

## **ZAKU ROGAININGS. Ziemeļgauja 2023.**

### **Bulletin no. 2**

Competition date: March 18, 2022.

Place of competition: Ziemeļgauja, Valkas county.

Competition center: **in the forest,**

**near the intersection of LVM roads, Sviesta kroga and Cepurīte, GPS - 57.628286, 26.137858.**

Latvian Orienteering Federation (LOF) calendar competition.

### **Organizer**

Sporta klubs R24.LV.

Supported by: Valka county municipality, Latvian State Forests (LVM).

Competition manager and course setter: Valters Kaminskis.

Competition map author: Raimonds Lapins.

### **Competition Program**

#### **March 18**

##### **06:25 sunrise**

from 07:30 arrival of participants at the competition center, registration

08:30 giving out of maps

09:15 the starting area of the competition is open

##### **09:30 start of the competition**

##### **13:30 finish of the race in the 4-hour distance**

14:00 end of the 4-hour race, final event of the 4-hour race

##### **17:30 finish of the race in the 8-hour distance**

18:00 end of the 8-hour competition, 18:00 closing event of the 8-hour competition

##### **18:25 sunset**

19:00 closing of the competition center

### **Rules**

Competition format: rogaining, time limit 4 hours or 8 hours, only on foot.

**Teams of 2-3 members. The total number of participants in the competition is set - no more than 400 participants.**

The competition takes place in accordance with the rogaining competition rules approved by the IRF and LOF.

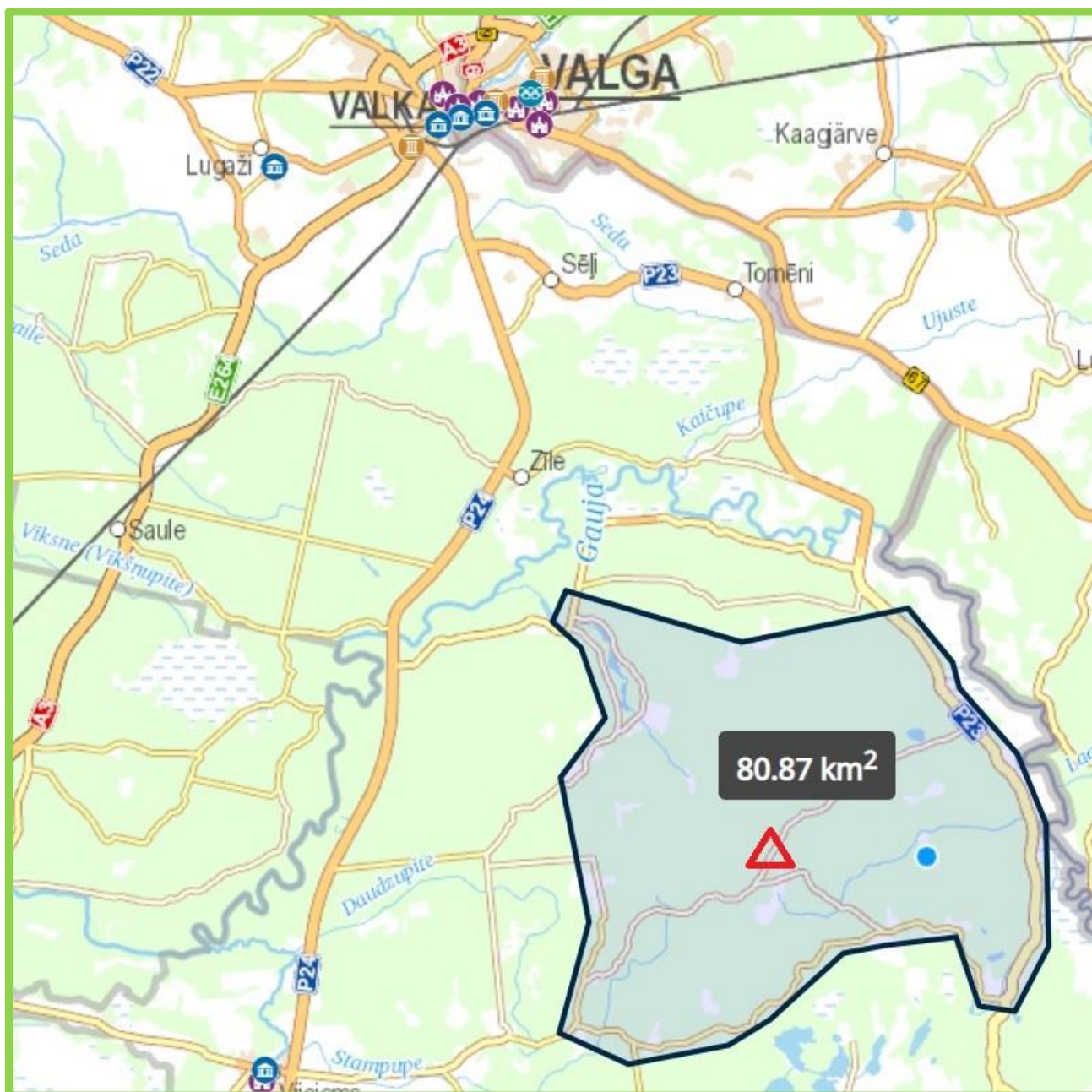
The rules are published on the Latvian Rogaining page

[https://www.rogaining.lv/jaunumi/data/augsuplades/files/LV\\_Rogaininga\\_noteikumi\\_2017.pdf](https://www.rogaining.lv/jaunumi/data/augsuplades/files/LV_Rogaininga_noteikumi_2017.pdf)

**The competition takes place in accordance with the current regulations of the Cabinet of Ministers "Epidemiological safety measures to limit the spread of the Covid-19 infection" and the LOF Competition Safety Protocol for the prevention of the spread of the Covid-19 infection (updated on 14.04.2022)**

**When applying for participation, the competition participants certify that they are familiar with the information and rules of the competition, undertake to comply with the binding rules and instructions, as well as take responsibility for their actions and health during the competition.**

## Terrain



A unique natural territory of Latvia, the **area of protected landscapes "Ziemeļgauja"**. The territory has not been used in rogaining or orienteering competitions until now. Sparsely populated, most of the forests are managed by VAS Latvian State Forests, an area of almost 85 km<sup>2</sup>. The relief is diverse, inland dune relief systems alternate with plains. A network of forest roads and tracks is developed in the area.

**Cirgaļi dunes** are one of the largest massifs of inland dunes in Latvia. They are a unique geological formation that perfectly illustrates historical geological processes - the history of the formation of the earth's surface in the territory of Latvia. The dunes were formed about 11 - 12 thousand years ago - after the last ice age under the influence of climatic changes, when the plant cover had not yet formed after the melting of the glaciers, so the strong north-west winds blew the sand of Strenči ice lake into ramparts - inland dunes and dune massifs. The central place of the massif is occupied by the massif of the Markalni dunes, which consists of more than 20 curved ridges of dunes that are parallel to each other. The lengths of individual ridges exceed 1 km, but their relative height varies between 15-25 m.



### **Snow conditions and recommendations.**

Winter weather conditions remain in the area. Snow cover throughout the area. Its thickness starts from 10 cm, in pine forests with dune terrain, up to 50 cm in wetlands and glades. Snow drift is actively forming. In the event that frost persists during the nights before the competition, it is expected that the sulfur will be able to support the weight of a person. It is expected that most of the LVM public roads will be well-maintained - cleaned, well usable for movement. Ankle care is advised, snow boots and a dry spare pair of socks are recommended. The streams and ditches in the area are not frozen. Places to cross them are easy to find.



### **Distance, CP and punching**

50 checkpoints – control flags equipped with reflectors - will be placed in the competition area.

**Punching system – Sportident (SIAC).** Each participant is attached The SIAC-card provided by the organizers is attached to competitors' wrists.. Control points have values from 2 to 6 points. Point value is the decimal number of the CP number, for example CP number 33 gives the team 3 points, CP number 63 gives 6 points etc. The total value of CP points - 200 points. Every team member should register at the CP within one minute. If any of the team members has a damaged (broken) SI-card attachment, the team is disqualified.

### **Water points, catering, service**

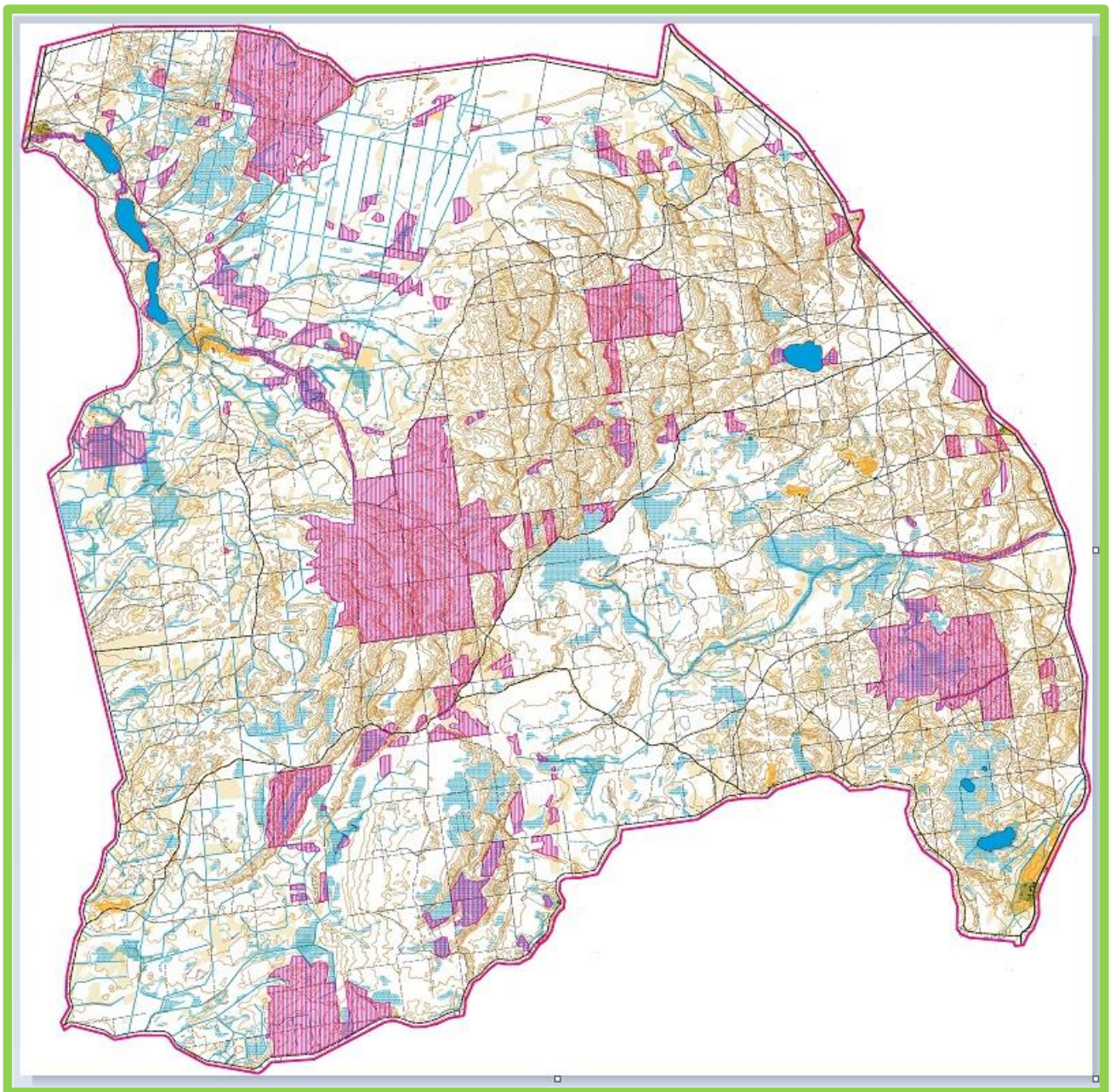
Watering points with: **thermos with tea and paper cups.** Catering - after the finish, **2 types of soup, both for omnivores and vegetarians, bread, sweet snack, tea and coffee.** The cost of meals is included in the participation fee. Toilets and garbage containers will be available in the competition center. Changing rooms and showers will not be available after the finish.

The competition center will be located in the forest.

Competitors will have access to a heated canopy and a limited number of tables with benches. Information about the arrival, parking and layout of the competition center will be included in the pre-start information.



## Map



**Scale: 1:20000, H = 3 m, S ~ 85 km<sup>2</sup>.**

According to the guidelines of the International Rogaining Federation (IRF), standard or advanced topographic maps are suitable for rogaining competitions. Open areas are represented with a YELLOW background color, clearings of different ages/young trees are represented with a YELLOW/GREEN background color, forest areas - with a WHITE background color. The map of Rogaining was prepared in 2021-2022, using topographical materials of the Latvian Geospatial Information Agency (LĢIA), orthophotos (2021), area walking and other information. The size of the map page, map designations and usage characteristics will be specified in the pre-start information.





### Other rules

By participating in the competition, the participants agree that the photos and videos taken during the competition are used for the publicity of this and other competitions and for the promotion of an active lifestyle, as well as for the use of the personal data specified in the participant's application for the publication of the composition of the participants, the compilation and publication of the results in print, in the electronic environment and on social media in networks.

### Entries

Registration for the competition from February 1, 2023 to March 13, 2023. Organizers will provide SIAC-cards. The team submits applications online by filling out the application form on the website <http://www.rogaining.lv> Entry fee for each team member.

O, V and SV categories –	30 EUR (until 05.03.2023.),	35 EUR (after 05.03.2023.)
	20 EUR (until 05.03.2023.),	25 EUR (after 05.03.2023.)
	for those who meet UV and J categories	
UV and J categories –	20 EUR (until 05.03.2023.),	25 EUR (after 05.03.2023.)
Family category–	30 EUR (until 05.03.2023.),	35 EUR (after 05.03.2023.)
	for those who correspond to categories O, V and SV,	
	20 EUR (until 05.03.2023.),	25 EUR (after 05.03.2023.),
	for those who meet UV and J categories,	
	5 EUR , participants up to 14 years of age.	

Participation fees cover competition preparation, contactless SI cards, catering, competition center rent and others organizational expenses. The participation fee can be paid by bank transfer to the bank specified in the application process account, indicating the number of the registered team: **LV64UNLA0050020516945, Sports klubs R24.LV, reg. 40008206944**. The application for the competition is also a guarantee for the payment of the participation fee. participants, who apply but refuse to start by sending a written refusal by March 13 can get back 50% of paid membership fees. The organizer returns the full participation fee in case the competition is cancelled or are not possible due to external circumstances.

### Awarding

The teams with the best results in each category will be awarded. The organizers can change the number of awarded teams depending on the number of participating teams in the groups and the budget of the competition.



**Information :** (+371) 29218759, [valtersk@latnet.lv](mailto:valtersk@latnet.lv)

**Pre-start information will be published on March 16, 2023.**

**Welcome to Ziemeļgauja!**

