



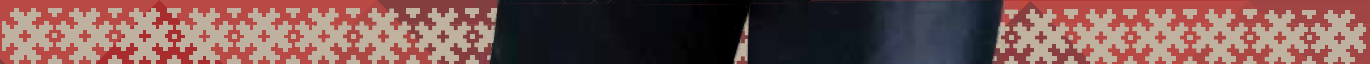
NOKIAN TYRES
WORLD ORIENTEERING
CHAMPIONSHIPS
LATVIA | 2018
RIGA | SIGULDA

3 - 11 AUGUST

Latvia 100 



BULLETIN 2



DEAR ORIENTEERING FRIENDS,

We invite you to the World Orienteering Championships 2018 and Latvia O-week! Discover Latvia for yourself: it is a small pearl of the Baltic countries where you will be able to enjoy a very special flavour of orienteering in the cultural, architectural and historical aura of Riga and in the charming scenery and

historical atmosphere of Sigulda. The participants of LATVIA O-WEEK will be the lucky ones to explore orienteering areas similar to those anticipated at the WMOC.

Every visitor will be able to find routes in Latvia that best suit his or her wishes and interests – be it nature, architecture, history, sports, adrenaline, cuisine or adventure. Therefore we invite you to visit the most popular tourist attractions that are

located just a couple of kilometres away and are convenient to reach.

2018 is the year of Latvia's 100th anniversary. Special preparations for this occasion are on-going in Latvia, and WOC2018 will be among the centenary celebration events.

Looking forward to see you in Latvia!

Jānis Lazdāns,
WOC2018 Event Director



WORLD ORIENTEERING CHAMPIONSHIPS 2018 - IN THE CAPITAL OF LATVIA!

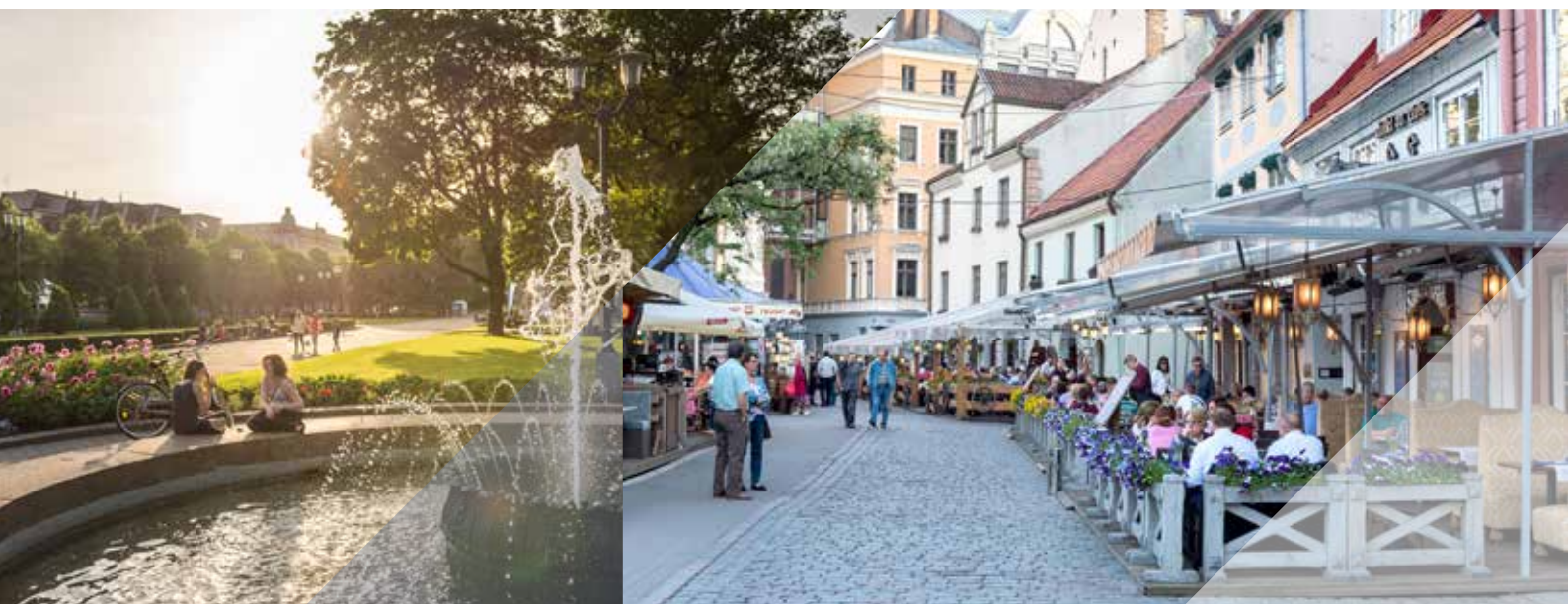
Latvia will be hosting the 35th World Orienteering Champi-

onships in the year when it is celebrating its centenary. Sprint races will take place in Riga, the capital of Latvia, while the forest races will be held in Sigulda, which is often referred to as “the Latvian Switzerland”. In addition to WOC2018, Latvia will host

the 25th European Foresters' Orienteering Championships (EFOL), while the spectators and orienteering fans will have a chance to run in the same terrains as the athletes competing in the world championships.



VENUE AND ACCESS



RIGA and SIGULDA will be the competition centres

The opening ceremony and sprint races will be held in Riga, the capital of Latvia.

The Riga International Airport (RIX) is the largest airport in Latvia and in the Baltic countries. It is situated 13 km south-west from Riga. The city can be reached by a bus or a taxi. Several car rental companies have their offices in the airport.

Forest races will take place in Sigulda, “the Latvian Switzerland”.

Sigulda is 53 km away from Riga and is among the most popular tourist destinations in Latvia. From Riga, Sigulda can be reached by train, bus or car (A2 motorway).



EVENT CENTRE

The event centre is located in the Culture Centre of Sigulda. The prize-giving ceremony will be held in the square near the railway station (350 m from the event centre).

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>

WOC PROGRAMME

WOC2018 will be the last championships according to the "old" system which combines urban and forest races. Further on, there are going to be separate forest based and urban based competitions.

The WOC races are planned to be held as follows:

Date:	Weekdays:	Time: (provisional)	WOC:	Location:
03.08.2018	Friday		Arrival	
04.08.2018	Saturday	9 - 11	Sprint Qualification	Riga
04.08.2018	Saturday	17 - 19	Sprint final	Riga
05.08.2018	Sunday	17 - 18	Sprint relay	Riga
06.08.2018	Monday		Rest day	
07.08.2018	Tuesday	11 - 17	Middle distance	Sigulda
08.08.2018	Wednesday		Rest day	
09.08.2018	Thursday	13 - 17	Relay	Sigulda
10.08.2018	Friday		Rest day	
11.08.2018	Saturday	11 - 17	Long distance	Sigulda
12.08.2018	Sunday		Departure	

More information about spectators race "LATVIA 0-WEEK" in web page www.woc2018.lv/o-week

ORGANISATION

Event Director:	Jānis Lazdāns	janis.lazdans@woc2018.lv
Event Secretary:	Inese Purgaile	info@woc2018.lv
Finances:	Ģirts Mamis	lof@lof.lv
IT Manager:	Kārlis Osis	lvkaos@inbox.lv
Training:	Ritvars Karpikovs	trainings@woc2018.lv
Media:	Aija Pakalna	media@woc2018.lv
Arena manager:	Gunārs Ikaunieks	
TV-production:	Karel Jonák	
Accommodation	Ildze Straume	accommodation@woc2018.lv
Map team:	Indulis Peilāns (Manager), Ainars Lagzdiņš (Sprint), Atis Zariņš (Sprint), Juris Cebulis (sprint), Mikus Puriņš (Sprint Relay), Egils Puriņš (Sprint Relay), Māris Strautnieks (Middle), Dagnis Dubrovskis (Long, Relay), Leonīds Malankovs (Long, Relay)	
Course team:	Indulis Peilāns (Manager, Long, Relay), Jānis Tamužs (Sprint), Mikus Puriņš (Sprint relay), Aigars Leiboms (middle)	



EVENT CONTROLLERS

IOF Senior Event Adviser:	Daniel Leibundgut (SUI)
IOF Assistant Event Adviser:	Urs Hofer (SUI)
IOF IT Assistant Event Adviser:	Finn Arildsen (DEN)
IOF TV/Arena Assistant Event Adviser:	Daniel Leibundgut (SUI)
National Controller:	Guntars Mankus (LAT)

COMPETITION RULES

The 2018 edition of the competition rules for IOF Foot Orienteering events will be applicable to the 2018 World Orienteering Championships.

CLASSES AND ENTRY REGULATIONS

- There is one class for women and one class for men. There are no age restrictions (Rule 5.7)
- All competitors represent a Federation (Rule 6.5)
- A competitor may represent only one Federation during any one calendar year (Rule 6.1)
- Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation (Rule 6.2)

COMPETITION ARENAS

Sprint Qualification

Sprint Qualification location in the city centre of Riga. Arena location 56°57'21.9"N 24°06'27.0"E

Sprint Final

Sprint Final location Old Town of Riga. Arena location 56°56'50.9"N 24°06'23.5"E

Sprint Relay

Sprint Relay will be held in the part of Riga. Arena location 56°56'29.8"N 24°04'56.3"E

Middle Distance

Middle distance location in the city Sigulda. Arena location 57°08'24.8"N 24°49'01.0"E

Relay and Long Distance

Relay and Long distance location around the castle Turaida. Arena location 57°11'10.4"N 24°51'05.4"E



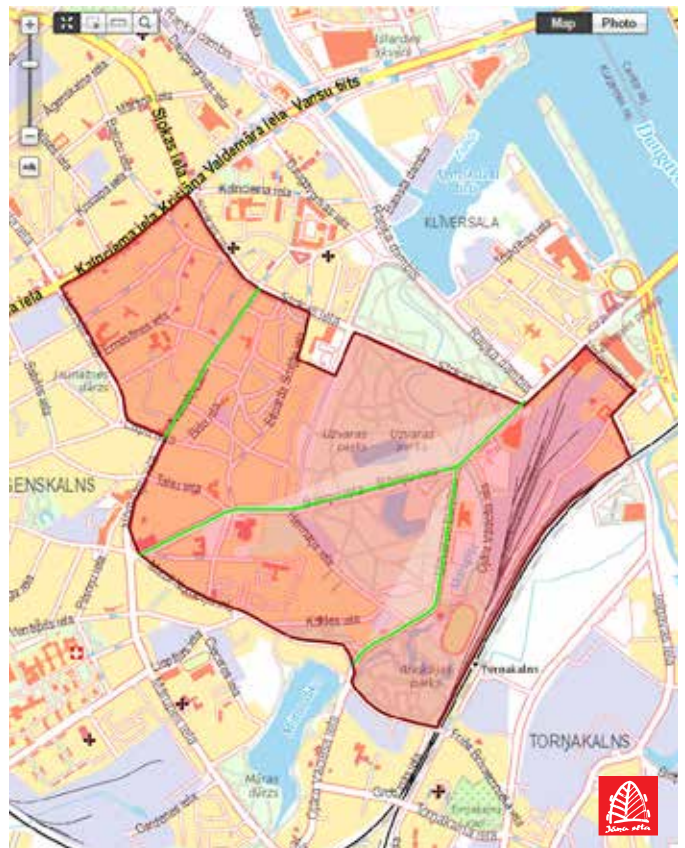
EMBARGOED AREAS

With regard to the IOF Competition Rules (article 26.5), the embargoed areas are forbidden for all potential WOC2018 athletes, team officials and other persons that may be in a position to give information to the team members.

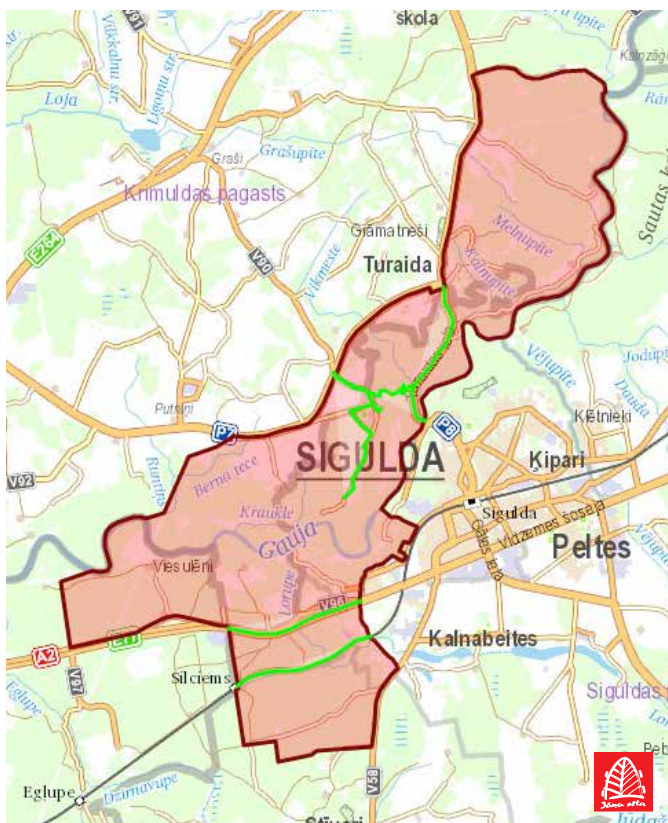
SPRINT




SPRINT RELAY



MIDDLE, RELAY, LONG



MAP LEGEND:

 - EMBARGOED AREA - COMPETITORS, TEAM OFFICIALS, AND OTHER PERSONS, WHO, THROUGH KNOWLEDGE OF THE TERRAIN MAY INFLUENCE THE RESULTS OF THE COMPETITION, ARE NOT ALLOWED TO ENTER AN EMBARGOED AREA.

 - ALLOWED ROAD OR RAILWAY LINE - IT IS ALLOWED TO CROSS THE FORBIDDEN AREA USING THIS ROAD OR RAILWAY LINE.

More information and maps of the embargoed areas are available on the WOC2018 website:

<http://www.woc2018.lv/embargoed-areas>

ANTI-DOPING

The Organisers will comply with the IOF Anti-Doping Rules valid at the time of the WOC 2018.

TRAINING POSSIBILITIES

Free training possibilities within the boundaries of the Gauja National Park are subject to specific rules. All trainings of a foreign national team should be co-ordinated with the organisers of the event.

We recommend purchasing training maps from the WOC2018 organisers. Only the maps provided by the organisers will have accurate information about the accessible and embargoed areas. In case of doubt, please do not hesitate to mail your questions to the above e-mail address.

<http://www.woc2018.lv/training-opportunities>

Costs of trainings:

Maps printed on paper (laser print)	5 EUR/map
Maps as PDF-files	80 EUR/file
Maps as OCAD-files	150 EUR/file
Team training with flags in the forest (by arrangement)	80 EUR + 3 EUR/map
Team training with SPORTident in the forest (by arrangement)	120 EUR + 3 EUR/map

Training possibilities are available upon request. For more information, please contact: trainings@woc2018.lv

ENTRIES FOR WOC ATHLETES AND TEAM OFFICIALS

Entries via IOF Eventor. The entry form will be available from 3 May 2018 on <https://eventor.orienteering.org/Events/Show/5120>. The Event start date is 3 August 2018. Entries are done by the National team manager.

Team Size Entry

The following information shall be filled via IOF Eventor:

- Team manager (Chosen from list in IOF Eventor)
- Number of Team athletes (Men and Women)
- Number of Team Officials
- Number of Teams for the Relay('s)

The deadline for Team Size Entry is June 3, 2018 (- 2 months).

Team Names Entry

The following information shall be filled via IOF Eventor:

- Name of each Team Athlete by selecting from federation members in IOF Eventor. The deadline for Team Names Entry is 24 July 2018 (- 10 days).

Competition Entries

Names of the competitors and, if required, their starting group, shall be entered in IOF Eventor, before 12 noon on the day before an individual competition.

Names of the competitors and their running order shall be entered in IOF Eventor, before 12 noon on the day before a relay competition.

Late Entries, Changes of Team Size or Team Names

Late Entries and changes will be accepted, if possible, up to Event start date, 3 August at 23:59 hours. No late entries or changes will be accepted after that date. Late entries and changes will always have a defined extra cost (surcharge). Late entries and changes will always be treated equally and must be communicated directly to the organiser. The organiser makes the changes in IOF Eventor after deadlines.

June 3 to July 24: surcharge 20% on new entries and withdrawals receive an 80% refund.
July 24 to 3 August: surcharge of 50% on new entries, withdrawals receive a 50% refund.
Name changes in this period cost 10 EUR.

Payments

After the Team Size deadline (-2 months), the organiser will invoice the federation for entries and services. The invoices should be paid before 22 June 2018 (- 6 weeks). If the Federation have done changes after that date it will be paid/refunded on the event at the Event Office..

FEES FOR TEAM MEMBERS

Accreditation fee for athletes	120 EUR
Accreditation fee for team officials	245 EUR
Sprint (Qualification + Final)	120 EUR
Sprint Relay (team)	215 EUR
Long Distance	90 EUR
Middle Distance	90 EUR
Relay (team)	215 EUR
Transport package for WOC	100 EUR

The accreditation fee for team officials includes: model events, competition maps, start and result lists.

The WOC entry and accreditation fees include participation in the WOC competitions, model events, competition maps, team parking.

WOC transport package includes transport from the Event Centre to the Sprint, Sprint Relay, Middle Distance, Relay and Long Distance, including the Model Events.

REGISTRATION AND ACCREDITATION FOR IOF OFFICIALS

Registration and requests for transportation are to be made in IOF Eventor.

<https://eventor.orienteering.org/Events/Show/5120>

FEES FOR IOF OFFICIALS

Registration / Accreditation fee	100 EUR
Transport package	to be decided

The accreditation includes:

- VIP services in the competition arenas
- Competition maps

Registrations must be confirmed by May 31, 2018.

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 ORIENTĒŠANĀS FEDERĀCIJA
(LATVIAN ORIENTEERING FEDERATION)

Registration No.: 40008021960

IBAN: LV14 RIKO 0002 0131 1137 2

DNB Banka

SWIFT: RIKOLV2X

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

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

MEDIA

The Media Centre will be located in the Event Centre in the Culture Centre of Sigulda. Media areas in the arenas are equipped with all necessary communication facilities. Special access to terrains may be provided for accredited photographers.

Media accreditation form and instructions will be posted on <https://eventor.orienteering.org/Events/Show/5120>. There is no fee for media accreditation.

Media contact: Aija Pakalna

WOC Media Manager

Mobile +371 28720436

Email: media@woc2018.lv

ACCOMMODATION

To book any of those hotels please contact accommodation@woc2018.lv

Category:	Hotels available:	Price with breakfast:	Full board:
A	Aparjods Hotel Sigulda	40-65	70-100
B	Ratnieki Hotel Santa Villa Alberta Kaķīškalns Hotel Pils Līvkalns Hotel Latroze	30-45	65
C	Krimulda [only for spectators] Brūveri [only for spectators] Hotel Kaķis Livonija	20-30	50
D	Krimulda [only for spectators]	15	30
VIP	Hotel Sigulda	50	80

All hotels are located in Sigulda or close neighbourhood. Some of properties offer both hotel and hostel type rooms.

Prices are per person, per night in a double or twin room, with breakfast. In some hotels single options and triple + rooms also available. In some hotels apartment type with self-catering option (small kitchen) available.

In D category 6+ person rooms with bunk beds.

HOTELS IN RIGA

Bellevue (next to sprint relay area).

A category, breakfast included. From 30 EUR in double/twin room. Single, superior and apartment type rooms also available.

Park Inn by Radisson Valdemara

A category, breakfast included. From 45 EUR in double/twin room. Single and superior type rooms also available.

Questions and reservations accommodation@woc2018.lv



COMPETITION

MAPS

Maps are drawn according to the International Specifications for Orienteering Maps (ISOM 2017) and the International Specifications for Sprint Orienteering Maps (ISSOM 2007).

Race:	Map:	Scale:	Contour interval:
Sprint Qualification	Riga	1:4000	2m
Sprint Final	Riga	1:4000	2m
Sprint Relay	Riga Agenskalns	1:4000	2m
Middle Distance	Sigulda	1:10 000	5m
Relay	Turaida	1:10 000	5m
Long Distance	Turaida	1:15 000	5m

Links to previous maps of the competitions areas can be found at www.woc2018.lv/old-maps/

Preliminary course information:

Race:	Length of the course for men:	Winning time for men:	Length of the course for women:	Winning time for women:
Sprint Qualification	3,7km	12 minutes	3,0km	12 minutes
Sprint Final	4,0km	13 minutes	3,2km	13 minutes
Sprint Relay	4,3km	14 minutes per leg	3,6km	14 minutes per leg
Middle Distance	5,6km	33 minutes	4,5km	33 minutes
Relay	5,5km	33 minutes per leg	4,4km	33 minutes per leg
Long Distance	15,5km	95-100 minutes	9,7km	75-80 minutes

TERRAIN DESCRIPTIONS

Sprint Qualification

Sprint Qualification will be held in the part of Riga centre which is a mix of separate business areas, some residential and enclosed areas, and a park divided by impassable watercourse.

Sprint

Sprint Final will be held in the Old Town of Riga (UNESCO World heritage site) – a medieval city that continued to evolve over the centuries.

Sprint Relay

Sprint Relay will be held in the part of Riga on the left bank of the river Daugava – the city's territory developed in the first half of 20th century, with some later developments. Urban area: mostly private and multi-apartment residential housing, and a park.

Middle Distance

Ravines next to the Gauja river with tiny rivulets. Spruce and pine forest of medium runnability. Many deciduous trees in the flood-lands next to the river, making running hard. Height difference 75 m.

Relay and Long Distance

The ravine of the Gauja river valley with side ravines. Forests of various types. Roads and paths of various categories. Height difference 95 m.

CLOTHING

There are no regulations regarding clothing. Choice of footwear is free for Long Distance, Middle Distance and Relay. Spike shoes are not allowed for Sprint Qualification, Sprint Final and Sprint Relay.

PUNCHING SYSTEM

SPORTident Air+ touch-free punching system will be used in all disciplines. Air+ chips will be provided by the organisers.

CLIMATE AND HAZARDS

August in Latvia is the second warmest month of the year, with average temperatures between 18°C and 20°C, while maximal temperature up to 30°C is possible. July and August are also the months most abundant in precipitation. In August, already during a course of many years, in 13-16 days on average are rainy, with average monthly rainfall amount throughout Latvia 78 mm.

Ticks, carrying encephalitis and Lyme-disease are common in Latvia.

www.woc2018.lv

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THE TURAIDA MUSEUM RESERVE



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