



SIGULDA AIZRAUJ

# Siguldas Kauss 2023 WRE Ratnieki



**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 are proud to invite you to the **Siguldas Kauss 2023 WRE Ratnieki** – this is two days orienteering competition event near Sigulda!

The Siguldas Kauss 2023 WRE competition will span over two days, featuring a MIDDLE distance event on the first day and a LONG distance event on the second day. The LONG distance event on the second day has been designated as a World Ranking Event (WRE) by the International Orienteering Federation (IOF), offering elite competitors the opportunity to earn valuable qualification points for their world ranking.

This year, we extend a warm invitation to all participants to return to the scenic valleys of Gauja and its rugged ravines. The Vildoga river valley is characterized by its deep and diverse landscape, boasting numerous ravines, streams, and slopes of varying incline.

The power of the Vildoga river has carved out the surrounding area to depths of up to 60 meters in some places. The running conditions vary from fast and flowing to slow and challenging, presenting a true test for participants of all abilities. In certain areas, fallen spruces, damaged by bark beetles, provide an added obstacle to navigate. This region has played host to a number of major orienteering competitions over the years, including the Baltic Championship, Sigulda Autumn, and various local events. Furthermore, several countries used the Ratnieki area for their training distances in preparation for the 2018 World Championship. The competition center this year will be a 15km drive from Sigulda.

Competitors are most welcome to spend a beautiful weekend in Sigulda, enjoy its 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/kompass2023/> and <http://meridians.lv/> ) which you can attend as part of your summer vacation in Sigulda!

Kaspars Kārklīņš, Director of the Siguldas Kauss 2023 WRE Ratnieki

Valdis Janovs, Head of Marketing for Siguldas Kauss 2023 WRE Ratnieki

**Warm welcome to Sigulda!**

## ORGANIZATION AND CONTACTS

Kaspars Kārklīšs	Competition Director and Main Judge <a href="mailto:kasparsrunning@gmail.com">kasparsrunning@gmail.com</a> +371 29184203
Valdis Janovs	Head of Marketing, main contact person for international applicants and IOF <a href="mailto:valdisj@gmail.com">valdisj@gmail.com</a> +371 26336780
Sixten Sild	IOF Senior Event Advisor
Jānis Lazdāns	National Controller
Jānis Eņģelītis	Cartography
Aigars Leiboms	Course setters
Rudolfs Vimba	Head of Courses
Māris Heinols	Main Judge of the Start
Normunds Bērziņš	IT services
Dace Pilsētniece	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/siguldaskauss2023/>

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 PROGRAMM

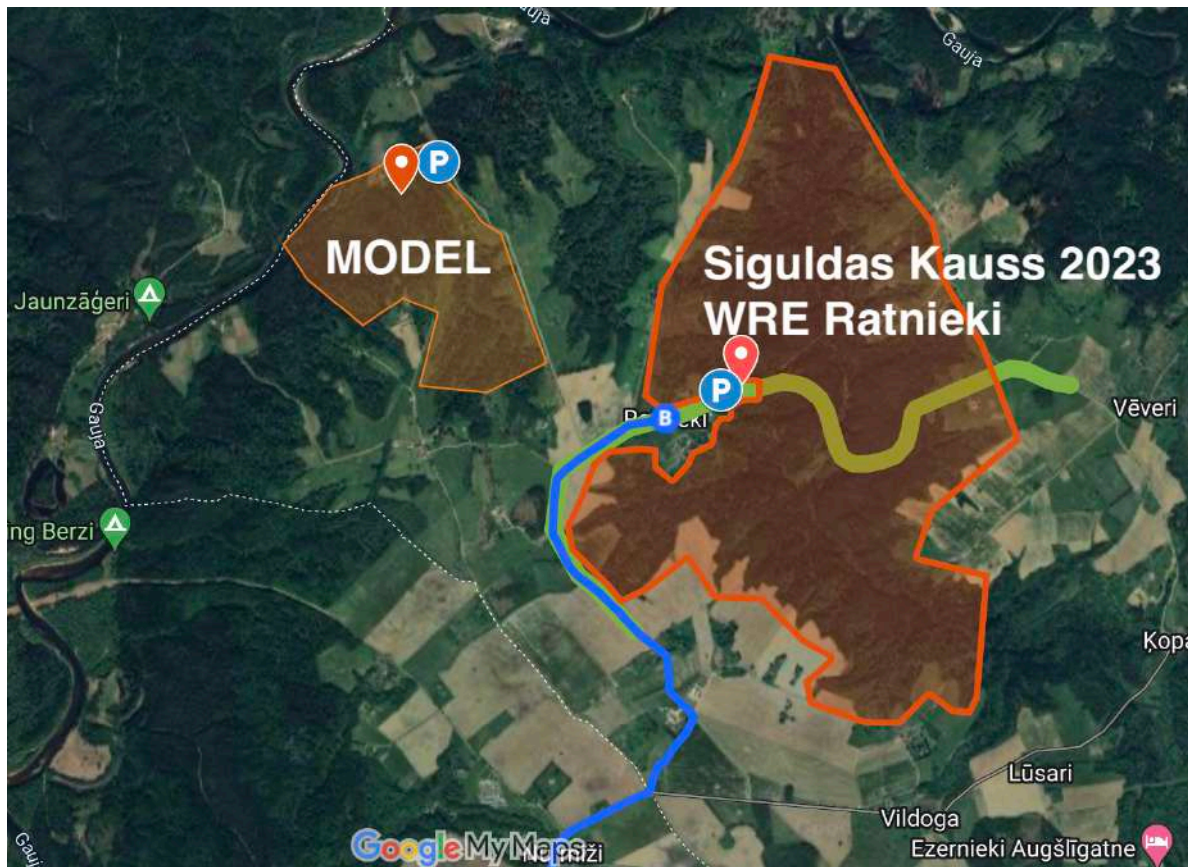
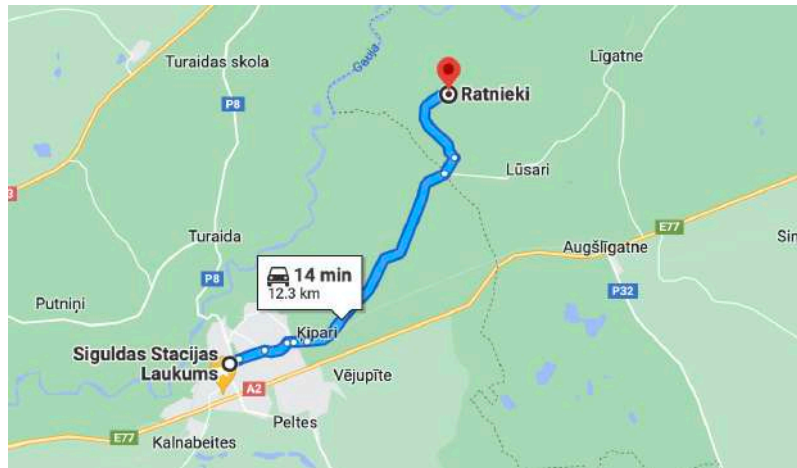
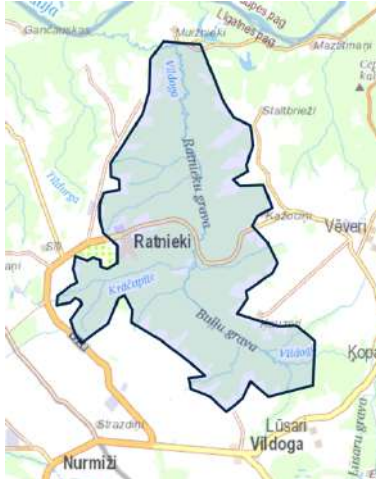
<b>FRIDAY, 11<sup>th</sup> August</b>	MODEL ("Cūkaiņi", Līgatne parish)
16:00 - 19:00	Model event 16.00-19.00 (flags-only in the forest)
<b>SATURDAY, 12<sup>th</sup> August</b>	MIDDLE distance ("Ratnieki", Līgatne parish)
10.30 – 12.45	Registration open in competition centre  Competitors' number bibs 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
<b>SUNDAY, 13<sup>th</sup> August</b>	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



## VENUE, ACCESS AND TRANSPORT

Competition arena is located in “[Ratniekos](#)”. It takes ~15 minutes car ride from Sigulda.

Key competition areas are shown here: <https://ej.uz/SK2023Locations>

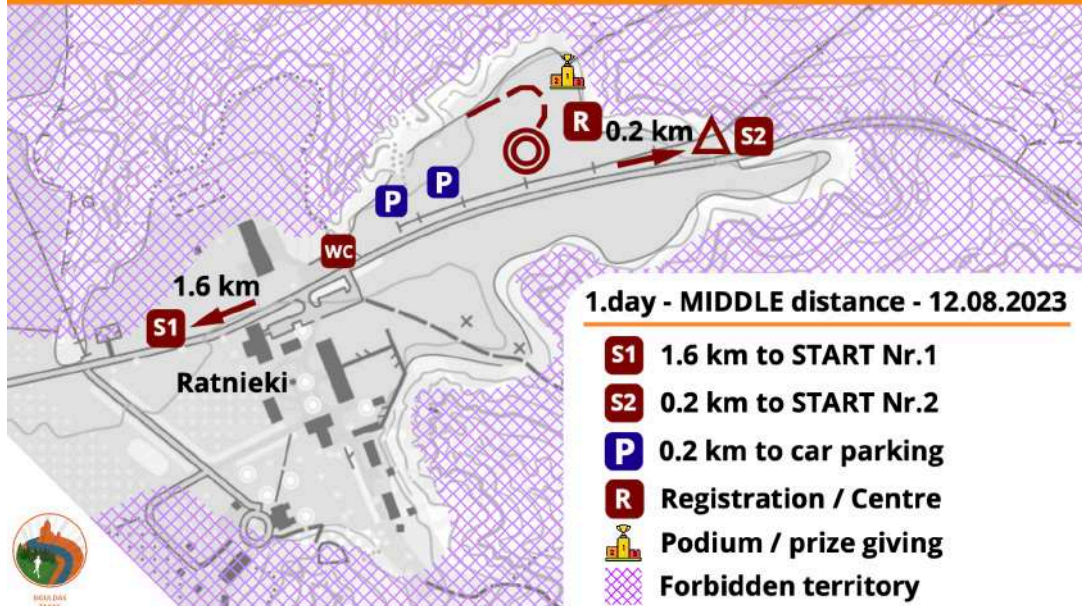


# COMPETITION CENTRE SCHEMES

## Siguldas Kauss 2023 WRE - Ratnieki



### 1st day - 12.08.2023 - MIDDLE



## Siguldas Kauss 2023 WRE - Ratnieki



### 2nd day - 13.08.2023 - LONG WRE



## TERRAIN DESCRIPTION

The competition will take place in a scenic area that covers around 6 km<sup>2</sup>, surrounded by the valley of the Vildoga river and its stunning ravines. The region is predominantly covered by pine and spruce forests, providing a beautiful backdrop for the event.

The terrain is diverse, with some areas offering excellent navigation and others providing a more challenging experience. The steep river banks and pronounced terrain features, such as large and medium-sized relief forms, are clearly marked on the map. The area is dotted with obstacles, including fallen spruce trees damaged by bark beetles. There are almost no clearings in the area.

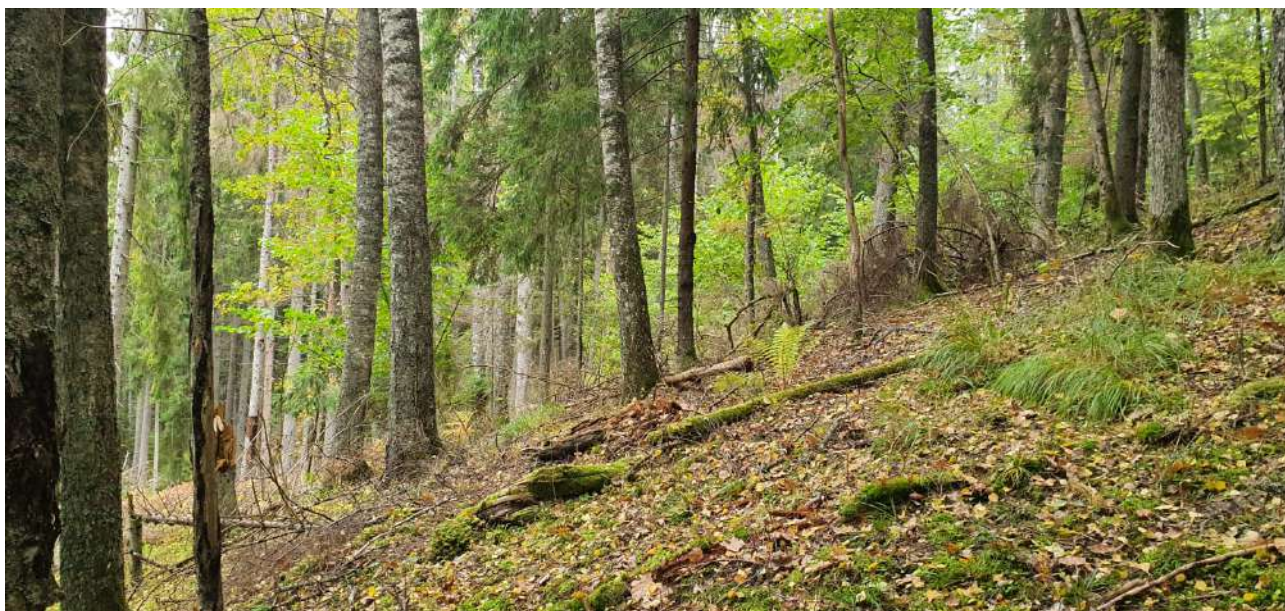
The maximum height difference in the area is 70 meters, with some slopes rising up to 60 meters. The Vildoga ravine is particularly striking, with its deep valleys, streams, and steep and not-so-steep slopes. The running pace can vary greatly, from very fast to very slow, making it a true test of a competitor's speed and endurance.

Terrain pictures:



Siguldas Kauss 2023 WRE Ratnieki  
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## MAPS

The map is prepared in the autumn of 2022 - spring of 2023 in the ISOM2017-2 standard. Cartographer: **Jānis Engēlītis**

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 (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 5 m both days.

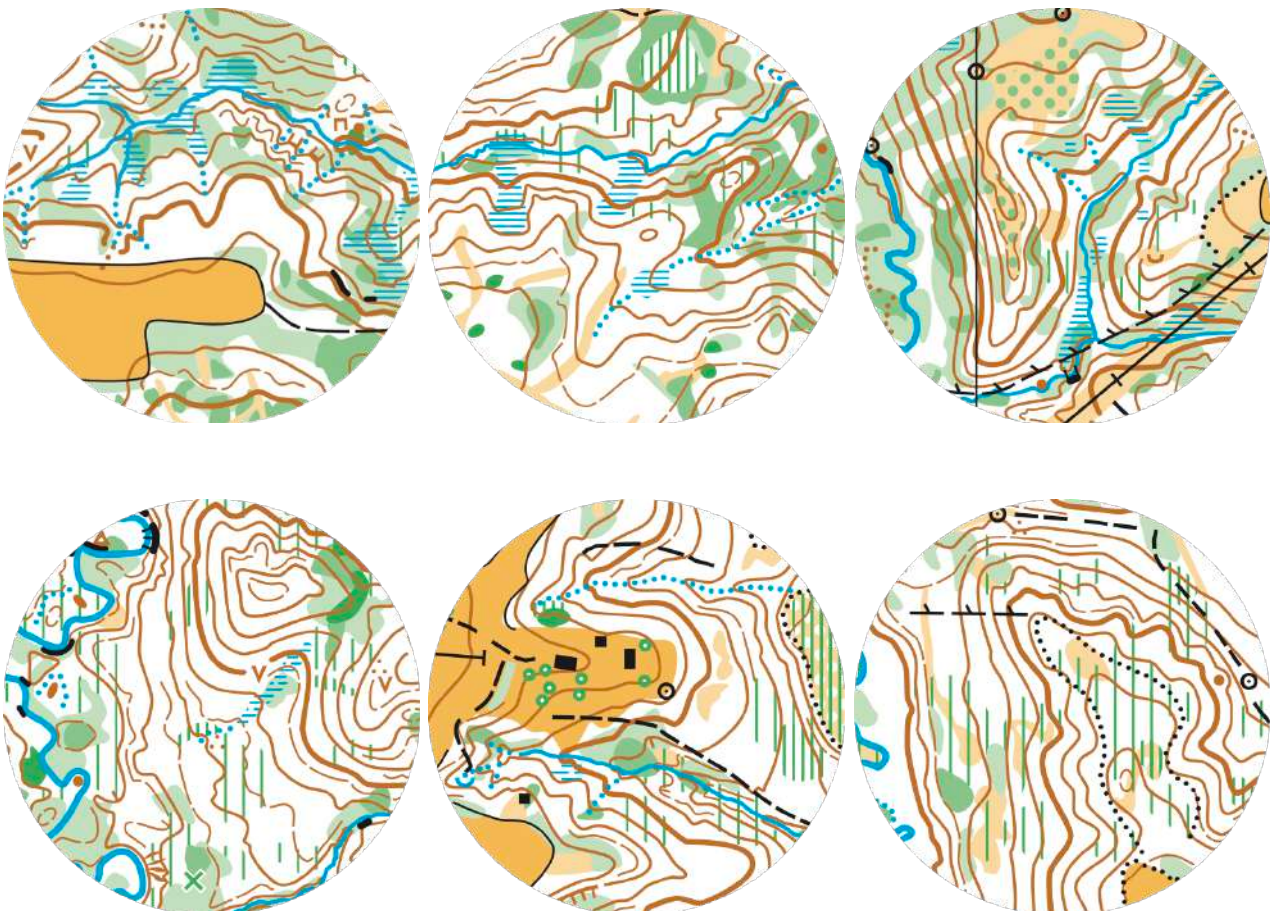
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Control descriptions are printed directly on the map as a pictogram, according to the IOF standards. Spare control descriptions will be available at the pre-start corridor.

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.

**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

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.

Entry final date for all classes **until 8<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 25<sup>th</sup> July 2021 23:59 EET (early registration fee);
- Base registration timeframe from 26<sup>th</sup> July – 8<sup>th</sup> August 2021 23:59 EET (base fee);

Entry for all classes (except for 2<sup>nd</sup> day WRE competition for 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 for 2<sup>nd</sup> day WRE competition must be done using IOF Eventor:

- 13.August.2023 LONG WRE: <https://eventor.orienteering.org/Events/Show/7764>

W21E and M21E classes for the 1<sup>st</sup> day of competition should register using LOF registration system <https://lof.lv/pieteikumi/> .

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 Kārkliņš [kasparsrunning@gmail.com](mailto:kasparsrunning@gmail.com) via email or call +37129184203.



## ENTRY FEES

Class	Registration day   Registration fee, EUR			
	Until 25th July 23:59 (early registration fee)		From 26th July - 8th August 23:59 (base registration fee)	
	Both days	One day	Both days	One day
W8 W10 M8 M10	8	5	10	6
W12 W14 M12 M14	12	7	14	8
W16 W18 M16 M18	16	10	20	12
W20 W60 W65 W70 W75 W80 W85 M20 M60 M65 M70 M75 M80 M85	20	12	22	13
W21E (WRE Woman) W21A W21B W35 W40 W45 W50 W55 M21E (WRE Man) M21A M21B M35 M40 M45 M50 M55	26	16	30	18
OPEN1 OPEN2	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 2023 Kaspars Kārklīšs ([kasparsrunning@gmail.com](mailto: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 8<sup>th</sup> of August 2023 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 groups!

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 8<sup>th</sup> August, 2023. 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.

## COURSES

### MIDDLE (12th august)



















































Class	Lenght (km)	CP	Climb (m)
M8	1.7	6	65
M10	1.7	6	65
M12	2.0	7	65
M14	2.4	8	90
M16	2.8	10	120
M18	3.8	14	155
M20	3.8	14	155
M21E	5.2	18	210
M21A	4.3	16	195
M21B	3.0	12	105
M35	4.6	17	205
M40	4.3	16	195
M45	4.3	16	195
M50	3.8	15	180
M55	3.5	14	165
M60	3.2	13	160
M65	3.2	13	160
M70	2.8	11	115
M75	2.4	10	100
M80	2.2	8	95
M85	2.2	8	95
OPEN1	2.5	9	110
OPEN2	3.5	12	180

Class	Lenght (km)	CP	Climb (m)
W8	1.7	6	65
W10	1.7	6	65
W12	2.0	7	65
W14	2.2	7	90
W16	2.5	10	100
W18	2.8	11	120
W20	2.8	11	120
W21E	4.2	15	185
W21A	3.5	14	160
W21B	2.5	10	100
W35	3.5	14	165
W40	3.5	14	160
W45	3.2	13	120
W50	3.2	13	120
W55	3.0	12	115
W60	2.8	11	115
W65	2.8	11	115
W70	2.4	10	95
W75	2.2	8	95
W80	2.2	8	95
W85	2.2	8	95



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**LONG WRE (13th august)**

Class	Lenght (km)	CP	Climb (m)		Class	Lenght (km)	CP	Climb (m)	
M8	1.8	7	55	-	W8	1.8	7	55	-
M10	1.8	7	55	-	W10	1.8	7	55	-
M12	2.0	5	85	-	W12	2.0	5	85	-
M14	4.0	9	150		W14	3.1	8	140	
M16	5.8	15	235		W16	4.0	12	190	
M18	7.3	19	315	 	W18	5.4	13	255	
M20	8.4	19	425	 	W20	6.0	13	235	 
M21E	12.0	25	485	 	W21E	9.1	19	400	 
M21A	7.3	19	315	 	W21A	5.4	13	255	 
M21B	4.7	14	205		W21B	3.6	11	180	
M35	8.4	19	425	 	W35	5.3	15	235	
M40	7.8	19	360	 	W40	4.9	13	225	
M45	7.3	18	325	 	W45	4.5	12	200	
M50	6.1	15	265		W50	4.0	11	215	
M55	5.4	14	260		W55	3.8	12	175	
M60	4.9	13	245		W60	3.4	11	190	
M65	4.5	12	190		W65	3.4	11	190	
M70	3.8	10	160		W70	3.1	9	140	
M75	3.1	9	140		W75	2.7	8	95	
M80	2.7	8	95		W80	2.7	8	95	
M85	2.7	8	95		W85	2.7	8	95	
OPEN1	3.6	10	160						
OPEN2	5.6	14	220						

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.

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 11. 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 8 (<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

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

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/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.

## 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 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. 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. Model event map size is A4 for the scale 1:10'000 and ~A5 for the scale 1:15'000. Available scales for model event map: M: 1:10'000, H5m.

MODEL maps will also be available on the competition website as downloadable PDFs.

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:** <http://www.siguldastakas.lv/kompass2023/>
- 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



## 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, 2023.

## 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).

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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.

### 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

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### SOCIAL NETWORKS

hashtag: #SiguldasKauss2023