



SIGULDAS
TAKAS



S!GULDA AIZRAUJ

Siguldas Kauss 2022

Asaru krogs

WRE (World Ranking Event)

4th Bulletin (additional info before start)

Basic info can be found in 3rd Bulletin

Additional info before start

Comment from the competition inspector from Latvian Orienteering Federation (Jānis Lazdāns):

"Siguldas Kauss 2022" this year offers a very interesting area for competition! You will have an opportunity to run different types of terrain in one distance - in microrelief, in areas with distinct shapes and steep slopes!

The map is 100% forest with a regular trail network, but an irregular forest road network. There are no meadows, few open spaces. There are cuttings and new growth of different ages. Some places in the forest have been cleaned it might require running over them to avoid, that something will grab your legs. Swamps of different categories with different vegetation. Līgatne river can be crossed in full of it's length on the map."

Dangerous places - areas flooded by beaver dams. Water areas marked with a black line (ISSOM 301 symbol) are recommended NOT TO CROSS!!! It is already possible to swim across everything, but we do not recommend it, especially in swampy areas.



Steep slopes near Līgatne river have been marked with ISSOM 104: (Earth bank)

In the Middle Distance there might be markings for LONG distance, please ignore these (see picture)



Important WWW links

- LIVE results: <https://liveresultat.orientering.se/?lang=en>
- Final results, maps etc: <http://siguldastakas.lv/siguldaskauss2022/>
- GPS online following M21E and W21E classes: <https://otracker.lt/>
- GPS tracks upload for further analysis: <http://izskrien.siguldastakas.lv/>

Recent pictures from forest (beginning of August)





When coming to the second day of the competition (to LONG distance), feel free to take some basket for chanterelles and blueberries:



COMPETITION PROGRAMM

FRIDAY, 12th August 16:00 - 19:00	MODEL (“Asaru ezers”, Līgatne parish) Model event 16.00-19.00 (flags-only in the forest) https://goo.gl/maps/fsEpGGoha8Vybeyz6
SATURDAY, 13th August 10.30 – 12.45	MIDDLE distance (“Asaru ezers”, Līgatne parish) Registration open in competition centre - forest road near the Asaru ezers, Līgatnes pagasts (https://goo.gl/maps/vuiH6MNycVrHfmUs8) 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
SUNDAY, 14th August 10.00 – 12.00	LONG distance (Asaru ezers, Līgatne parish) Registration opens in competition centre
12.00 – 14.00	Start of LONG distance competition
~16:00	Prize-giving ceremony in competition centre

We recommend to use our RouteGadget tool to upload and analyse your GPS tracks after each day of the competition: <http://izskrien.siguldastakas.lv/>

Parking and car traffic near Arena

It's hot and dry outside, the roads are dusty. The roads near the competition arena are also dusty, so the organizers invite absolutely all drivers to drive slowly along the arena, to respect others. Please do not rush anywhere!

Speed limitation for cars near the Competition centre will be **10km/h** and driving will be possible 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.

Cars should be parked by driving forward along the LVM road, past the Arena, and another 300m ahead. You will be able to park your car on the side of the road there. When this road is full, we will also park the cars before the Arena.

No car will be allowed to be on the road section 100m before the Arena and on the section from the Arena to the Starts (see scheme). This is necessary so that all participants can park their cars as close as possible and the traffic movement near the competition centre is reduced.

For large buses (>16v) entry only up to the LVM barrier. Buses should be left on Asaru krogs - Nītaure road, and then competitors walk 500m to the arena.







































COURSE LENGTH AND CLIMB

MIDDLE (13. AUGUST)

Class	KP	Length (km)	Climb (m)	Class	KP	Length (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 1st day of the competition (MIDDLE). Refreshments will be available at the finish.

LONG (14. AUGUST)

Class	KP	Length (km)	Climb (m)	Refreshment points	Class	KP	Length (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.

Refreshments in the LONG distance will not be at the Controls, but on the roads or trails - shown on the map as a drinking point. One drinking place will be 50m from the FINISH on the main road (there will be a Control for spectators 10m away), and if you wish, you can put your private drinks there. More info near the competition centre.

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.

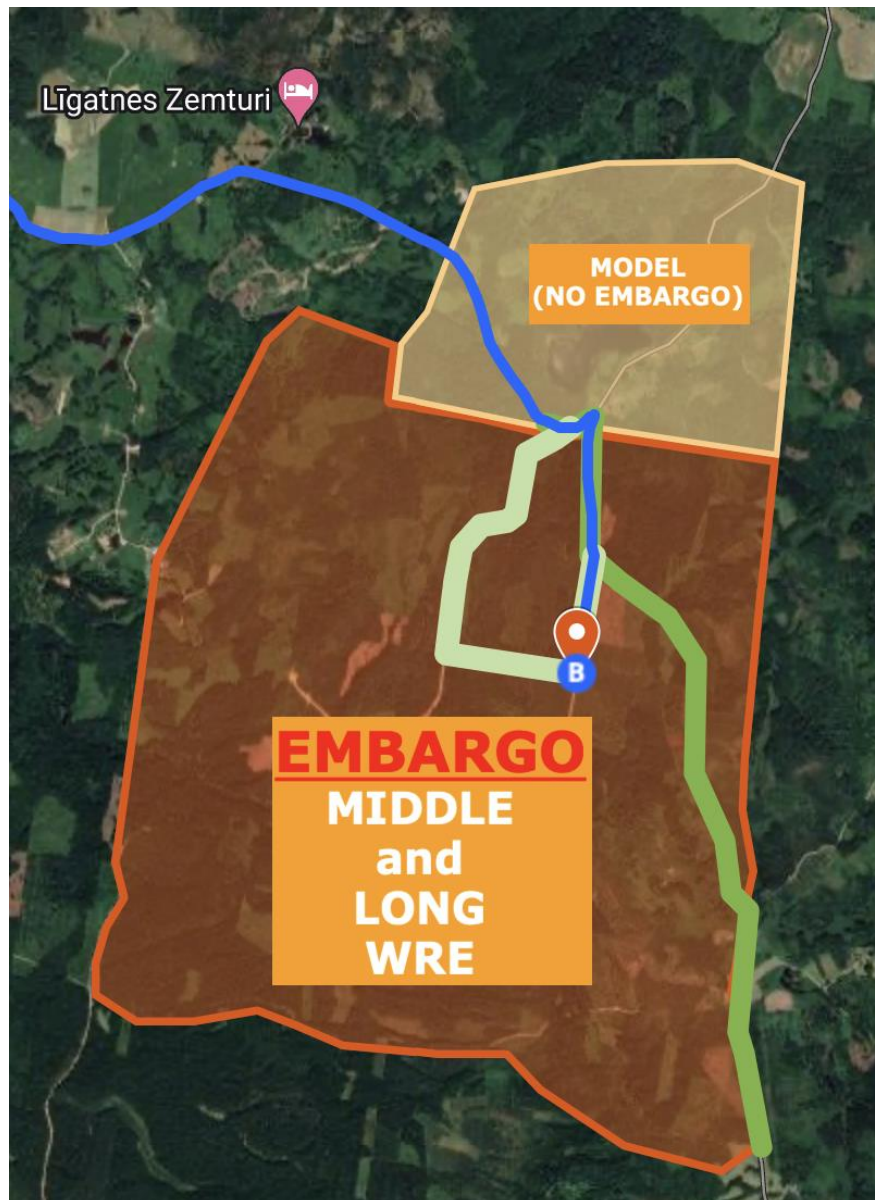
IOF Competition Rule 21.4 allows the use of GPS devices if:

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

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.

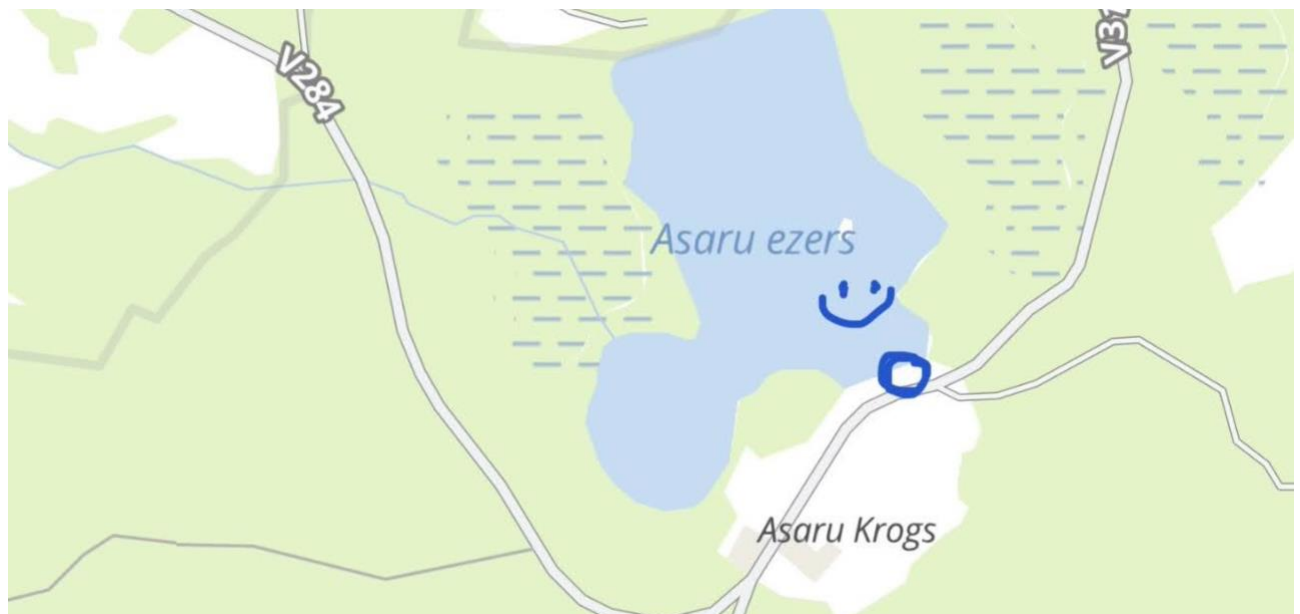
https://www.google.com/maps/d/edit?mid=1Fd4qmrCZdulcTJ_hYrKGnVwXM-0PXD3f



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 Arena, however no fireplaces are allowed.

It is possible to swim in Asaru lake, near Asaru krogs. This is 1.5km from the Arena.



ORGANIZER

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Social networks and webpage

hashtag: #SiguldasKauss2022

<https://www.instagram.com/explore/tags/siguldaskauss2022/>

<https://www.facebook.com/hashtag/siguldaskauss2022>

webpage:

<http://siguldastakas.lv/siguldaskauss2022/>