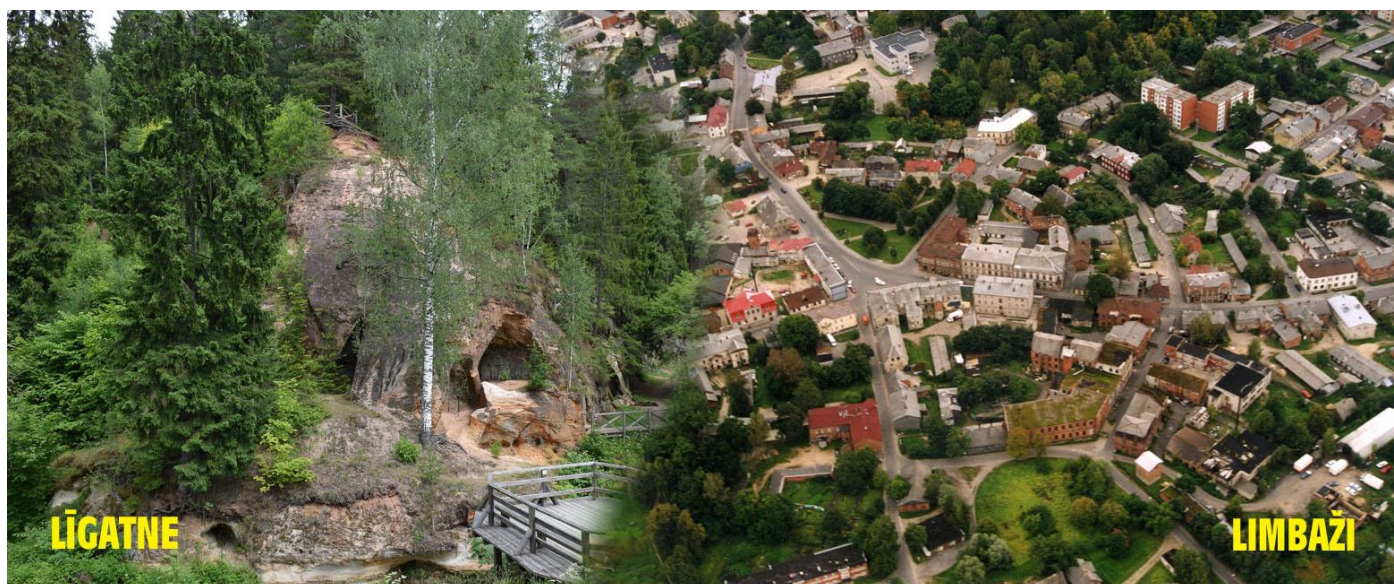


# WOC2018 SELECTION RACES

06.-08.07.2018.

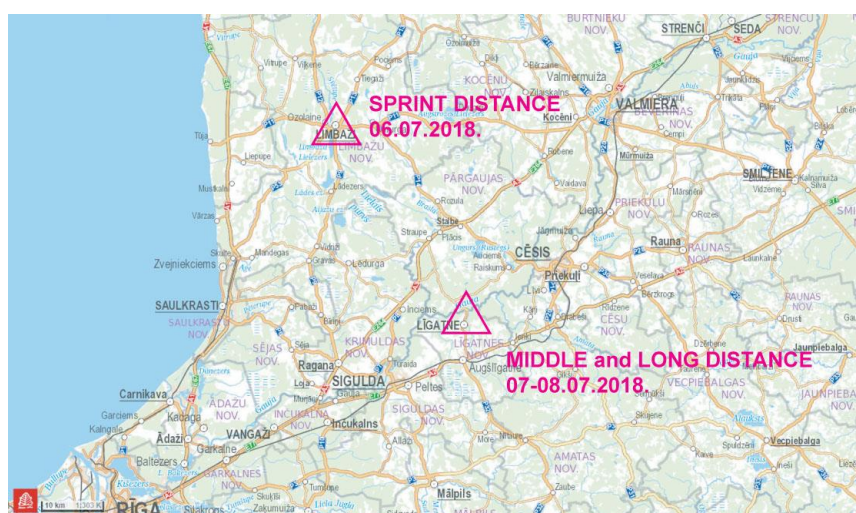
BULLETIN 2



## 1. VENUE

WOC2018 selection races will take place in Limbaži (sprint) and Līgatne (middle, long) on 6 – 8 July 2018.

[http://balticmaps.eu/?lang=lv&draw\\_hash=xfqagq&centerx=553069.8166679266&centery=6360023.252970506&zom=6&layer=map&ls=o](http://balticmaps.eu/?lang=lv&draw_hash=xfqagq&centerx=553069.8166679266&centery=6360023.252970506&zom=6&layer=map&ls=o)



Arena GPS coordinates:

SPRINT: 57.507752, 24.710665

MIDDLE and LONG DISTANCE: 57.255360, 25.070814

## 2. PROGRAMME

Friday, 06.07.	12:00	Event Office open (for payment, bibs, SIAC AIR+)	Limbaži, Sports School
	12:30	Quarantine check-in open	Limbaži, Sports School
	13:30	Quarantine check-in deadline	Limbaži, Sports School
	14:00-15:40	Start	
	17:00	Event Office closed	
Saturday, 07.07.	10:30	Event Office open	Līgatne, Skajupes

	12:00-15:30	Start	
	17:00	Event Office closed	
Sunday, 08.07.	09:00	Event Office open	Līgatne, Skaļupes
	10:00-12:40	Start	
	15:00	Event Office closed	

### 3. ORGANISERS AND CONTACTS

Latvian Orienteering Federation, Ltd "O! Latvija"

Event Director: Jānis Lazdāns, ([janis.lazdans@woc2018.lv](mailto:janis.lazdans@woc2018.lv)), +371 29368877

Competition Manager: Daniels Kārkliņš, ([daniels.karklins@woc2018.lv](mailto:daniels.karklins@woc2018.lv)), +371 26177893

Event Secretary: Inese Purgaile, ([info@woc2018.lv](mailto:info@woc2018.lv)), +371 29751855

IT: Kārlis Osis, Normunds Bērziņš

Start manager: Juris Knēts (OK Meridiāns)

Maps: Māris Strautnieks, Dagnis Dubrovskis

Courses: Jānis Tamužs, Aigars Leiboms, Indulis Peilāns, Ritvars Karpikovs

Punching and Timing system: SportIdent

### 4. EVENT OFFICE

Event Office is located in arenas on all race days. Please see the working yours in the Programme. Please contact Competition Manager Daniels Karkliņš ([daniels.karklins@woc2018.lv](mailto:daniels.karklins@woc2018.lv)), tel. +371 26177893 in pre-race or after-race hours in case of need.

### 5. MEDICAL AND SAFETY

During races there will be an ambulance van with a medical crew in arenas.

**Emergency number outside of the races: 112.**

**During the Sprint and Long distance, courses cross public streets and traffic is open. Be extra careful while crossing roads!**

Competitors are responsible for their own safety.

### 6. QUARANTINES

**Sprint.** Quarantine zone will be indoors in close vicinity of the arena in the sports hall of the Limbaži Sports School (see the image below). WC, drinking water, warm-up area (both indoor and outdoor) will be available in the quarantine zone. When leaving the quarantine zone, runners are requested to place their belongings in the area marked CLOTHES TO THE FINISH.

12:30-13:30 – Entry to the quarantine.



**Middle Distance.** No quarantine.

**Athletes are expected to follow fair play rules and not to show maps or share information with runners who have not yet started!**

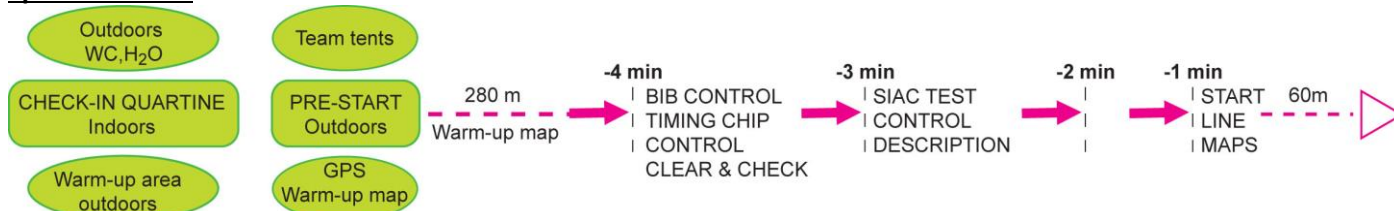
**Long Distance.** No quarantine.

*Athletes are expected to follow fair play rules and not to show maps or share information with runners who have not yet started!*

Some teams are using GPS-tracking during the races. Athletes are expected to follow fair play rules and not to check the tracks before their start.

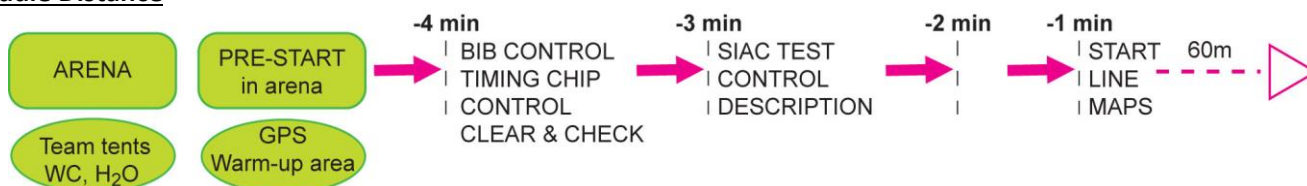
## 7. START PROCEDURES

### Sprint Distance



In Sprint distance Start-gate will be used for start timing

### Middle Distance



### Long Distance



## 8. FINISH PROCEDURE

### Sprint Distance

Competitors' time is registered by crossing the finish line. No finish punch!

After the finish, the officials will lead the athlete to the read-out and out of the finish area.

Runners are expected not to leave the arena (the stadium) before 15:40, except for going to the Team parking and leaving the venue.

Maps will not be collected after the finish and remain with the runners.

### Middle Distance

Competitor's time is registered by crossing the finish line. No finish punch!

After the finish, officials lead the athlete to the read-out, collect the competitor's map and usher to the out of the finish area

Athletes are expected not to leave the arena after finishing their race, except for going to the Team parking and leaving the venue.

### Long Distance

Competitor's time is registered by crossing the finish line. No finish punch!

After the finish, officials lead the athlete to the read-out, collect the competitor's map and usher to the out of the finish area

Athletes are expected not to leave the arena after finishing their race, except for going to the Team parking and leaving the venue.

Results are displayed on paper at the finish area and online-results are available at

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



## 9. COMPETITION INFO

### Clothing

There are no regulations regarding clothing.

### Start numbers

Paper number bibs are used on all the races.

SPRINT – number bibs are available at the Event Office upon registration and settling all payments.

MIDDLE DISTANCE and LONG DISTANCE - number bibs will be distributed at the Event Office in day competition.

The organiser provides one set of safety pins per competitor.

### Team areas at the arenas

Teams are allowed to set up their tents at all the arenas close to the finish. See more in the arena maps.

### Coaching zones

Sprint – no coaching zone.

Middle Distance - no coaching zone.

Long Distance - coaching zone along the arena passage.

### Sprint Distance - Limbaži

**Map:** Mapped by Māris Strautnieks 2018 (May-July). Map is inside a plastic bag, which is open from one side. It is prohibited to leave the plastic bag on the terrain!

**Course setter:** Jānis Tamužs

**Terrain description:** Limbaži is an ancient Hanseatic League city built in the 13<sup>th</sup> century. Regular network of roads consisting of streets differing in width and class. The area is built up with mixed type of buildings.

**Safety:** **Courses cross public streets and traffic is open. Be extra careful at crossing roads!**

Competitors are responsible for their own safety!

**Punching system:** Sportident SIAC AIR+.

**Controls:** All controls have one Sportident SIAC Air+ touch-free punching unit.

**Courses:** 1 course for men and 1 for women. Maps are numbered.

Class	Length (km)	Controls	Climb	Winning time min.	Refreshment	Map scale	Contour interval (m)	Map size	Control description size (mm)
MEN	4.1	22	37	14	-	1:4000	2,5	A4	50x155
WOMEN	3.8	19	25	14	-	1:4000	2,5	A4	50x135



SPRINT ARENA coordinates: 57.507752, 24.710665

Some pictures of Limbaži area – flower, different streets.



Please respect forbidden areas – flower-beds, impassable hedges, walls, fences etc.

### **Middle Distance – Līgatne (Skalupes)**

Map: Mapped by Dagnis Dubrovskis (2017-2018). Map is inside a plastic bag, which is open from one side. It is prohibited to leave the plastic bag on the terrain!

**Course setter:** Aigars Leiboms

**Terrain description:** Ravines with pronounced side ravines on the banks of the Gauja river and the Līgatne river. Maximum climb 90 m. Runnability varies from very good to hard.

**Safety:** Dangerous places – cliffs.

**Punching system:** Sportident SIAC Air+.

**Controls:** All controls have one Sportident SIAC Air+ touch free punching unit.

**Course:** 2 different courses for men and 2 for women. Maps are numbered.

Class	Length (km)	Controls	Climb	Winning time min.	Refreshment	Map scale	Contour interval (m)	Map size	Control description size (mm)
MEN	5.9	16	225	35	-	1:10 000	5	A4	50x115
WOMEN	4.7	14	200	35	-	1:10 000	5	A4	50x110



**No warm-up map!**

MIDDLE ARENA coordinates: 57.255360, 25.070814

### **Long Distance – Līgatne (Skalupes)**

Map: Mapped by Dagnis Dubrovskis (2017-2018). Map is inside a plastic bag, which is open from one side. It is prohibited to leave the plastic bag on the terrain!

**Course setter:** Aigars Leiboms

**Terrain description:** Ravines with pronounced side ravines on the banks of the Gauja river and the Līgatne river. Maximum climb 90 m. Runnability varies from very good to hard. Līgatne town.

**Safety:** Some courses may include route choices that use public roads. Traffic goes at usual speeds and is not regulated in any way. Competitors are responsible for their own safety!  
Dangerous places – cliffs.

**Punching system:** Sportident SIAC Air+..

**Controls:** All controls have one Sportident SIAC Air+. touch free punching unit. **Course:** 2 different courses for men and 2 for women. Maps are numbered.


Class	Length (km)	Controls	Climb	Winning time min.	Refreshment	Map scale	Contour interval (m)	Map size	Control description size (mm)
MEN	16.1	28	575	95-100	3	1:15 000	5	A4	50x170
WOMEN	10.5	21	355	75-80	3	1:15 000	5	A4	50x145



### No warm-up map!

LONG ARENA coordinates: 57.255360, 25.070814

## 10. TRANSPORT

Riga International Airport (RIX) is the closest airport. The distance from the Riga Airport is 72 km to Līgatne and 95 km to Limbaži. We recommend the WOC2018 official car rental partner  **AlphaRent** [www.alpharent.lv](http://www.alpharent.lv). Please quote „WOC2018 team” in the Notes section and you will get a special price.

## 11. MEDIA

Organisers will take photos during the event. Pictures will be made available at WOC2018.lv and <https://www.facebook.com/woc2018latvia/>. Possibly, media from Latvia will interview some athletes.

## 12. SERVICES

It is possible to pre-order lunch to be served in the Līgatne Rehabilitation Centre next to the Middle and Long distance arena. The price is EUR 6.00 and the orders have to reach the organisers by 15:00 on 5 July, e-mail: [info@woc2018.lv](mailto:info@woc2018.lv) or SMS to +371 29751855.

Showers will be available in the Middle and Long distance arena.

**Speaker service:** Andris Rupais (Latvia) will be the speaker on all the competitions.

