

PusNAKTS rogainings 2024. Bulletin Nr. 1.

Competition date: **July 27-28, 2024.**

Competition venue: **"Mednieki", sports and recreation complex**, territory of Valka county.

The competition is included in the LOF competition calendar and is a LOF ROGAINER RATING competition.

Organized

Organizer of the competition: Sporta klubs R24.LV

Course setter: Valters Kaminskis.

Competition mapping: Raimonds Lapiņš.

Rules

Competition format: rogaining, control time 4 hours or 8 hours. 2-5 members start in the team. The competition takes place in accordance with the rules of rogaining competitions approved by LOF. The rules are published on the Latvian rogaining page.

Dalībnieki, piedaloties sacensībās, piekrīt, ka sacensību laikā uzņemtie foto materiāli un video tiek izmantoti šo un citu sacensību publicitātei un aktīva dzīvesveida popularizēšanai, kā arī dalībnieka pieteikumā norādīto personas datu izmantošanai dalībnieku sastāva publiskošanai, rezultātu apkopošanai un publiskošanai drukātā veidā, elektroniskajā vidē un sociālajos tīklos.

When applying for the competition, the participants confirm that they are familiar with the competition information and undertake to comply with all binding rules and instructions.

Additions to regulations, special instructions.

1. Protect and respect the values created by nature and people!
2. Only compass, clock and competition map issued by the organizers may be used for navigation. Any other equipment and facilities may be used for purposes other than navigation.
3. Meeting with dogs and forest animals is possible at a distance.
4. When moving on public highways and city streets, traffic rules must be observed, reflectors and lights must be used in the dark.
5. It is forbidden to cross the yards of houses, unless a road passes through them. It is recommended to bypass the houses so as not to disturb the residents. Prohibited areas - residential area, gardens, cemeteries - are olive green in color. Particularly dangerous and prohibited areas are masked with a red grid on the map.
6. Each team must carry a switched-off mobile phone with a charged battery during the distance, so that in case of an emergency, it is possible to contact the organizers. When registering, teams indicate the number of the mobile phone to take with them. The mobile phone number of the organizers will be indicated on the competition card.



Competitors Groups

MO, WO, XO – men's, women's and mixed open groups.

MJ, WJ, XJ – men's, women's and mixed junior groups, all team members under 23 years of age.

MV, WV, XV – men's, women's and mixed senior groups, all team members age 45 and over.

MSV, WSV, XSV – men's, women's and mixed super-senior groups, all team members age 55 and over.

MUV, WUV, XUV – male, female or mixed ultra-veteran groups, all team members age 65 and over.

Family - a group of families, the team consists of at least 2 generations of members of the same family and at least one member is 14 years old or younger.

The age of the participants is determined on 31.12.2024.

Age restrictions for participants: from 7 years of age and only with parents!

Participants themselves (over 16) or their parents/guardians (for participants under 16) are responsible for their health and insurance against accidents and possible injuries. The team representative performs the team registration at the competition center, receives the equipment of the competition participants.

It is possible to complete the race distance by choosing a route in such a way as not to expose your health and life to danger.

Competition Program

from 16:00 arrival of participants for the 4-hour competition at the competition center, registration

17:00 issuing of maps for the 4-hour race

18:00 start of the 4-hour competition

from 19:00 arrival of participants for the 8-hour competition at the competition center, registration

20:00 issuing of maps for the 8-hour race

21:00 start of the 8-hour competition

21:41 sunset

22:00 Finish of the 4-hour race

22:30 end of the 4-hour competition and closing event

22:36 darkness

04:10 dawn

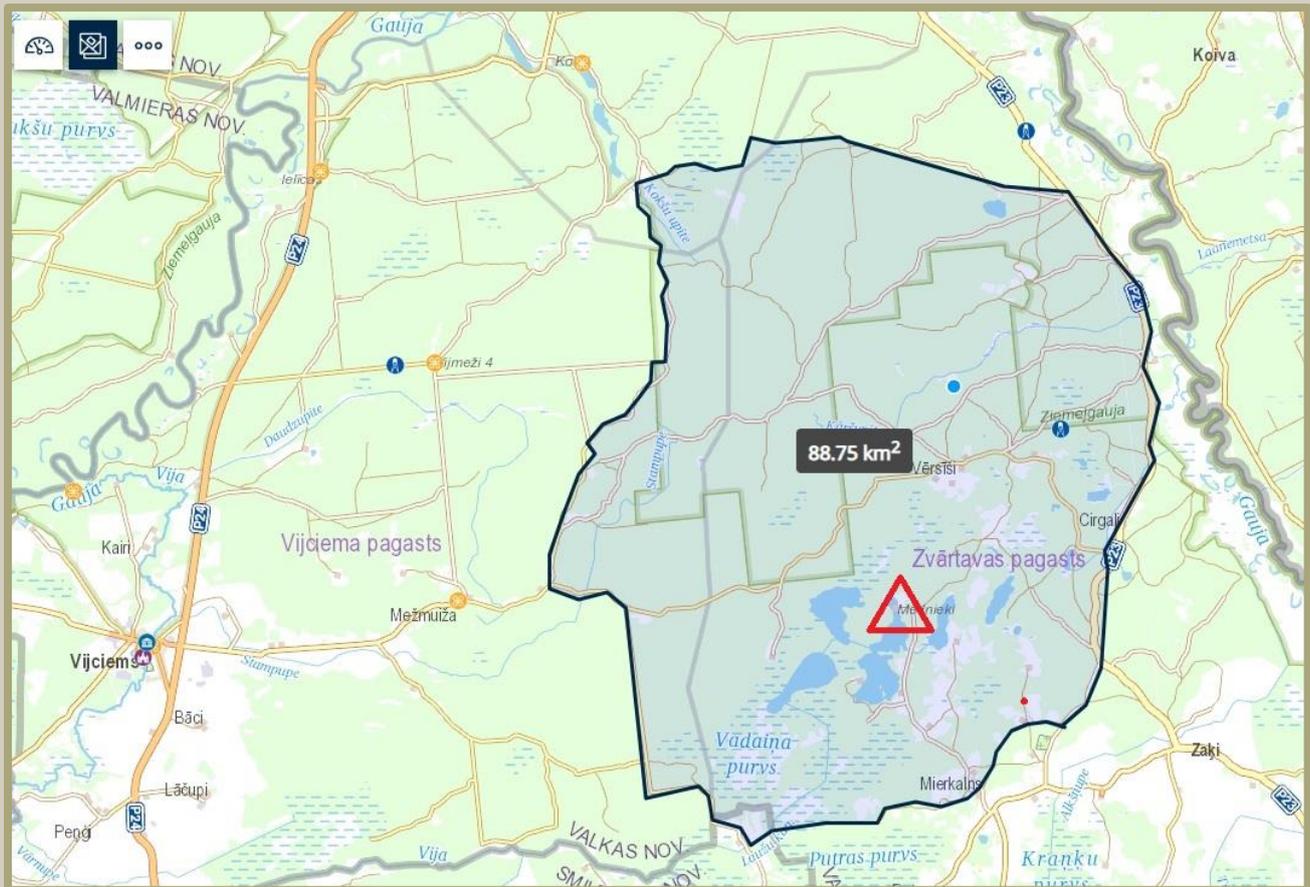
05:00 Finish of the 8-hour race

05:04 sunrise

05:30 end of the 8-hour competition and closing event

12:00 closing of the competition center

Area



A unique natural territory of Latvia, the area of protected landscapes "Ziemeļgauja". Sparsely populated, most of the forests are managed by VAS Latvian State Forests, an area of almost 85 km². The relief is diverse, inland dune relief systems alternate with plains. A network of forest roads and tracks is developed in the area. Cirkāļi dunes are one of the largest massifs of inland dunes in Latvia. They are a unique geological formation that perfectly illustrates historical geological processes - the history of the formation of the earth's surface in the territory of Latvia. The dunes were formed about 11 - 12 thousand years ago - after the last ice age under the influence of climatic changes, when the plant cover had not yet formed after the melting of the glaciers, so the strong northwesterly winds blew the sand of Strenči ice lake into ramparts - inland dunes and dune massifs. The central place of the massif is occupied by the massif of the Markalni dunes, which consists of more than 20 curved ridges of dunes that are parallel to each other. The lengths of individual ridges exceed 1 km, but their relative height varies between 15-25 m.

Distance, CP and punching

45 checkpoints – control flags equipped with reflectors - will be placed in the competition area. Punching system – Sportident (SIAC). Each participant is attached **The SIAC-card provided by the organizers is attached to competitors' wrists**. Control points have values from 2 to 6 points. Point value is the decimal number of the CP number, for example CP number 33 gives the team 3 points, CP number 63 gives 6 points etc. The total value of CP points - 200 points. Every team member should register at the CP within one minute. If any of the team members has a damaged (broken) SI-card attachment, the team is disqualified.

Map

Scale: 1:20000, H = 3 m, S ~ 88 km².

According to the guidelines of the International Rogaining Federation (IRF), standard or advanced topographic maps are suitable for rogaining competitions. Open areas are represented with a YELLOW background color, clearings of different ages/young trees are represented with a YELLOW/GREEN background color, forest areas - with a WHITE background color. The map of Rogaining was prepared in 2021-2022, using topographical materials of the Latvian Geospatial Information Agency (LĢIA), orthophotos (2021), area walking and other information. The size of the map page, map designations and usage characteristics will be specified in the pre-start information.

Water points, catering, service

3 watering points with water reservoirs will be placed in the competition area, the locations of which are marked on the competition map with a glass symbol. It is the responsibility of participants to use personal containers or bottles at drinking points, which can be filled from water reservoirs - cans.

Catering - after the finish, for both omnivores and vegetarians. The cost of meals is included in the participation fee. Toilets, garbage bags, a limited number of tables and benches will be available in the competition center.

Tent spaces will be available at the competition center for those who want to relax before or after the competition. In the center of the competition there is a swimming area.

Entries

Registration for the competition until July 22, 2024.

The team submits applications online by filling out the application form on the website <http://www.rogaining.lv>

Participation fee for 1 participant applying until 30.05.2024 to 15.07.2024 after 15.07.2024.

4 hours O, V un SV groups	20 EUR	25 EUR	30 EUR
4 hours UV un J groups -	10 EUR	15 EUR	20 EUR
4 hours s Family group			
for those who meet O, V un SV groups	20 EUR	25 EUR	30 EUR
for those who meet UV and J groups	10 EUR	15 EUR	20 EUR
participants up to 14 years of age.	10 EUR	10 EUR	10 EUR
8 hours O, V un SV groups	25 EUR	30 EUR	35 EUR
8 hours UV un J groups	15 EUR	20 EUR	25 EUR
8 hours Family group			
for those who meet O, V un SV groups	25 EUR	30 EUR	35 EUR
for those who meet UV and J groups	15 EUR	20 EUR	25 EUR
participants up to 14 years of age.	10 EUR	10 EUR	10 EUR

Participation fees cover competition preparation, contactless SI cards, catering, competition center rent and other organizational expenses. The participation fee can be paid by transfer to the bank account specified in the application process, indicating the number of the registered team: **LV64UNLA0050020516945, Sporta klubs R24.LV association, reg. 40008206944**. Application for the competition is also a guarantee for the payment of the participation fee. Participants who apply but refuse to start by sending a written refusal by July 22 can receive back 50% of the paid participation fee. The organizer returns the full participation fee in case the competition is canceled or impossible due to external circumstances.

Information and questions/answers

Contact information: (+371) 29218759, valtersk@latnet.lv

Pre-start information will be published on July 24, 2024.

