



S!GULDA AIZRAUJ

# Siguldas Kauss 2023 WRE

## Ratnieki

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):

"This year, Sigulda Kauss 2023 takes place in a very physically demanding area - the ravine of the river Vildoga. All courses will be challenging both physically and technically. There are practically no flat areas on the map.

There are very few roads and trails in the area. Running is from good to very hard. In some places damage by bark beetles is found. The Vildoga river can be crossed in its full length. The dry summer has affected water runoff and rivers have dried up in some places."

Dangerous places - Sandstone cliffs and the remains of an old deer park fence where you can get caught.



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/siguldaskauss2023/>
- GPS online following M21E and W21E classes: <https://otracker.lt/>
- GPS tracks upload for further analysis: <http://izskrien.siguldastakas.lv/>

## Recent pictures from forest (early August)





## COMPETITION PROGRAMM

**FRIDAY, 11<sup>th</sup> August** MODEL ("Cūkaiņi", Līgatne parish) GPS: 57.237431 24.932949  
Model event (flags-only in the forest). Details in Bulletin 3

**SATURDAY, 12<sup>th</sup> August** MIDDLE distance ("Ratnieki", Līgatne parish)

10.30 – 12.45 Registration open in competition centre

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

**SUNDAY, 13<sup>th</sup> August** LONG (WRE) distance ("Ratnieki", 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

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

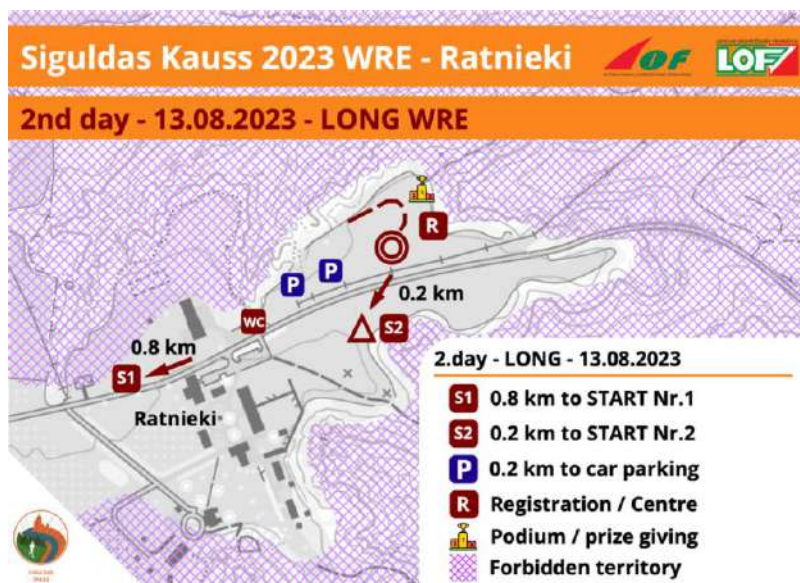
## Arena scheme and parking



### Distance from the Arena to Start – 1st day (MIDDLE):

1st Day (12.augusts) – MIDDLE – there will be two different starts:

- **Start Nr.1** – from Arena to Start Nr.1 – **1600 m**
- **Start Nr.2 (classes: MW8, MW10, MW12)** – from Arena to Start Nr.2 – **200 m.**



### Distance from the Arena to Start – 2nd day (LONG WRE):

2nd Day (13.august) – LONG – there will be two different starts:

- **Start Nr.1** – from Arena to Start Nr.1 – **800 m**
- **Start Nr.2 (classes: MW8, MW10, MW12)** – from Arena to Start Nr.2 – **200 m.**

On the competition days (12th and 13th August, 2023) arrivals to Competition Centre are only allowed from “Ratnieki” side. Warm-up is possible on the road from the Competition Centre to Ratnieki and on the meadows in the Competition Centre.

## COURSE LENGTH AND CLIMB

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.





















### MIDDLE (13. AUGUST)


















Class	Course length (km)	# of controls	Climb (m)
M8	1.7	6	65
M10	1.7	6	65
M12	2.2	7	80
M14	2.2	8	95
M16	3.0	11	135
M18	3.6	14	155
M20	3.6	14	155
M21E	5.0	19	225
M21A	3.6	15	185
M21B	2.8	10	135
M35	4.6	18	210
M40	4.3	16	190
M45	4.0	16	190
M50	3.6	15	185
M55	3.5	14	175
M60	3.3	13	145
M65	3.3	13	145
M70	2.7	11	115
M75	2.2	8	75
M80	2.0	8	65
OPEN1	2.2	9	75
OPEN2	3.0	13	135

Class	Course length (km)	# of controls	Climb (m)
W8	1.7	6	65
W10	1.7	6	65
W12	2.2	7	80
W14	2.1	7	75
W16	2.6	10	120
W18	2.8	11	140
W20	2.8	11	140
W21E	4.1	16	180
W21A	3.2	13	160
W21B	2.3	10	85
W35	3.5	14	175
W40	3.2	13	160
W45	3.0	12	130
W50	3.0	12	130
W55	2.8	12	120
W60	2.7	11	115
W65	2.7	11	115
W70	2.2	8	75
W75	2.0	8	65
W80	2.0	8	65

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.

## LONG (14. AUGUST)

Class	Course length (km)	# of controls	Climb (m)	
M8	1.6	6	55	-
M10	1.6	6	55	-
M12	2.2	6	75	-
M14	4.0	9	150	-
M16	5.7	14	230	
M18	7.9	19	355	
M20	8.9	19	380	
M21E	11.9	23	490	
M21A	7.9	19	355	
M21B	4.7	13	145	
M35	8.9	19	380	
M40	8.2	19	370	
M45	7.7	18	360	
M50	6.0	15	280	
M55	5.5	14	215	
M60	4.9	12	215	
M65	4.5	12	215	
M70	4.0	10	180	
M75	3.3	9	145	
M80	2.8	7	105	
OPEN1	3.1	8	115	
OPEN2	5.4	13	200	
M8	1.6	6	55	

Class	Course length (km)	# of controls	Climb (m)	
W8	1.6	6	55	-
W10	1.6	6	55	-
W12	2.2	6	75	-
W14	3.0	8	135	-
W16	4.2	12	175	
W18	5.4	13	250	
W20	5.9	13	210	
W21E	8.5	18	355	
W21A	5.4	13	250	
W21B	3.1	10	135	
W35	5.4	13	255	
W40	5.1	12	210	
W45	4.6	11	200	
W50	4.3	11	210	
W55	3.9	12	170	
W60	3.6	10	170	
W65	3.6	10	170	
W70	3.3	9	145	
W75	2.8	7	105	
W80	2.8	7	105	

In the LONG distance there will be 3 refreshment points. Two of them will be on the road and they are shown with a “glass” symbol on the map. And one will be located near a control and will be shown in legend. **Remember – check control first and only then take refreshments!** There will be water provided in the refreshment points.

In very hot weather, we encourage you to drink as much liquid as possible both before and during the distance.



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## NUMBER BIBS

There will be number bibs provided only for MW21E elite class runners. 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.

All other Classes will not have number bibs.

## 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.

## EMBARGOED AREA

On this map <https://ej.uz/SK2023Locations>, you find the embargoed areas for Siguldas Kauss 2023 WRE Ratnieki. 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.

On the competition days (12th and 13th August, 2023) arrivals to Competition Centre are only allowed from "Ratnieki" side. Warm-up is possible on the road from the Competition Centre to Ratnieki and on the meadows in the Competition Centre.

EMBARGO is shown with red in this picture, more in details => please refer to the Arena scheme (see above)!



## 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 Arena, near forest, however no fireplaces are allowed.

It is possible to swim in river Gauja (road towards “Gančauskas”), 3km from Arena.

## ORGANIZER

Biedrība Siguldas Maratona klubs & Siguldas Takas  
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Address: Sigulda, P.Brieža iela 95-5, LV-2150  
Bank account IBAN: LV53HABA0551048025994 (Swedbank)

## Social networks and webpage

hashtag: #SiguldasKauss2023

<https://www.instagram.com/explore/tags/siguldaskauss2023/>

<https://www.facebook.com/hashtag/siguldaskauss2023>

webpage:

<http://siguldastakas.lv/siguldaskauss2023/>