

[WWW.WMOC2019.LV](http://WWW.WMOC2019.LV)

# BULLETIN 1



**WORLD  
MASTERS  
ORIENTEERING  
CHAMPIONSHIPS**  
RIGA, LATVIA, 5. - 12.07.2019





## Welcome to Latvia!

For people who have already achieved a lot in their lives three things always remain important: the joy of physical activity, intellectual challenges and relationship with like-minded friends. There is only one sport that fully meets all of these criteria – it is ours, the orienteering sport. Given the thrill of searching and finding as well as the adrenaline of competition, it is no surprise that from all the world veteran championships it is the World Masters Orienteering Championships that gather the largest number of competitors.

We, the family of Latvian orienteers, are glad and honoured to organise this great sports event in 2019. We can promise with confidence that competitors will equally enjoy the sprint courses in the streets of Riga and solving orienteering puzzles in the tricky dunes by the sea. Nevertheless, Latvia and its capital are not only about orienteering. Riga is a wonderful city with beautiful architecture and extremely rich cultural life, and the citizens are very hospitable indeed. Oh, by the way, we also have excellent beer!

You are welcome in the summer of 2019. It is going to be fun!



Viesturs Tamužs,  
*President, Latvian Orienteering Federation*



***Organisers: Latvian Orienteering Federation***

***Contact information***

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***Event Advisors***

IOF Senior Event Adviser: Ulu Aeschlimann (SUI)

IOF Assistant Event Adviser: Kuno Rooba (EST)

National Controller: Jurgis Krastiņš (LAT)

***Venue***

***Latvia***

Situated in north-eastern Europe with a coastline along the Baltic Sea, Latvia features a temperate climate, white sandy beaches and plenty of forests. Average temperature in July is 17°C and there are 18 hours of daylight .

***Riga***

Riga is the capital and the largest city in Latvia. The historical centre of Riga is a UNESCO World Heritage Site, noted for its Art Nouveau and the 19th century wooden architecture. The city lies on the [Gulf of Riga](#), at the mouth of the [Daugava](#). Riga is a modern city and it offers plenty of cultural and recreational activities to enjoy.





## Event Centre

The Event Centre will be in Kīpsala, in Riga Technical University, and it is easily accessible by car or public transport. All information about the event will be available in the Event Centre. Transport to competitions and models will be available from the Event Centre and some selected hotels. The Event Centre is within walking distance of sprint qualification and final.

## Programme

Thursday, July 4, Event Centre opens

Friday, July 5, Model event for Sprint. Opening ceremony

Saturday, July 6, Sprint Qualification

Sunday, July 7, Sprint Final. Prize giving ceremony

Monday, July 8, Model event for Forest Qualification and Middle Final

Tuesday, July 9, Forest Qualification

Wednesday, July 10, Middle Final. Prize giving ceremony and Banquet

Thursday, July 11, Model event for Long Final

Friday, July 12, Long Final. Prize giving ceremony and Closing ceremony

## Competitions

The WMOC Sprint competition consists of one Qualification race and a Final race. The WMOC Forest competitions consist of one Qualification race, a Middle Final race and a Long Final race. Qualifiers for each Final will be determined in accordance with IOF Competition Rules. Details will be published in Bulletin 2 and on [www.wmoc2019.lv](http://www.wmoc2019.lv)

Winning times according to IOF Competition Rules:

Class	SQ and SF	FQ	MF	LF	Class	SQ and SF	FQ	MF	LF	Year of birth
M35	12-15	50	30-35	70	W35	12-15	40	30-35	55	-1984
M40	12-15	50	30-35	65	W40	12-15	40	30-35	50	-1979
M45	12-15	45	25-30	60	W45	12-15	35	25-30	45	-1974
M50	12-15	45	25-30	55	W50	12-15	35	25-30	45	-1969
M55	12-15	40	25-30	50	W55	12-15	35	25-30	45	-1964
M60	12-15	40	25-30	50	W60	12-15	35	25-30	45	-1959
M65	12-15	40	25-30	50	W65	12-15	35	25-30	45	-1954
M70	12-15	40	25-30	50	W70	12-15	35	25-30	45	-1949
M75	12-15	40	25-30	50	W75	12-15	35	25-30	45	-1944
M80	12-15	40	25-30	50	W80	12-15	35	25-30	45	-1939
M85	12-15	40	25-30	50	W85	12-15	35	25-30	45	-1934



M90	12-15	40	25-30	50	W90	12-15	35	25-30	45	-1929
M95	12-15	40	25-30	50	W95	12-15	35	25-30	45	-1923
M100	12-15	40	25-30	50	W100	12-15	35	25-30	45	-1919

## Legend

SQ = Sprint Qualification, winning time in minutes

SF = Sprint Final, winning time in minutes

FQ = Forest Qualification, winning time in minutes

MF = Middle Final, winning time in minutes

LF = Long Final, winning time in minutes

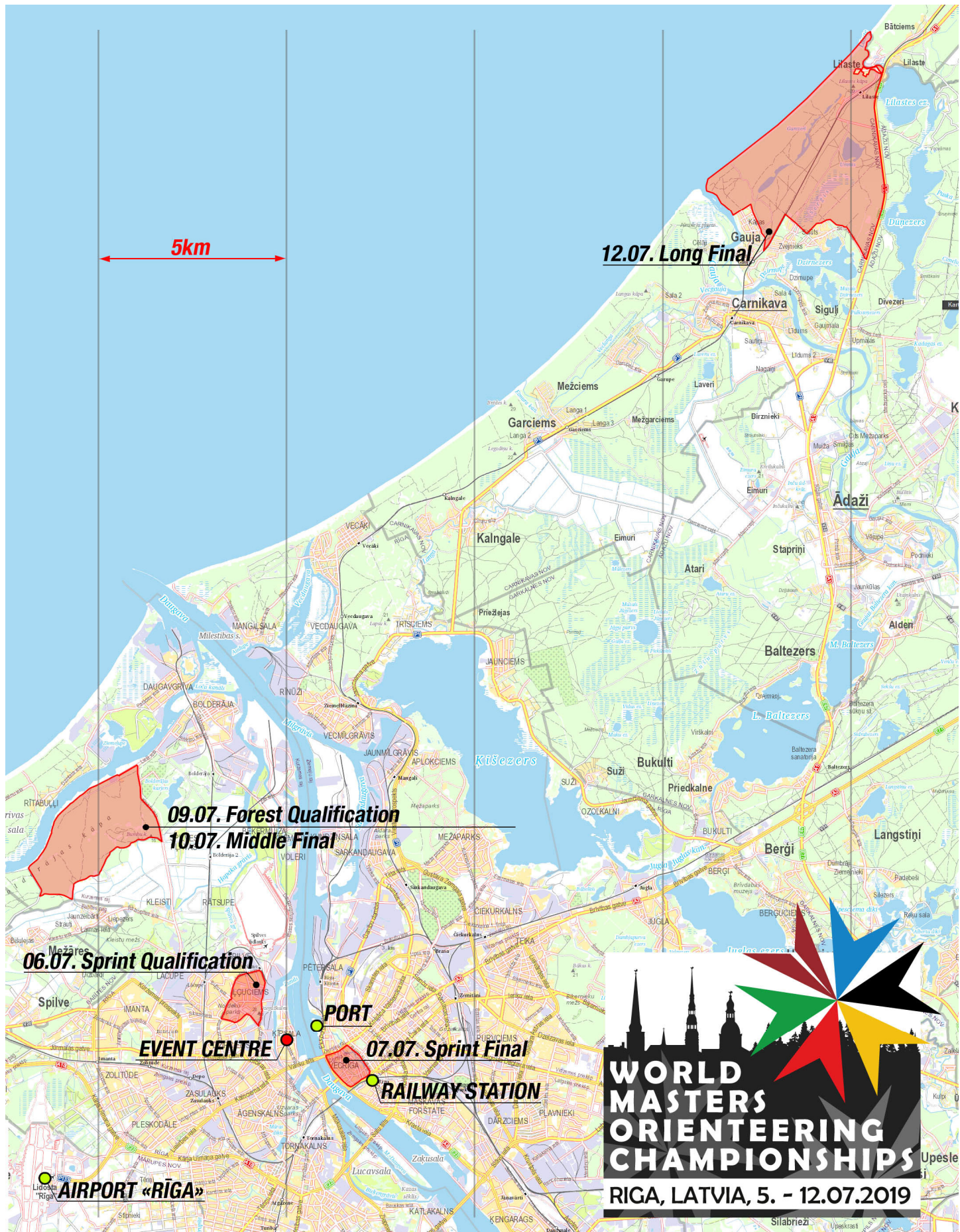
Year of birth = In order to participate, the athlete must be born in the year indicated or earlier.

Medals: Will be awarded to the competitors finishing in top 3 in each class (A-finals).





## All Competitions in Riga and Neighbourhood.





### ***Sprint Qualification – Dzegužkalns***

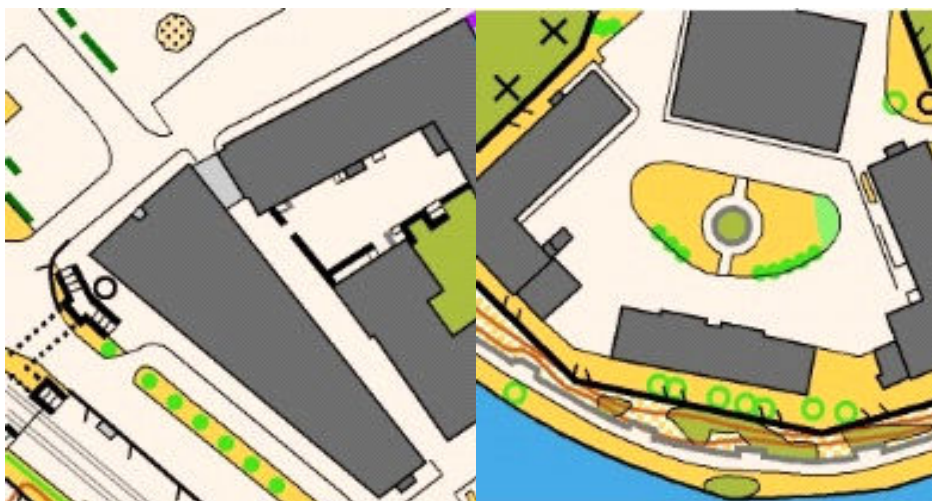
The Sprint qualification will take place in Dzegužkalns, a complex and interesting housing area in the western part of Riga. After some time spent on solving puzzles in streets, competitors might find themselves in a park and reach the finish line in an open air theatre.



Map: ISSOM standard, scale 1:4000, contour interval 2 m. Remapped 2018

### ***Sprint Final – Vecrīga (Old Riga)***

Vecrīga is like a medieval city featuring a large, flat area encompassing the whole of the historic city centre. The terrain consists of many narrow streets and alleyways, some being dead ends and having some irregularity. In Old Riga you will enjoy the run surrounded by history and can continue enjoying it also in the next days!



Map: ISSOM standard, scale 1:4000, contour interval 2 m. Remapped 2018



### ***Forest Qualification and Middle Final – Bumbukalns***

Bumbukalns lies just to the west of Riga in the pine-forested dunes. Some flatter terrain, some dunes up to 20 metres, some clearings and some greener areas - it offers demanding terrain both for qualification and middle distance finals. The pine forests in Bumbukalns combine good runnability with technically challenging navigation.

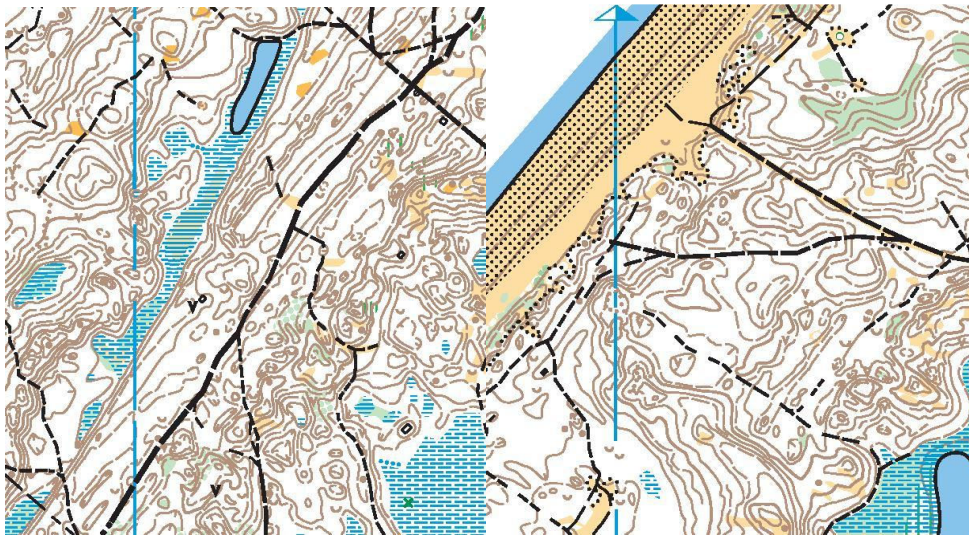


Map: ISOM standard, scale 1:7.500 or 1:10.000, contour interval 2.5 m.  
Remapped 2018

### ***Long Final – Garezeri***

The area for the Long final is located along the coast of the Baltic Sea to the north east of Riga. This terrain is a part of an extensive region of pine-forested sand dunes. Being a nature protection and recreation area, Garezeri has seen no industrial influence for many years. You will find little vegetation here, some steep dunes and do not be surprised to find yourself in a sandy beach! The mix of some marshes, higher dunes and paths will require quick route choice decisions.





Map: ISOM standard, scale 1:7.500 or 1:10.000, contour interval 2.5 m.  
Remapped 2018

## **Punching System**

The SPORTident punching system will be used. Touch free mode (Air+) will be activated in addition to classic SPORTident punching. Both SI-cards and SIAC cards can be used. SIAC cards can be rented from the organisers by choosing this option in the entry form. The hire charge for the entire week is €15 if booked in advance. Without pre-registration the hire charge is €5 for one day or €20 for the entire week.

## **Embargoed areas and old maps**

Embargoed areas are shown on the webpage: <http://wmoc2019.lv/embargoed-areas/>

Old maps of the competition areas: <http://wmoc2019.lv/old-maps/> or [info@wmoc2019.lv](mailto:info@wmoc2019.lv)

## **Clothing**

Competitors can make their own choice of clothing and footwear. However, spike shoes are not allowed for Sprint Qualification and Sprint Final.

## **Antidoping**

IOF Anti-doping rules apply, <http://orienteering.org/anti-doping/>



## Entries and Payment

Entries will be open from 2nd of April at [www.wmoc2019.lv](http://www.wmoc2019.lv) and become valid only after payment of the entry fee.

It is possible to enter for either one competition or both disciplines (Sprint and forest competitions).

### *Entry fees*

Deadline	Sprint only (eur)	Forest only (eur)	Both sprint and forest (eur)
January 8, 2019	90	100	120
March 31, 2019	120	130	150
June 1, 2019	150	160	180

### *Changes and late entries*

Changes until 1st of June 2019 are free of charge. Afterwards the fee for a change is 10€. After 1st of June 2019 late entries are possible if vacancies still exist. Extra fee 30€.

### *Cancellation*

Before 1st of May 2019 - 70% refund.

Before 1st of June 2019 - 50% refund.

Afterwards no refund.

## Training Possibilities

Competitions held in similar terrains before the WMOC 2019 will be listed in [www.wmoc2019.lv](http://www.wmoc2019.lv) with links to the event. Maps of relevant forests for self-training can be requested at [info@wmoc2019.lv](mailto:info@wmoc2019.lv).

## Public Race

A 5-day competition will be arranged in the WMOC 2018 areas. Information on the public races will be published on May 2018 at [www.wmoc2019.lv](http://www.wmoc2019.lv)



## **Accommodation**

Riga offers all kinds of accommodation from rooms to luxury hotels. We have agreements with several accommodation providers offering a discount when booking via our website. More information is given at [www.wmoc2019.lv](http://www.wmoc2019.lv)

## **Food**

Riga has a plenty of restaurants to choose from. In forest races it will be possible to purchase a meal also in arena catering shops.

## **Visas**

Coming from EU or Schengen, you do not need a visa.

Other international travellers may be required to hold a Latvian visa prior to travel to Latvia, depending on your country of residence. For more information, please see the [Ministry of Foreign Affairs of Latvia](http://www.mfa.gov.lv). If you require further assistance, please send email to [info@wmoc2019.lv](mailto:info@wmoc2019.lv)

## **Transport and Parking**

For the Sprint Qualification and Final there will be no organised transport. Competitors can use Riga public transport to get there. Both Sprint Qualification and Final are easily and conveniently available by public transport. Transport from the Event Centre and some hotels will be offered for forest competitions and models.

There will be no designated parking areas for Sprint competitions. Use available city parking spots or streets where possible. A limited number of parking places will be offered for forest races. These can be booked when registering or later, if still available.

Further information will be given at [www.wmoc2019.lv](http://www.wmoc2019.lv) before April 2.

## **Insurance**

The Latvian Orienteering Federation holds General Third Party Liability Insurance (TPL) for the organiser of public events.

Nevertheless competitors participate in the event at their own risk. We recommend that competitors have personal health and/or travel insurance.



## **Child Care and Luggage Store**

We can take care of your children and luggage while you are running. Children must be 3 years or older and nappy free. Please send request to [info@wmoc2019.lv](mailto:info@wmoc2019.lv)

## **Travel to Riga**

Riga International Airport is connected with direct flights to more than 80 destinations. It is situated 13 km south-west from Riga. The city can be reached by bus or by taxi. Uber is not available in Latvia, but there are a number of other taxi apps available for budget transport. Several car rental companies have their offices in the airport.

Riga has daily ferry connections with Stockholm and regular train connections to Moscow, Minsk and St Petersburg. Both ferry terminal and railway station are located in central Riga.