



SIGULDAS  
TAKAS



S!GULDA AIZRAUJ

# Siguldas Kauss 2022

## Asaru krogs

WRE (World Ranking Event)

2<sup>nd</sup> Bulletin

(this is 3<sup>rd</sup> bulletin according to Latvian Orienteering Federation (LOF) numeration)

## WELCOME

Organisers very are happy to invite you to the **Siguldas Kauss 2022 Asaru krogs WRE!**  
This year in the deep forests of Nitaure, near Asaru krogs and wild Ligatnes river valley!

Our orienteering club is organizing already 10<sup>th</sup> edition of the Siguldas Kauss two days competition. This 2-days competition has achieved its recognition by always providing terrains, which are either unique, beautiful, or challenging, or all of this at once.

This year we are inviting you to a unique and challenging, very forested area of a moderately hilly east-part of Vidzeme highland - near the Nitaure, on the valleys of wild Ligatne river - there are deep forests with great terrain and different runnability. This area has historically been known as one of the challenging areas for Latvian orienteers, number of large National events have happened in this area, the latest one was the Latvian Championships in Long Distance orienteering 2021, and then Latvian Championships in Long Distance orienteering 2015.

The Centre of the competition this year will be 25km (30mins) drive from Sigulda, in the forested area, some 1km from Asaru ezers.

Both days of the competition will be World Ranking Events, which means, that Elite competitors from around the world can come to Latvia to Siguldas Kauss 2022 and collect IOF ranking points.

Competitors are most welcome to spend a beautiful weekend in Sigulda, enjoy it's cultural life and natural beauty. You can find out about more what is happening in Sigulda in general and during the competition weekend here: <https://tourism.sigulda.lv/en/> and <http://sigulda.lv/>

You are also welcome to stay longer in Sigulda after or before the competition weekend because there are several weekly orienteering competitions being organized (<http://siguldastakas.lv/kompass2022/> and <http://meridians.lv/> ) which you can attend as part of your summer vacation in Sigulda!

Kaspars Kārkliņš, Director of the Siguldas Kauss 2022 Asaru ezers

Valdis Janovs, Head of Marketing for Siguldas Kauss 2022 Asaru ezers

**Warm welcome to Sigulda!**

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## ORGANIZATION AND CONTACTS

|                                  |  |
|----------------------------------|--|
| Kaspars Kārklīš                  | Competition Director and Main Judge<br><a href="mailto:kasparsrunning@gmail.com">kasparsrunning@gmail.com</a><br>+371 29184203                           |
| Valdis Janovs                    | Head of Marketing, main contact person for international applicants and IOF<br><a href="mailto:valdisj@gmail.com">valdisj@gmail.com</a><br>+371 26336780 |
| Sixten Sild                      | IOF Senior Event Advisor   |
| Jānis Lazdāns                    | National Controller  |
| Gunārs Dukšte<br>Jānis Eņģelītis | Cartography  |
| Aigars Leiboms<br>Gunārs Dukšte  | Course setters   |
| Daniels Kārklīš                  | Technical Director   |
| Atis Heinols                     | Head of Courses  |
| Valters Ļubinskis                | Main Judge of the Start  |
| Mārtiņš Dūdelis                  | IT services  |
| Ilona Kārklīņa                   | Registration in the 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/siguldaskauss2022/>

Competition jury: Jānis Krūmiņš, Juris Knēts un Guntars Mankus. The IOF Event Adviser (Sixten Sild) leads the jury, but has no vote.

## COMPETITION PROGRAMM

|   |  |
|---|--|
| <b>FRIDAY, 12<sup>th</sup> August</b>   | MODEL (“Asaru ezers”, Līgatne parish)  |
| 16:00 - 19:00                           | Model event 16.00-19.00 (flags-only in the forest)<br><a href="https://goo.gl/maps/fsEpGGoha8Vybeyz6">https://goo.gl/maps/fsEpGGoha8Vybeyz6</a>  |
| <b>SATURDAY, 13<sup>th</sup> August</b> | MIDDLE distance (“Asaru ezers”, Līgatne parish)  |
| 10.30 – 12.45                           | Registration open in competition centre - forest road near the Asaru ezers, Līgatnes pagasts<br>( <a href="https://goo.gl/maps/vuiH6MNycVrHfmUs8">https://goo.gl/maps/vuiH6MNycVrHfmUs8</a> )<br><br>Competitors’ number bibs are near the registration tent. Those who have paid and have their own SPORTIdent, do not need to register and can pick up their number bib immediately and go to start. |
| 13.00 – 15.00                           | Start of MIDDLE distance competition   |
| 15:30 – 15:45                           | WRE Middle distance flower ceremony  |
| <b>SUNDAY, 14<sup>th</sup> August</b>   | LONG distance (Asaru ezers, Līgatne parish)  |
| 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  |

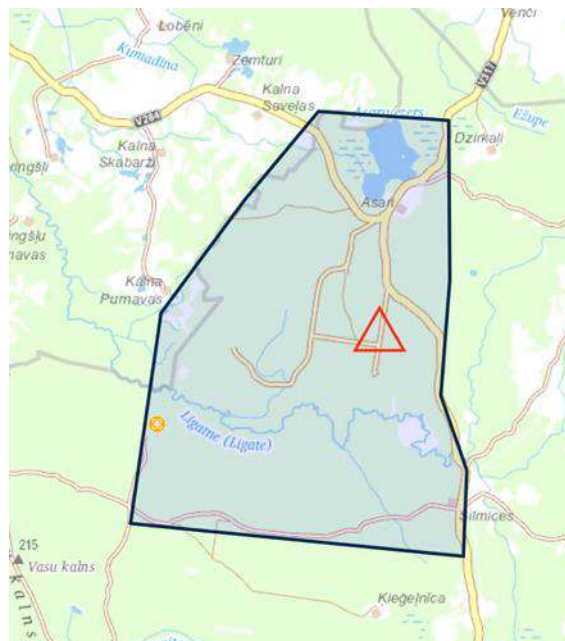


## VENUE, ACCESS AND TRANSPORT

The competition arena is located on the forest road near the Asaru ezers in Nītaures parish (<https://goo.gl/maps/vuiH6MNycVrHfmUs8>). It takes about 25 minutes car drive from Sigulda.

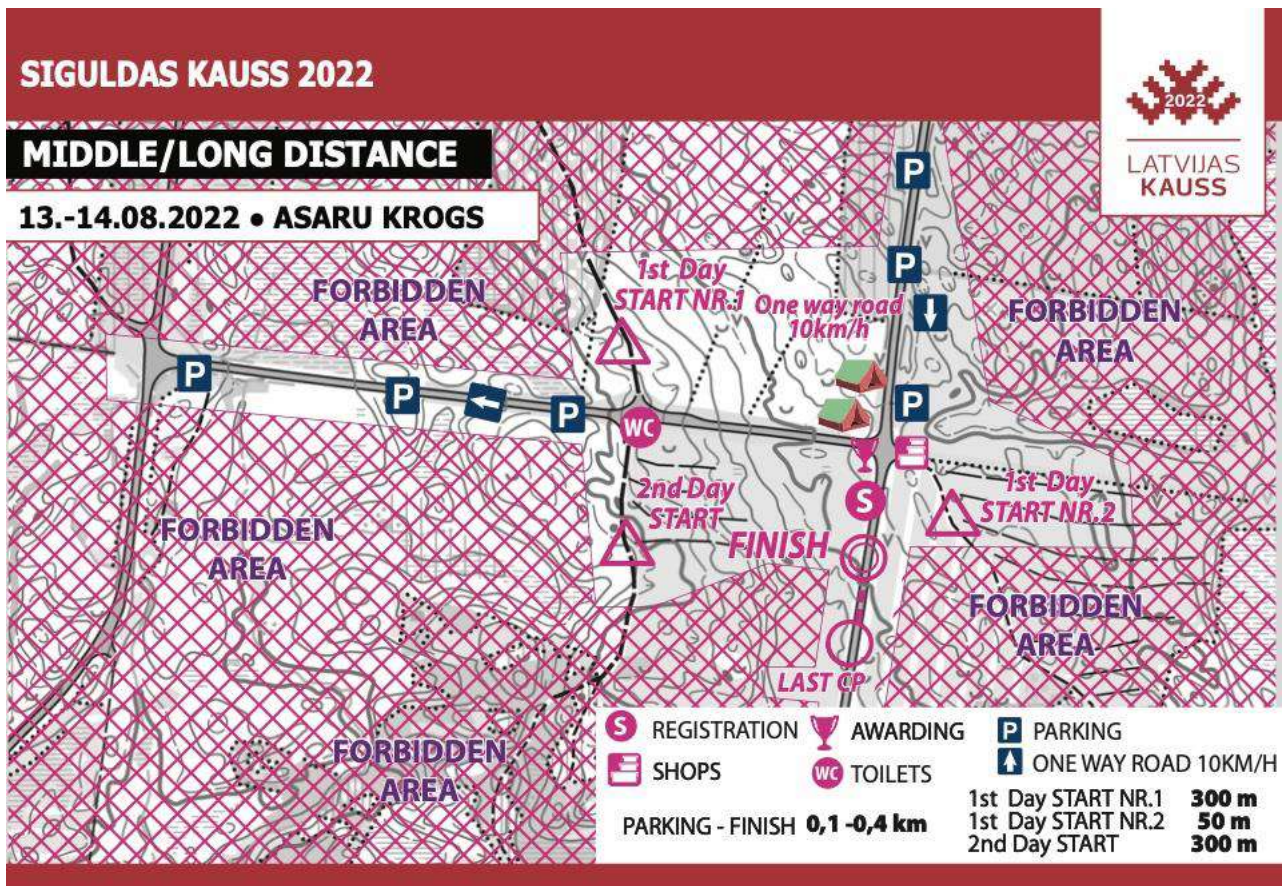
Key competition areas are shown here:

[https://www.google.com/maps/d/edit?mid=1Fd4qmrCZdulcTJ\\_hYrKGnVwXM-0PX3f&usp=sharing](https://www.google.com/maps/d/edit?mid=1Fd4qmrCZdulcTJ_hYrKGnVwXM-0PX3f&usp=sharing)





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Speed limitation for cars near the Competition centre will be **10km/h** and only in one direction. Please follow the signs. Parking – on the side of the road. Those, who will arrive first, will need to follow instructions, and drive forward until you will be shown a place to park. This is required due to the limited number of places to park and to minimize distance for all competitors from their parking places to the Competition Centre, and to minimize movement of the cars near Competition Centre later.

Distance from the Competition Centre:

1st day (13.August)– MIDDLE – there will be 2 starts :

Start Nr.1 – from Arena to Start – 300m;

Start Nr.2 (MW8, MW10, MW12 – from Arena to Start – 50m.

2nd day (14.August) – LONG:

From Arena to Start – 300m (all groups start from the same Start);



## TERRAIN DESCRIPTION

The competition will take place in an area of ~ 8 km<sup>2</sup>, which has largely not been used for large competitions for >20 years. In the middle part of the map orienteering competitions have not taken place in the last 40 years. The mapped area covers both banks of the upper reaches of the Līgatne River, mostly pine and spruce forests.

Runnability of the area is very good to average, in some places also poor. The banks of Līgatne river tend to be steep and the terrain is undulated all over the map. The landforms are medium and large. There are several clear-cuts, but those are mostly well managed. Older clear-cuts have been planted with new pines which are already well grown. The largest part of the area is under the management of the Latvian State Forest (Latvijas Valsts Meži).

The maximum height difference in the area is 40m. Height difference on one slope is up to 25m. The map shows the Latvian State Forest Roads and Trails, and some forest roads, the trail network is irregular.

Terrain pictures:





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## MAPS

The map is prepared in the autumn of 2021 - spring of 2022 in the ISOM2017-2 standard.  
Cartographers:



Gunārs Dukšte



and Jānis Eņģelītis

The map will be digitally printed on moisture-resistant paper (Pretex) and will not be placed in a plastic bag. Pretex paper is sufficiently strong and waterproof, so, that the plastic bag normally is not needed. Map is not tear resistant. If a competitor wishes, there will be optional plastic bags available at the start and a competitor can put a map himself into a plastic bag. Maps for classes MW21 will be placed in plastic bags.

Map scale during MIDDLE distance (1<sup>st</sup> day):

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

Map scale for LONG distance (2<sup>nd</sup> 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 2.5 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 >3m, black cross - man made wooden construction.

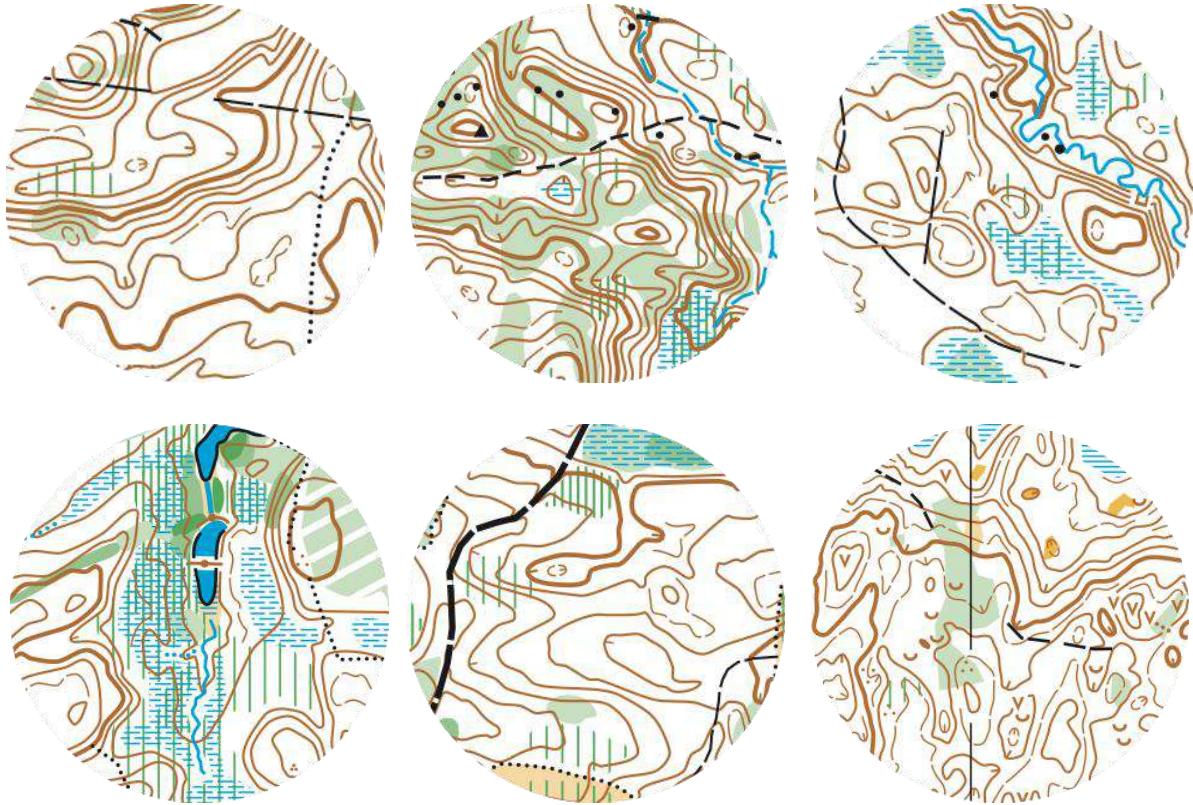
Courses for each group are printed on the maps, controls are connected in the compulsory order of visiting. Longer courses will have refreshment points clearly marked on the map.



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**Map samples:**



## COMPETITION CLASSES

There will be following competition classes available (W (woman) and M (men) classes):

- Woman: W8\*, W10\*, W12, W14, W16, W18, W20, **W21E (WRE Woman class)**, W21A, W21B, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85
- Men: M8\*, M10\*, M12, M14, M16, M18, M20, **M21E (WRE Man class)**, M21A, M21B, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85
- 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 MW8, MW10, MW21E 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 MW8, MW10 and OPEN groups start at a freely chosen time without a start minute lottery.

A special draw will be held for M21E (WRE Men class) and W21E (WRE Women class). Registered participants will be divided into 3 subgroups, where the participants will be ranked based on the IOF world ranking position on August 10 (<http://ranking.orienteeing.org/ranking>). The draw will be conducted within these 3 subgroups respectively to decide the start order. The best-ranked sub-group will be the last 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 10<sup>th</sup> august 23.59 (EET)**. Applicable entry fees are calculated depending on the registration date, as per table below.

- Early registration timeframe until 26<sup>th</sup> July 2021 23:59 EET (early registration fee);
- Base registration timeframe from 27<sup>th</sup> July – 8<sup>th</sup> August 2021 23:59 EET (base fee);
- Last moment registration timeframe from 9<sup>th</sup> to 10<sup>th</sup> August 2021 23:59 EET.

Entry for all classes (except W21E (WRE Woman) and M21E (WRE Man)) must be done using LOF registration system <https://lof.lv/pieteikumi/>. When registering, 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 respective registration date deadline.

Entry for W21E (WRE Woman) and M21E (WRE Man) classes must be done using IOF Eventor. Registration must be done separately for each day of the competition:

- 1<sup>st</sup> Day – MIDDLE distance: <https://eventor.orienteering.org/Events/Show/7348>
- 2<sup>nd</sup> Day – LONG distance: <https://eventor.orienteering.org/Events/Show/7349>

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

Should you have any questions related to entries, please contact: Kaspars Kārklīšs [kasparsrunning@gmail.com](mailto:kasparsrunning@gmail.com) via email or call +37129184203.

## ENTRY FEES

| Class  | Registration day   Registration fee, EUR    |            |  |            |  |            |
|--|---|------------|--|------------|--|------------|
|  | Until 26.July<br>23:59, 2022<br>(early fee) |            | 27.July-8.Aug<br>23:59, 2022<br>(base fee) |            | 9.Aug-10.Aug<br>23:59, 2022<br>(last minute fee) |            |
|  | Two<br>days                                 | One<br>Day | Two<br>days                                | One<br>Day | Two<br>days                                      | One<br>Day |
| W8 W10 M8 M10  | 8   | 5          | 10   | 6          | 11   | 7          |
| W12 W14 M12 M14  | 12  | 7          | 14   | 8          | 16   | 9          |
| W16 W18 M16 M18  | 16  | 10         | 20   | 12         | 22   | 14         |
| W20 W60 W65 W70 W75 W80<br>W85<br>M20 M60 M65 M70 M75 M80 M85  | 20  | 12         | 22   | 13         | 24   | 15         |
| W21E (WRE Woman) W21A<br>W21B W35 W40 W45 W50 W55<br>M21E (WRE Man) M21A M21B<br>M35 M40 M45 M50 M55 | 26  | 16         | 30   | 18         | 34   | 20         |
| OPEN1 OPEN2  | 22  | 11         | 22   | 11         | 22   | 11         |

### Discounts:

- Children from Siguldas Sporta Skola participate 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 Klubs” sports club have 30% discount.

Coaches of the sport schools in Latvia should get in contact with Director of the Siguldas Kauss 2022 Kaspars Kārklīšs ([kasparsrunning@gmail.com](mailto:kasparsrunning@gmail.com)) about special conditions for



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competitors from sport schools. Invoice for the sport schools and sport clubs can be prepared.

### LATE ENTRIES and OPEN Groups

Registration after 10<sup>th</sup> of August 2022 is possible only as exception and with a surcharge of 50% from base fee. Registration possibilities are limited to the vacancies in each group. Please contact organizers individually.

Registration on the competition day is 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 described 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 12, 2022. 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 fee is 1 EUR per day, if you do not have your own personal SPORTIdent and need to rent it from the organizers.
- The submitted application without participation fee paid on time, will be considered as a guarantee for the payment of the participation fee in the competition centre. For registered and non-starting participants 50% of the participation will be charged.

## COURSE LENGTH AND CLIMB







































### MIDDLE (13.AUGUST)

| Class | KP | Lenght (km) | Climb (m) | Class | KP | Lenght (km) | Climb (m) |
|-------|----|-------------|-----------|-------|----|-------------|-----------|
| M8    | 5  | 1.1 km      | 20 m      | W8    | 5  | 1.1 km      | 20 m      |
| M10   | 5  | 1.1 km      | 20 m      | W10   | 5  | 1.1 km      | 20 m      |
| M12   | 6  | 1.7 km      | 40 m      | W12   | 6  | 1.7 km      | 40 m      |
| M14   | 8  | 2.5 km      | 60 m      | W14   | 7  | 2.3 km      | 60 m      |
| M16   | 12 | 3.3 km      | 80 m      | W16   | 9  | 2.5 km      | 60 m      |
| M18   | 13 | 3.7 km      | 105 m     | W18   | 12 | 3.1 km      | 75 m      |
| M20   | 13 | 3.7 km      | 105 m     | W20   | 12 | 3.1 km      | 75 m      |
| M21E  | 22 | 6.0 km      | 135 m     | W21E  | 19 | 4.8 km      | 110 m     |
| M21A  | 16 | 4.7 km      | 130 m     | W21A  | 13 | 3.6 km      | 105 m     |
| M21B  | 12 | 3.1 km      | 70 m      | W21B  | 9  | 2.5 km      | 60 m      |
| M35   | 18 | 5.3 km      | 125 m     | W35   | 13 | 4.0 km      | 110 m     |
| M40   | 19 | 5.0 km      | 125 m     | W40   | 13 | 3.6 km      | 105 m     |
| M45   | 16 | 4.7 km      | 130 m     | W45   | 13 | 3.3 km      | 75 m      |
| M50   | 16 | 4.4 km      | 120 m     | W50   | 13 | 3.3 km      | 75 m      |
| M55   | 13 | 4.0 km      | 110 m     | W55   | 12 | 3.1 km      | 70 m      |
| M60   | 14 | 3.8 km      | 105 m     | W60   | 10 | 2.8 km      | 70 m      |
| M65   | 14 | 3.8 km      | 105 m     | W65   | 10 | 2.8 km      | 70 m      |
| M70   | 10 | 2.8 km      | 70 m      | W70   | 10 | 2.5 km      | 60 m      |
| M75   | 10 | 2.5 km      | 60 m      | W75   | 9  | 2.3 km      | 55 m      |
| M80   | 9  | 2.3 km      | 55 m      | W80   | 9  | 2.3 km      | 55 m      |
| M85   | 9  | 2.3 km      | 55 m      | W85   | 9  | 2.3 km      | 55 m      |
| OPEN1 | 12 | 2.8 km      | 70 m      |       |    |             |           |
| OPEN2 | 14 | 3.9 km      | 120 m     |       |    |             |           |

There will not be any refreshment points on the course during 1<sup>st</sup> day of the competition (MIDDLE). Refreshments will be available at the finish.

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**LONG (14.AUGUST)**

| Class  | KP | Lenght (km) | Climb (m) | Refreshment points  | Class | KP | Lenght (km) | Climb (m) | Refreshment points  |
|--------|----|-------------|-----------|---|-------|----|-------------|-----------|---|
| M8     | 6  | 2.0 km      | 50 m      | -   | W8    | 6  | 2.0 km      | 50 m      | -   |
| M10    | 6  | 2.0 km      | 50 m      | -   | W10   | 6  | 2.0 km      | 50 m      | -   |
| M12    | 7  | 3.0 km      | 65 m      | -   | W12   | 7  | 2.8 km      | 60 m      | -   |
| M14    | 7  | 4.6 km      | 105 m     |    | W14   | 7  | 3.3 km      | 85 m      |    |
| M16    | 11 | 7.0 km      | 210 m     |    | W16   | 7  | 4.8 km      | 125 m     |    |
| M18    | 17 | 8.7 km      | 180 m     |    | W18   | 8  | 5.6 km      | 170 m     |    |
| M20    | 19 | 9.6 km      | 240 m     |    | W20   | 11 | 6.7 km      | 205 m     |    |
| M21E   | 26 | 15.5 km     | 350 m     |    | W21E  | 21 | 9.7 km      | 205 m     |    |
| M21A   | 21 | 9.7 km      | 205 m     |    | W21A  | 11 | 7.0 km      | 210 m     |    |
| M21B   | 8  | 5.5 km      | 115 m     |    | W21B  | 7  | 4.6 km      | 130 m     |    |
| M35    | 20 | 10.7 km     | 255 m     |    | W35   | 10 | 6.1 km      | 190 m     |    |
| M40    | 19 | 9.6 km      | 225 m     |    | W40   | 8  | 5.5 km      | 145 m     |    |
| M45    | 17 | 8.9 km      | 215 m     |  | W45   | 8  | 5.1 km      | 140 m     |  |
| M50    | 11 | 7.2 km      | 205 m     |  | W50   | 8  | 4.9 km      | 140 m     |  |
| M55    | 11 | 6.7 km      | 200 m     |  | W55   | 7  | 4.6 km      | 130 m     |  |
| M60    | 10 | 5.8 km      | 175 m     |  | W60   | 7  | 4.6 km      | 120 m     |  |
| M65    | 8  | 5.5 km      | 160 m     |  | W65   | 8  | 4.1 km      | 105 m     |  |
| M70    | 7  | 4.6 km      | 130 m     |  | W70   | 7  | 3.8 km      | 90 m      |  |
| M75    | 8  | 4.1 km      | 105 m     |  | W75   | 6  | 2.9 km      | 60 m      |  |
| M80    | 7  | 3.2 km      | 70 m      |  | W80   | 6  | 2.7 km      | 55 m      |  |
| M85    | 5  | 2.7 km      | 65 m      |  | W85   | 5  | 2.7 km      | 65 m      |  |
| Open-1 | 10 | 4.5 km      | 100 m     |  |       |    |             |           |   |
| Open-2 | 11 | 6.6 km      | 170 m     |  |       |    |             |           |   |

Refreshments will also be available at the finish.

Winning times are expected to be in line with IOF recommendations.

In MW8, MW10 classes a ribbon is printed on the map and placed in nature. For the MW12 group, there will also be a children's course ribbon printed on the map, which is intended to make it easier for children in the MW12 group to navigate, but the MW12 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 for taking the right map from their respective class box. Then participant runs to the marked point 50...150m in the forest, which is marked with a red triangle on the map, representing the point where orienteering begins.

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.

Special draw will be made for M21E (WRE Man) and W21E (WRE Woman) classes, where all entered competitors will be split in 3 sub-groups, based on their place in the IOF ranking on the 10th of August date (<http://ranking.orienteering.org/ranking>). Draw will be made within these 3 sub-groups.

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

Control time (maximum time allowed to finish the course):

- MIDDLE distance – 2 hours (120 minutes);
- LONG distance – 3 hours (180 minutes).

All competitors, who will finish after this control time are disqualified with mark “DNF” – did not finish.

## NUMBER BIBS

Participants should wear number bibs that will be located near the Registration tent in the competition centre. The same start number bib is used for both days of the competition.

## GPS FOLLOWING

Competitors in classes MW21E (WRE Men and WRE Woman) will have to carry GPS devices provided by the organizers. A list of the competitors who will be required to carry GPS devices will be provided the same day when the start lists are published on the event webpage.

If an athlete refuses to carry the GPS provided by organizers, it will lead to the competitor disqualification.

GPS devices will be handed out 10..15 minutes before the respective start of the runner near the start area and must be returned at the finish.

IOF Competition Rule 21.4 allows the use of GPS devices if:

- they have no map display
- they have no communication capability other than receiving GPS data
- they are not used for navigation purposes.

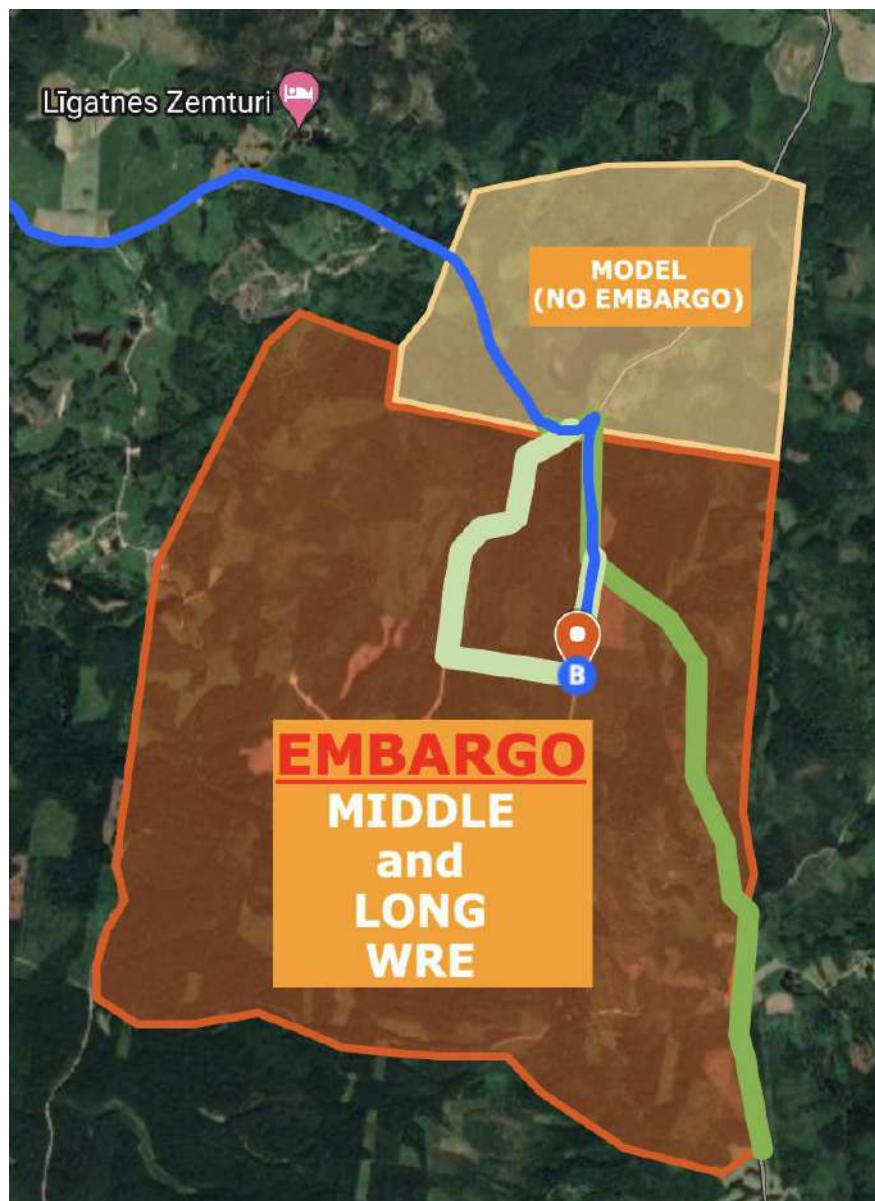
## PUNCHING SYSTEM

The punching system used is SPORTIdent. Controls will 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 the registration system during registration.

## EMBARGOED AREA

On this map, you find the embargoed areas for Siguldas Kauss 2022 Asaru ezers WRE. 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=1Fd4qmrCZdulcTJ\\_hYrKGnVwXM-0PXD3f](https://www.google.com/maps/d/edit?mid=1Fd4qmrCZdulcTJ_hYrKGnVwXM-0PXD3f)





## ACCOMMODATION

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

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

## SERVICE AT THE COMPETITION CENTRE

Cafeteria will be working during both days of the competition in the competition centre. Water will be available after finish and near the start for each day of the competition. There will be toilets and hand disinfection tools available. Medical assistance will be near the Registration tent. There will be several sport goods shops available near competition centre.

## PRIZES

Three best competitors in each class will be awarded with medals and the winner of each class with a prize.. In children's classes MW8, MW10, MW12 six best competitors will receive a prize.

## 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 under the full responsibility of their parents / guardians.

## TRAINING POSSIBILITIES

### MODEL EVENT

Model event is available on Friday, August 12 from 16-19: 00 (“Asaru ezers”, location: <https://goo.gl/maps/fsEpGGoha8Vybeyz6> ).

Control flags without electronic marking device will be located in the forest. Model event maps will be available in [Sigulda Tourism Centre](#) from August 9-12. Fee for one Model event map - 3 EUR. Please pay to the same club bank account as for competition. Number of the model event maps will be limited.

The model event map is printed on the same material (Pretex) as the competition maps. Model event map size is A5, scale 1:10'000, H2.5m.

Model event map will be also posted online in a form of a PDF file on the event webpage if competitors want to print it independently.

RouteGadget analysis will be available for the model event starting from August 12, where competitors can upload their GPX to do analysis of the run. Web page for RouteGadget analysis is: <http://izskrien.siguldastakas.lv/>

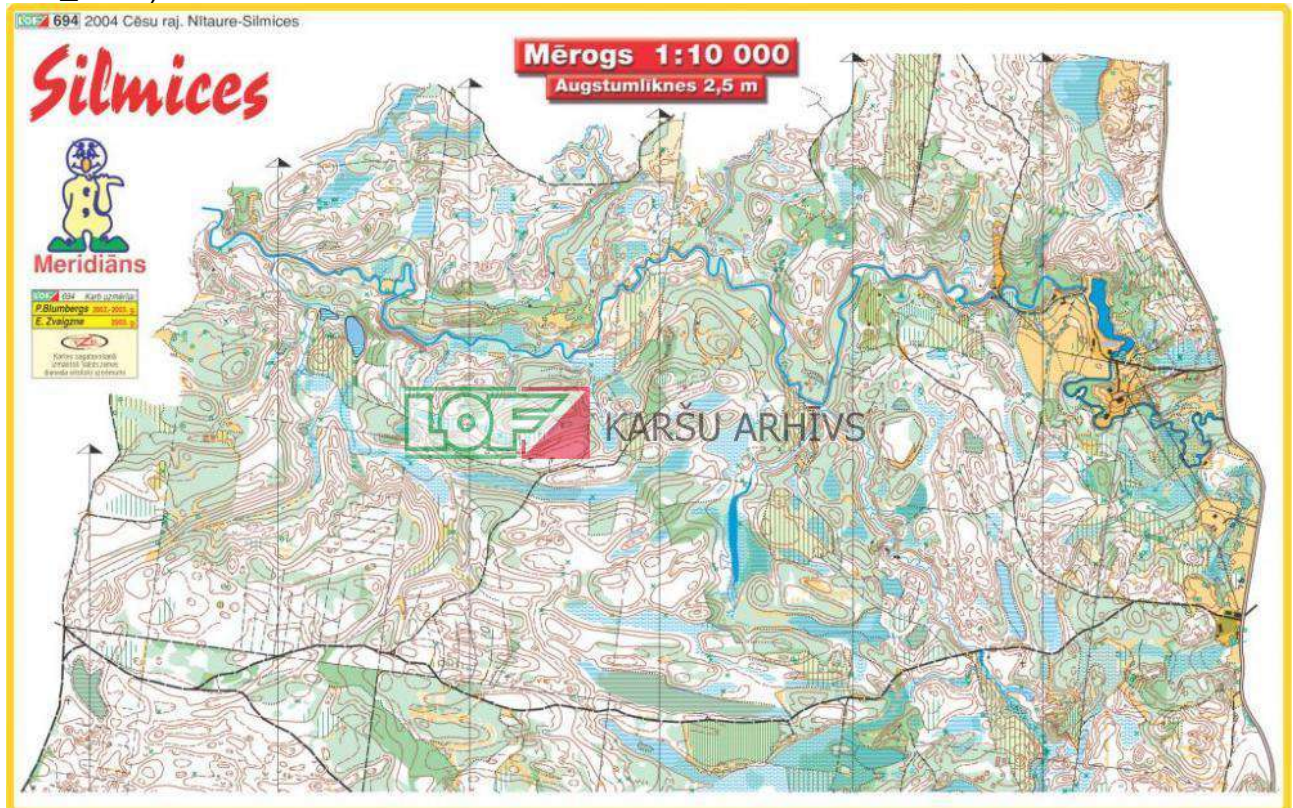
### OTHER TRAINING POSSIBILITIES

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

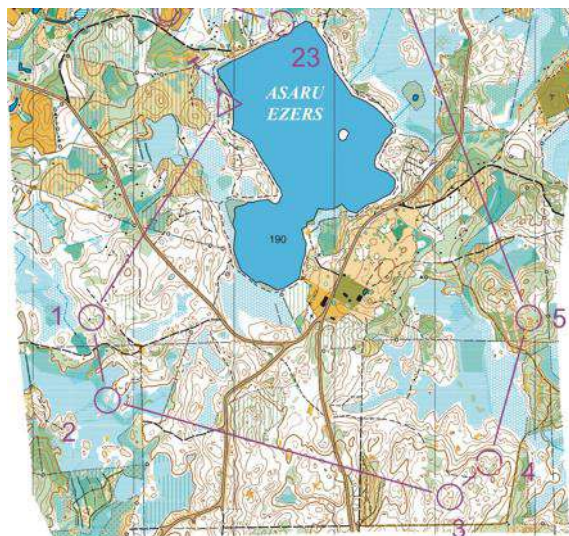
- Siguldas Kompass – a weekly Orienteering regional competition, organised on Wednesdays. **More information:** [www.siguldastakas.lv/kompass2022/](http://www.siguldastakas.lv/kompass2022/)
- Cēsu Meridiāns – a weekly orienteering regional competition near city of Cesis, organised on Tuesdays. **More information:** [www.meridians.lv/](http://www.meridians.lv/)
- Valmieras Magnēts - –a weekly orienteering regional competition near city of Valmiera, organised on Thursdays. **More information:** [www.zvoc.lv](http://www.zvoc.lv/)
- Rīga – Magnēts – a weekly orienteering regional events, organised on Tuesdays, Wednesdays and Thursdays near city of Riga. More information and locations: [www.magnets.lv/](http://www.magnets.lv/) ‘

## OLD MAPS FROM THE AREA

Part of the competition area has been last mapped in 2002-2004(LOF nr. Silmices 694\_2004).



Small part of the competition area has been used in Latvian National Championships Long distance in 2021 (Asaru ezers - <https://lof.lv/uploads/kartes/2021/1353.jpg>):





## 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](mailto:valdisj@gmail.com) no later than until June 20, 2022.

### 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. We will use forest roads for parking, please follow instructions provided. Due to the need to prepare parking spaces, there might be a parking fee applied and to be collected on arrival – please follow the instructions. Additional information on this will be published in Bulletin 2.

## 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.
- 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 the 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 a 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.

## Siguldas Kauss 2022 – Asaru krogs World Ranking Event

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### 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.

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

Reg. Nr. 40008240164

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

Bank account IBAN: LV53HABA0551048025994 (Swedbank)

### SOCIAL NETWORKS

hashtag: #SiguldasKauss2022