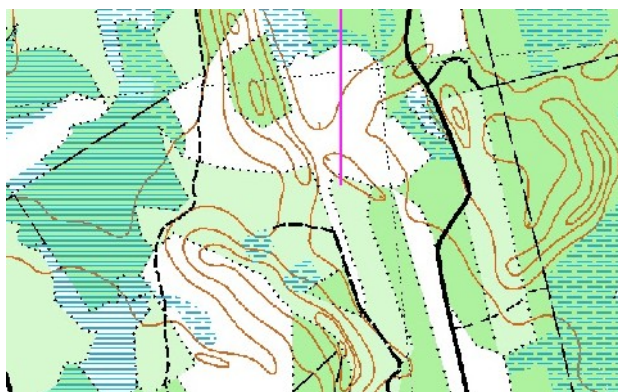


Latvian Cup and Latvian Rogaining Championship 12 -13 th July 2014

Map: The map of the competition prepared specially for rogaining competition, drawn in the program OCAD. A map prepared, using ex military maps from PSRS (relief), information of the forestry and also carried out surveys of the territory. Scale of map 1:25000 (1 cm in map – 250 m in the nature). The size of map 70x85 cm. The map is laminated from both sides, the map is water resistant. In the wet weather participants advisable to use additional protection measures. Descriptions of checkpoints (the legends) are printed on the map.



The distance: the number of checkpoints – 80, their value – 3 – 10. All of checkpoints possible visit approximately 125 km long distance „beeline”. The first number (in three-digit case – the first two) in the checkpoints designation reflects the checkpoint value expressed in the points. The checkpoint prisms placed in the transparent attitude and equipped with reflectors. In the area of the competition will be 6 places where participants may get water, this place will be shown in the map (marked with symbol of glass).



Punching system: will be used SportIdent (SI) electronic punching system. Every participant of the 24 h competition will be necessary one of the SI6, SI10, SI11

version cards. Participants of 6 h competitions can use their own SI cards. Organizers of competition will not accept protests in the case if participants will exceed receptivity of their SI cards. All the participant of the team should to mark in the checkpoint during the 1 minute.

Dangerous: the main hazards: some wide ditches, mites. In the area of competition are treated fields, which are strictly prohibited to cross. When participants will cross river Gauja, they should be careful, because in the some places depth of river excess the human height.

Wild animals: participants can meet doe, wild boars, fox, beavers, etc. wild animals.

The form of liability: all participants of the competition will sign the form of liability, they will sign about participating in the competition by their own risk. This document participants needs to sign during the registration process.

Medical assistance: In the center of competition will be provided first aid if it will be needed. In the complex cases the aid will be provided in the Lejasciems dispensary or victim will be transported to the hospital in the Balvi.

Start: all participants of 24 h and of 6 h rogaining need to be in the startup place (in the Lejasciems secondary school stadium) till 11:45 (in the morning). At the entrance will be cleaned and checked SI cards. The startup of the competition will be on Saturday, on 12 of July, at 12:00 noon. Startup for participants of 3 h rogaining will be on Saturday, on 12 of July, at 13:00 noon.

Hash house: During the competition participants will be able relax and to get a meal in the center of the competition area and the Hash House (soup, tea or coffee, fruits, bread), which will be located near to checkpoint. Hash House located place will be marked with red color point. That will be opened during 12 of July (from 19:00) 13 of July (till 8:00 a.m.).

Finish: finish will be located in the Lejasciems secondary school stadium, in the place where will happen registration of competition. Control time end of 24 h rogaining will be on Sunday, on the 13 of July at 12:00 in the noon, 6 h rogaining – on 12 of July at 18:00 and 3 rogaining on the 12 of July at 16:00. For each of missed minute or its part will deduct one point to result from result of the team.

The results: after finish each participant will get their printed results, where participants will be able to see visited checkpoints, total time of distance, each period time between checkpoints and all amounts of collected points. The final results will be published in the Latvian Rogaining home page.

Protest: 60 minutes after the control time end team can to submit protests.

Jury: about all protests will discuss 3 person jury.

Awarding: the 1st – 3rd place winners in 24 h roaining will get Latvian Championship medals, awards and diplomas. Awards and diplomas will get 1st – 3rd place winners 6 h and 3 h rogaining.

Accommodation: from Friday, 11 of July, of 20:00 in Lejasciema secondary school participants can stay (in the school sport hall, sleeping on the ground, participants should take with them their own sleeping bags, pillow, etc.). The fee about night will be 2,00 EUR per one person. In case if someone wants to stay in school, then shouldcontact with the school sport teacher. Contact details: email: email: ilvai@inbox.lv, phone nuber: + 371 6365821. The place for tents will be for free.

Place for transport: participants will be able placed their transport inthe area near to Lejasciema secondary school.

Food: after the finish food will be available in cafe of school (in the center of competition). The cafe will be opened: for 6h rogaining participants on the 12 of July from 17:30, for 24 h rogaining participants on the 13 of July from 11:30 in the morning. Menu: soup, main course, juice, coffee, tea and a bun.

Shower: in the center of competition – in the school near to the sport hall will be available shower, also near to the stadium is bathing place.