

**BALTIC JUNIOR CUP 2019**  
**4.-6.10.2019 - Sigulda, Latvia**

**Bulletin 3**  
**Programm**

<b>Friday, October 4</b>		
<b>Time</b>	<b>Event</b>	<b>Place</b>
14:00 - 19:00	Model	Turaida
19:30	Check in	Sigulda, Laurenči
19:30	Dinner	Sigulda, Laurenči
20:30	Name entry deadline for relay entries	Online entry form
20:30	Team leader meeting	Sigulda, Laurenči
<b>Saturday, October 5</b>		
7:00-8:30	Breakfast	Sigulda, Laurenči
10:00	Opening ceremony	Sigulda, Laurenči
10:30	Relay start	Sigulda, Laurenči
13:00 - 14:00	Lunch	Sigulda, Laurenči
13:00 - 14:00	Open course start	Sigulda, Laurenči
14:00	Prize-giving ceremony	Sigulda, Laurenči
17:00	Deadline for long distance name entries	Online entry form
18:00 - 19:30	Dinner	Sigulda, Laurenči
20:00	Team leader meeting (long distance)	Sigulda, Laurenči
<b>Sunday, October 6</b>		
7:00 - 8:30	Breakfast	
10:00	Long distance start	Guest house "Brūveri"
12:00 - 13:00	Lunch at arena	Guest house "Brūveri"
13:00	Prize giving ceremony	Guest house "Brūveri"

## Event office

**Location:** <https://goo.gl/maps/9CfXrwWW5nAp7erf8>

Event office working time	
Friday, October 4	
13:00 - 20:40	Sigulda, Laurenči
Saturday, October 5	
8:00 - 15:00	Sigulda, Laurenči
Sunday, October 6	
9:00 - 14:00	Guest hosue "Brūveri"

## Model event

Friday, October 4

14:00 - 19:00

The model event will show examples of the terrain type, the map quality, the control features and the positioning of the controls.

To apply for maps please send the required number of maps by October 2 to [daniels.karklins@gmail.com](mailto:daniels.karklins@gmail.com)

**Location NEW:** <https://goo.gl/maps/DCJUq5dW7rHtzHbn7>

WC - at locations will not be available

## Map sample:



Driving info: 10km from event centre, 15min

**Maps:** At event office - Puķu iela 4, Sigulda, Siguldas pilsēta, LV-2150. You can get map starting at 13:00 - 18:00

**Location:** <https://g.page/FSCSigulda?share>

## Relay

Saturday, October 5

Start 10:30

### Classes

The relay consists of six legs, where leg 1, 2 and 3, 4 are run in parallel. All legs are forked.

L e g	Class	Course length (km)	Climb	Controls	Start/Change- over	Number bib
1	M18	5,0	215m	14	Start at 10:30	Yellow
2	W18	4,3	170m	15	Start at 10:30	Yellow
3	W16	3,7	170m	13	After leg 1	Blue
4	M16	4,8	190m	14	After leg 2	Blue
5	M20	5,4	230m	16	After leg 3 and 4	Green
6	W20	4,6	190m	16	After leg 5	Red

### Change-over

Leg 1 (M18) change-over to leg 3 (W16).

Leg 2 (W18) change-over to leg 4 (M16).

Leg 5 (M20) can start when both runners on leg 3 and 4 have finished. Leg 5 (M20) change-over to leg 6 (W20).

### Punching system

SportIdent, SI-card number shall be specified in the entry. Each team is responsible for all their runners having SI-cards. You can rent SI-cards in the competition office at the arena.

## **Number bibs**

The number bib is to be worn in clear view on the chest and must not be folded. The bib shall be attached with safety pins that are provided by the organizer.

## **Team line-up**

Team line-up with names and SI-card numbers shall be submitted to the competition organizers no later than 20:30 on October 4th using the online registration links provided to team leaders. Any later changes are accepted only with a valid reason (i.e., illness or accident), such changes shall be made in the event office no later than 2 hours before the start of the relay.

## **Team envelopes**

Team envelopes are picked up by each team at Event Office (Puķu iela 4, Sigulda) on Friday, October 4 th 12:00-18:00. The team envelope contains number bibs, race bulletin.

## **Start**

Start will take place at 10:30 adjacent to the arena, entry to the start lane 5 minutes before start. Runners are responsible for clearing and checking their SI-cards when they enter the starting area.

## **Change-over**

The incoming runner shall punch at the finish line. After punching, the runner hands over the map to an official and then continues to the map board. The change-over is done by handing over the map for next leg to the next team member. Make sure that you take and hand over the correct map!

Be particularly careful to take the correct map after leg 1 and 2, since each team will have two maps that are visible on the map board. Leg 1 takes the map for leg 3. Leg 2 takes the map for leg 4.

The first runner coming in after three legs takes the top map with the correct number. This map is a blank map. When the next runner in the team comes in, he/she takes the next map, which is the race map, to the runner on leg 5.

The runner on leg 5 must then leave the blank map to an official before she is allowed to start her race.

The outgoing runner follows a marked route to the starting point. A team that accidentally takes another team's map, will be disqualified. If a team's map is missing on the map board, they will get a new replacement map from the organizer.

## **Finish**

The passing of the finish line determines the team's placement. The punch after the finish line registers the official time. Close finishes will be decided by a finish-line judge when necessary.

## **Mass restart**

Mass restart takes place 20 minutes after the winning team has finished. Teams that did not finish or were disqualified may take part in the mass restart. Listen to instructions from the speaker.

## **Check-out**

After change-over/race finish, all participants must go to check-out without delay for download of the SI-card information. Follow instructions.

## **Time limit**

2.0 hours/leg

## **Map distribution**

The competition maps are given out team-wise at the competition office after the last team has started on the last leg. The speaker will make an announcement.

## **Map**

Scale 1:10 000, contour interval 5 m. Laurenči map will be used for competition. The map is drawn in 2018. Map maker- Māris Strautnieks (Map number 1204\_2018)

## **Map sample:**



Runnability: Mainly mixed coniferous and deciduous forest, with good runnability. However, there are some areas with limited runnability.

## Coaching zone

There is a coaching zone in the arena passage belonging to the Team zone. Own refreshments may be given to the athletes.

## Control description

Printed on the map.

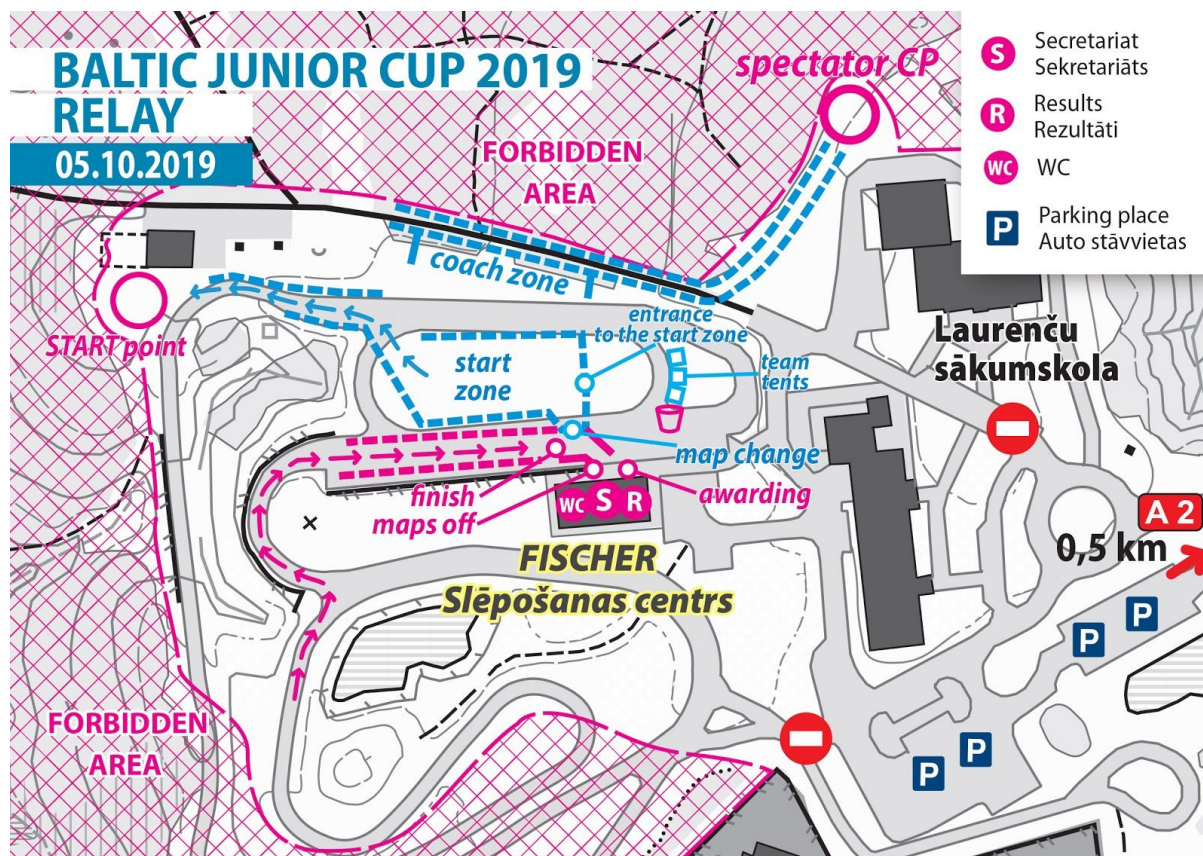
## Prizes

Prizes to the top six teams in the relay.

## Lunch

Lunch is served 13:00 – 14:00 in the accommodation

## Arena plan:





## Long

## Saturday, October 6

Start 10:00

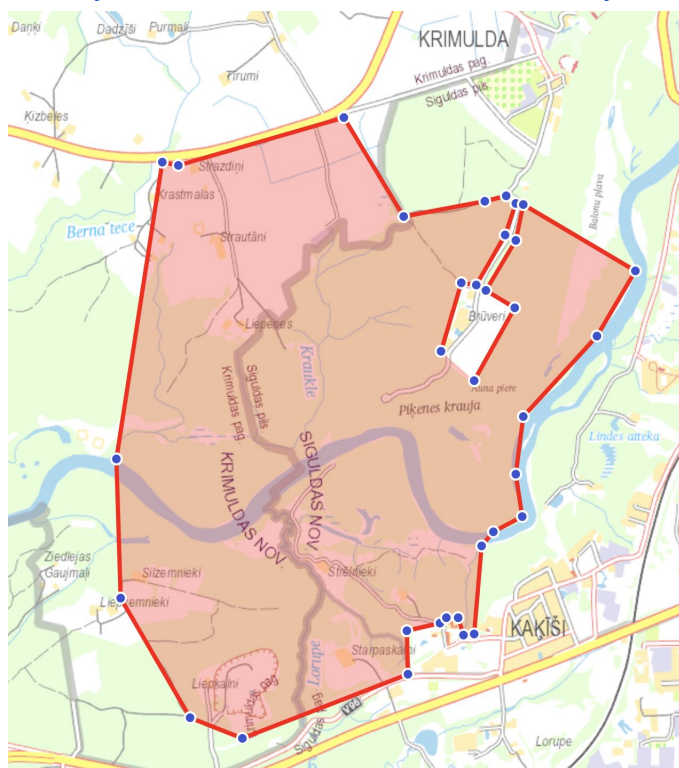
**Map: 10:000**

**Legend:** At the start and also printed on the map

Start list will be published on October 5, 21:00

**Forbidden area:**

[http://old.balticmaps.eu/?lang=lv&draw\\_hash=hvqnsn&centerx=549349.9467161718&centery=6334760.875949099&zoom=3&layer=map&ls=o](http://old.balticmaps.eu/?lang=lv&draw_hash=hvqnsn&centerx=549349.9467161718&centery=6334760.875949099&zoom=3&layer=map&ls=o)



Arena location: <https://goo.gl/maps/eRxhkVgfKkEpNVnTA>

From Accommodation it takes: 22min, 14km

Class	Lenght	Climb	Controls
M20	9,0km	480m	18
W20	6,2km	295m	15
M18	7,0km	355m	14
W18	5,1km	245m	12
M16	6,5km	305m	16
W16	4,6km	266m	13

## Refreshment

One refreshment point in the course printed on the map

## Coaching zone

There is a coaching zone in the arena passage belonging to the Team zone. Own refreshments may be given to the athletes.

## SIAC

The SPORTident punching system will be used. Touch free mode (Air+) will be activated in addition to classic SPORTident punching. Both regular SI-cards and SIAC cards can be used. EUR 70.00 will be charged for any lost or missing card.

## Prizes

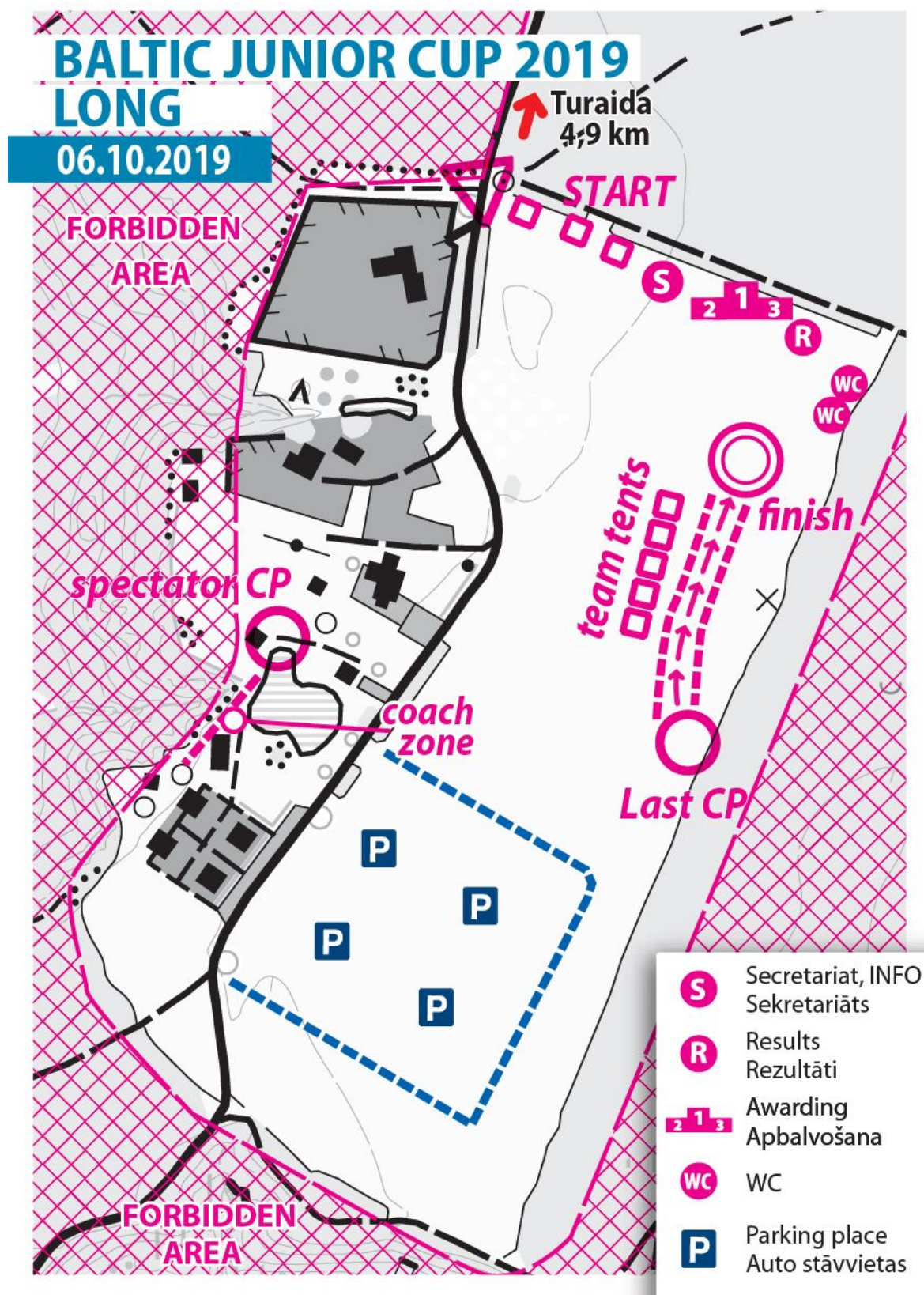
Prizes to the top three in each class.

## Lunch

Lunch is served 12:00 – 13:00 in the arena



## Arena plan



## **Fees**

An entry fee of 40€ will be charged from each runner and team leader.

SI-card rental: 3€ per card/competition day.

Payment to:

Name: Latvian Orienteering federation

Reg. No. 40008021960

Address: Grostonas iela 6b, Rīga, LV-1013, Latvia

IBAN: LV14RIKO0002013111372

Bank: Luminor bank

SWIFT: RIKO LV 2X

In case of any finance/invoice question please contact executive director Ģirts Mamis,  
lof@lof.lv.

## **Information**

The competition director or by e-mail to karklinsdaniels@gmail.com