



5th Latvian Rogaining Championships

July 25-26, 2009

Bulletin 3

Organizer

Latvian Orienteering Federation, OK Ziemeļkurzeme

Map, course setting, timekeeping: Aivars Žogla

Course service: Arvis Henriņš, Harijs Meiers, Ivars Šleiners

Design: Andris Leja

Technical director: Aigars Vārna

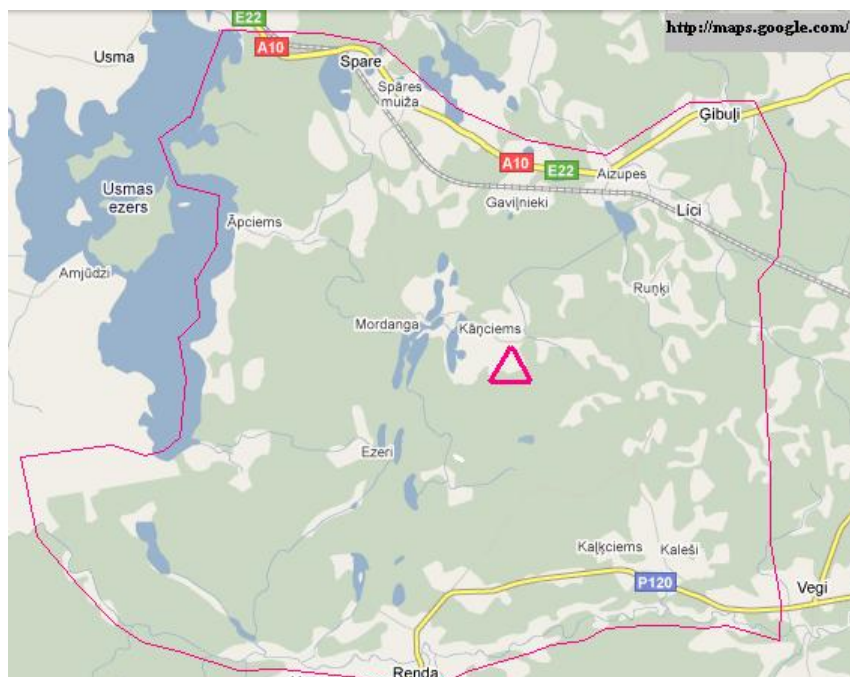
Technical services, equipment: members, friends, supporters of OKZK.

Competition area

Hash-house will be located at camping "Asmi" (see map), in the middle of competition area. Follow the directions from Riga-Ventspils (A10) at Renda and Mordanga sideroads.

Link to hash-house:

<http://maps.google.com/maps?hl=en&ie=UTF8&ll=57.144296,22.336836&spn=0.022119,0.076818&t=h&z=14>



Rules

The rules of rogaining of the IRF and LOF apply.

Latvian Champions will be decided on 24 hour course. 6 hour satellite competition also will be held.

Additions and special instructions.

1. Dogs are permitted at competition area, since everybody may ask owners to limit free movement of animals.

Potentially one can meet dogs and wild animals on course. Dogs, while outside their residence, are friendly.

2. It is prohibited to cross house yards, it's recommended to pass houses along sidetracks to let residents feel comfortable. There's no specifically prohibited areas. Nevertheless, large earth banks and privately owned territories (marked "PRIVĀTĪPAŠUMS") are suggested to cross strictly along roads. Residential areas, cemeteries are mapped dark green. The most of open areas in yellow (100% colour) are fields and are prohibited to cross. Cut or wild meadows may be crossed. Be careful in old earth banks, Abava's (border-river of area in the south) high banks. Un-crossable water features have black borderline on the map. Thick blue lined small watercourses, hash-lined marshes crossability depends on weather conditions in time period before competition.

3. Only compass and competition map may be used for navigation. Any other means may be used for purposes not related to navigation.

4. Number bibs will be used. They must be attached to clothes or equipment and must be well visible. Number bib is an A5 size sheet which reads the team name and number, competitor name and number in team, number of SI-Card.

5. There will be WC cabins, trash-bin at competition centre. Showers will be available on 25.07. from 17:00 till 19:00 and on 26.07. from 10:00 till 14:00. Ponds, which are located at competition centre, may be used only for refreshing wash. **Use of any chemicals (soap, shampoo, etc.) are strictly forbidden since there are fish in these ponds.**

Competition classes

MO, WO, XO – men, women, mixed open with no age restriction.

MJ, WJ, XJ – men, women, mixed junior from 14 to 19 years of age, with at least one team member is 18 or 19 years old.

MV, WV, XV – men, women, mixed senior from 40 years of age.

MSV, WSV, XSV – men, women, mixed supersenior from 55 years of age.

Family – at least 2 generations from one family, at least one member is 14 years old or younger, only 6 hour rogaïne.

The age is determined on the first day of competition.

Competitors are self-responsible for state of health and health insurance.

Provisional timetable

July 24

from 18:00 competition centre opened

July 25

11:00 giving out of maps

12:00 start

18:00 **6 hours finish**

18:30 6 hours competition ends

19:00 6 hours prize giving

July 26

12:00 24 hours finish

12:30 24 hours competition ends

14:00 24 hours prize giving

18:00 competition centre closed

Competition area

Vegetation in the area varies from park like pine forest to impassable bushy marshes. There is well developed network of roads and paths. There is Abava nature park in south, Usma lake in west, Mordanga lakes in the middle of area. Elevation is between 20m and 80m. There are about 25% open area, moderate populated. Distance from Riga – 135km.

Course, controls, punching

There will be 60 controls – usual orienteering red-white flags with reflectors. Punching – Sportident. Controls have point values from 2 to 10. Point value of the control is first digit(s) of control number. For example, control with number 33 gives 3 points, control with number 103 gives 10 points.

SI-card will be attached to the wrist of each competitor. Team will get points for visiting control if there is punch of the control recorded in every competitor's Si-card within 1 minute interval. Team will be disqualified if any team member's SI-card's wristband will be broken.

Map

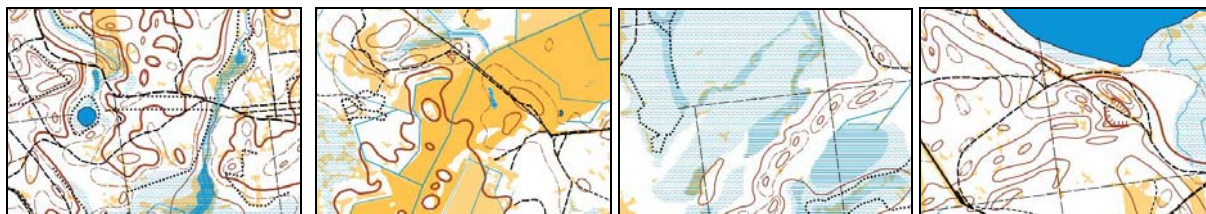
Scale 1:40000, H = 5m, S ~230 km², one ~A2 sheet, offset print, waterproof and tear-proof.

Simplified symbols of orienteering maps will be used. White – forest; dark yellow (100% colour) – fields, open areas; light yellow (70% colour) – felled areas, young forest, scattered trees, bushes, half-open areas; road symbols on the map will be given according passability.

Control descriptions – text and IOF pictograms on separate paper.

Map is based on 1:25000 topography, orthophotos, area investigation, other sources.

Map samples



Each sample covers ~0,8 sq.km. Power lines running along roads may be not showed on map. Dotted lines shows distinct vegetation boundaries.

Penalties and protests

Each running minute over time limit gives 1 penalty point, which will be subtracted from collected points of the team. If team finishes 30 minutes and more over time limit, team's final result for competition will be marked as T/L (time limit exceeded).

Team may submit written protest within 30 minutes after team's finish, but not later then 12:45. Protests will be considered by 3 member jury, selected before competition start if protests points out any breaching of competition rules.

Water points and catering

There will be some non-serviceable water points with fresh water tanks. Placement of these points will be shown on map and described in control description paper. Use of water from natural water sources without additives are not recommended.

There will be some food shop available in the morning on 25.07. This is not included in entry fee.

Catering during competition (included in entry fee) will be served at competition centre. It will be available

from 16:00. Menu is subject of change during competition. 6 hour competitors will be served once after competition. Info on menu will be included in pre-start information.

Entries

Entries are accepted **online**, while filling entry form on OK Ziemeļkurzeme homepage <http://www.okzk.lv> or by **e-mail**: lc2009@okzk.lv, specifying each team member's first name, second name, day, month, year of birth, SI-card number (if using own SI-card), team name, competition class (i.e., MO24, XV6, etc.), team mobile phone number, contact e-mail, country.

Entries receive status: *registered* (immediately after submitting of entry, do not make payment yet), *approved* (team may make payment), *competitor* (payment received).

Entries will be registered from February 1, 2009 until July 15, 2009. Registering after July 15 will be accepted only for double entry fee.

Organizers can supply SI-card6 for all competitors, who will register before July 15, 2009. If team does not plan more than 30 control visits, SI cards with less capacity may be used and its number included on entry form.

Entry fee

For 24 hour competition – 14 LVL (20 €) per team member, superveteran (SV), junior (J) and 6 hour groups – 10 LVL (15 €) per team member. If competitor uses his/her own SI-Card, entry fee decreases by 1 LVL (1,5 €). *Lost SI-Card will be charged as follows: SI6 – 35LVL(50 €), SI5 – 20LVL(30 €), SI8 – 25LVL(35 €).*

Entry fee for whole team must be paid during a month after entry has been approved, but not later than July 20, 2009. Payment must be transferred to OK Ziemeļkurzeme account (see OK Ziemeļkurzeme account details). Please, specify “LCR2009 entry fee” and your team name. **Foreign competitors may pay entry fee also at registration.** Entry fee covers expenses for competition, map for every team member, catering, **T-shirt of your size, if entry received before 07.07.2009.**, *HashHouse* rent with parking place and tent place, prizes, other management and service expenses.

Entry fee for support people, who are spending the night at competition centre, is 2LVL (3 €), catering not included, but may be arranged and paid for. This fee must be paid at competition centre.

Prizes

Top 3 teams in each time and class category will be awarded with competition diplomas and medals. Medals only for 24h classes. Other prizes are subject of competition budget.

LOF Latvian Champion titles will be honoured only for teams, where each team member is registered on Latvian orienteers registry – ODB(orienteers data base <http://www.mona.lv/odb>, where foreign orienteers also is eligible to register). Registry state on July 21, 2009 will be decisive.

Accommodation

See

<http://www.travellatvia.lv/8/10/0/lv/?main=2>

tourism info for Talsi, Ventspils, Kuldīga rajons.

Info and FAQ

WWW: <http://www.okzk.lv>, <http://www.rogaining.lv>, <http://www.orient.lv>

e-mail: lcr2009@okzk.lv

mob.ph.: +37129205886 Aivars Žogla

OK Ziemeļkurzeme account details

Reg. Nr.: 40008111499

Legal address: Lauri, Ugāles pagasts, Ventspils raj.

Account: LV44HABA0551016204530 (SWEDBANK)

Pre-start information will be published on 21.07.2009.