

Latvia 100 

BULLETIN 3

WORLD ORIENTEERING CUP / ROUND 3

CĒSIS, LATVIA, 24.08.-27.08.2017

CĒSIS WELCOMES YOU!

Our city has the strength of nine centuries behind it. We are the birthplace of the Latvian national flag and we are a proud city. Proud but welcoming. And we are delighted to welcome the world's best orienteers as well as the participants of the OPEN race.

We have made sure that the WCUP2017 participants see the best our region has to offer – the courses planned through the most picturesque locations in Latvia. Thus making sure that not only will the event be memorable, but also unique and breathtakingly beautiful.

Cēsis has a long tradition of orienteering sport, with many of the best Latvian orienteers calling our city home, and this is the second time we have the honour of hosting an event of this calibre. I am sure you will appreciate the effort we have put into organising Orienteering World Cup 2017, and I am sure you will return here again to enjoy the nature around steep slopes and ravines of the ancient Gauja river valley and the rich atmosphere of the Cēsis old town.

Enjoy Cēsis, enjoy the competition and best of luck to all of you!

Jānis Rozenbergs

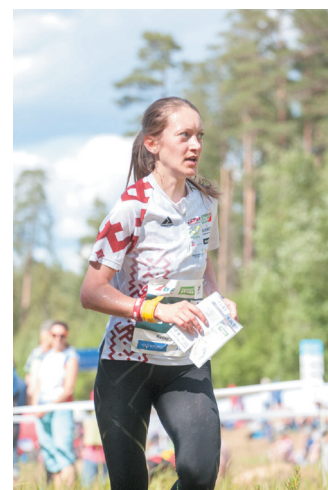
Chairman of the Cēsis City Council

ORGANISATION

Event Director:	Jānis Lazdāns
Event Secretary:	Inese Purgaile
Finances:	Ģirts Mamis
IT Manager:	Kārlis Osis
Training:	Ritvars Karpikovs
Media:	Aija Pakalna
Mappers:	Leonīds Malankovs, Igors Bužs
Course planners	Aigars Leiboms, Juris Knēts
Arena manager	Gunārs Ikaunieks
Main speaker	Andris Rupais
TV-production	Karel Jonak
Accommodation	Ildze Straume

EVENT CONTROLLERS

IOF Senior Event Adviser:	Rimas Jovaisas (LTU)
IOF Assistant SEA:	Vitalijus Paulauskas (LTU)
Event Controller:	Guntars Mankus (LAT)



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PROGRAMME

DATE	TIME	EVENT	PLACE
23.08.2017	whole day	Training opportunities	
Wednesday	16:00 - 20:00	World Cup Office is open	Cēsis Primary School No. 2
24.08.2017	08:00 - 21:00	World Cup Office is open	Cēsis Primary School No. 2
Thursday	whole day	Training opportunities	
	12:00	Deadline for Middle distance entries	Eventor
	14:00 - 16:00	Model Event	Raiskumkrogs
	19:00	Team Officials' Meeting (TOM)	Cēsis Primary School No. 2
25.08.2017	10:00 - 17:30	World Cup Office is open	Arena Ozolkaļns
Friday	08:45 - 10:00	Teams into Quarantine - Middle Distance	Cēsis Primary School No. 2
	10:00 - 16:00	World Cup - Middle Distance	Arena Ozolkaļns
	12:00	Deadline for Relay entries	Eventor
	16:30	World Cup - Prize giving ceremony for Middle Distance	Arena Ozolkaļns
	18:00 - 20:00	World Cup Office is open	Cēsis Primary School No. 2
	19:00	Team Officials' Meeting (TOM)	Cēsis Primary School No. 2
26.08.2017	10:00 - 16:00	World Cup Office is open	Arena Ozolkaļns
Saturday	09:00 - 10:00	Teams into Quarantine - Relay	Arena Ozolkaļns
	10:00 - 12:00	World Cup - Relay Women	Arena Ozolkaļns
	12:00 - 14:00	World Cup - Relay Men	Arena Ozolkaļns
	12:00	Deadline for Sprint distance entries	Eventor
	14:30	World Cup - prize giving ceremony for Relay	Arena Ozolkaļns
	15:00 - 18:30	Public competition "Cēsis OPEN" middle distance	Arena Ozolkaļns
	17:00 - 20:00	World Cup Office is open	Cēsis Primary School No. 2
	19:00	Team Officials' Meeting (TOM)	Cēsis Primary School No. 2
27.08.2017	08:00 - 8:45	Teams into Quarantine - Sprint Qualification	Cēsis Primary School No. 2
Sunday	09:00 - 20:00	World Cup Office is open	Arena Cēsis
	09:00 - 10:00	Sprint Qualification - Women	Arena Cēsis
	10:00 - 11:20	Sprint Qualification - Men	Arena Cēsis
	12:00 - 14:30	Public competition "Cēsis OPEN" sprint	Arena Cēsis
	14:45 - 15:30	Teams into Quarantine - Sprint Final (A,B)	Arena Cēsis
	16:00 - 17:00	Sprint Final A - Women	Arena Cēsis
	17:00 - 18:00	Sprint Final A - Men	Arena Cēsis
	18:00 - 19:00	Sprint Final B - Women/Men	Arena Cēsis
	18:20	World Cup - prize giving ceremony for Sprint Distance and closing ceremony	Arena Cēsis

IMPORTANT DEADLINES

Team Names Entry Deadline: 13 August 2017.

The named entries have to be done no later than 13 August 2017, in the online entry system Eventor with the following information: - All competitors and team officials: family name, first name, nation, sex, year of birth, IOF ranking ID, - team officials: family name, first name, nation, sex, phone number.

Please note that the named entries can only be accepted if the national federation by 15 July 2017 has done the initial entry.

IOF Eventor link: <https://eventor.orienteering.org/Events/Show/5394>



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ENTRY FEES

Middle 40.- EUR

Relay 150.- EUR/ team

Sprint 50.- EUR

Accreditation fee athletes 20.- EUR all 3 days

Accreditation fee team officials 20.- EUR all 3 days

NB! Entry fees must be paid by 17 August 2017. Please note that a late payment fee of + 100% per person will be charged for late payments.

BANK INFORMATION

The payment should be transferred to the Latvian Orienteering Federation bank account.

IMPORTANT – the payer shall cover all bank charges.

Payment details:

LATVIJAS ORIENTEŠANĀS FEDERĀCIJA

(LATVIAN ORIENTEERING FEDERATION)

Registration No.: 40008021960

IBAN: LV14RIKO0002013111372

DNB Banka

SWIFT: RIKOLV2X

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

Federations can request copies of invoice via email: lof@lof.lv

VISAS

Nationals of the European Union (EU), the European Economic Area (EEA) and any third-country national holding a residence permit of a Schengen State do not need a visa to enter Latvia. For more information, please refer to the website of the Ministry of Foreign Affairs <http://www.mfa.gov.lv/en/consular-information/entry-into-latvia>

ACCOMMODATION AND FOOD

Please request your reservation by sending e-mail to: accommodation@woc2018.lv

Reserved dates are 23-27.08.2017. If additional days are needed, please let us know ASAP, as places might not be available closer to summer!

Food court will operate at Arena Ozolkaļns. At Arena Cēsis additional food court will not be organized as there are many dining opportunities in Cēsis city.

Where to eat in Cēsis - <http://turisms.cesis.lv/en/where-to-eat/>

More information can be found at <http://wcup2017.lv/accommodation/>

EVENT CENTRE

The Event Centre will be in Cēsis, in the premises of the Cēsis Primary School No. 2.

Address: Gaujas iela 45, Cēsis

Telephone: +371 29751855

e-mail: info@woc2018.lv

Google maps: <https://www.google.lv/maps/place/C%C4%93su+2.+pamatskola/>

TRANSPORT AND PARKING

The teams are responsible for organising their own transport. Please follow the signs to the arenas and quarantine check-in.

TEAM MATERIAL AND INFORMATION

After having finalised their accreditation at the Event Centre, the teams will receive their information packages. The set will contain:

- 1) Bulletin 4
- 2) SI-AIR for each athlete, together with a list of numbers and corresponding names. They are the same for all races. Please do not mix them up.
- 3) Model maps.
- 4) Car permits to parking lots for team vehicles. Maximum number of permits is five (5) per national federation.

Bulletin 4 will provide updated information about the event. If any uncertainties remain, these can be clarified at the Team Officials' Meetings.

A runner should use only his or her own number bib: the number bibs will be available in the quarantine area before the race. The number bibs should be attached both in the front and on the back, and the number should be clearly visible. It is not allowed to fold the number bib to a smaller size or to cut off a part of it.

ANTI DOPING

Doping is forbidden. "Think positive – test negative"! Doping is strictly forbidden and the organisers of the World Cup Round 3 are dedicated to supporting the anti-doping authorities in their work. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing and Investigations. The IOF Anti-Doping Code and rules and the World Anti-Doping Code apply as of 1 January 2017. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, the athletes must bring along their ID with photo to all the competitions and events. For more information, please consult: <http://orienteering.org/anti-doping/> IOF Anti-Doping Rules apply, valid as of 1 January 2017.

Note that, even if the IOF or the organizer have not ordered any tests, anti-doping control can be conducted by other organizations (Anti-doping department of State sports medicine centre in Latvia) without any prior notice.

IOF LICENCE

Only athletes with a valid IOF Licence are allowed to start. Licence form and Licence payment should be addressed to IOF Office, at the latest, 10 days before the Event to assure a valid licence at the start of the Event. Late licence applications must be addressed to iof@orienteering.org

For more information, please consult: <http://orienteering.org/athletes-licence>

RULES AND PARTICIPATION

The Competition Rules for IOF Foot Orienteering Events (valid from 1 January 2017, as published on the IOF website www.orienteering.org) apply to all competitions.

Middle distance competition. The start order is determined strictly by the standing of the IOF Middle/Long Distance World Rankings as published on 23 August 2017 (leader starts last). The start interval shall be 2 minutes unless more than 70 entries are received, in which case it shall be 90 seconds.

Sprint competition with a qualification and final. The qualification shall consist of three heats, drawn according to the provisions of rule 12.8 (in particular, that as far as possible, the heats shall be equally strong and that athletes from any one country should be distributed as equally as possible between the heats), except that two competitors from the same country may start consecutively in the same heat. The starting order in each qualification race is determined strictly by the standing of the IOF Sprint World Rankings as published on 25 August 2017 (leader starts last) with a start interval of 1 minute. The leading 15 athletes from each heat qualify for the A final and the remaining competitors qualify for the B final, with the starting sequence in each final as determined by rule 12.9.

In relay all Federations can start with a maximum of 3 men's and 3 women's teams. Each team consists of 3 team members. Only the best-placed men's team and best-placed women's team of each Federation will count for the World Cup result list. During competition 4 teams with runners from more than one Federation (but still with 3 team members) may participate but will not be placed in the results.

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MODEL EVENT

Model event with controls are available. Further information about model event will be given in Bulletin 4.

CLOTHING

There are no regulations regarding clothing.

PUNCHING, TIMING SYSTEMS AND GPS TRACKING

SPORTident Air+ touch-free punching system will be used in all disciplines. Air+ chips will be provided by the organisers. GPS tracking will be used. If athlete is selected in GPS tracking he/she must carry the GPS-device.

QUARANTINE AREAS

For Middle distance and Sprint qualifications the quarantine check-in will be located in school building. Participants will stay indoors and will be transported to start area by bus according to schedule.

Quarantine check-in in for Relay will be located at Arena Ozolkaļns.

Athletes can leave their clothes and equipment at quarantine from where those will be transported to the team area at the arena. Team officials are allowed to enter the quarantine. After leaving the quarantine area, they are not allowed to return during the competition.

START INTERVALS

Middle distance: see Rules and Participation.

Relay: Mass start

Sprint qualification: 60 seconds between runners in the same heat

Sprint final: 60 seconds

TEAM AREAS AT THE ARENAS

There is one common team area on all the Arenas. The clothes and equipment left at quarantines will be transported to the team area.

COACHING

There will be coaching zones at the Arenas.

TRAINING OPPORTUNITIES

A variety of training possibilities may be prepared before the competitions on request. Examples of training possibilities are available in event website - <http://wcup2017.lv/training-opportunities>

EMBARGOED AREAS

Embargoed areas apply to all potential Orienteering World Cup 2017 Round 3 competitors, team officials, and other persons who, through knowledge of the terrain, may influence the results of the competitions or may be in a position to give information to the team members. The embargoed area can be viewed at <http://wcup2017.lv/embargoed-areas/>



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COMPETITION AREAS AND ARENAS

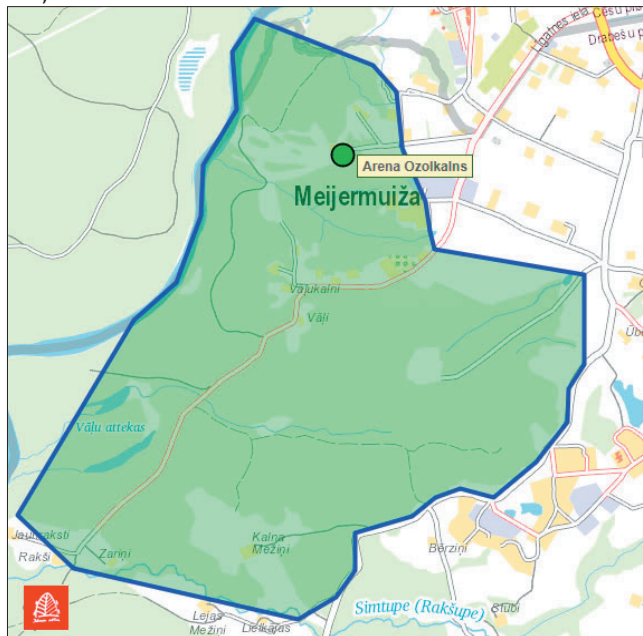
MIDDLE DISTANCE

Quarantine

All the competitors must travel directly to the quarantine. It is not allowed for competitors to visit the arena before the start. Quarantine check-in will be located in school building. Participants will stay indoors and will be transported to start area by bus according to schedule. Driving instructions and additional information will be given in Bulletin 4.

Arena & competition area

The Arena located at: 57.2943257, 25.2226746



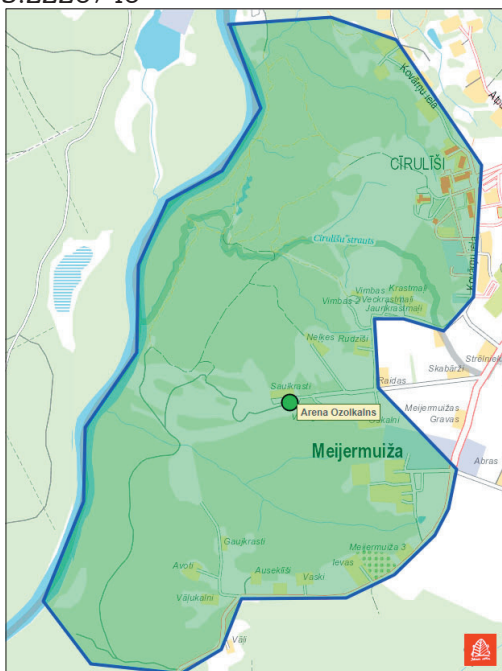
RELAY

Quarantine

All the competitors must travel directly to the quarantine. Quarantine check-in will be located at Arena Ozolkalns. Driving instructions and additional information will be given in Bulletin 4.

Arena & competition area

The Arena located at: 57.2943257, 25.2226746

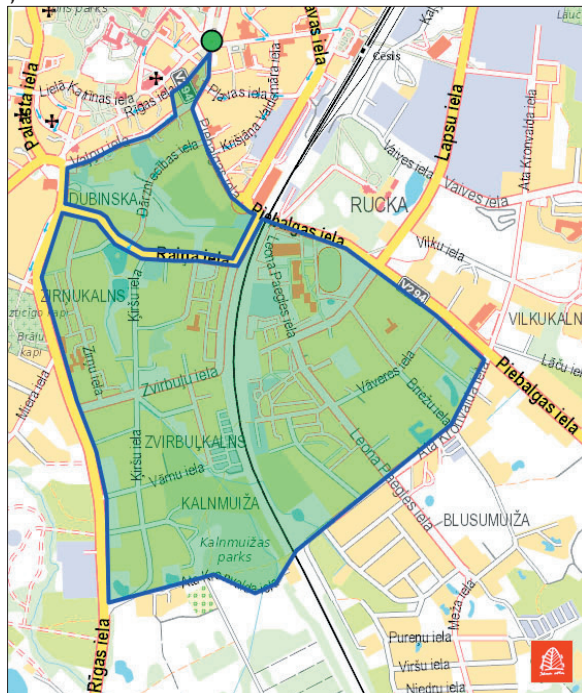


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Quarantine

Arena & competition area

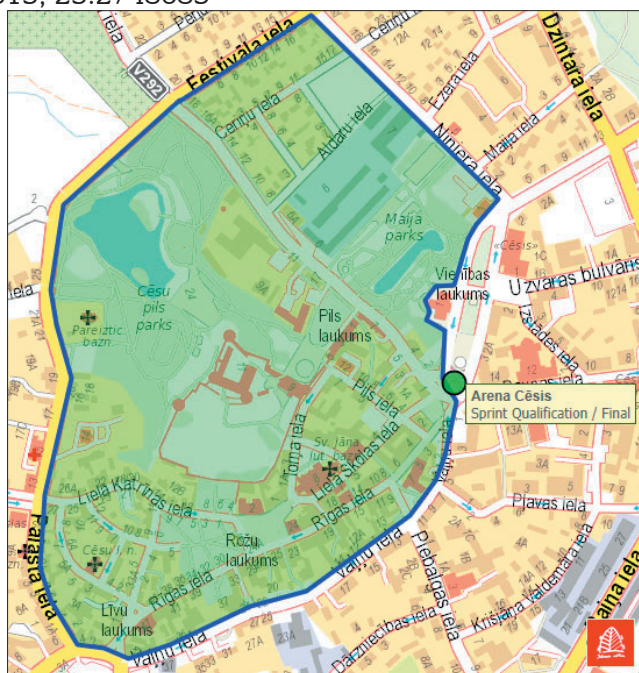
The Arena located at: 57.3132315, 25.2748685



Quarantine

Arena & competition area

The Arena located at: 57.3132315, 25.2748685



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COURSES (preliminary)

The officials may or may not be located close to the control locations. Radio and TV controls are not specified on the control descriptions. Any structures made for TV cameras are not mapped. The sprint course length is given as the shortest feasible route as specified by rule 16.3.

Middle distance

Map	Class	Length (km)	Climb (m)	Controls	Winning time (min)	Refresh-ment	Map Scale	Contour interval (m)
Ozolkaļns	M21E	6,2	320	22	34:00	1	1:10 000	5m
Ozolkaļns	W21E	5,2	210	20	34:00	1	1:10 000	5m

Relay

Map	Class	Length (km)	Climb (m)	Controls	Winning time (min)	Refresh-ment	Map Scale	Contour interval (m)
Ozolkaļns	M21E	6,2-6,5	450	19-21	39:00	1	1:10 000	5m
Ozolkaļns	W21E	4,6-4,8	300	15	35:00	1	1:10 000	5m

Sprint Qualification

Map	Class	Length (km)	Climb (m)	Controls	Winning time (min)	Refresh-ment	Map Scale	Contour interval (m)
Zirņukaļns	M21E	2,7-2,8	40	16-18	12:30	-	1:4000	2m
Zirņukaļns	W21E	2,4-2,6	25	16-18	12:30	-	1:4000	2m

Sprint Final

Map	Class	Length (km)	Climb (m)	Controls	Winning time (min)	Refresh-ment	Map Scale	Contour interval (m)
Cēsu vecpilsēta	M21E	3,0	80	24	15:00	-	1:4000	2m
Cēsu vecpilsēta	W21E	2,6	60	20	15:00	-	1:4000	2m

MAP AND TERRAIN

Middle distance and Relay

Map: ISOM 2000, scale 1:10'000, contours 5 m, mapper Leonīds Malankovs

Terrain: A ravine with side ravines on the left-hand bank of the Gauja River. Spruce forest, runnability varies from easy to difficult. Occasional undergrowth and fallen trees that obstruct the running. Height difference 85m. Roads of various categories.

Sprint distance Q

Map: ISSOM 2007, scale 1:4'000, contours 2 m, mapper Igors Bužs.

Terrain: The southern part of the Cēsis city. The terrain features family houses, apartment houses and public buildings. The map covers a part the Old Town. Height difference 15 m.

Sprint distance F

Map: ISSOM 2007, scale 1:4'000, contours 2 m, mapper Igors Bužs.

Terrain: Old Town of Cēsis with city parks. Height difference 30 m.

The same style of mapping has been used in official training maps as well as for model event maps and competition maps. Controls may be guarded by officials during the competitions.



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TV-SCHEDULE

The IOF World cup is TV broadcasted in <https://liveorienteering.com>




















MEDIA

Contact person: Aija Pakalna, email: media@woc2018.lv
mobile: +371 28720436

CONTACT INFORMATION

Event Director:	Jānis Lazdāns	Janis.lazdans@woc2018.lv	
Event Secretary:	Inese Purgaile	info@woc2018.lv	+371 29751855
Trainings:	Ritvars Karpikovs	trainings@woc2018.lv	
Accommodation:	Ildze Straume	accommodation@woc2018.lv	+371 26563615

ENTRIES RECEIVED

Federation	Men	Women	Team Officials	Total
 Austria	6	4	3	13
 Belarus	3	3		6
 Belgium	3			3
 Czech Republic	7	6	4	17
 Denmark	6	3	2	11
 Estonia	7	7	2	16
 Finland	12	9	5	26
 France	10	6	4	20
 Germany	6	4	1	11
 Great Britain	6	6	1	13
 Hong Kong	2	2		4
 Israel	1			1
 Italy	5	3	1	9
 Japan	3	3		6
 Latvia	12	9	3	24
 Lithuania	7	6		13
 New Zealand	1	2		3
 Norway	8	8	3	19
 Poland	3	3	1	7
 Russian Federation	7	10	1	18
 Spain	3	3	1	7
 Sweden	9	9	4	22
 Switzerland	9	8	4	21
 Ukraine	2	2		4
Sum	138	116	40	294