

## **Before the start**

**Preferred time to arrive** - from 15:00 (6h), from 18:00 (12h)

**Parking** – follow the signs and traffic marshals.

No tent places planned. It is possible to take a rest using your own gear on “hard-floor” in school building.

Distance from parking place to competition centre – by path along the field – approx. 5 min., by tarmac – approx. 9 min.

## **The start**

**Maps you can collect from** 16:00 (6h) and 19:00(12h)

Each team member will get his own map and one more map for the team.

In wet weather conditions it would be wise to secure the sides of the map with glued tape (“scotch”) to avoid water under the laminate.

SI cards will be cleared at registration, checked at start gates. **Take your own SI cards to registration!**

At registration:

- 1) pay entry fee, if it is not already done;
- 2) take the envelope with accessories (bibs, wrist-tapes, etc.);
- 3) if there is changes in team composition, announce it to registrars;
- 4) all team members sign indemnity form.

The start will be given from start field at 17:00 (6h) and 20:00 (12h). **If “Check” station will not hold SI card number, team will be disqualified after finish.**

The finish station will be installed already before start – notice it's placement to avoid searching at finish.

## **On course**

You have to plan your course to avoid crossing the forbidden areas, which are shown on map as red and green-crossed areas, as well as private household areas shown in green, if there is no road through them. Every meeting with people should be as kind as possible. Explain your goals, be friendly! If there are any dispute situations – suggest to contact organizers, giving the emergency number you have on your map.

**Do not climb over fences, do not cross crop fields!**

Dogs, which are freely moving, are not dangerous. Usually.

**While in Pope village, move only along the roads and pathways, do not step in “yellow”.**

Competition area is crossed by Riga-Ventspils motorway with branch to Valdemarpils. These roads are marked with purple dots. Moving along these roads must be as short as possible. It is highly possible heavy truck traffic from/to Ventspils ferry-port. Be careful!

**Reflectors on gear and/or equipment is mandatory!!!**

**Organisers take no responsibility about your health and life, as well as about damages you will do with or without purpose while on course!**

**You can use your mobiles during competition to communicate with organizers in case of injuries, if there is no water in water points, in case of any extra-ordinary situations.**

**Forest.** Different passability. There is a lot of forestry going on in several palces. **If there is some work taking place – this area must be considered as forbidden!**

**Waters.** There are only few places, where ditches (the thickest blue lines) are not crossable. There are only some places in map, where there are paths or roads shown along the ditches, nevertheless almost all ditch sides are very good place to move along. Forests, which could be wet, is shown on map, nevertheless the degree of the wet is variable.

## **The finish**

Finish time – 23:00(6h) and 8:00(12h).

**Every running minute over this time is penalized with 2 team points.**

**Finish after 23:30(6h) and after 8:30(12h) gives result of 0 points for team. Be at finish in time!**

## **After competition**

**Catering** – mixed meat and vegetable soup (only vegetable soup for strong vegetarians – we count about 10 people here), cottage cheese, bun, sweet drink/coffee/tea.

**Toilets** – competition centre, parking lot (planned).

**Showers** – one place for boys and one for girls at school, more in sport hall, which is about 10 minutes walk from competition centre.

**First aid** – medical personal will help you to get rid of ticks, treat scars, etc.

**Price giving and minilottery** – around 24:00(6h) and around 9:00(12h), when people will be done all afterfinish procedures.

**Trash must be dropped only at designated places, bins. Do not drop anything while on course, do not use open fire!!!**