

DOKÁŽEME VÍCE



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ISFC BOULDER WORLD CUP PROGRAM

FRIDAY, JUNE 2 ND		18:00	Trickline Cup final
8:00	Opening of the venue	19:00	Concert: April
9:00	Start of men's qualification	20:00	Men's final
14:00	Film screening – Adam Ondra: Pushing the Limit	22:00	Closing of the venue
16:00	Start of women's qualification	SUNDAY, JUNE 4 TH	
21:00	End of qualification, closing of the venue	10:00	Opening of the venue
CATHDDAY HINE 280		11:00	Opening of VIP
SATURDAY, JUNE 3 RD		11:30	Partners' competitions
10:00	Opening of the venue	12:00	Women's semifinal
11:00	Opening of VIP	15:30	Trickline exhibition
11:30	Partners' competitions	16:00	Adam Ondra and the Czech men's
12:00	Men's semifinal	10.00	national team autograph signing
15:00	Trickline Cup qualification	16:30	Film Screening – Adam Ondra: Pushing the Limit
16:00	Crisscrossing Nepal / (Ordinary) Stories from Lowlands and High Mountains (Jan Trávníček)		
		17:15	Lecture: Physiotherapy and Sport Climbing (in the fan zone)
17:00	Czech women's national team autograph signing	18:00	Concert: Endru & JeN Hovorka
		19:00	Women's final
17:15	Lecture: Physiotherapy and Sport Climbing (in the fanzone)	21:00	Closing of the venue

BOULDER WORLD CUP PRAGUE PARTNERS



CRAFT:



FOREWORD BY JAN BLOUDEK



FOREWORD BY ONDŘEJ ŠEBEK

Dear climbing fans,

I am very happy that we are opening a new chapter of IFSC competitions here in the Czech Republic. The Czech Mountaineering Association got through another pitch on our way to the summit. It has been 7 years since climbing was introduced as an Olympic sport and IFSC Climbing World Cup organizers face ever greater challenges. Now, after 14 years, the Czech Republic returns to the elite group of countries that can organize World Cup events and we will do our utmost to build upon the efforts of our organizing team and keep IFSC Climbing World Cup coming to Czechia in the future.

I believe you will enjoy this Boulder World Cup event and the opportunity to cheer on Adam Ondra, Eliška Adamovská and other Czech climbers as they compete on home soil. The Prague event is part of the qualifying process for the 2024 Summer Olympics in Paris, which means you will see many famous names from the world's sport climbing elite, including Janja Garnbret and Adam Ondra. Prague will be the first competition of the season for the Czech climber, a test of readiness for the upcoming Olympic season and one of the firsts steps on his way to secure a nomination for Paris.

Competition bouldering is a discipline which has been evolving very fast in the past few years and moved from its original form of climbing natural rock surfaces outdoors to dynamic jumps and near-acrobatic performances on artificial climbing walls. The younger generation of

climbers who started practicing these dynamic climbing elements at a very young age have an undeniable advantage in this aspect. A very important part of bouldering are the routesetters who design boulder problems for climbers and competitors, and the success and spectator attractiveness of each event are very much dependent on their skill. Every competition then becomes a thrill in which the audience can see what original boulder problems the routesetters have come up with and which competitors manage to complete them.

I would like to thank all our partners without whom this Boulder World Cup would not be possible: the National Sports Agency, Sport Invest, the city of Prague, Prague 7, Veolia, Cardion and many others. A huge thank you also goes to the whole organizing team for their unwavering commitment during the demanding preparations.

I hope all fans and climbing aficionados will enjoy the fabulous beginning-of-summer atmosphere of this event with a view of the Prague Castle. Let us all keep our fingers crossed for the Czech competitors to do well and earn as many points needed for the Olympic qualification as possible.

Jan Bloudek, President of the Czech Mountaineering Association Dear sport fans,

The IFSC Climbing World Cup is returning to the Czech Republic after 14 years and I am very happy that we can be a part of such an important international sporting event which has drawn the best climbers from all around the world to Prague.

I believe that this weekend, we will bear witness to many unforgettable sporting moments and top-class performances of many stars of world bouldering.

Climbing is gaining popularity not only in Czechia but all over the world. A sport that brings adrenaline and a sense of satisfaction from overcoming one's limits, it has become a lifestyle and a means of personal growth for many climbers. Its inclusion in the Olympic Games further proves its increasing significance in the sporting community.

Surely I am not alone in looking forward to Adam Ondra competing on home soil. His strength, technique, and determination catapulted him among the climbing elite of the world. Adam is an icon of Czech climbing and an inspiration to next generations of young Czech climbers.

The National Sports Agency is fully aware of the importance of sport climbing and its potential. The growth of this sport in the Czech Republic and the achievements of Czech climbers on the international scene are crucial for its future progress. That is why we seek to actively support adult climbers but especially the development of children and youth.

On behalf of National Sports Agency and myself I wish all competitors in this climbing celebration good luck in climbing challenging routes, and all the fans to enjoy many great and inspirational climbing performances. Let us all enjoy the excitement of this amazing sporting experience.

Ondřej Šebek, President of the National Sports Agency

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CZECH COMPETITORS AT THE IFSC BOULDER WORLD CUP

WOMEN MEN

ELIŠKA ADAMOVSKÁ

- 22 years old
- TJ Baník Karviná, member of OLYMP Ministry of the Interior Sports Center
- the most successful Czech female climber, finished 5th in bouldering, 6th in lead climbing, and 5th in combined at the 2020 IFSC Climbing European Championships in Munich. First ever Czech winner of a World Cup lead climbing event (2021) and multiple-time Czech champion in both disciplines
- Eliška is number one among Czech female climbers. She specializes in lead climbing, but last year she recorded several good results in bouldering as well. In the upcoming months she will strive for a nomination for the 2024 Summer Olympics in Paris.

ARINA JURČENKO

- 17 years old
- Green trees monkeys
- finalist in the U18 category in lead climbing and bouldering at the 2022 European Championships, medalist at Czech Youth Cup events and the Czech Republic's Championship for several years running
- A noteworthy young climber. Arina is ranking well in both lead climbing and bouldering, but her talent for movement makes her more suited for bouldering. Competing at the Prague World Cup will mark her first start at a top-level event.

TEREZA ŠIRŮČKOVÁ

- 20 years old
- HO Lokomotiva Brno, member of Victoria VSC Ministry of Education Sports Center
- second ranked female climber in the Czech Boulder Cup. finalist in lead climbing at the European Youth Cup
- Tereza specializes in lead climbing and this year she wants to focus on World Cup events in this discipline, wishing to place in the top half of the start list.

MICHAELA SMETANOVÁ

- 21 years old
- HO Lokomotiva Brno, member of **OLYMP Ministry of the Interior** Sports Center
- U20 European Vice-Champion in lead climbing, bronze medalist in lead climbing at the 2022 IFSC Youth World Championships in Dallas, medalist at multiple Czech Cup events and Czech Republic's Championships in both lead climbing and houldering
- Like most Czech female climbers, Michaela specializes in lead climbing. Last year she gained experience in World Cup events, advancing to the semifinal on one occasion. This year, she will strive for a nomination for the 2024 Summer Olympics in Paris.

BARBORA ZÍTKOVÁ

- 18 years old
- lednorožci
- top ranked climber in the 2023 Czech Boulder Cup
- Barbora had been successful in the U14 category where she was near-unbeatable. After several years' break from competing, she is returning to the scene, aiming to gain as much experience as possible at international events, since she is lacking in that aspect unlike other Czech female climbers. She is the only climber in the Czech women's team to only specialize in bouldering.

EMA GALEOVÁ

- 21 years old
- TI Sokol Brno 1
- fourth ranked female climber in bouldering. Ema competed successfully at international youth events and at the 2023 European Cup
- Ema is showing top bouldering form this year and despite her smaller stature managed to get great results at Czech Cup events.

ADAM ONDRA

- 30 years old
- HO TJ Tesla Brno, member of OLYMP Ministry of the Interior Sports Center
- Bouldering World Champion, three-time Lead Climbing World Champion, a total of 21 gold medals from both disciplines at World Cup events
- One of the best climbers in the world. Known for his strength, technique, and versatility, he excels at lead climbing as well as bouldering, and especially at rock climbing. Apart from his many competition achievements, he was the first climber to redpoint a route with a proposed grade of 9c (Silence in Flatanger, Norway, 2017).

ŠTĚPÁN STRÁNÍK

- 36 years old
- HK Choceň Climbing Club
- participated at many Bouldering World Cup events; has multiple medals from the Czech Championship; 2012 Czech Champion and an elite rock climber
- Like his brother Martin, Štěpán started climbing and competing at a very young age and has ranked among the best ever since. His advantage is that he is also a bouldering routesetter - including setting routes for Adam Ondra - allowing him to keep a high performance level, as evidenced by the 8b routes he has climbed.

ŠIMON POTŮČEK

- 22 years old
- Vertikon Zlín Climbing Club, member of Victoria VSC Ministry of Education Sports Center
- fourth ranked climber in this year's Czech Bouldering Cup. experienced and successful competitor at international vouth events
- Šimon specializes in lead climbing, but that does not discount him from bouldering: he finished 13th at the World University Sport Climbing Championship in Innsbruck. This year he will once again focus mainly on lead climbing World Cup events.

MARTIN STRÁNÍK

- 33 years old
- HK Choceň Climbing Club, member of OLYMP Ministry of the Interior Sports Center



• For a long time, Martin specialized in bouldering and so it was a surprise even for him that after returning to lead climbing competitions he achieved immediate success. One of the few top professional athletes to manage combining a demanding preparation and training schedule with a job and caring for his two sons. He is also one of the best in outdoor bouldering, with many 8c routes under his belt.

MAREK JELIGA

- 20 years old
- Horoguru
- winner of the 2022 European Youth Cup in lead climbing, medalist (including gold) at several international youth competitions
- well, finishing fourth in bouldering at the European Cup in Chambéry, France
- Marek is a versatile climber with an exceptional talent for movement, and a big hopeful for European and World Cup events.

JÁCHYM CINK

- 20 years old
- Na-horu, member of Victoria VSC Ministry of Education Sports Center
- finalist of multiple European Youth Cup events in lead climbing (2021, 2022), medalist in youth categories at Czech Republic's Bouldering Championship, top ranked climber in this year's Czech Bouldering Cup
- This is Jáchym's first year in the senior category. His specialty is lead climbing, but thanks to his unique climbing technique he can hold his own in modern bouldering as well















COMPETING AT HOME? A DREAM COME TRUE. IT WILL BE FABULOUS, SAYS ADAM ONDRA

For Adam Ondra, competing in a World Cup event in front of Czech fans means a dream come true. This will be only the second time the thirty-year-old icon of world climbing will take part in an event of this importance; the last time he did so was in 2009 in Brno in a lead climbing competition. Now, fourteen years later, the Czech Republic is hosting another World Cup event: this time in competition boulder.

The World Cup is back in Czechia. Adam, are you excited?

It's like a dream. I'm so glad we are holding a World Cup event in Czechia once again. And the Letná Plain is probably the most dignified place to host this event, truly worthy of our sport. I'm really looking forward to it, I think the location is perfect. The best way to promote our sport. Comparing all the different spots where World Cup events are held, I don't recall any taking place in such a prominent location in a capital city. It will be fabulous!

Is this an added motivation for you? To put on a great performance for Czech fans?

Definitely. Every time I go to a World Cup event, I try to be as well prepared as I possibly can. And Prague is no exception. I'd love to take part in a final in front of a home audience. On the other hand, I know competition bouldering is tricky and anything can happen. Quite often, the winner of one World Cup event doesn't even make it to the semifinal in the next. Qualifying – placing among the top 20 competitors – can be tough.

What will it feel like for you, competing at a World Cup event in Czechia?

Competing on home soil obviously adds to the pressure. Sometimes it does push me to do my best. But every day is different. Sometimes pressure motivates me to put on a flawless performance, like in 2019 at the World Championships in Japan.

What are your expectations for this event?

As I've said, competition bouldering can be ruthless. If the boulder problems are different than those I feel comfortable with, it might be extremely difficult to complete them despite all my hard training. Many of the modern elements in bouldering are something I'm naturally good at, so I know I don't need to train for them specifically. It's more about the technique and climbing confidence. However, I also know that explosive strength is not exactly my forte and I'm nearing my limit. But if the boulder problems suit me, I know I have a chance to bag a win.

What do you expect the boulder to look like?

I admit I took part in designing the climbing wall. But that doesn't mean anything. The most important thing is what the routesetters build, and I cannot influence that in any way. It's clear that the boulder must be complex: big and small overhangs, a slab. What I did have a say in was the fact that the climbing wall will not only be used for the World Cup but in many other climbing events over the next ten, fifteen years. Our goal was to make it as variable as possible, so that it doesn't become boring after a few years. If the wall is simple, it gives the routesetters many possibilities to make the boulder problems different for each event using different holds and structures.

In the past two years, you haven't competed in any Boulder World Cup events. Is this a disadvantage for you?

It can be a slight disadvantage since I have no interim points and that means a worse starting position in the qualification. The best competitors start early in the morning, when it's cooler and the holds are cleaner – there's no chalk or climbing shoes residue on them. So even qualifying for the semifinal can be tricky.

Do you expect a fierce competition from your opponents?

Given this is the first World Cup event on European soil this year, all the best climbers will want to compete. European climbing events have a better attendance in general. Asian and American climbers are very strong, of course, but the biggest climbing base is in Europe. And this is the first European event, so everybody will be here.

This is your first World Cup event this season. Was this a tactical decision?

Yes, especially because I want to be in the best form for the most important event, the World Championships in Bern, Switzerland. I need to time the whole thing well. The World Championships is in August, and it is the first possibility to secure a nomination for the 2024 Olympics. I know from experience that if I refine my form for the first World Cup events, which are typically held in April, I'm in my best shape in April and May and weaker in the summer. That's why I decided to concentrate on a later start and peak in summer.

Is qualifying for the 2024 Olympics in Paris your main goal for this season?

Of course, the 2024 Olympics are a motivation. The World Championships is like a lesser Olympics for me, the main goal of this season. It's the first possibility to qualify for the Olympics, but only for the three best competitors in bouldering and lead climbing combined. There will be other opportunities to qualify later – in autumn, and next spring, too, but obviously the sooner I secure the nomination, the calmer I'll be.

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CLIMBING DISCIPLINES
AND BASIC RULES OF
BOULDERING

Competition climbing started as lead climbing and rock climbing outdoors. And since the sport gained popularity fairly quickly, competing moved to indoor artificial climbing walls. As of today, there are three disciplines: competition lead climbing, competition bouldering and competition speed climbing. The IFSC Climbing World Cup has been held annually since 1989.

LEAD CLIMBING is the oldest discipline in the World Cup. The competitors must climb a 15-meter pre-bolted sport climbing route, and they must clip their safety rope into pre-placed quickdraws while they ascend. The profile of the route and the placement of individual holds and structures is unique for each event. The competitors have a few minutes to inspect the route and then are allowed one single attempt at climbing it. One of the best lead climbers in the world, Adam Ondra, is a three-time world champion in this discipline. In 2017, he made history by making the first rock climb in the world to have a proposed climbing grade of 9c. Located in Flatanger, Norway, the route is called Silence and it is the hardest rock-climbing route in the world.

SPEED CLIMBING is a spectator favorite, a discipline in which competitors must ascend an artificial climbing wall as quickly as possible. It is basically a vertical sport and competitors must use an auto-belay top rope for climbing protection. Unlike in lead climbing, where every route is different, in competition speed climbing the wall is always 15 meters high and the route is standardized: the holds and their order, and the overhand are identical. The best Czech speed climber is Jan Kříž, who won silver at the 2019 World Championship. The current speed climbing record is 4.90 seconds for men and 6.25 seconds for women.

BOULDERING is the newest climbing discipline, a form of free climbing that is performed on small rock formations, low rock faces or artificial climbing walls. In bouldering, competitors must "solve" multiple short but complex bouldering problems, so technique and strength are of the utmost importance, whereas lead climbing is also about endurance. Unlike lead climbing and speed climbing, competitors in bouldering are allowed multiple attempts over a set time period. There isn't only one route but several, and individual boulder problems are different for every event, just like in lead climbing. An indispensable part of this discipline are crash pads, which are installed below the whole climbing wall for competitors' safety.

SPORT CLIMBING AT THE 2020 SUMMER OLYMPICS

Sport climbing premiered at the 2020 Summer Olympic Games in Tokyo (held in 2021 due to covid). However, there was only one set of medals, so the three disciplines – lead climbing, speed climbing, and bouldering – were combined. Climbers competed in the three disciplines separately, their score was then multiplied, and the lowest total scores determined the medalists.

This format will be changed for the 2024 Summer Olympics in Paris. This time, two sets of medals will be contested in sport climbing, meaning that speed climbing will be separated into a standalone event and lead climbing and bouldering will still be combined. At the 2028 Olympics, sport climbing will be divided into the three individual disciplines, each with its own set of medals.

BASIC BOULDERING RULES AT THE WORLD CUP

Every Boulder World Cup event consists of three rounds: qualification, semifinal and final. In qualification, the routesetters design five boulder problems and the competitors have 5 minutes to complete each one. Each individual boulder problem has a start, a zone hold, and a top hold. The climber must start in a proscribed position with limbs on predetermined holds and footholds marked by tape. The goal is to complete the boulder problem by "topping"

the route, with the ranking being determined by the number of tops and zone holds, and the number of attempts the climber needed to secure tops and zone holds.

Since there is a higher number of competitors starting in qualification, they tend to be divided into two groups, each with its own set of five boulder problems. Ten best ranked competitors out of each group advance to the semifinal (a total of 20 climbers in men's and women's category each).

In the semifinal and final the ranking is determined on the same basis as in the qualification (i.e., number of zone holds, tops, and attempts), with one exception: only four boulder problems are contested. Six best ranked competitors (6 men and 6 women) advance to the final and the time limit for each route is 4 minutes.



THE CLIMBING

In qualification and semifinal, the first competitor starts on the first boulder problem and has to complete it in five minutes. After that, he/she gets a five-minute break while the second competitor starts on the first boulder problem. After another five minutes the first competitor continues on to the second boulder problem, while the third competitor starts on the first, and so on, until the whole climbing wall is filled.

The final, however, is slightly different. The competitors are given two minutes to inspect each boulder problem as a group, then they leave and start in reverse order of the semifinal rankings one by one, without the others seeing their opponents' attempts. First, all six finalists climb the first route, then they move on to the second boulder problem, and so on. This means that all the focus in the final is on the one competitor whose turn it is.

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TOP STARS OF THE PRAGUE BOULDER **WORLD CUP**

The Prague Boulder World Cup is the first major climbing event taking place on the European continent. That is why all the star climbers from around the world are coming to compete at the Letná Plain, including Olympic winners from Tokyo, Janja Garnbret and Alberto Ginés López. Who else should you pay attention to?

WOMEN

JANJA **GARNBRET** (SLO)

The 24-year-old Slovenian is a kind of "Usain Bolt" of female sport climbing.

Six-time world champion and the first ever female Olympic gold medalist in sport climbing, she started competing in the World Cup aged 16 and has become a true star of the sport. Many sport climbers returned to rock climbing after the Tokyo Olympics, but Garnbret continued her near-unbeatable streak in the World Cup. Participating in 11 events by September 2022, she won nine times and finished second twice.

HANNAH **MEUL** (GER)

Another young climber and silver medalist from the 2022 European Cham-

pionships, the German combines a sporting career with studying at the Cologne University of Applied Sciences, where she enrolled in 2020. Like Natalia Grossman, the excellent American climber, Meul is also still waiting for her chance to compete at the Olympics. This might be the reason she is trying to gain experience at World Cup events. Meul began the 2023 season with a silver medal at the Bouldering World Cup in Japan, then finished 7th in South Korea.

ANON MATSUFUJI (IPN)

The 19-year-old Japanese climber started competing at World Cup events

only last year, which makes her the least experienced among the favorites, but just like all her competitors she will be striving for an Olympic nomination in this season. Matsufuji started the season in great style: she won bouldering bronze in Hachioii, Japan, then finished fourth in Seoul, South Korea. These are her first major successes on the world climbing scene, and undoubtedly not the last.

IESSICA PILZ (AUT)

Second climber in our list to have competed at the Tokyo Olympics. In August

2021 she took the bronze medal in the speed, bouldering and lead combined. The Austrian climber also won in the competition lead climbing at the World Championships in 2018. However, Pilz has been collecting medals at major events since her stint in the youth category – she is a three-time world youth champion and four-time European youth champion. Can the 26-year-old keep up with her younger competitors this season? She finished 10th and 15th at the opening two World Cup events in Asia.

MEN

TOMOA NARASAKI (IPN)

One of the favorites to win at the Tokyo Olympics who - like Adam Ondra - ul-

timately failed to take a medal at the Olympic premiere of sport climbing. Narasaki finished fourth in Tokyo, narrowly beaten by Austria's lakob Schubert. The Japanese climber is one of the few worldclass climbers who manages to successfully combine all three disciplines: speed, bouldering, and lead climbing. However, he is most successful at bouldering, winning the World Championships in 2016 and 2019. He has revolutionized speed climbing by devising the "Tomoa skip", a method to bypass one of the lower holds in the speed climbing wall.

MEJDI SCHALCK (FRA)

This season's rising star, the French man dominated at both Boulder World

Cup events this season: in Japan and then in South Korea he gave his opponents no chance, and judging by his current form he is one of the biggest favorites of the Prague World Cup event. The 19-year-old's best achievement is winning the bronze medal in competition lead climbing at the 2022 World Games.

YANNICK FLOHÉ (GER)

The experienced German climber did not start at the Tokyo Olympics; ho-

wever, he's been part of the World Cup scene since 2015. He's the German champion in both speed climbing and bouldering, and has competed in both opening Boulder World Cup events in Asia, finishing 11th in Japan and 7th in South Korea.

ALBERTO GINÉS LÓPEZ (ESP)

The Spaniard became the surprise first ever male Olympic gold medalist

in sport climbing aged only eighteen, helped by the specific format of the Olympic event and its evaluation. He won the speed climbing event in Tokyo and finished last in bouldering, but his subsequent fourth place in the lead climbing event was enough to win him Olympic gold. The scores from the three events were multiplied and Ginés López won on lowest total score. He later admitted to a Spanish newspaper that he didn't want to celebrate his win too much because he thought there had been an error in calculating the score. The gold medal was the highlight of his career so far: in the current season, he hasn't been able to follow up on his Olympic success. In Japan he didn't qualify for the semifinal, in South Korea he did but then failed to advance to the final.





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MAP OF THE VENUE

