



## **ZIEMASSVĒTKU IZVĒLE / CHRISTMAS CHOICE. Latvian Municipalities CUP in Rogaining 2025.**

### **Bulletin No. 1**

Competition date: December 26, 2025.

Competition location: Ape parish territory, Smiltene municipality.

Competition center: Dāvja Ozoliņa Ape primary school, Ape. Directions from the Riga – Veclaicene (A2) motorway, kilometer 173, turn to Ape. Latvian – Estonian borderland.

**The goal of the Latvian Municipalities CUP competition is to popularize rogaining in all municipalities, promote the sporting activities of municipalities, their employees and residents. To determine the most active and sporty municipality in rogaining.**

### **Organizer**

Competition organizer: Sports club R24.LV

Competition manager and course setter: Valters Kaminskis.

Competition map: Jānis Ēņģelītis, Latvian Geospatial Information Agency (LGIA)

### **Rules**

Competition format: rogaining, time limit 4 hours. 2-5 participants per team. The competition is held in accordance with the rogaining competition rules approved by the Latvian Orienteering Federation (LOF): [LV Rogaininga noteikumi 2024.pdf](#)

**By participating in the competition, participants agree that the photos and videos taken during the competition are used for the publicity of this and other competitions and the promotion of an active lifestyle, as well as for the use of personal data specified in the participant's application for the publication of the composition of participants, the compilation of results and their publication in print, electronic media and social networks. By registering for the competition, participants confirm that they have read the competition information and undertake to comply with all binding rules and instructions.**

### **Supplements to the rules, special instructions.**

1. Preserve and respect the values of nature and man-made objects!
2. Only a compass, watch and the competition map issued by the organizers may be used for navigation. Any other equipment and means may be used for purposes not related to navigation.
3. Meetings with dogs and forest animals are possible during the distance.

4. When moving on general roads and city streets, road traffic regulations must be followed, reflectors and headlights must be used during the dark.
5. It is forbidden to cross the courtyards of houses, unless a road passes through them. It is recommended to go around houses so as not to disturb the residents. Prohibited areas - residential areas, gardens, cemeteries - are olive green. Particularly dangerous and prohibited areas are masked with a red grid on the map.
6. Each team must carry a switched off mobile phone with a charged battery during the distance, so that in case of an emergency it is possible to contact the organizers. The organizers' mobile phone number will be indicated on the competition map.



### **Participant groups**

MO, WO, XO – men's, women's and mixed open groups.

MJ, WJ, XJ – men's, women's and mixed junior groups, all team members are under 23 years old.

MV, WV, XV – men's, women's and mixed senior groups, all team members are over 45 years old.

MSV, WSV, XSV – men's, women's and mixed super-senior groups, all team members are over 55 years old.

MUV, WUV, XUV – men's, women's or mixed ultra-veteran groups, all team members are over 65 years old.

Family - family group, the team consists of at least 2 generations of members of the same family and at least one member is 14 years old or younger.

Age restrictions for participants: from 7 years old and only with parents!

Participants themselves (over 16 years of age) or their parents/guardians (for participants under 16 years of age) are responsible for their own health and for insurance against accidents and possible injuries. The team representative registers the team at the competition center and receives the equipment for the participants.

The Latvian **Municipalities Cup in Rogaining 2025** is a team competition in which teams of municipal deputies, employees of the administration and municipal institutions, municipal residents and real estate owners (hereinafter - municipal teams) participate. Team applications are submitted by the participants themselves, indicating the municipality (county or city) they represent in the application. The representative of the corresponding municipality sends an electronically signed letter to the competition organizers ([valtersk@latnet.lv](mailto:valtersk@latnet.lv)) by December 21, 2025, confirming the list of teams representing the municipality.

The Latvian **Municipal Cup in Rogaining 2025** will be won by the municipality whose teams score the highest points by adding up the results of each municipality's best M (male), W (female), X (mixed gender) and Family (family) teams, one from each group.

## Sacensību Programma

**08:55 sunrise**

from 10:00 participants arrive at the competition center, registration

11:00 distribution of maps for distance planning

**12:00 start of the competition**

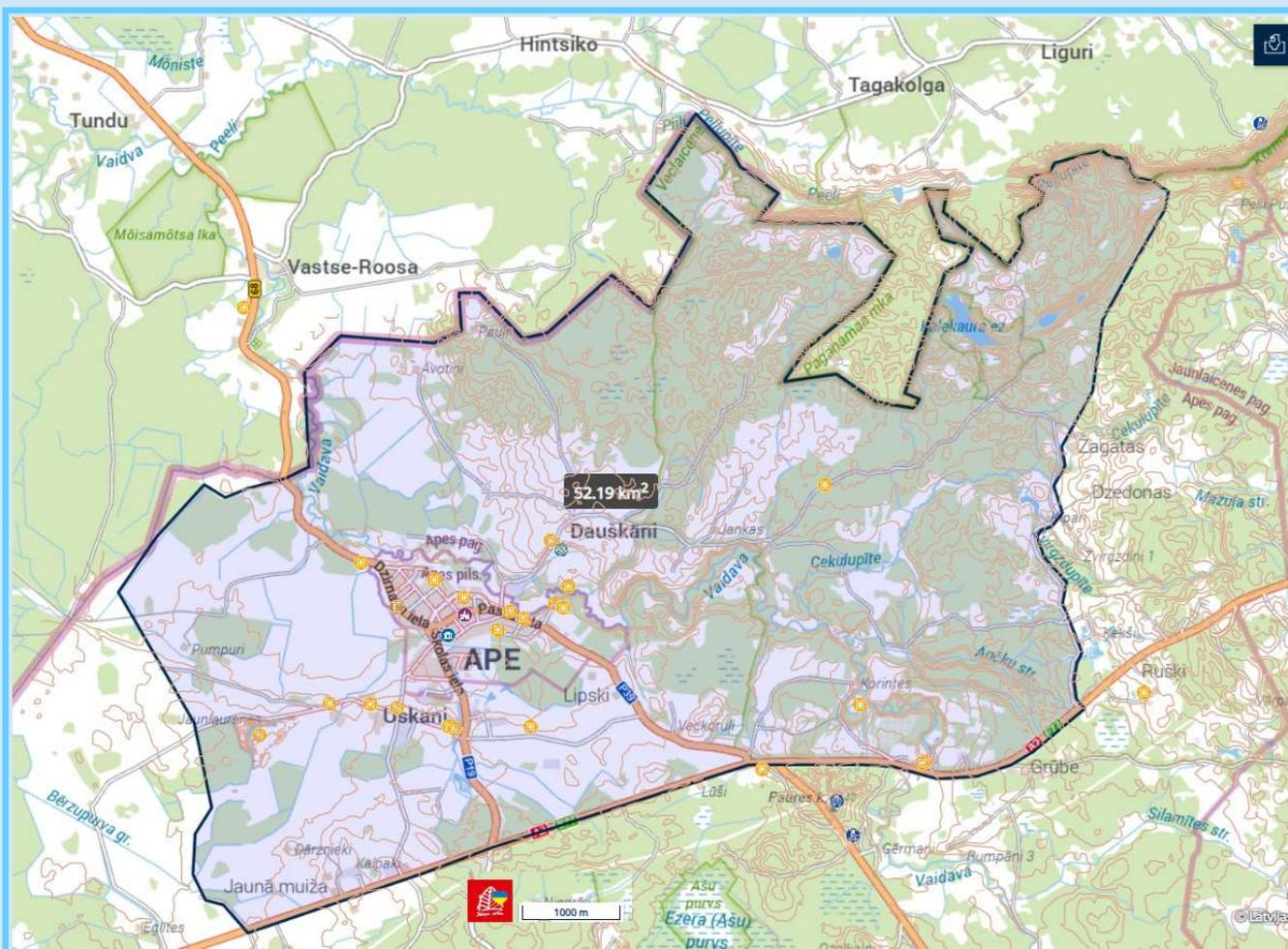
**15:35 sunset**

**16:00 finish of the competition**

**16:23 darkness**

16:30 end of the competition and closing event

## Area



The competition area, approximately 50 km<sup>2</sup>, is located in the Ape region, on the Estonian border. The area has a well-developed road network. The main object is the Vaidava River, which can only be crossed in designated places.

## Map

Scale 1:20000, H = 2m, S ~ 50 km<sup>2</sup>.

The Rogaining map was prepared in 2025, using topographic materials from the Latvian Geospatial Information Agency (LGIA), orthophotos (2024), territory walk-throughs and other information. The dimensions of the competition map sheet and the characteristics of the material will be published in the pre-start information.

## Distance, Checkpoints and punching

Control points - orienteering prisms with reflectors - will be placed in the competition area.

Control points have values from 2 to 5 points. The point values are the tenths of the KP number, for example, KP with number 33 gives the team 3 points, KP with number 53 gives 5 points. Check-in system – Sportident. All team members check in at the checkpoint, each with their own SI-card.

Team members must check in at one checkpoint within 1 minute. If any of the team members has a damaged (broken) SI-card attachment, the team is disqualified.

### **Watering points, catering, service**

A water station will be located in the competition area, tea in thermoses. Catering - after the finish, for both omnivores and vegetarians. The cost of catering is included in the participation fee. There will be space available for planning in the competition center, a limited number of tables and benches in the school dining hall. Vehicles can be parked in the adjacent parking lots.



### **Entries**

Registration for the competition is open until December 21, 2025.

Participation fee for 1 participant upon registration

	until 14.12.2025.	after 14.12.2025.
In groups O, V and SV	25 EUR	30 EUR
In groups UV and J	20 EUR	25 EUR
In the Family group		
for those who meet the O, V and SV groups	25 EUR	30 EUR
for those who meet the UV and J groups	20 EUR	25 EUR
participants under 14 years of age.	10 EUR	10 EUR

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 December 21 may receive a refund of 50% of the paid participation fee. The organizer returns the full participation fee in the event that the competition is canceled or is not possible due to external circumstances. The participation fee covers the preparation of the competition, contactless SI cards, meals, competition center rental and other organizational expenses. The participation fee should be paid by transfer to the bank account specified in the application process: Sporta klubs R24.LV, reg. 40008206944, LV64UNLA0050020516945

If a special invoice with specific details is required for payment of the participation fee, please write to [valtersk@latnet.lv](mailto:valtersk@latnet.lv), indicating the payer's details (name, registration number, bank account) and the reason for the payment.

Contact information: (+371) 29218759, [valtersk@latnet.lv](mailto:valtersk@latnet.lv)

**See you in Ape!**