400 points added to the general score of the first stage. The time they arrive is counted as 0 and makes a basis for counting the next team points when they arrive.

LOADING MAGAZINE BASED ON TIME

The event is about to load magazine with 30 school bullet. The contestant loads a magazine the quickest time possible. Time is counted from the „start” command till the magazine is loaded. If the contestant manages to fulfil the task in less than 50 seconds he/she scores 20 points. They score no points if the task takes them more than 50 seconds. Team can score up to 100 points depending on the time. Event time is limited and included in slow-run.



ESTABLISHING RADIO CONNECTION

This event involves unrolling/rolling up a field cable on the distance of 200 - 250 meters the shortest time possible and pass a message.



After arriving at a technical point the team is divided into two groups. The first group's task is to connect a phone cable with a telephone on the starting line and relaying the report to the judge after receiving it from the first group. The second group



has to unroll the phone cable from the reel on the distance of 200 -250 meters, connect it with the second AP-82 telephone and establish radio connection with the first group. After they contact the other group and send the message, they disconnect the telephone and roll up the cable placing the equipment on the starting line.

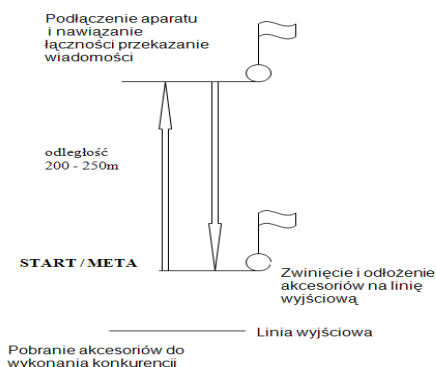
The team that fulfils the task the quickest gets 100 points. The other teams score correspondingly fewer points. The team that does not establish a connection and does not pass a message gets 0 points. Time is unlimited but included in the slow-run.

Connect the cables to the phone, establish a connection and pass the message.

Distance of 200 – 250 meters

Start/Finish

Collect necessary equipment.



ROLL UP AND PUT ASIDE THE EQUIPMENT THE STARTING LINE.

STARTING LINE

THROWING GRENADE AT A TARGET



For his task a competitor gets two grenades and throws them at a specific target (a car tyre) from the distance of 7 - 10 meters. If the grenade lands in the tyre and stays inside, the points are scored.

The size of a target object and scoring:

Target - a car tyre. To complete the task competitors need to hit 2 grenades (20 points)

Each contestant can score 20 points and a team 100 points.

Event time is unlimited and included in the time of slow-run.

TRANSPORT CASUALTY ON STRETCHER

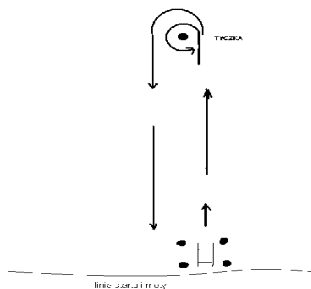


The aim of event is to build a stretcher out of poles, branches, belts, jumpers, etc. and to transport casualty on the stretcher for about 100 meters. Teams begin at the starting line, go around the pole and return to starting line as quickly as possible. They may score up to 100 points. The other teams score correspondingly fewer points.

Event time limited and included in the time of slow-run. █

Disqualification:

- if the stretcher touches the ground
- if the stretcher touches the pole during the transport
- if the contestant falls off the stretcher



CLEARING TERRAIN OBSTACLES



The competition is about crossing a terrain obstacle, the gorge, by using the rope stretched between the two opposite sides. A competitor hanging upside down will crawl along under the rope using his calves and hands and he's secured



with a safety harness attached to the rope.

Each competitor scores 20 points for completing the task successfully. For letting the rope go a competitor scores no points. A team may score maximum of 100 points.

The time for his event is unlimited, included in the time of slow-run.

SHOOTING KBK AK (TCW 97 „CYKLOP”) or CZANTORIA LSS - 1



The purpose of his event is to score the highest number of points by aiming at a target:

1. Distance 100 meters
2. Aim - fighting position 23p on the screen of 75/75 cm.
3. Number of shots: 4
4. Unlimited shooting time
5. Shooting position: lying with support

Scoring:

A competitor can score from 0 to 40 points (TCW 97 shooting) or from 0 to 20 points (Czantoria LSS – 1).

Competitor takes position of gun site after FORWARD command and prepares for shooting.

Competitor takes shooting position with support and shoots after he sees the aim.

Event time is unlimited and included in the time of slow-run.



OBSTACLE COURSE



Competitors start from the marked place and they cross the obstacle as a team.

The time is counted from the moment the first competitor starts the run and the last one crosses the finishing line.

If the obstacle is not crossed by the competitor he has to do it again after the judge's command "As you were". If the competitor does not do it, 10 seconds will be added to the total time of the team. Competitors are allowed to help each other while crossing the obstacles. Particular results of each team are the basis for the scoring (subtracting possible penalty points for mistakes

while crossing obstacles). In case of unfavourable weather conditions obstacle course will be replaced with team 1000 meters run.

The team which covers the distance the quickest scores 100 points. The other teams score correspondingly fewer points. The time of this event is limited and included in the time of multi-discipline event.

THE RULES OF CROSSING OBSTACLE COURSE

All the competitors are obliged to wear field uniforms. Before the command "ON YOUR MARKS" competitors stand at attention and introduce themselves. After "MARCH" command they come to starting position and get inside. After "READY" command they prepare to start holding their heads under the upper edge of the position. The command "FORWARD" or a special signal starts the run. When they finish the referee may ask them to introduce again. The time is measured from the starting signal to the moment they cross the finishing line (a gate near the starting line).



To cross the obstacle course a soldier has to perform the following tasks:

1. He jumps out of the starting position: the trench 1,2 meters deep and 0,8 meter wide.
2. He jumps or gets on a 1,5-meter-high obstacle and runs down or slides on a wooden gangway that is leant at an angle of 45°;
3. HE RUNS ON THREE LOGS OF 30 CM IN DIAMETER WHICH ARE 0,8 CM, 1,0 CM, AND 1,2 CM AWAY FROM EACH OTHER.
4. He runs on three poles of 25 cm in diameter at a height of 0,5 m and 0,8 cm away from each other.
5. He runs on stakes of 30m cm in diameter, half a meter away from each other in a depression of 40 cm;
6. He runs around the trunk from the side of the rampart;
7. He runs on a 4-meter-long gangplank that is leant at an angle of 30° and jumps down from the height of 1.6 m;
8. He runs on the tires that lay on the ground and that are connected with each other by a chain (distance of 8 meters and 3 meters wide);
9. He runs in a stake of 30 cm in diameter on a 4-meter-long and 0.2-meter-wide gangplank at the height of 1 meter and runs on it;
10. He jumps on a two-meter-long gangplank that is leant at an angle of 45° and jumps down from the height of 1.3 m.
11. He runs on three logs of 30 cm in diameter which are 1.5 meter away from each other at the height of 0.8 m, 1 m and 1.2 m.
12. He jumps down to a one-meter-deep depression, runs up the sandy elevation at an angle of 30°, bends and runs on his hands and knees in a concrete tunnel inside the elevation; then runs down the elevation and jumps on a one-meter high vertical dodge.
13. He jumps on a 1.85-meter-high wooden wall.
14. He jumps down to a one-meter depression, climbs up the sandy elevation at one angle of 45 and jumps down from a one-meter-high dodge;
15. Crawling he crosses the wire entanglement hanging at the height of 0,45 m (the distance of 8 meters), then he gets up and runs to the second set of wire entanglements and crosses it crawling;



16. He jumps over two ditches two meters away from each other, 1,5 meter wide and 1,5 meter deep.
17. He climbs a 20-meter-long distance on the tires connected with chains of tyres at an angle of 45°.

SECOND STAGE

In the second stage contestants have to cover the distance of 4 kilometres in the shortest time possible and score maximum points at each checkpoint for the given tasks. There are seven checkpoints where each team completes the following tasks.

CHECKPOINTS

The team which covers the route the quickest (subtracting breaks and awaiting) and completes the tasks at all technical points in order marked on the map scores 200 points added to the general score of the first stage. The time they arrive is counted as 0 and makes a basis for counting the next teams' points.

RESCUE OF A DROWNING PERSON

After arriving at technical point the team is divided into two rescue groups.



The competitors from the first group have to save the drowning person by throwing the lifebelt in his/her direction.

The second team uses other equipment to save the drowning person. When the tasks are completed the teams change the equipment.

Each competitor throws a lifebelt and a dart two times. Each competitor can score maximum of 20 points. The team can score 100 points altogether. Time is unlimited but included in slow-run.



KAYAKING



After arriving at a technical point the team prepares equipment necessary to complete the task (they put on life jackets, set the kayaks). The aim of the task is to cover the distance of 30 meters by each member of the team from the shore to a certain spot (e.g. buoy), pass it on the right-hand side, and return to the finishing line. The next contestant can start the race only after the previous one comes back on the starting line.

The team which covers the distance the quickest scores 100 points. The other teams score correspondingly fewer points. The time of this event is unlimited and included in the

time of slow-run.



ELECTRONIC SHOOTING (ZOLTAR)

After arriving at a technical point the team prepares for the task (they put on tactical vests with shooting sensors and receive 4 machine guns, one contestant plays a role of a hostage). Team's aim is to free the hostage guarded by three snipers. The team can't cross the borders of the battlefield. The light-emitting diode and signal sound on the vest indicate well-aimed hit which means the contestant has been eliminated.



The team which frees the hostage the quickest scores 100 points.

The other teams

score correspondingly fewer points. The team which loses all his contestants during the fight scores 0 points. If the time of two or more teams for completion of the task is the same, the number of contestants determines the win.



1. - reload the magazine
2. - shot switch
3. - vest with shooting sensors

TECHNICAL TRAINING



In his event the team faces the flat tire the sports utility vehicle. They have to change the wheel and then park the car reversing it onto a marked area. A car can be parked by a person who has a driving license category B.

For each task done in the proper order the team gets:

- preparing the car to change the wheel - 20 points,
- changing the wheel - 20 point.,
- faultless parking - 60 points.,
- parking with overlapping the right hand side of the box - 40 points,
- parking with overlapping the left hand side of the box - 20 points.,
- parking with overlapping both sides of the box - 0 points for parking manoeuvre.

The team can score 100 points altogether.

The time of this event is unlimited and included in slow-run.



EMERGENCY MEDICINE

The whole team is on the road near the car parked on the right hand side of the road. In the car there is a shocked man. Near the car in the ditch there is an unconscious cyclist. The accident happened just a few minutes ago. The driver is repeating constantly that he did not know how it happened. The cyclist is lying in the ditch with an open leg fracture and an eyebrow cut open.

The team's task is to:

1. Call professional medical support.
2. Secure the accident area.
3. Provide first aid to the cyclist
4. Take mental care of the cyclist.
5. Take care of the casualty until the arrival of professional medical care.



Each task is worth from 0 to 20 points. The team can score up to 100 points. The time of this event is unlimited and included in the time of slow-run.

MAZURIAN EVENT



Each contestant is given a fishing-rod and a sinker. The aim of the task is to hit a target from the distance of about 8 meters with to possible trials.

Measurements and scores:

Target – vessel filled with water of 40 – 60 centimeters in diameter; the aim of the task is to place the sinker in the target (10 points).

Each contestant can score from 0 to 20 points (team from 0 to 100 points). The time of this event is unlimited and included

in the time of slow-run.

FIRE – FIGHTING TRAINING

On hearing the START command they put on helmets and belts, receive 4 fire hoses W - 52 and use them to build two lines connected to dividers and



topped with generators. After they have made the connections they stretch

the hoses into the water positions. Then using fire-extinguishing equipment

they pour 5 liters of water to the special vessels with a measuring device.

After that, they dismantle the lines, coil the fire hoses into a double

ring. The firing hoses, the helmets and belts should be put on the dais and

then the whole team lines in front of the dais.

The team which covers the distance the quickest scores 100 points. The other teams score correspondingly fewer points. The time of this event is unlimited and included in the time of slow-run.



GENERAL CLASSIFICATION

1. The Main Panel of Referees is responsible for the right course of events and honest scoring.
2. The final score is determined by the number of point a team scores the in all events of the first and second stage.
3. In case of scoring the same number of points in the second stage by two or more teams, the winner team is selected by DZ launch sailing.
4. In case of scoring the same number of points in the first and second stage, the final position is determined by the score from the second stage.
5. Scoring rules for each event are consistent with the general rules of the championships.
6. A team entered for a contest on the first day cannot be changed later.



The organizers allow for the change of the competitors for substitutes but only before starting the first or second stage and if doctors decide to pull the competitors out of the contest.

If the team cannot finish the contest at full strength because of the above mentioned problems, the remaining competitors should finish the contest. The team captain is responsible for informing the referee at the nearest technical point about withdrawing a competitor from the contest and about the

necessity of medical consultation.

7. In case of bad weather (rain), the obstacle course is replaced with a 1000 m run.
8. The Championships Organising Committee honours with prizes for:
 - three final women teams;
 - three final men teams.

FINAL REMARKS

1. In the opening day of the championships the organizing announcement will be issued. It will contain a detailed program, eventual changes in scoring, time limits if they were not announced, the place for verifying competitors, line-ups and information on how referee panels work and how to appeal.
2. Each association taking part in the championships is obliged to delegate its representative to the appeal committee.
3. An appeal can only be made by a captain in writing. It must be handed over to the main referee within 30 minutes from announcing the results, after first and second stage or the championships. The team that wants to appeal must pay guarantee of 250 PLN.
4. A team or a competitor may be disqualified for:
 - not complying with the rules of the championships;

- not submitting to referee instructions;
 - disobeying shooting rules or safety rules;
 - disobeying the rules regarding the outfit stated in the championship rules;
 - NOT COMPLETING THE MULTI-DISCIPLINE EVENT AT FULL STRENGTH.
5. In the first stage of the championships using any communication devices or vehicles is prohibited and ends with disqualification.
 6. The organizers reserve the right to change the rules. The final changes have to be announced in the organizing announcement.
 7. The organizers reserve the right to limit the number of registered teams, (one organization may enter up to 3 teams)
 8. The organizers notify about admitting to the championships until 28th of July 2009.
 9. General boards of participating associations are requested to provide candidates' names until 18 July 2009.

ORGANIZER:

The Boyen Fortress Appreciation Society

THE 15th MECHANIZED BRIGADE

IN GIŻYCKO



The 15th Mechanized Brigade was formed in 1994 on the basis of 2nd Mechanized Regiment. Its origin goes back to the 1st Tadeusz Kościuszko Infantry Division

In accordance with the decision No. 101 issued on 14 July 1995 by of the Minister of National Defense it assumed the distinctive name "Giżycko", the name of "Zawisza Czarny" and heritage of the military units:

The 59th Wielkopolski Infantry Regiment 1919 – 1939

The 61st Infantry Regiment 1919 – 1939

The 62nd Infantry Regiment 1919 – 1939

The 15th Light Artillery Regiment 1919 – 1939

The 2nd Mechanized Regiment 1943 – 1994

It celebrates its holiday on the 15th July, on the day of a historic Battle of Grunwald in 1410. The fact this holiday falls on that day expresses nurturing the Grunwald tradition and is a symbol of participation of the hero and the brigade patron Zawisza Czarny from Grabowo in the battle.

After the 4th Major-General Armoured Cavalry Brigade in Suwałki had been dissolved in 2000, it took over the barracks complex in Orzysz, its traditions and heritage of military troops on the 1st January 2001:

The 1st Bolesław Mościcki Regiment of Krechowiecki Uhlans 1915 – 1945

- **The 2nd General Józef Dwernicki Regiment of Grochowski Uhlans 1917 – 1939**

- **The 3rd Jan Koziatowski Mazowiecki Light Cavalrymen Regiment 1920 – 1939**

- **The 3rd Hetman Stefan Czarniecki Regiment of Mounted Riflemen 1921 – 1939**

The 4th Squadron of Mounted Artillery 1918 – 1939

On the 21st of July 2000 as a result of dissolution of the 15th Mechanized Division, the Brigade was submitted to the 1st Tadeusz Kościuszko Warsaw Mechanized Division. On the 10th of October as a result or reorganization it became a part of the 1st Mechanized Corps in Bydgoszcz, and since the 1st of March it has been submitted to the 16th Pomeranian Mechanized Division.

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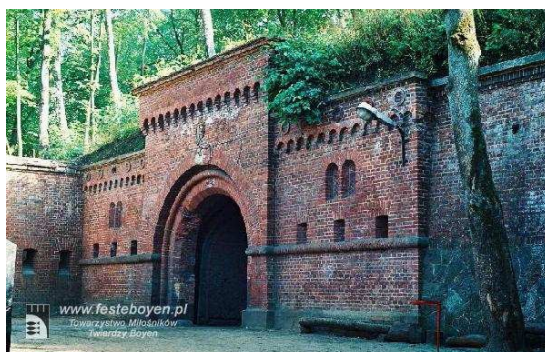
The Boyen Fortress Appreciation Society was formed in 1993. Since the very beginning it carries out the activity to protect the monuments



and nature of the Fortress. A Science Board has been called into being which comprises of friends of the Giżycko fort such as outstanding scientists, architecture experts and wildlife conservation experts. Conservation, renovation and cleaning works, which help to keep the complex in a proper state, are carried out under the Heritage Conservator and the Science Board's care. The money raised from the activities of the BFAS and from other sources are used for the restoration of the Fortress. The works have been carried out for years but they are done in stages.



Through many ventures since 1993 the Society has organized interesting team building events, cultural and recreation events for children, young people and adults. It also participates in gathering exhibits as well as displaying them and organizing thematic exhibitions.



Furthermore, since 1996 the Society has organized workshops for architecture students and enables them to carry out their scientific works on the premises of the Fortress. Through its activity it contributes to integration of different circles. For many years it cooperates with local municipality, education institutions, non-governmental organizations, societies as well as local media, the Army, Education and Defence Promotion of Department of The Ministry of National Defence. The cooperation with The Ministry of Defence is based on the promotion of the Polish Armed Forces and performance of task connected with defence, national security and civil society.