



SIGULDAS
TAKAS



S!GULDA AIZRAUJ

Siguldas Kauss 2021

Virtakas

WRE (World Ranking Event)

3rd Bulletin







































Additional information

COURSE LENGTH AND CLIMB

MIDDLE (14.AUGUST)

Class	Lenght (km)	KP	Climb (m)	Class	Lenght (km)	KP	Climb (m)
V8	1.6	5	50	S8	1.6	5	50
V10	1.6	5	50	S10	1.6	5	50
V12	2.0	5	80	S12	2.0	5	80
V14	2.3	7	80	S14	2.1	7	70
V16	2.7	9	90	S16	2.6	9	80
V18	3.7	12	130	S18	3.0	10	100
V20	3.7	12	130	S20	3.0	10	100
V21E	5.8	19	240	S21E	4.5	15	210
V21A	4.7	15	200	S21A	3.1	10	100
V21B	2.7	9	90	S21B	2.3	7	80
V35	4.7	15	200	S35	3.8	12	130
V40	4.5	15	210	S40	3.1	10	100
V45	4.0	14	170	S45	3.0	10	100
V50	4.0	14	170	S50	3.0	10	100
V55	3.8	12	130	S55	2.6	9	80
V60	3.5	12	130	S60	2.6	9	90
V65	3.5	12	130	S65	2.6	9	90
V70	2.6	9	90	S70	2.4	9	90
V75	2.4	9	90	S75	2.4	9	90
V80	2.1	7	80	S80	2.1	7	80
V85	2.1	7	80	S85	2.1	7	80
OPEN1	2.4	9	90				
OPEN2	3.5	12	130				


LONG (15.AUGUST)

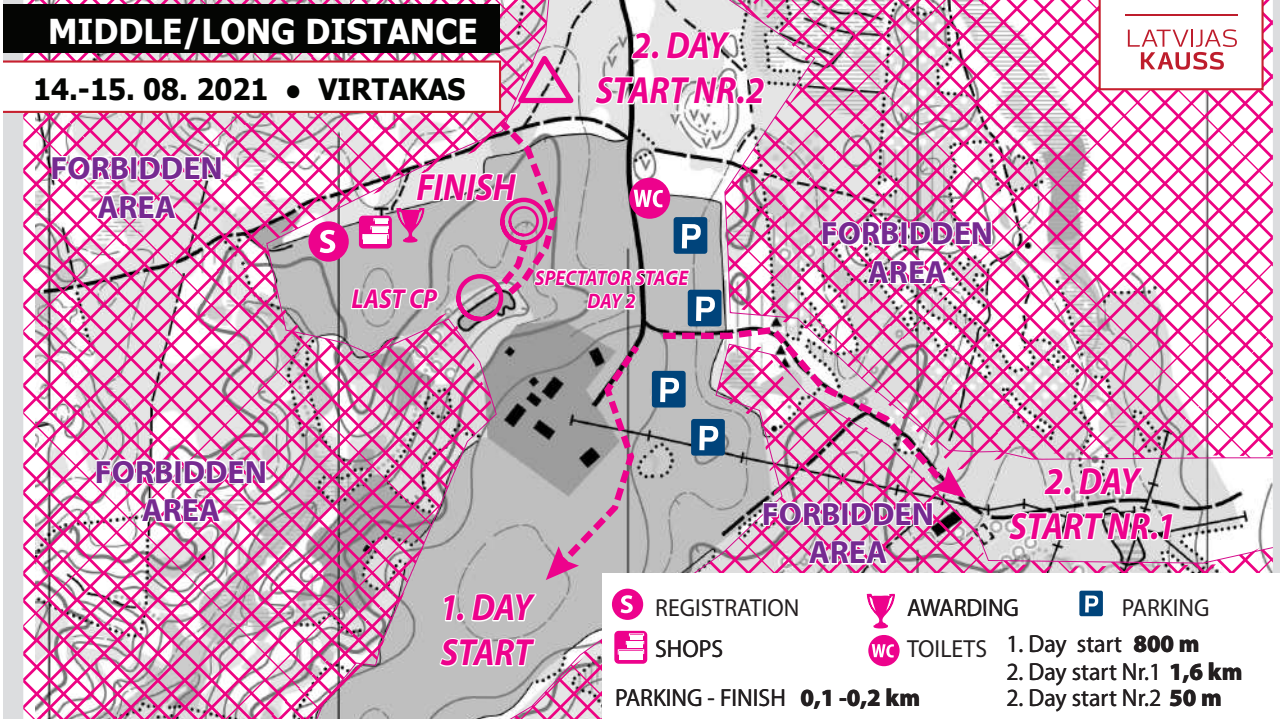
Class	Lenght (km)	KP	Climb (m)	Refreshment points	Class	Lenght (km)	KP	Climb (m)	Refreshment points
V8	2.0	6	40	-	S8	2.0	6	40	-
V10	2.0	6	40	-	S10	2.0	6	40	-
V12	2.3	6	50	-	S12	2.3	6	50	-
V14	3.8	10	140		S14	3.4	9	120	
V16	6.4	12	240		S16	4.6	9	180	
V18	8.5	16	260		S18	5.5	10	210	
V20	9.7	17	360		S20	5.9	11	230	
V21E	13.6	22	460		S21E	9.0	17	270	
V21A	8.5	16	260		S21A	5.5	10	210	
V21B	5.1	9	190		S21B	3.9	8	140	
V35	9.7	17	360		S35	5.9	11	230	
V40	8.5	16	270		S40	5.3	10	200	
V45	8.2	15	230		S45	4.9	9	170	
V50	6.2	11	240		S50	4.9	9	170	
V55	5.8	10	230		S55	4.6	9	180	
V60	5.6	10	180		S60	4.4	9	160	
V65	5.2	10	200		S65	4.4	9	160	
V70	4.4	9	160		S70	3.5	8	140	
V75	3.5	8	140		S75	2.8	7	80	
V80	2.8	7	80		S80	2.8	7	80	
V85	2.8	7	80		S85	2.8	7	80	
OPEN1	3.5	8	140						
OPEN2	5.1	9	190						



ARENA AND LOCATIONS

SIGULDAS KAUSS 2021

MIDDLE/LONG DISTANCE
14.-15. 08. 2021 • VIRTAKAS


LATVIJAS KAUSS



S REGISTRATION	 AWARDING	P PARKING
 SHOPS	WC TOILETS	1. Day start 800 m
PARKING - FINISH 0,1 -0,2 km		2. Day start Nr.1 1,6 km
		2. Day start Nr.2 50 m

1st day – MIDDLE – from Arena to Start 800 m.

2nd Day – LONG – there will be 2 starts:

Start Nr.1 – from Arena to Start 1,6 km;

Start Nr.2 (SV8, 10, 12) – from Arena to Start 50 m;

FOOD AND CAMPING

Both days there will be an open-air buffet by ODIS FOOD:

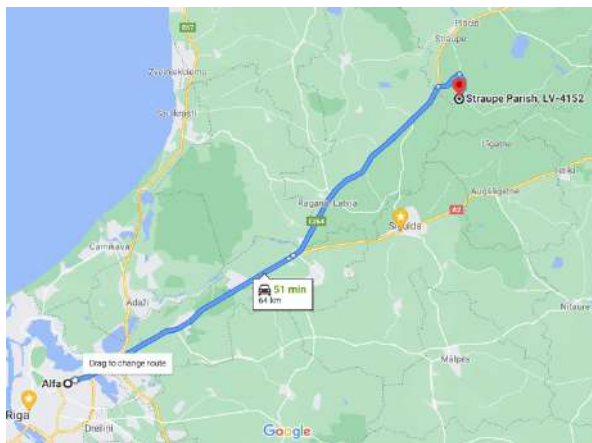
<https://www.facebook.com/OdisFood.SIA/>

It is possible to build tents in the competition centre and use gas stoves to prepare warm food. It is forbidden to burn bonfires!

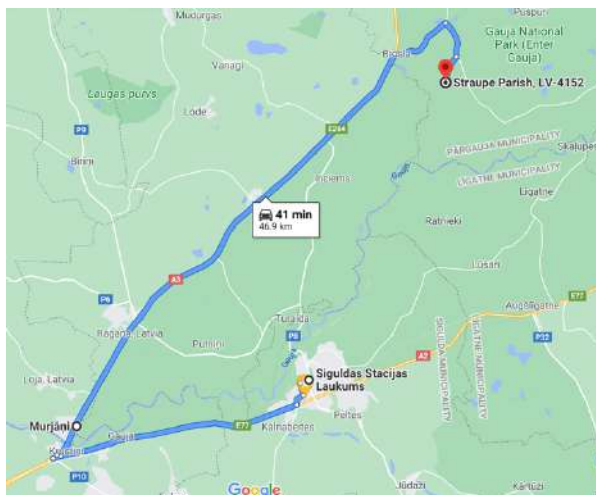
GETTING TO THE COMPETITION ARENA

[WAZE directions to Siguldas Kauss 2021 Arena](#)

Due to road repairs between Sigulda and Turaida, it is recommended to drive via Murjāni. Still, if you want to drive directly from Sigulda to Virtakas via Turaida, then please reserve additional 20...30 mins depending on how the traffic lights will be switching and how heavy traffic will be there.

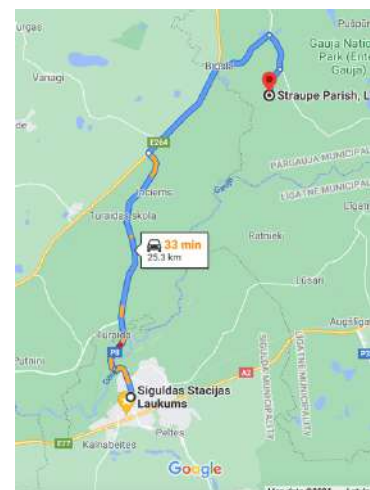


Recommended direction from Riga: via Murjāni, then Ragana to Lielstraupe -> Virtakas.



Recommended directions from Sigulda to Virtakas via Murjāni. Driving distance is a little further, but you can clearly forecast driving time, which will be ~40 mins.

if you want to drive directly from Sigulda to Virtakas via Turaida, then please reserve additional 20...30 mins depending on how the traffic lights will be switching and how heavy traffic will be there.



CONTACT INFORMATION

Competition Director and Main Judge: Kaspars Kārklīšs +371 29184203,
kasparsrunning@gmail.com

National Controller: Jānis Lazdāns +371 29368877
main contact person for international applicants and IOF: Valdis Janovs,
valdisj@gmail.com, +37126336780

Homepage: <http://www.siguldastakas.lv/siguldaskauss2021/>

Results will be published via homepage and also:

- 14.Aug MIDDLE https://lof.lv/seriali_rez/?id=2021081400#r
- 15.Aug LONG https://lof.lv/seriali_rez/?id=2021081500#r

GPS RouteGadget (after each day): <http://izskrien.siguldastakas.lv/>

GPS online following (WM21E class): <http://otracker.lt/events>

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 runnability 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!



During 1st day competition (Middle Distance) there might be markings in the forest which are to be used for the 2nd day LONG distance. Please ignore them. Example:



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.

START AND STARTING ORDER

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

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.

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.

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:

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

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 cannot 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.

ORGANIZER

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Adrese Sigulda. P.Brieža iela 95-5, LV-2150
Konts LV53HABA0551048025994

SOCIAL NETWORKS

hashtag: #SiguldasKauss2021Virtakas