



SIGULDAS
TAKAS



S!GULDAI ZRAUJ



Siguldas Kauss 2024 WRE

Kalna Maļi

WRE (World Ranking Event)

1st Bulletin

(this is 1/2nd bulletin according to Latvian Orienteering Federation (LOF) numeration)

Siguldas Kauss 2024 WRE Kalna Malli World Ranking Event

WELCOME

Organisers are proud to invite you to the **Siguldas Kauss 2024 WRE Kalna Malli** – this is two days orienteering competition event near Sigulda!

On August 10-11, 2024, all lovers of active recreation are invited to "Kalna Malli" of Līgatne parish and the vicinity Nītaures forests, where the 2024 Latvian Cup stage in orienteering sports – Siguldas Kauss 2024 WRE will be held in the interesting forests full of landforms.

Sigulda Kauss 2024 2nd day - Long distance - is an IOF World Ranking event (IOF WRE - International Orienteering Federation - World Ranking Event) and it gives an opportunity for W21E and M21E group runners to get points in the IOF world ranking.

We will offer the participants a two-day format competition: on the first day - MIDDLE distance, on the second day - LONG distance.

This year, Sigulda Kauss participants are invited to the vast and deep forests, valleys, swamps of Nītaure. Courses will also go along the slopes of the left bank of the Līgatne river. This year, the competition center will be located in the homestead "Kalna Malli", Līgatne parish and can be reached by a good country road 9km from Augšlīgatne, 20km from Sigulda.

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

We invite you to stay longer in Sigulda after or before the competition weekend, as weekly orienteering competitions are also held in the area (<http://siguldastakas.lv/kompass2024/> and <http://meridians.lv/>), which you can visit as part of your summer vacation In Sigulda!

Valdis Janovs, Sigulda Kauss 2024 Kalna Malli WRE Competition Director

Kaspars Kārkliņš, Siguldas Kauss 2024 Kalna Malli WRE Chief Judge

Welcome to Sigulda!

ORGANIZATION AND CONTACTS

Kaspars Kārkliņš	Competition Main Judge kasparsrunning@gmail.com +371 29184203
Sixten Sild	IOF Senior Event Advisor
Jānis Lazdāns	National Controller
Andris Strazdiņš	Cartography
Aigars Leiboms Kaspars Kārkliņš	Course setters
Toms Baltacis	IT services
Valdis Janovs	Head of Marketing, main contact person for international applicants and IOF, Competition organization valdisj@gmail.com +371 26336780

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/siguldaskauss2024/>

Jury with 3 voting members will be nominated according to the rules of Latvian Orienteering Federation. The IOF Event Adviser leads the jury but has no vote.



Competition Main Judge

Kaspars Kārkliņš

kasparsrunning@gmail.com

+37129184203



Competition Organization & Head of Marketing

Valdis Janovs

valdisj@gmail.com

+37126336780

Competition webpage: <http://www.siguldastakas.lv/siguldaskauss2024/>

COMPETITION PROGRAMM

Thursday - Friday, 8-9th August

MODEL (Līgatnes upes dabas takas, Līgatnes pag. Līgatne parish) <https://maps.app.goo.gl/edm94hMPZgE9r3cD6>

Model training, near the nature trails of the Līgatne river, Līgatne parish, (map "Silmices"), borders the Sigulda Kauss 2024 embargo zone.

KP prisms are placed in the forest, without taking results. Maps are available in 10'000 and 15'000 scale.

SATURDAY, 10th August MIDDLE distance ("Kalna Malji", 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, Course setter: Aigars Leiboms.

SUNDAY, 11th August LONG (WRE) distance ("Kalna Malji", Līgatne parish)

8.30 – 10.00 Registration opens in competition centre

10.00 – 12.00

Start of LONG distance competition

~15:00

Prize-giving ceremony in competition centre

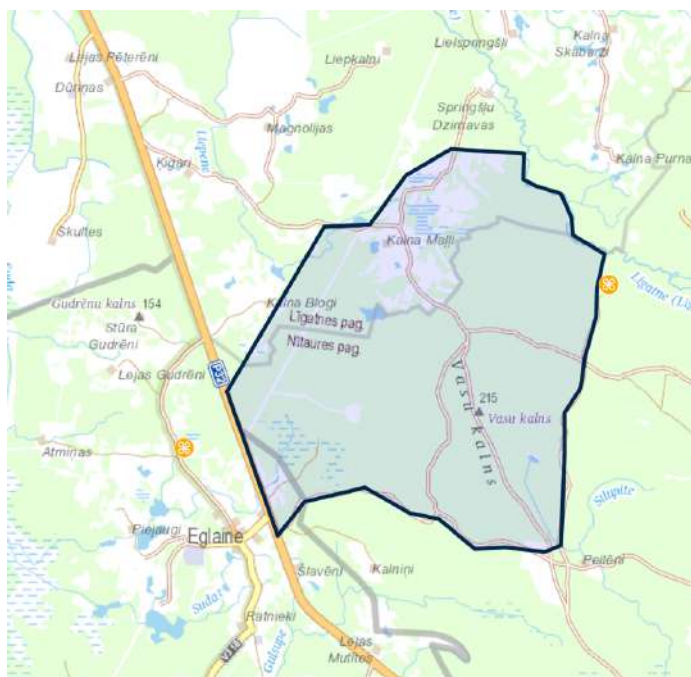
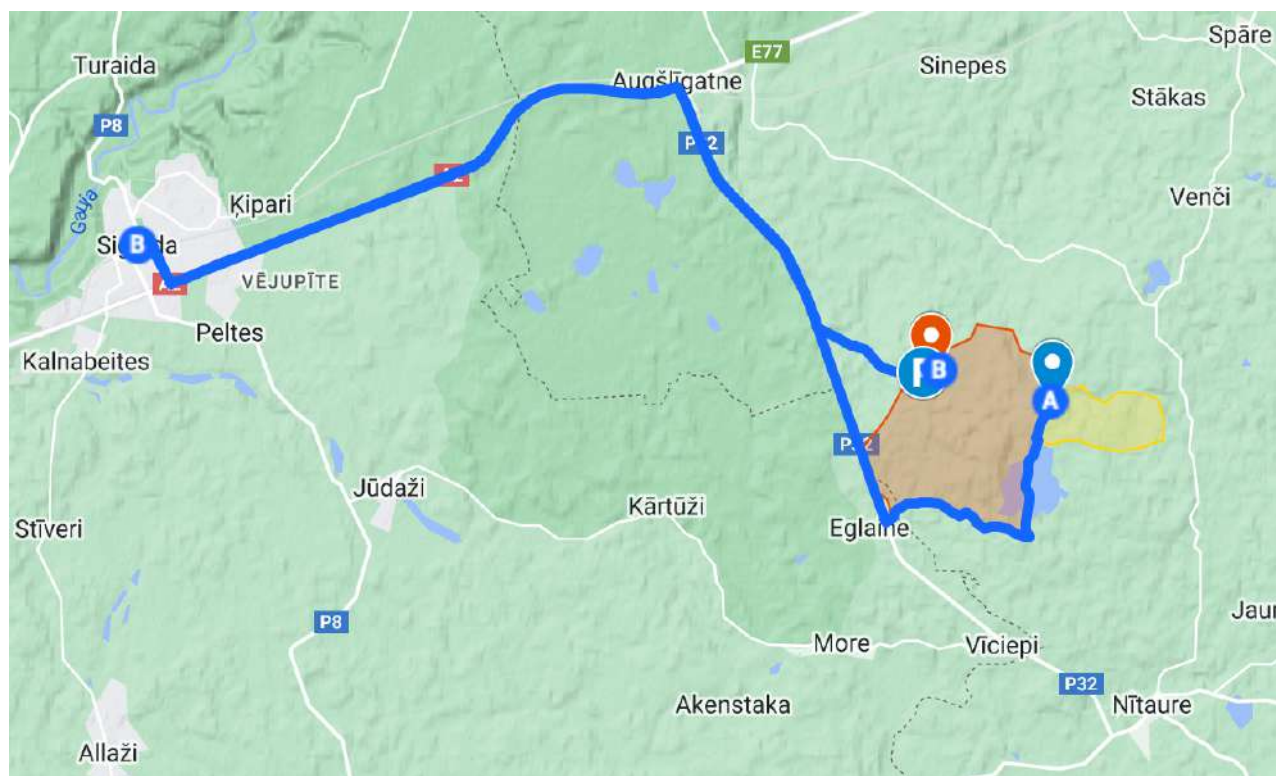


Siguldas Kauss 2024 WRE Kalna Malji World Ranking Event

VENUE, ACCESS AND TRANSPORT

Competition arena is located in [“Kalna Malji”, Ligatnes parish](#) . It takes ~20 minutes car ride from Sigulda.

Key competition areas are shown here: <https://ej.uz/SK2024Locations>

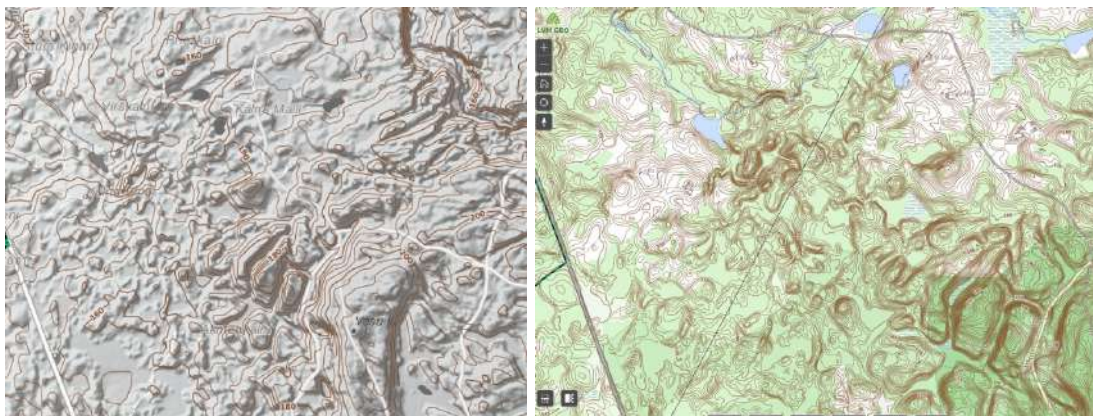


TERRAIN DESCRIPTION

The competition area is located on the western slope of the Vidzeme Highlands, with a quite impressive moraine relief - many small hills, valleys, small marshes and bogs.

The largest area of the competition is managed by Latvian State Forests. The competition center will be located in the meadow near the house "Kalna Malji", Līgatnes parish.

Terrain in part of the competition area:



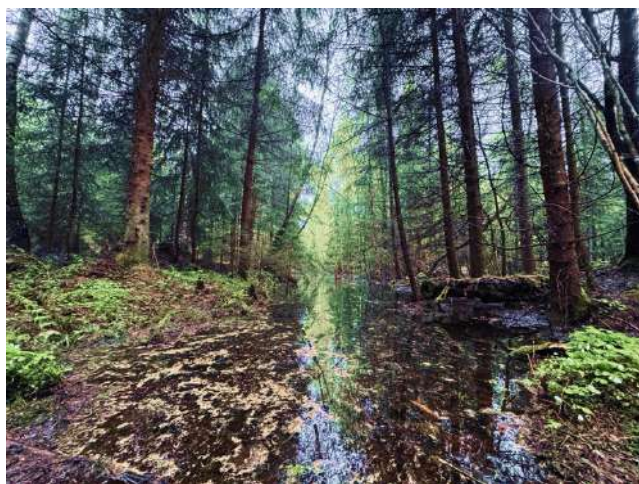
In the northern part the map borders the Līgatne river, which is one of the fastest and wildest rivers in Latvia. The slopes of the Līgatne river are steep, but runnable. The competition area is mostly covered by pine and spruce forests. There are relatively many young trees in the area, which have already grown enough to not cause difficulties when moving. Part of the map contains clearings and recently planted young trees. During the summer ferns grow and therefore in some places it makes it difficult to pass through. The height difference on the map reaches 60m, but on one slope no more than 25 meters.

The map is very rich with different and diverse landforms. There are mostly large terrain forms in the forest - mountains, depressions, and in some places micro-relief is also found. There are also small ravines on the slope of the Līgatne river.

There are swamps and bogs in the area, mostly easily passable, but sometimes there are impassable swamps, which are marked accordingly on the map. There are relatively many boulders in the area and in some places also piles of stones. Only the largest of the standing stones that stand out in the area and are over 0.5m high are marked on the map.

The network of roads and trails is small, some forest roads wind through the map. There are practically no footpaths. Along swamps and other natural obstacles, there are animal trails that are not drawn on the map. There are practically no houses and farmsteads on the map, except at the very edge of the map on the northern side.

Photos from the competition area

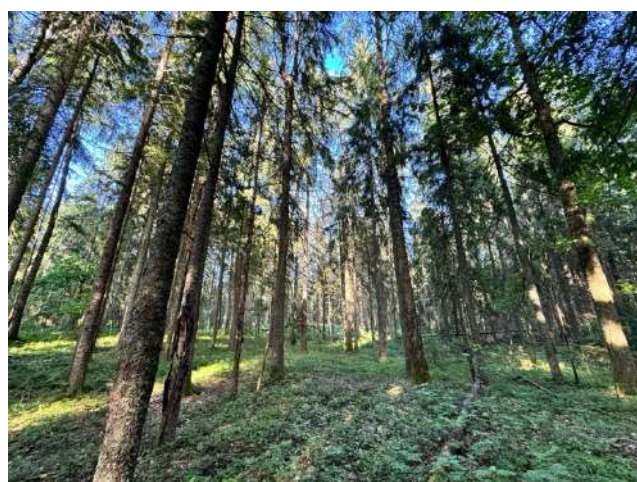
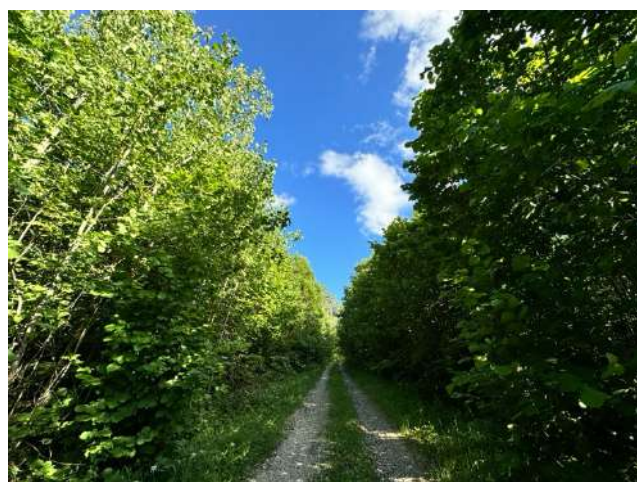


Siguldas Kauss 2024 WRE Kalna Malji

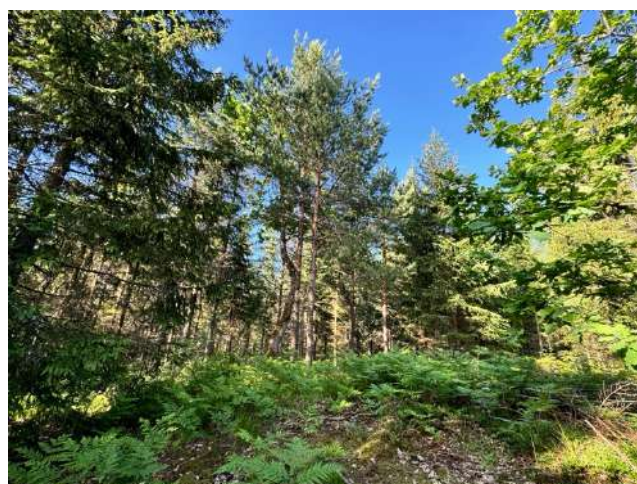
World Ranking Event



Siguldas Kauss 2024 WRE Kalna Maji World Ranking Event



Siguldas Kauss 2024 WRE Kalna Maji World Ranking Event



MAPS



The map is prepared in the autumn of 2023 - spring of 2024 in the ISOM2017-2 standard. Cartographer: **Andris Strazdiņš**

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 competitor can put a map himself into a plastic bag. Maps for classes MW21 will be placed in the plastic bags.

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):

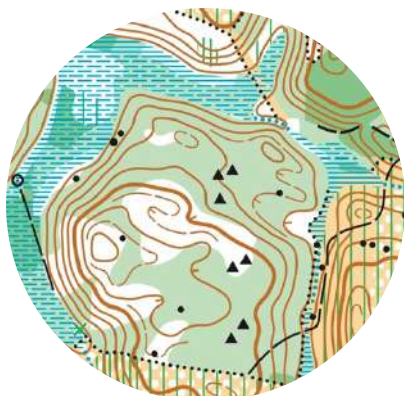
- WM8, WM10, WM60 and older – 1:7'500
- WM18, WM20, WM21E, WM21A, WM35 – 1:15'000
- All other classes 1:10'000

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.

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.

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.

ENTRIES AND FEES

Entry final date for all classes **until 6th august 23.59 (EET)**. Applicable entry fees are calculated depending on the registration date, as per table below.

Entry for all classes and for both days must be done using LOF (Latvian Orienteering Federation) 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.

NB! Entry for W21E (WRE Woman) and M21E (WRE Man) classes for 2nd day WRE competition must be, in addition to LOF system, also done using IOF Eventor:

- 11.Augusts, 2024 – LONG WRE <https://eventor.orienteering.org/Events/Show/8038>

This is required for the organizers to be able to correctly link competitor name and calculate IOF ranking points.

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.

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.

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



ENTRY FEES

Class	Fee EUR	
	Both days	One day
W8 W10 M8 M10	10	6
W12 W14 M12 M14	14	8
W16 W18 W20 W60 W65 W70 W75 W80 W85 M16 M18 M20 M60 M65 M70 M75 M80 M85	24	14
W21E (WRE) W21A W21B W35 W40 W45 W50 W55 M21E (WRE) M21A M21B M35 M40 M45 M50 M55	32	18
OPEN1 OPEN2	24	12

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 Kaspars Kārklīšs (kasparsrunning@gmail.com) about special conditions for competitors from sport schools. Invoice for the sport schools and sport clubs can be prepared.

LATE ENTRIES and OPEN Groups

Registration after 6th of August 2024 is possible only as exception and with a surcharge of 50% from base fee. **Late 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 classes. Registration for the OPEN groups is available both in advance and on the day of the competition. There will be no additional fees for day-of registration. Participants can register for the OPEN groups until the maximum number of maps is reached 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 6th August 2024. 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 IBAN 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.

COURSES

Length, climb and expected winning times for courses will be published in Bulletin 2 (LOF bulletin 3 / 4). 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:

Siguldas Kauss 2024 WRE Kalna Maji World Ranking Event

- 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.

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 9. In children's groups MW8, MW10 and OPEN groups start at a freely chosen time while Start is still open, 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 6 (<http://ranking.orienteering.org/ranking>). The draw will be conducted within these 3 subgroups respectively. The highest in the ranking will be in the last subgroup to start.

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.

Control time for the distance:

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

All participants who finish after this control time are disqualified with the mark "DNF" (did not finish).

NUMBER BIBS

Except for W21E and M21E classes, there will be NO NUMBER BIBS used in this competition.

For classes number bibs W21E and M21E will be located near the Registration tent in the competition centre, and the same start number bib is used for both days of the competition.

GPS FOLLOWING

Some competitors in classes MW21E (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 the start lists are published on the event webpage. Competitors selected to wear GPS device should wear it as mandatory equipment. If a competitor refuses to wear GPS device, he/she is being disqualified.

The participant is responsible for taking the GPS transmitter from the Start Judge and turning it on and checking the operation before the start.

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

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 registration system during registration.

EMBARGOED AREA

On this map <https://ej.uz/SK2024Locations>, you find the embargoed areas for Siguldas Kauss 2024 WRE Kalna Malji. 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.

ACCOMMODATION

Accommodation is 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, 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 from Thursday – Friday, August 8-9 (Līgatnes upes dabas takas, Līgatnes pag. Līgatne parish) <https://maps.app.goo.gl/edm94hMPZgE9r3cD6>).

Control flags without electronic marking device will be in the forest. Model event maps will be available in [Sigulda Tourism Centre](#) from August 6-9. Fee for one Model event map - 5 EUR. Please pay to the same club bank account as for competition. Number of the model event maps will be limited. Model event map will be also posted online on the event webpage if competitors want to print it independently. The model event map is printed on the same material (Pretex) as the competition maps. Available scales for model event map: M: 1:10'000 and M: 1:15'000, H2.5m.

RouteGadget analysis will be available for the model event starting from August 8, 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

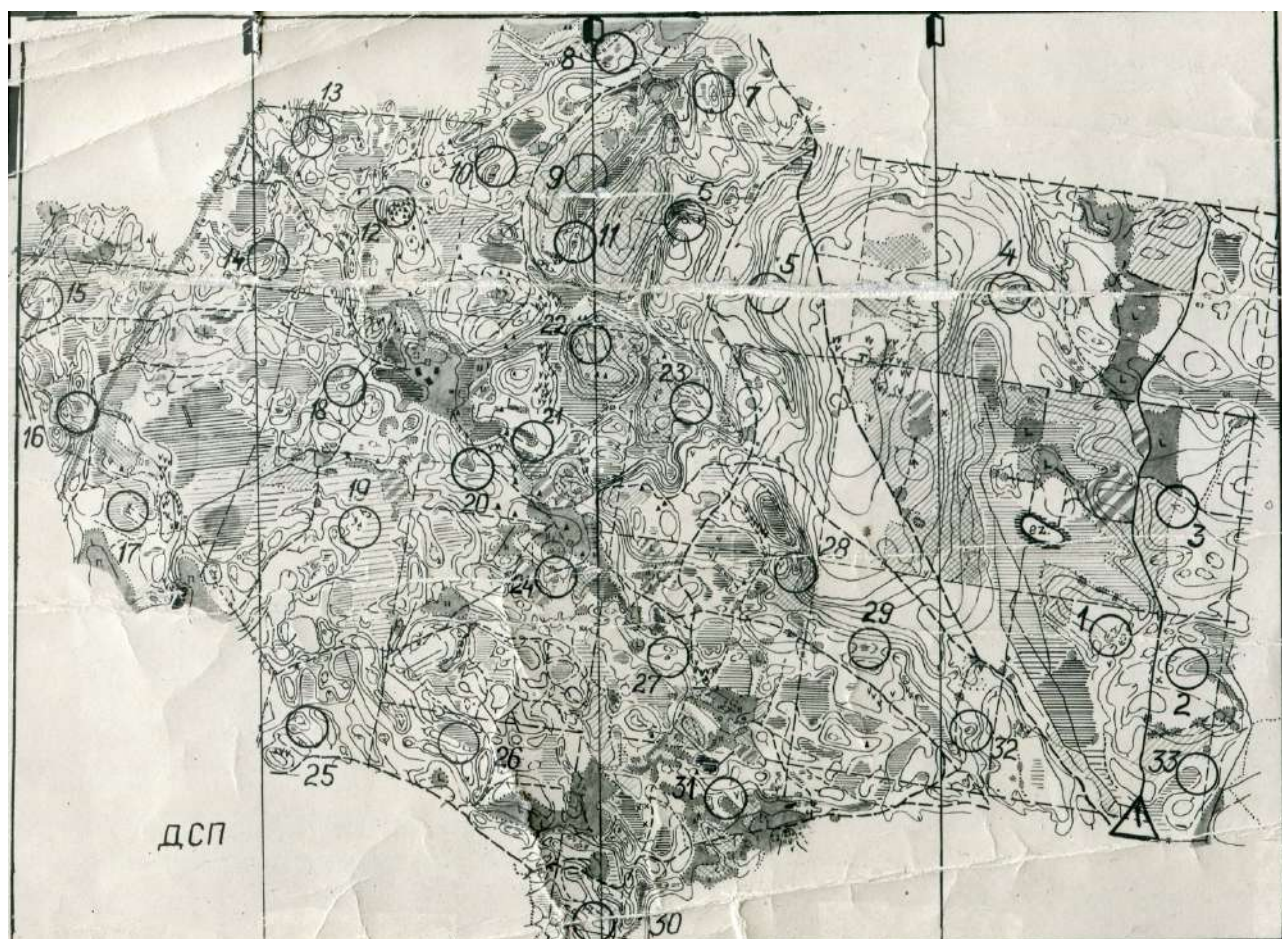
There are plenty local orienteering events organized in the nearby area. Namely:

- Siguldas Kompass – a weekly Orienteering regional competition, organised on Wednesdays. **More information:** <http://www.siguldastakas.lv/kompass2024/>
- Cēsu Meridiāns – a weekly orienteering regional competition near city of Cesis, organised on Tuesdays. **More information:** www.meridians.lv/
- Valmieras Magnēts – a weekly orienteering regional competition near city of Valmiera, organised on Thursdays. **More information:** 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/

OLD MAPS FROM THE AREA

The last time a part of the competition area was mapped in 1974 (50 years ago) in black and white. There are no other orienteering maps of this area available in the official LOF map register.

<https://lof.lv/uploads/kartes/1974/1416.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>

Siguldas Kauss 2024 WRE Kalna Malji World Ranking Event

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

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. 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.

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.

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 2024 WRE Kalna Maji 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

Reg. Nr. 40008240164

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

Bank account IBAN: LV53HABA0551048025994 (Swedbank)

SOCIAL NETWORKS

hashtag: #SiguldasKauss2024