



SIGULDAS
TAKAS



S!GULDA AIZRAUJ

Siguldas Kauss 2021

Virtakas

WRE (World Ranking Event)

1st Bulletin

(this is 1/2ND bulletin according to Latvian National Orienteering federation LOF numbering)

Siguldas Kauss 2021 – Virtakas World Ranking Event

WELCOME

We are happy to invite you to the Siguldas Kauss 2021 in Virtakas!

This year our orienteering club is organizing already 9th edition of the Siguldas Kauss two days competition. This competition has achieved its recognition by always providing terrains, which are equally beautiful and challenging. This year we are inviting you to compete on the shores of the Brasla river, one of the beautiful rivers in National Park of Gauja (<https://www.entergauja.com/en/>). Centre of the competition is only 25km (25mins) drive from Sigulda. Those who have participated in Siguldas Kauss in 2018 remember running on the Brasla river right side, where the pine forests were mixed with steep slopes of Brasla valley. Then in 2021 courses of Siguldas Kauss 2021 Virtakas will be just across the river, on the left bank of the river Brasla. The terrain this year Siguldas Kauss will propose mix of valleys and small streams, which fall into Brasla river, but also will have some areas of micro-relief.

All competition organizing team has invested time and effort to make great competition by providing you nice and interesting terrain, excellent maps and great organization. Our experience from multiple previous competitions of Siguldas Kauss has given us clear understanding on what is the most valuable things which competitors search and expect, and we strive to deliver on those.

This year we are going to organize both competition days to be a World Ranking Event, which means, that Elite competitors from around the world and especially from Baltic and our neighbouring countries, can come to Latvia to Siguldas Kauss and gain World IOF ranking points.

Kaspars Kārklīņš, Director of the Siguldas Kauss 2021 Virtakas

Valdis Janovs, Head of Marketing for Siguldas Kauss 2021 Virtakas

Warm welcome to Sigulda!

ORGANIZATION AND CONTACTS

Kaspars Kārkliņš	Competition Director and Main Judge kasparsrunning@gmail.com +371 29184203
Valdis Janovs	Head of Marketing, main contact person for international applicants and IOF valdisj@gmail.com +371 26336780
Jurģis Krastiņš	IOF Senior Event Advisor
Jānis Lazdāns	National Controller
Andris Strazdiņš	Cartography
Aigars Leiboms	Course setter
Daniels Kārkliņš	Technical Director Main responsible for COVID-19 prevention measures
Jānis Ozoliņš	Head of Courses
Valters Ļubinskis	Main Judge of the Start
Mārtiņš Dūdelis	IT services
Ilona Kārkliņa	Registration in Event centre

Event is being organized by Sigulda orienteering club “Siguldas Maratona klubs & Siguldas Takas” and Latvian Orienteering Federation, with support from Sigulda municipality. Event homepage: <http://siguldastakas.lv/siguldaskauss2021Virtakas/>

Jury with 3 voting members nominated according to the rules of Latvian Orienteering Federation, Chairman of the Jury is Jurģis Krastiņš, IOF Advisor.

Siguldas Kauss 2021 – Virtakas World Ranking Event

COMPETITION PROGRAMM

FRIDAY, 13th August MODEL ("Bundzenieki", Līgatnes pagasts)

16:00 - 19:00 Model event 16.00-19.00 (flags-only in the forest)

SATURDAY, 14th August MIDDLE distance ("Virtakas", Straupes pagasts)

10.30 – 12.45 Registration open in competition centre "Virtakas"
Competitors numbers are near registration tent. Those who have paid and have their own SPORTIdent, do not need to register and can pick up their number immediately.

13.00 – 15.00 Start of MIDDLE distance competition

SUNDAY, 15th August LONG distance ("Virtakas", Straupes pagasts)

10.00 – 12.00 Registration opens in competition centre

12.00 – 14.00 Start of LONG distance competition

~16:00 Prize giving ceremony in competition centre "Virtakas"



VENUE, ACCESS AND TRANSPORT

Competition arena is located near farmstead “Virtakas”, Straupes pagasts, Pārgaujas novads, not far from Lielstraupe. It takes about 26 minutes car drive from Sigulda, where only last 6 km is on the not paved road.

Event Centre itself will be located on open grass field. Finish zone for both days will be at the Event Centre.

Model event is located 10km from Sigulda, near “Ratnieki”.

Key competition areas are shown here:

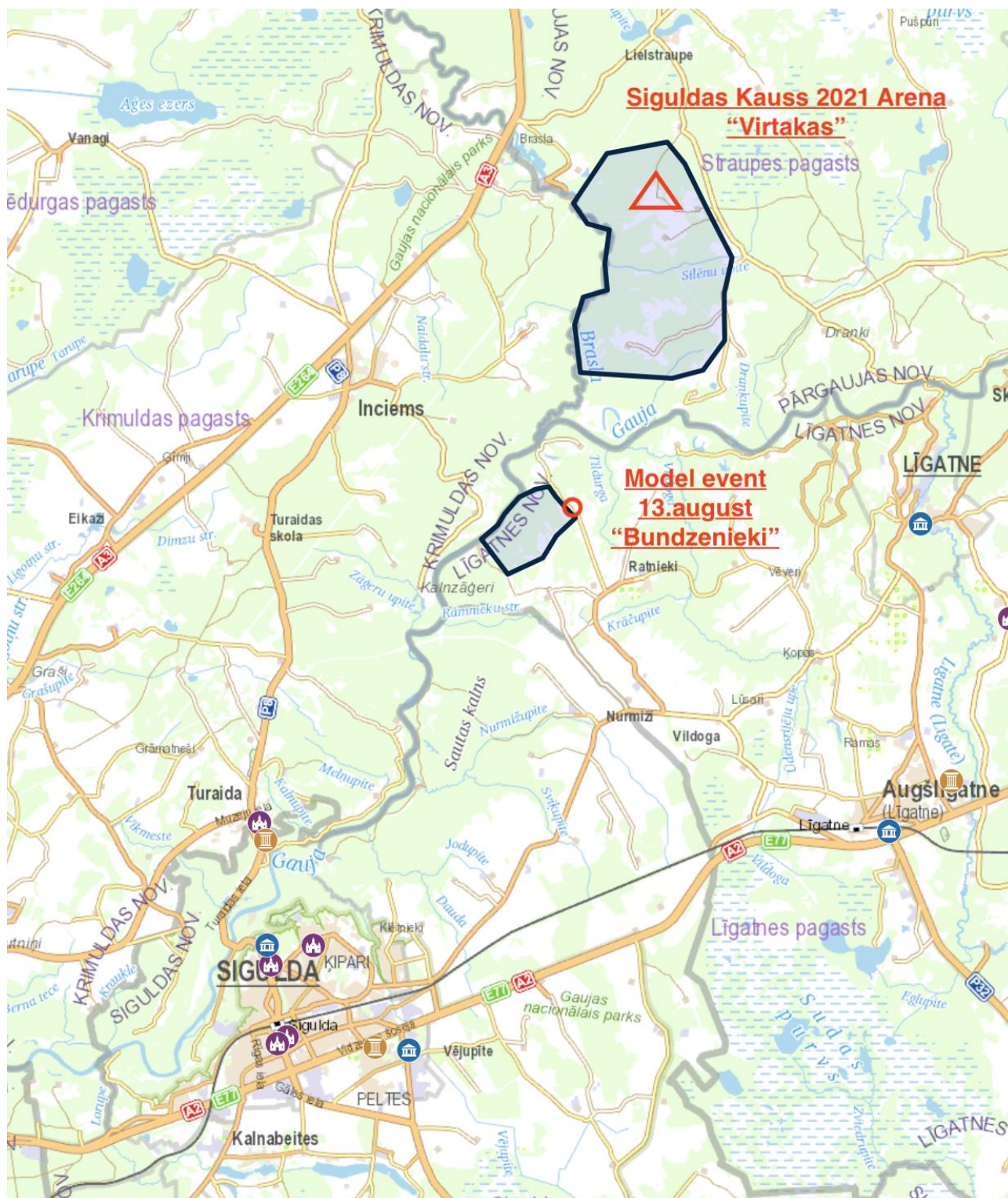
<https://www.google.com/maps/d/edit?mid=17aDOJus9VXWz1YYZS2JJkwLytWu84w8J&usp=sharing>

In 2nd Bulletin there will be:

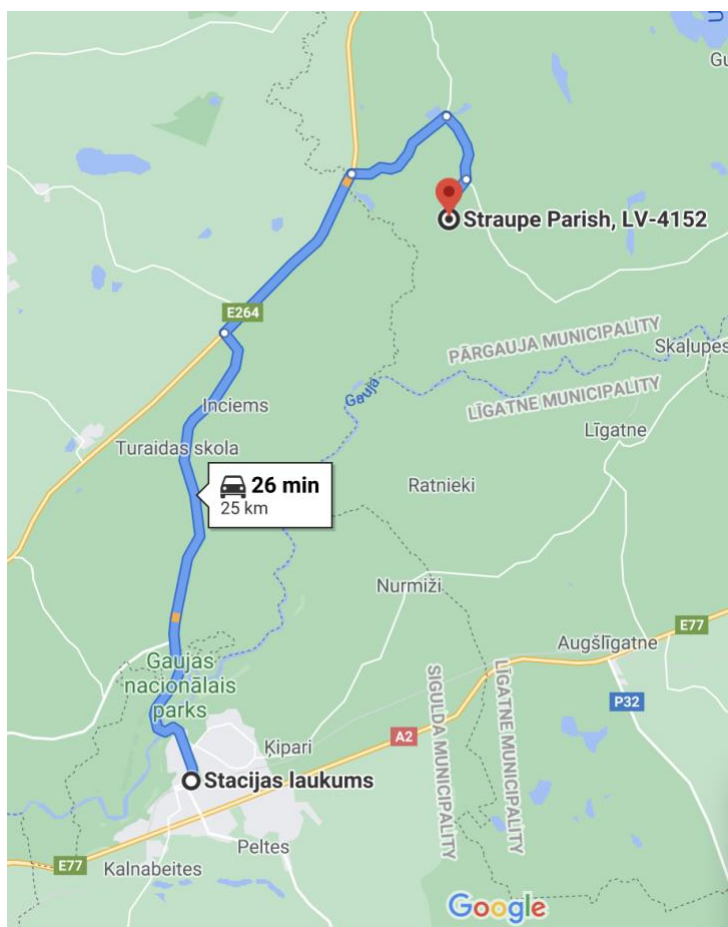
- Detailed Event Centre map
- exceptions from embargo territory
- Locations for parking, Start/Finnish zones
- Distances from Event Centre to START Day 1 and START Day 2.

Local hint: If you wish to find access to smaller roads and trails, it is recommended to use <http://balticmaps.eu/> for precise local maps, since Google Maps sometimes are too generalized.

Siguldas Kauss 2021 – Virtakas World Ranking Event



Siguldas Kauss 2021 – Virtakas World Ranking Event



TERRAIN DESCRIPTION

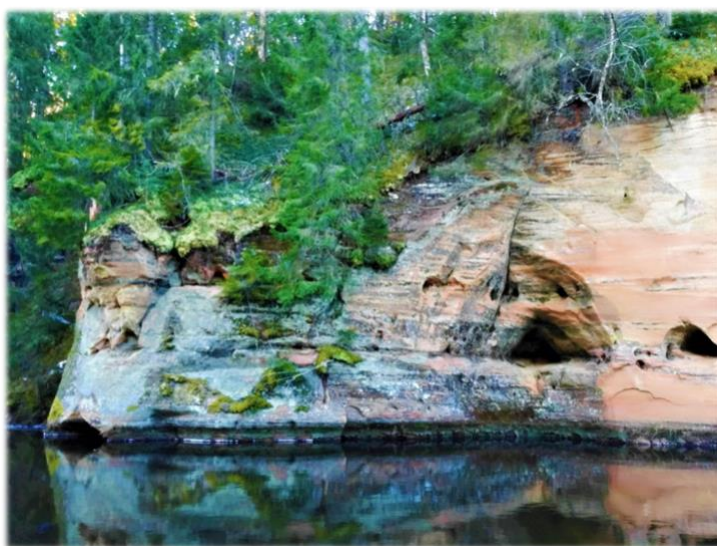
Competition will be held in a newly mapped 8km² area, where orienteering competitions have not been organized for the last 30 years. Area is located on the left bank of the Brasla river. Area is arguably one of the most beautiful places for hiking in Gaujas National Park, since the trail on the left bank of the Brasla river reveals multiple large cliffs on the river. Area contains mainly coniferous forest with more deciduous tree forest closer to Brasla river.

Runability differs from very good to very difficult, but mainly it's "white" forest. Brasla river valley has distinct and large relief forms, and sometimes also steep slopes are found in Brasla river valley and nearby ravines. Further away from the river, relief is considerably different, sometimes micro-relief areas can be found.

Maximum height difference on the map is 60 metres. Irregular network of roads and path. Very little old forestry tracks. Closer to farmstead houses there are open areas with grass where runability differs. Forrest is mainly old with very limited number of new clearings.

Some dangerous places on the map are near the river, where in some place's cliffs having >5m height approach the river directly and there is a risk of falling into the river if running off-the track or directly to the cliff edge. Only adult group distances will go near the river.

There can be different animals in the forest: wild boar, deer, elk, deer, hares, foxes and others. Please be nice to them should you meet any, since we are only guests in their living space!



MAPS

Maps are prepared during period of October 2020 – June 2021 according to ISOM2017-2 standard. Cartographer: Andris Strazdiņš. For all classes maps are digitally printed on waterproof paper Pretex and will not be placed in a plastic bag. Pretex paper is sufficiently strong and waterproof, so, that the plastic bag is normally not needed. Map, however, is not tear resistant. If a competitor wishes, there will be optional plastic bags available at the start and competitor can put a map himself into a plastic bag.

Map scale during MIDDLE distance (1st day):

- WM8, WM10, WM60 and older – 1:7'500
- All other classes 1:10'000

Map scale for LONG distance (2nd day):

- WM8, WM10, WM60 and older – 1:7'500
- WM18, WM20, WM21E, WM21A, WM35 – 1:15'000
- All other classes 1:10'000

Contour interval 5 m both days.

Control descriptions are printed directly on the map as a pictogram, according to the IOF standards. Spare control descriptions will be available at the pre-start corridor.

Information about local specific map signs will be printed on the map: green cross – big rootstock, height >2m, black cross - man made wooden construction.

Courses for each group are printed on the maps, controls are connected in the compulsory order of visiting. Longer courses will have drinking points clearly marked on the map.

Map examples:



Control descriptions are printed directly on the map as a pictogram, according to the IOF standards. Spare control descriptions will be available at the pre-start corridor.

COMPETITION CLASSES

In the competition centre, in official start lists and results Latvian naming's for the classes will be used: S = W (woman), and V = M (men) classes.

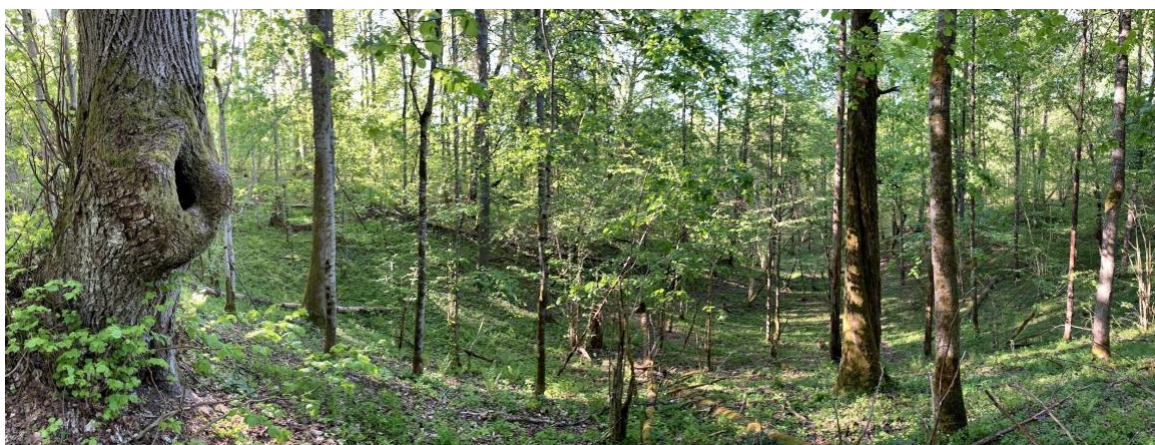
There will be following competition classes available:

- Woman: S8*, S10*, S12, S14, S16, S18, S20, **S21E (W21E – WRE Men class)**, S21A, S21B, S35, S40, S45, S50, S55, S60, S65, S70, S75, S80, S85
- Men: V8*, V10*, V12, V14, V16, V18, V20, **V21E (M21E – WRE Woman class)**, V21A, V21B, V35, V40, V45, V50, V55, V60, V65, V70, V75, V80, V85
- OPEN: OPEN1 (ease, beginners), OPEN2 (medium/hard for beginners)

* Marked course. The course is marked with a plastic tape in the terrain and the marking is shown with a red line on the map. Controls are placed on the marked route.

For all classes, except VS8, VS10, SV21E and OPEN classes, start minutes will be drawn by lot (according to LOF O-race rules). The start protocol will be published no later than August 13. In children's groups VS8, VS10 and OPEN groups start at a freely chosen time without a start minute lottery.

A special draw will be held for V21E (WRE Men group M21E) and S21E (WRE Women group W21E), where in registered participants will be divided into 3 subgroups, where the participants will be ranked based on the IOF world ranking position on August 11 (<http://ranking.orienteeing.org/ranking>). The draw will be conducted within these 3 subgroups respectively. Highest in the ranking will be in the last subgroup to start.



ENTRIES AND FEES

It is allowed for any participant to participate in the competition without restriction, considering the age and classes for the participants.

Participants are responsible for their own physical fitness for the competition and health during event.

ENTRIES AND ENTRY DEADLINES

Entry final date for all classes **until 11.august 23.59 (EET)**. Applicable entry fees are calculated depending on the registration date, as per table below.

- Base registration timeframe until 27th July 2021 23:59 EET;
- Late registration timeframe from 28th July – 9th August 2021 23:59 EET;
- Last moment timeframe registration from 10th to 11th August 2021 23:59 EET.

Entry for all classes (except S21E (WRE Woman W21E) and V21E (WRE Man M21E)) will be using LOF registration system <https://lof.lv/pieteikumi/>. When applying, you must indicate the participant's name, surname, group, club, LOF orienteering database number (ODB), personal SPORTIdent card number (or indicate that you want to rent an SI card). Payments must be made according to the application deadline.

Entry for S21E (WRE Woman W21E) and V21E (WRE Man M21E) classes only to be made using IOF Eventor (register separately for each day):

- 1st Day – MIDDLE distance: <https://eventor.orienteering.org/Events/Show/6929>
- 2nd Day – LONG distance: <https://eventor.orienteering.org/Events/Show/6930>.

If you do not have IOF EVENTOR profile, you must register and establish IOF Eventor profile (free of charge): <https://eventor.orienteering.org/>. For S21E (WRE Woman W21E) and V21E (WRE Man M21E) classes late entries are not allowed.

Should you have any questions related to entries, please contact: Kaspars Kārkliņš kasparsrunning@gmail.com via email or call +37129184203.

Siguldas Kauss 2021 – Virtakas World Ranking Event

ENTRY FEES

Class	Registration day Registration fee, EUR					
	Until 27.July 23:59, 2021 (base fee)		28.July- 9.August 23:59, 2021 (late fee)		10.Aug-11.Aug 23:59, 2021 (last minute fee)	
	Two days	One Day	Two days	One Day	Two days	One Day
S8 S10 V8 V10	8	5	10	6	11	7
S12 S14 V12 V14	12	7	14	8	16	9
S16 S18 V16 V18	14	8	17	10	19	11
S20 S60 S65 S70 S75 S80 S85 V20 V60 V65 V70 V75 V80 V85	18	11	22	13	24	15
S21E (WRE Woman) S21A S21B S35 S40 S45 S50 S55 V21E (WRE Man) V21A V21B V35 V40 V45 V50 V55	25	15	30	18	34	20
OPEN1 OPEN2	22	11	22	11	22	11

Discounts:

- Children from Siguldas Sporta Skola free of charge.
- Inhabitants of Sigulda county having Sigulda ID card 20% discount (please write this into comments, when registering and paying).
- Members of the “Siguldas Takas / Siguldas Maratona Kluba” club 30% discount;

Coaches of the sport schools should get in contact with Director of the Siguldas Kauss Kaspars Kārklīšs (kasparsrunning@gmail.com) about special conditions and if you need an invoice for your sports school.

Siguldas Kauss 2021 – Virtakas World Ranking Event

LATE ENTRIES and OPEN Groups

Registration after 11th of August 2021 possible only as exception and with a surcharge of 50% from base fee. Registration possibilities are limited to a vacancies in each group. Please contact organizers individually. Registration on the competition day only possible to the OPEN groups!

Registration to the OPEN groups possible in advance and on the competition day. There is no surcharge for registration into OPEN groups on the competition day. It will be possible to register to OPEN groups until limit of available maps will be reached for each day.

PAYMENTS

Please pay the entry fees by bank transfer to the organizers Bank account, as below. Each bank transfer shall include information about the competitor (or several competitors) for whom the entry fee is made. All entry fees must be transferred to the organizer's account no later than August 13, 2021. Payments must be made to:

Biedrība “Siguldas maratona klubs & Siguldas Takas”

LV Registration Number: 40008240164

Adress: Sigulda, P.Brieža iela 95-5, LV-2150

Bank account info:

Swedbank A/S

BIC/S.W.I.F.T.: HABALV22

Bank account: LV53HABA0551048025994

- The participation fee includes the LOF competition organization fees
- SPORTIdent rent 1 EUR per day, if you do not have your own personal SPORTIdent and need to rent it from the organizers.
- Applying after 11.08.2021 participation fee + 50% of the basic participation fee. In this case, please apply individually to the organizers! Registration in this case is limited by the available vacancies in a particular group. It will not be possible to apply on the day of the competition (except for OPEN groups)!
- The submitted application without participation fee will be considered as a guarantee for the payment of the participation fee in the competition centre. 50% of the participation fee is charged for registered and non-starting participants!

COURSES

Length, climb and expected winning times for courses will be published in Bulletin 2. Winning times are expected to be in line with IOF recommendations.

In VS8, VS10 classes, a ribbon is printed on the map and placed in nature. For the SV12 group, there will also be a children's course ribbon on the map, which is intended to make it easier for children in the SV12 group to navigate, but the SV12 group's own distances will not go along the ribbon.

START AND STARTING ORDER

Competitor enters pre-start area:

- 3 minutes before the start the participant shall register and check their SPORTIdent number.
- 2 minutes before the start extra control descriptions are available.
- 1 minute before the start the participant shall arrive at the start line. After the last start signal the participant shall take the map from their respective map box. Participants are responsible themselves to take the right map from their class box. Then participant runs to the marked point 50...150m in the forest, which is marked as red triangle on the map, representing real start of the distance.

Competitors in the classes MW 8 and 10 have free start time. Start interval between two competitors in MW 8 and 10 is 1 minute.

Start interval between members of one class:

- In the middle distance - according to the draw. Start interval - 2 minutes.
- In the long distance - according to the draw. Start interval - 3 minutes.

The finish time is recorded by putting participants SPORTIdent into the FINISH station on the finish line.

Participants will start with numbers that will be located near the Reception in the competition centre. The start number is for both days of the competition.

NUMBER BIBS

Competitors must wear number bibs. They will be available at the competition centre near registration tent.

GPS FOLLOWING

Competitors in classes SV21E (WRE Men and WRE Woman) will have to carry GPS devices provided by the organizers. List of the competitors who will be required to carry GPS devices will be provided the same day when start protocols and published on event webpage.

GPS devices will be handed out 10..15 minutes before the respective start of the runner near START area.

PUNCHING SYSTEM

The punching system used is SPORTIdent. Controls will also work in contactless SIAC mode. Competitors should come with their individual SPORTIdent chips, and it is possible to rent SPORTIdent chips from Organizers (1 EUR/day), if required. Please mark this in registration system during registration.

EMBARGOED AREA

On this map, you find the embargoed areas for Siguldas Kaus 2021 Virtakas. For all competitors, team officials and others who, through knowledge of the terrain or the competitions, may influence the results of the competitions, it's prohibited to enter the embargoed areas.

<https://www.google.com/maps/d/edit?mid=1-QbKry59GMn7OpqVoUIK10mEV0dyn2P3&usp=sharing>

Detailed area for competition arena which will be excluded from Embargo, will be published in Bulletin 3.

ACCOMMODATION AND FOOD

Accommodation available in multiple hotels and guest houses in Sigulda and neighbouring towns. Please see: <http://tourism.sigulda.lv/naksnosana/>

Siguldas Kausis 2021 – Virtakas World Ranking Event

It will be possible also to stay in private tents (free of charge), however no fireplaces are allowed. Primuses are allowed.

SERVICE AT THE COMPETITION CENTRE

There will be cafeteria working (according to COVID-19 prevention rules), and water available. There will be several WC available as well as tools for hand disinfection. Also, medical assistance will be available, if required. Several sports goods shops will be available.

PRIZES

Winners for all groups for places 1.-3. will receive medals, and 1st places with gifts. In children's groups SV8, SV10, SV12 winners from 1st-6th place will receive gifts.

RESPONSIBILITY

Participants are fully responsible for their own health and readiness to start. When starting the distance, each participant takes full responsibility for their own health and actions. Children in the competition area and in the distance are fully responsible for their parents / guardians.

TRAINING POSSIBILITIES

MODEL TRAINING

Model training is available on Friday, August 13 from 16-19: 00 (“Bundzenieki”, location: <https://goo.gl/maps/okuEUiJgJUbbqDnW6>).

KP prisms without electronic marking will be located in the forest. Model maps will be available in Sigulda Tourism Centre from August 10-13. Fee for one Model card - 3 EUR. Please pay to the same club bank account as for competition. Number of MODEL maps will be limited. MODEL map will be also posted online on the event webpage if competitors want to print it independently. The MODEL map is printed on the same material as the competition maps. Model map size A4 for 10'000 scale and ~A5 for 15'000 scale. Available scales for model map: M: 10'000 or M: 15'000, H5m.

RouteGadget analysis will be available for MODEL event starting August 13, where competitors can upload their GPX to do analysis of the run. Web page for RouteGadget analysis is: <http://izskrien.siguldastakas.lv/>

OTHER TRAINING POSSIBILITIES

There are plenty local orienteering events organized in the nearby area. Namely:

- Siguldas Kompass – a weekly Orienteering regional competition, happening on Wednesdays. **More information:** www.siguldastakas.lv/kompass2021/

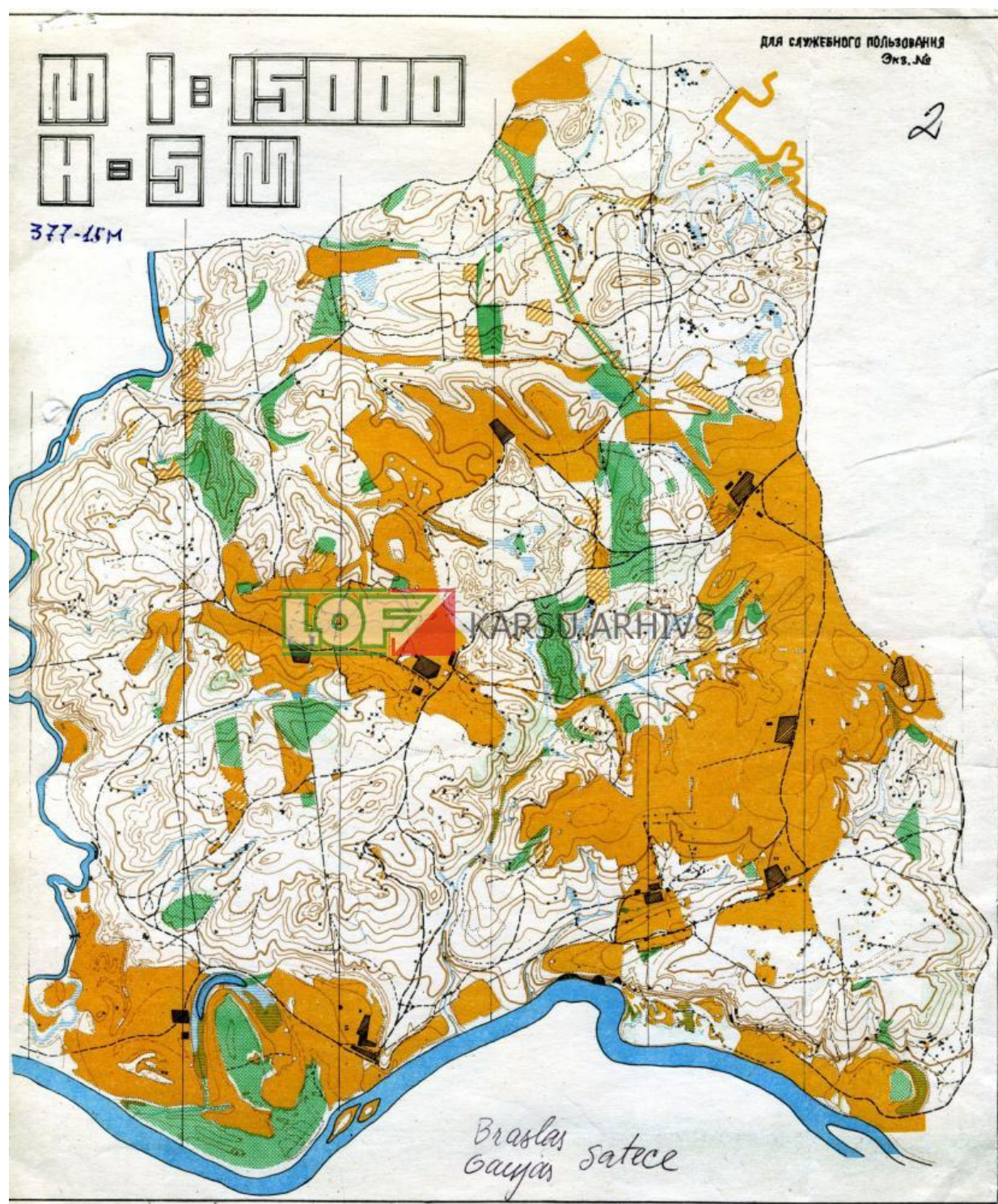
Closest “Siguldas Kompass” weekly orienteering events are:

- 04.August – “Spainieki”, location: <https://goo.gl/maps/qX9kPGxBXAcJnfX2A>
- 11.August – Allažmuiža, location: <https://goo.gl/maps/cS4fSgarMzQQDQct9>
- Cēsu Meridiāns – a weekly orienteering regional competition near city of Cesis, happening on Tuesdays. **More information:** www.meridians.lv/
 - 10.August – Ķiržu lake, location: <https://goo.gl/maps/UmE1U7jUsPTza2YX6>
- Valmieras Magnēts – a weekly orienteering regional competition near city of Cesis, happening on Tuesdays. **More information:** www.zvoc.lv
 - 12.August – Lauvaskalns, location: <https://g.page/Lauvaskalni?share>
- Rīga – Magnēts – a weekly orienteering regional events, happening on Tuesdays, Wednesdays and Thursdays near city of Riga. More information and locations: www.magnets.lv/

OLD MAPS FROM THE AREA

Almost 85% area used for competition will be to south direction from Arena place "Virtakas".
There has been only one map done for this area in 1977:

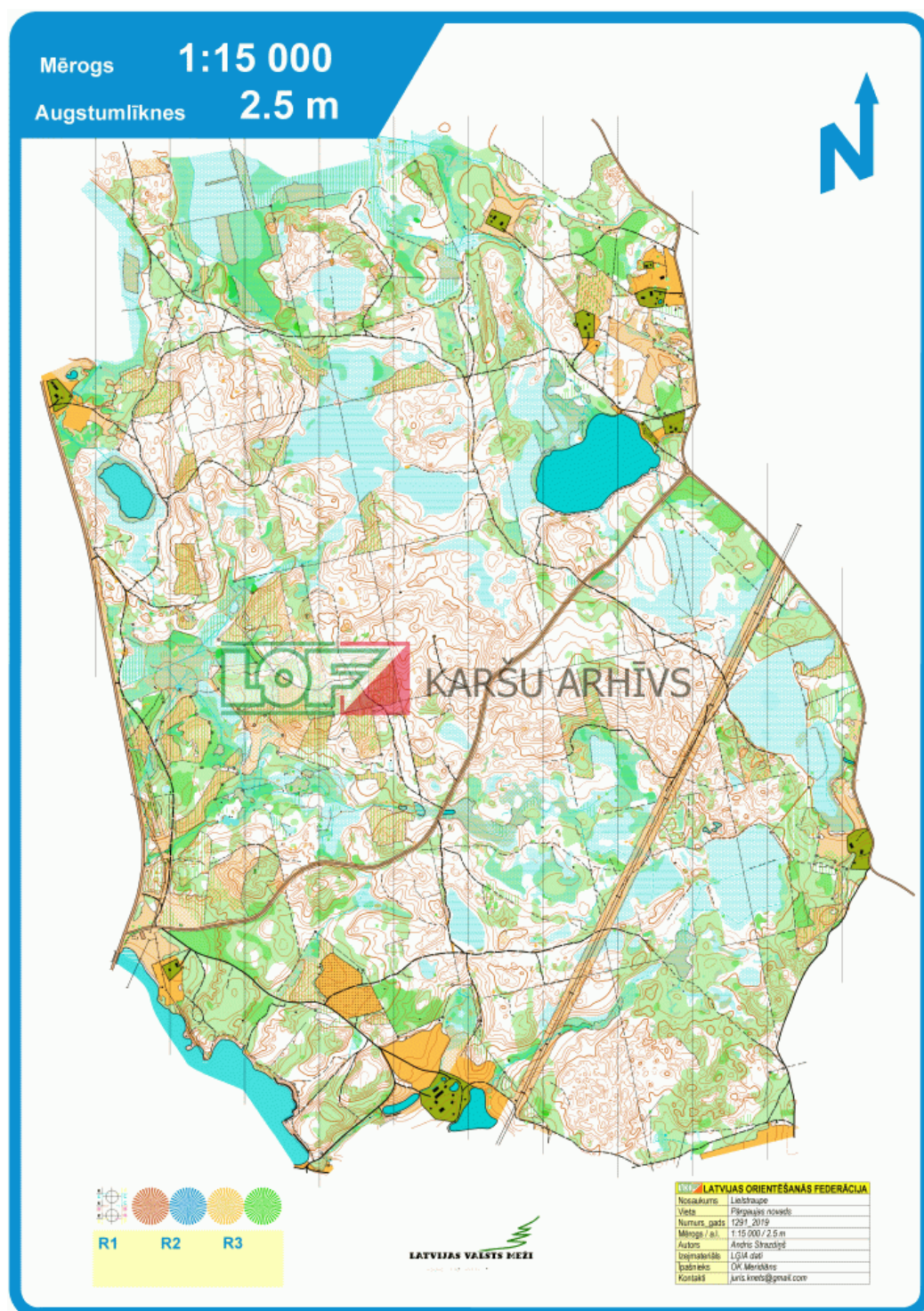
https://lof.lv/uploads/kartes/1977/015m_77_CE_gauja_brasla.jpg&size=2500



Siguldas Kauss 2021 – Virtakas World Ranking Event

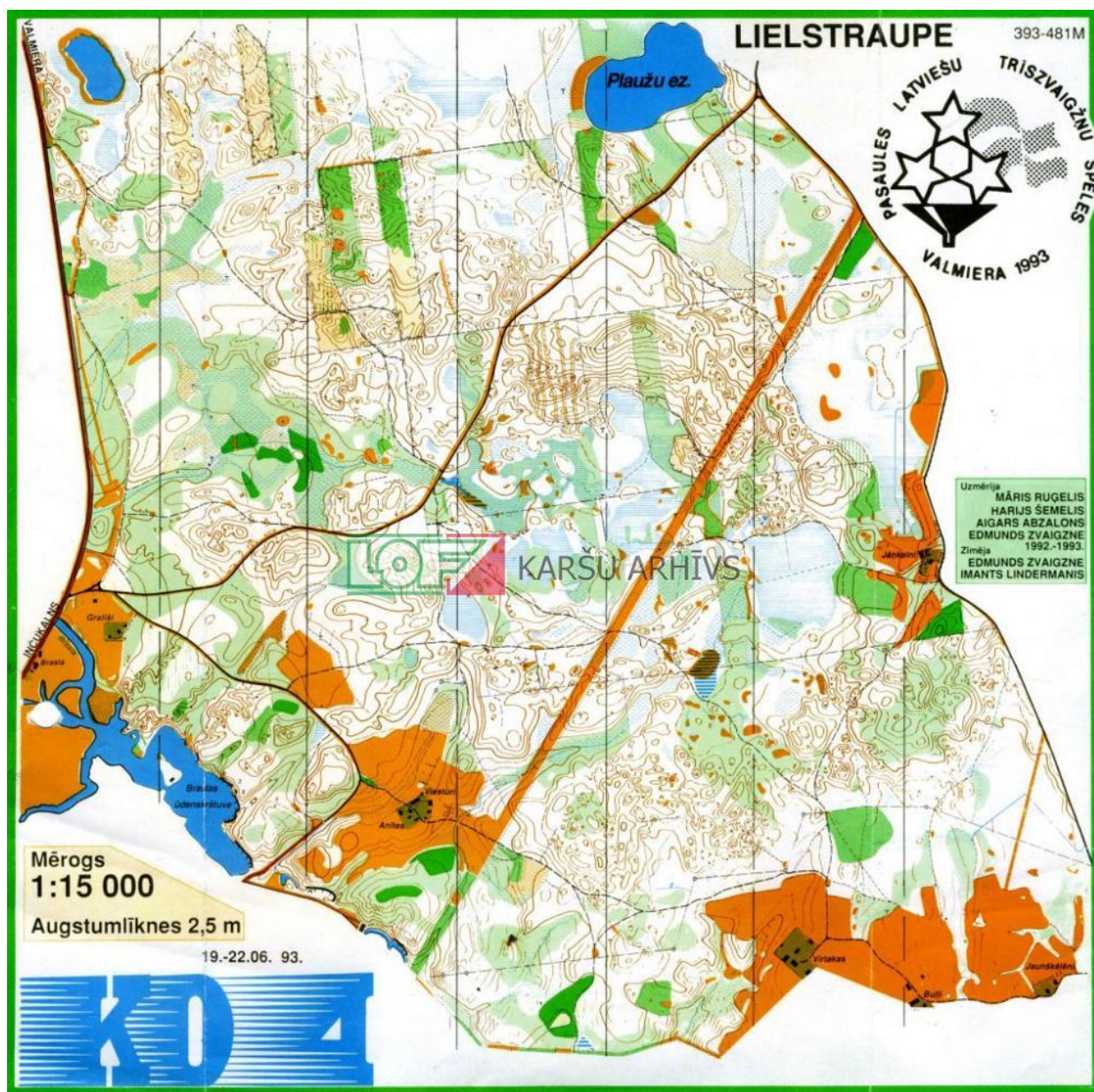
Around 15% from the competition area will be to the north from “Virtakas”. It has been mapped multiple times, and latest map was done by Andris Strazdiņš in 2019 (he is also cartographer for Siguldas Kauss 2021):

<https://lof.lv/uploads/kartes/2019/1291.gif>



Siguldas Kauss 2021 – Virtakas World Ranking Event

<https://lof.lv/uploads/kartes/1993/481.jpg&size=2500>



GENERAL INFORMATION

VISAS

Latvia is a member of the European Union and EU citizens do not need additional visas to enter Latvia. Participants who are not EU citizens may need a visa to enter Latvia.

Additional information on visa-free entry into Latvia: <https://www.mfa.gov.lv/en/consular-information/countries-and-territories-whose-citizens-may-enter-latvia-without-a-visa>

Information on obtaining a visa: <https://www.mfa.gov.lv/en/consular-information/applying-for-a-visa>

For participants who need help with preparing an invitation to obtain a visa, please contact Valdis Janovs, +37126336780, valdisj@gmail.com no later than July 10, 2021.

ANTI-DOPING

Doping is strictly forbidden. The IOF Anti-Doping rules and the World Anti-Doping Code 2021 apply as of 1st of January 2021. It is advisable that athletes bring along their ID to all competitions and events.

For more information, please consult: <https://orienteering.sport/iof/anti-doping>

INSURANCE AND LIABILITIES

The organizers decline any liability that might occur through participation in the competition and / or trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness/accident).

PARKING

Parking for competitors transport (cars and busses) will be possible near Event centre. Private property will be used for parking, please follow instructions provided. Fee for parking is 3 EUR for both days (buses 4 EUR), to be collected on the arrival.

COVID-19 REGULATIONS

The competition takes place in accordance with the COVID-19 restriction regulations set in the Republic of Latvia. Competitors are responsible for compliance with these rules.

When applying for the competition, each participant undertakes to strictly observe all epidemiological safety measures established in the Republic of Latvia to limit the spread of Covid-19 infection:

- If a competitor has symptoms of a cold (fever, nasal congestion, headache, etc.), the competitor may not attend the competition.
- 2m distance must be observed in the competition centre and gatherings must be avoided.
- Hand disinfection must be performed upon arrival at the competition centre (disinfection means are provided by the competition organizers).

The organizers of the competition reserve the right to change the rules of epidemiological safety measures to limit the spread of Covid-19 infection if the epidemiological situation in the country improves and the regulations of the Cabinet of Ministers allow it.

CLIMATE

The average temperature in Latvia during competition period is 20-25 degrees Celsius. However, it is possible, that some temperature extremes of low (10...15 degrees) or high (30..33 degrees) temperature is possible. August is typically warm and dry month, however some days with showers are possible. During the night temperature typically drops to 8...12 degrees. Water in the rivers is 15...20 degrees Celsius and it is allowed to swim in all rivers. Also lakes in the nearby area are open for swimming, however, private property restrictions should be obeyed.

OTHER

By participating in the competition, participants automatically agree to the processing of their personal data to the following extent: Name and Surname - for identification of the participant, year of birth - for classification, club - for classification. The participant's result, whether the distance was covered and at what time, will be published on the Internet.

Siguldas Kauss 2021 – Virtakas World Ranking Event

At the event, participants can be photographed or filmed, and the resulting materials can be posted on the Internet in orienteering-related resources or published in the press.

The principle of fair play is supported in the competition.

The competition is supported by Sigulda County Council.

ORGANIZER

Biedrība Siguldas Maratona klubs & Siguldas Takas

Reģ.Nr. 40008240164

Adrese Sigulda. P.Brieža iela 95-5, LV-2150

Konts LV53HABA0551048025994

SOCIAL NETWORKS

hashtag: #SiguldasKauss2021Virtakas