



## **PusNAKTS rogainings 2024. PRE-START INFORMATION.**

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

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

**DIRECTIONS starting from the settlement MIERKALNS**, GPS coordinates - 57.563779, 26.188123.

**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!**

### **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

**from 20:00 receiving team GPS tracking devices by presenting the participant number**

**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

### **MAP.**

**Sheet size of map: 50 x70 cm. Scale 1:20000, H = 3 m, S ~ 80 km<sup>2</sup>.**

The Rogaining map was prepared in 2023 - 2024, using the Latvian Geospatial Information Agency (LĢIA), LVM GEO topographical materials, orthophoto (2021) and other information, surveying the territory and planned checkpoint locations. Open and semi-open areas are represented with YELLOW background color, forest areas are represented with WHITE color, new forest stands with increased vegetation density are highlighted on the map.

**Each team will receive a set of maps for team: 1 map for each team member, plus 1 map for the team for distance planning. ALL maps are the same, laminated on both sides.**

## Arrival.

### Marking to the competition center starting from the settlement MIERKALNS.

When traveling from Riga, it is recommended to bypass the section of Vidzeme highway repair works Drabeši - Vaive, via Priekuli or Krivi. It is recommended to drive along the highway Riga - Veclaicene, until the turn AUMEISTARI, then the gravel road will take you to the settlement MIERKALNS.

When driving from Estonia, it is recommended to drive along the highway Valka - Smiltene, until the sign VIREŠI 50, turn left. Then drive to the settlement ZAKI, there turn right with the sign SMILTENE 31, then drive to the intersection with the sign MIERKALNS TAUTAS NAMS.



### Distance, CP and punching

**50 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. **CP stations will be in contactless mode. Exception, the team that visits the CP station first may have the need to "wake up" the CP station by one of the participants inserting the SI-card directly!**

### Listening points, catering, service

**4 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. **Bean soup, bread, COOKIE, drink.** 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. There is a well-equipped swimming area in the center of the competition.**

**Don't forget to take the LIGHTS!** In the 8-hour race, you won't be able to do without a flashlight. A lamp will not be necessary in the 4-hour race. This can come in handy after the finish.

A part of the competition area is located in the protected landscape area Ziemeļgauja under the supervision of the Nature Protection Board. Please observe, **do not cross the FORBIDDEN TERRITORIES** marked on the map!

Dangerous places - swampy shores of lakes and overgrown ditches. The area is still relatively dry, most water obstacles, ditches, rivers and wetlands are easily crossable. Approaches to all checkpoints are secure. You should also **beware of electric shepherds**, which consist of 1 wire at a height of about 1 meter. Electric shepherds are recommended to be crossed by pouring under the wire.

Watch out for insects! TICK activity is high this year. It is recommended to use preventive measures, as well as to check your body after the finish!

**All participants will have a mandatory equipment for the distance - sports WHISTLE! The whistle is a portable device around the neck for easy access in case of an emergency. The team uses a whistle to report their location with a series of short beeps in case of emergency assistance or an animal encountered on the team's path that threatens the safety of the team. Whistles will be received by the participants from the organizers.**

### Mobile communications.

Each team must bring a switched-off mobile phone with a charged battery during the distance in order to be able to contact the organizers in the event of an emergency. The organizers' mobile contact numbers will be indicated on the competition card. LMT mobile communications are recommended for participants, with relatively good network coverage in the area unlike TELE2 and BITE. There are strong Estonian mobile communications networks in the area, there is a possibility of automatic connection when roaming.

### GPS tracking.

**25 teams (at the choice of the organizers) who start in the 8-hour qualifying group, move in the distance carrying GPS tracking devices assigned by the organizers to record the path taken by the teams. Their use is mandatory. The GPS device must be worn by one of the team members on the upper arm or attached to the backpack at the top. The GPS device will be issued to the teams after the competition cards are issued, until the start of the competition.**

### Information and questions/answers

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