

Contents

Organisers, advisers, jury and contact information.....	5
Venue	6
Programme	7
Location	8
Event Centre	9
The Event Office working hours and functions:.....	10
Ceremonies and social activities	11
Transport	12
Competition Information.....	13
Sprint Model Event, Friday, 5th July, Bellevue Hotel	27
Sprint Qualification, Saturday 6th July, Arena Dzegužkalns	28
Sprint Final, Sunday, 7th July, Arena Vecriga	32
Model Event, Monday 8th July, Model Arena Bumbukalns	36
Forest Qualification, Tuesday 9th July, Arena Bumbukalns	37
Middle Final, Wednesday 10th July, Arena Bumbukalns	41
Model Event, Thursday 11th July, Model arena Carnikava	44
Long Final, Friday 12th. July, Arena Garezeri	45
Statistics	49



Dārgie orientieristi!

Esiet sveicināti mūsu zemē – Latvijā. Latvija ir viena no mežiem bagātākajām valstīm Eiropā. Mums ir 498 km gara smilšaina pludmale, skaistie priežu meži, un jūlijs - mēnesis, kad daba zied! Mēs priecāsimies jums sagādāt īstus orientēšanās svētkus mūsu galvaspilsētas, sirmās Rīgas ielās, kā arī meža distancēs jūrmalas kāpās. Esam sarūpējuši interesantas distancēs, kas priecēs orientēšanās sporta gardēžus. Pērn Pasaules čempionātā uzņēmām spēcīgākos pasaules orientēšanās sporta elites sportistus, bet šogad jūs, aktīvākos un spēcīgākos veterānus. Orientēšanās sports ir ne tikai skrējieni ar karti un kompasu, bet daudziem arī pasaules izzināšana un dzīvesveids. Novēlu jums gūt prieku, jaunus iesaides un protams, panākumus distancēs!

Dagnis Dubrovskis
LOF Prezidents

Dear orienteering friends!

Welcome to our country – Latvia! We are proud to be one of the European countries that is very rich in forests. We boast 498 km of sandy beach shoreline, clear pine forests filled with July fragrance and an abundance of flowers. It is our pleasure to provide you with a real orienteering festival spread across the medieval centre of our capital Riga, and embracing seaside dune forests both east and west of the city. The courses designed especially for gourmands of orienteering promise unforgettable excitement. A year ago we had the world elite orienteers in our most challenging terrains; this year we are looking forward to see here all of you – ageless, energetic and enthusiastic Masters of orienteering. For many of you orienteering is a way of living and exploring the world, not only running with a map and compass. I sincerely wish you to enjoy the new experiences and may the WMOC courses bring you success and satisfaction!

Dagnis Dubrovskis
LOF President





Dear participants and organisers!

On behalf of IOF I want to welcome you to the 2019 World Masters Orienteering Championships in Riga, Latvia.

Latvia successfully organised the World Orienteering Championships last year and in 2019 our masters have a unique opportunity to compete on the very same terrain where the world's best orienteers ran in 2018.

The Old City of Riga, a UNESCO World Heritage site, is a challenging orienteering venue and I hope you will enjoy also traditional orienteering on technical but easy to run terrains.

Latvian OF is very ambitious in organising two major IOF championships in consecutive years. I would like to thank event sponsors, supporters and volunteers and wish good luck to all organisers! Riga, the biggest city in the Baltic region has a lot of museums, rich cultural life, nice sandy beaches and vibrant nightlife.

Enjoy your stay in Latvia and I wish a successful WMOC 2019 to all participants!

Leho Haldna

IOF President





Apsveicu Pasaules veterānu orientēšanās čempionāta dalībniekus un rīkotājus!
Orientēšanās kā tautas sporta veids Latvijā ir ļoti populārs. Arī daudzi rīdzinieki to izvēlējušies kā lielisku aktīvās atpūtas pavadīšanas veidu. Orientēšanās ir arī augstu sasniegumu sports – tiek izcīnīti Eiropas un Pasaules meistarību tituli. Un arī te mums ir ar ko lepoties, Latvijai ir savs 2012. gada Pasaules čempions – Edgars Bertuks. Atzīts arī par tā gada labāko orientieristu pasaulē. Pērn, Latvijas simtgadē, uzņēmām Pasaules čempionātu, pasaules spēcīgākie orientieristi startēja Latvijā, arī Rīgā. Tagad laiks savas prasmes rādīt ap 4000 veterāniem no 50 valstīm. Tās būs vēl nebijuša mēroga orientēšanās sacensības Baltijā. Tāpēc liels gods un atbildība, ka daļa no distancēm tiks veiktas arī Rīgā.

Lai veiksmīgas sacensības!

Dainis Turlais
Rīgas domes priekšsēdētājs

Greetings to all WMOC competitors and organisers.
Orienteering as a peoples sport is very popular in Latvia. Many people from Riga have also chosen it as a great way of spending time actively and in nature. Orienteering is also a sport where Latvians have seen lots of success in European and World Championships, for example our 2012 world champion – Edgars Bertuks. He was also recognised as the best orienteer in the world that year. Last year, when Latvia was celebrating its 100 year anniversary, we hosted the world championship where the best orienteers in the world took their starts in Latvia and also Riga. Now it is time for the 4000 veterans from 50 countries to also show their skill. It will be a competition of unprecedented size in the Baltic region, which is why it is a great honour and responsibility that some of the races will also be held in Riga.

Have a great competition.

Dainis Turlais
Chairman of Riga council





Cienījamie sportisti!

Man ir patīams prieks jūs uzņemt Carnikavas novadā – vietā, kur dabas tuvums un ainaviskums iedvesmo sportot un aktīvi pavadīt savas dienas gan profesionāliem sportistiem, gan aktīvā dzīvesveida entuziastiem. Mūsu lielākā bagātība – Dabas parks “Piejūra” – ir unikāla vieta, kas sportošanas piedzīvojumu dara jo īpašāku.

Carnikavas novads var lepoties ar sportiskiem iedzīvotājiem, kuri vairākas reizes gadā pulcējas uz dažāda mēroga un veida sporta pasākumiem, pulcējot gan vietējos iedzīvotājus, gan ciemiņus no citām Latvijas un pasaules vietām. Jau vairākus gadus divas reizes sezonā regulāri tiekamies nūjošanas, slēpošanas, skriešanas un riteņbraukšanas sacensībās, pēdējos gadus reizi gadā pulcējam arī hokeja entuziastus un apvienojam sportiskākās novada ģimenes kopīgos ģimeņu sporta svētkos, jo esam novads, kas tic ģimenes vērtībām un augstu godā aktīvu dzīvesveidu. Ar prieku redzu, ka vecāki saviem bērniem māca veselīga dzīvesveida principus un audzina garā stipru nākamo paaudzi.

Ceru, ka izbaudīsiet notiekošo un novērtēsiet novada dabas vērtības! Lai izdodas un izturību sportisko mērķu sasniegšanā!

Carnikavas novada domes priekšsēdētāja

Daiga Mieriņa

Dear enthusiasts of orienteering!

It is a real pleasure to welcome you in Carnikava Municipality – an area where picturesque landscape and natural beauty encourage everyone from professional sportspeople to supporters of healthy lifestyle to spend their leisure time in an active manner. We boast of our greatest treasure – Nature Park “Piejūra” (Seaside) that makes every sports activity even more exciting. There are many active people in our municipality who come together several times a year for all kinds of physical activities and they welcome enthusiasts

from all over the country and abroad. Nordic walking, cross country skiing, running and cycling are just a few to mention. Ice hockey players and fans enjoy our winter events, while active families celebrate their being together playing their favourite sports as honouring family values is one of our main priorities. We in the Municipality Council feel happy about healthy preferences our families bring from generation to generation in order to promote both mental and physical strength of their offspring.

I strongly believe that our natural values will help you to experience the beauty of your active lifestyle in full. May you succeed in reaching your goals!

Chairperson of Carnikava Municipality Council,
Daiga Mieriņa





Organisers, advisers, jury and contact information

Organising Committee

Event director: Ildze Straume

ildze.straume@gmail.com +371 26563615

Office and administration: Inese Purgaile
info@wmoc2019.lv

IT manager: Kārlis Osis

LVKAOS@inbox.lv

Finance: Ķirts Mamis

lof@lof.lv

Technical director: Jānis Lazdāns

janis.lazdans@woc2018.lv

National controller: Jurgis Krastiņš

krasts_krasts@yahoo.co.uk

Transport and parking: Matīss Ratnieks

matiss.ratnieks@gmail.com

Logistics and infrastructure: Daniels

Kārklīņš karklinsdaniels@gmail.com

Media: Sandra Grosberga, Juris Vaidakovs

Model event: Aigars Vārna

aigars@lof.lv

Catering: Inese Bajare

Human resources: Daiga Jermaka

Public race: Toms Straume

Mappers

Sprint Qualification : Miks Puriņš

Sprint Final: Juris Cebulis, Ainārs Lagzdiņš

Forest Qualification: Māris Strautnieks

Middle Final: Māris Strautnieks

Long Final: Indulis Peilāns

Course setters

Sprint Qualification : Alvis Reinsons

Sprint Final: Alvis Reinsons

Forest Qualification: Oskars Zērnis

Middle Final: Aigars Vārna

Long Final: Indulis Peilāns

National course controllers

Sprint Qualification: Guntars Mankus

Sprint Final: Guntars Mankus

Forest Qualification: Jānis Tamužs

Middle Final: Jānis Tamužs

Long Final: Jānis Tamužs

Advisers

IOF Senior Event Adviser: Ulu Aeschlimann
(SUI)

IOF Assistant Event Adviser: Kuno Rooba (EST)

National Controller: Jurgis Krastiņš (LAT)

IOF representatives

IOF Council: Leho Haldna

IOF Foot-O Commission: David May

Jury members:

Nermin Fenmen, GBR

Jari Kymäläinen, FIN

Jozef Pollak, SLO

Commentary

Andris Rupais

Ivars Bācis

Contact information

Event Director: Ildze Straume

Address: LOF, Grostonas iela 6b, Rīga, LV-1013, Latvia

Telephone: +371 26563615

[Web: www.wmoc2019.lv](http://www.wmoc2019.lv)

Email: info@wmoc2019.lv



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 21°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.

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.

Visa

You do not need a visa if you come from an EU or Schengen area country.

Public transport

In Riga you can ride either the bus or tram to get around the city. Tickets can be bought in any "Narvesen" kiosk or in ticket machines located at some stops.

From Airport: Take the 22 bus from the airport and get off at the "Slokas iela" stop. From there you can walk towards Kipsala.

Tourist office

Tourist office is located in Old Riga Centre,
Address - Rātslaukums 6

Climate

In Latvia, the average temperature in July is 21 degrees Centigrade during daytime and 13 degrees during the night. However, daytime temperatures up to 30 degrees and down to 15 degrees are not uncommon. The average rainfall in July is 68 mm and the average number of rainy days is 10, with considerable variation between years. Both sunscreen and wet weather gear is recommended. Thunderstorms occur infrequently.

Hygiene

Tap water in Latvia is drinkable unless otherwise specified.

Health care

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

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

Hospitals

There are several hospitals in Riga located at various regions,

Closest to city Centre – Riga 1st hospital

Across the River from city Centre – Pauls Stradins clinical university hospital.

Important phone numbers

Emergency – 112



Programme

Thursday July 4	15:00 – 21:00	Event centre opens, registration and accreditation	Event Centre Kipsala
Friday July 5	08:00 - 17:00 9:00 – 21:00 14:00 – 18:30	Model event – sprint Registration and accreditation Side event - indoor orienteering	Hotel Bellevue Event Centre Kipsala Daugava stadium
Saturday July 6	10:00 – 14:00 14:15 - 15:00 14:30	Sprint qualification Open courses - sprint Opening Ceremony	Arena Dzeguzkalns
Sunday July 7	9:00 - 13:00 13:15 - 14:00 14:30	Sprint final Open courses - sprint Prize giving ceremony	Arena Vecriga
Monday July 8	08:00 - 17:00	Rest day Model event: Forest qualification and middle final	Arena Bumbukalns
Tuesday July 9	10:00 - 14:00 10:00 - 13:00	Forest qualification Open courses - middle	Arena Bumbukalns
Wednesday July 10	10:00 - 14:00 10:00 - 13:00 15:00	Middle final Open courses - middle Prize giving ceremony	Arena Bumbukalns
Thursday July 11	08:00 - 17:00	Rest day Model event - long final	Carnikava
Friday July 12	09:30 - 12:30 10:00 - 12:30 14:00 14:30	Long final Open courses – long Prize giving ceremony Closing ceremony	Arena Garezeri
Saturday July 13	11:00	Side event – Vivobarefoot rogaining	Jurmala



Location





Event Centre

On July 4 and 5 the Event Centre will be in Ķīpsala, in Riga Technical University, **Āzenes street 12** and it is easily accessible by car or public transport. Suggested place for car parking is in the nearby trade centre "Olimpia". You can leave your car for free for 2 hours.

Starting from July 6 the Event Centre will be in either the arenas or hotel Bellevue (Slokas street 1), see the schedule in the table with secretariat working hours.

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 on forest competition days. Check the day-to-day info for specifics.

Getting to Kipsala Event Centre

From Airport: Take the 22 bus from airport and get off at the "Slokas iela" stop. From there you can walk towards Kipsala.

From Harbor: The harbor is walking distance from Kipsala Event centre. You need to head towards "Vansu" Bridge and walk across it towards Kipsala.

Services at the Event Centre

Apart from the Event Office where you have to collect your bags and settle the outstanding issues, you will find the following facilities in and around the Event Centre:

Display of start lists and results.

Starting point for bus transport to the races and models (from 8 July and on)

Event Office

The Event Office is the central information centre for WMOC 2019.

At the Event Office you can collect your accreditation package/bag containing:

Your start number bib(s) and safety pins.

Your SI-card/SIAC card if rented.

Pre-ordered WMOC2019 SIAC card

Pre-ordered T-shirt.

Maps for the model events.

Your ticket/bracelet for bus transport to the races. (should be pre-ordered)

Vehicle parking ticket (should be pre-ordered)

A souvenir from WMOC

Accreditation

You can pick up your accreditation package (this activity is also called "bag collection") at the Event Office at the Event Centre in Ķīpsala on 4 and 5 July. On the day of the Sprint

Qualification (6 July) and Forest Qualification (9 July) you can collect your accreditation package in the Info Desk tent in the respective arena.

Please allow sufficient time before your start. On 8 July you can collect your accreditation package at the Event Centre Hotel Bellevue.

You cannot pick up your accreditation package in the arenas on the Finals days, nor at the model events.

Please note that to board a bus to forest models and events, you need the ticket/bracelet which is in your package. The same applies to vehicle parking tickets.

Accreditation packages for tour operators can be collected for the whole group. The bags for the group will be packed separately ready for pickup if so requested by tour operator.

At the Event Office/Info Desk you will also be able to get information about public transport and buy entry for open courses in Public Race.

Since the accommodation sites for the competitors are located all across the city, the methods of contacting the Event Office are organised accordingly. During the first days of the WMOC, the Event Office will be open for face-to-face contact in the Event Centre (Kipsala). On the event days, the Info Desk is the field version of the Event Office and will be open for face-to-face contact in the event arenas. On 11 July the Event Office can be contacted by phone only. We shall also read e-mails addressed to info@wmoc2019.lv, but please do not expect immediate replies. If the matter is urgent and needs to be addressed immediately, please call on phone.

**The Event Office working hours and functions:**

Thursday July 4	15:00-21:00	Bag collection	Event Centre Kipsala
Friday July 5	9:00-21:00	Bag collection	Event Centre Kipsala
Saturday July 6	8:30-14:00	Bag collection, Info Desk	Arena Dzeguzkalns
Sunday July 7	8:30-14:00	Info Desk	Arena Vecriga
Monday July 8	8:00-16:00	Bag collection	Event Centre Hotel Bellevue
Tuesday July 9	9:00-14:00	Bag collection, Info Desk	Arena Bumbukalns
Wednesday July 10	9:00-14:00	Info Desk	Arena Bumbukalns
Thursday July 11		Phone +371 29751855	
Friday July 12	9:00-15:00	Info Desk	Arena Garezeri

Entries

Entries will be open from 2nd of April at 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).

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

Deadline	Sprint only (EUR)	Forest only (EUR)	Both sprint and forest (EUR)
June 1, 2019	150	160	180

Payment

You will only be able to pick up your accreditation package/bag if your full payment has been received by the organisers.

Cancellation

No refund will be given for cancelled registration.



Ceremonies and social activities

Opening Ceremony Saturday, July 6 from 14.30 - 16.00

The Opening Ceremony of WMOC2019 will take place in Dzegužkalns arena right after the sprint qualification. Participants (competitors, organisers and guests) are asked to gather and take seats at the open theatre chairs at 14:30. The national flags will be carried in procession to the Arena, and a short programme with music and speeches will follow.

Prize giving ceremonies

At the three Finals days, prize-giving ceremonies will be held at the event arenas. IOF gold, silver and bronze medals will be awarded to the three best placed competitors in each age group for men and women in the A-finals.

Before the start of the prize-giving ceremony, all medal winners will be invited to approach the ceremony podium. The time for this will be announced by the speaker.

For each age group the three best men and women respectively will be escorted to the podium as one group in order for all 6 medallists to receive their medals at the same time.

Closing Ceremony

The closing ceremony will be held after the Long Distance final in the arena at Garezeri. The IOF Flag will be handed over to the 2020 WMOC organisers from Slovakia.

Press and Media

All press and media are welcome; please apply for accreditation by sending an e-mail to prese@wmoc2019.lv

You can pick up your accreditation badge at the Event Centre together with your free parking or transport ticket.

There will be a media tent in all arenas with internet access, tables, chairs and electricity.

Accommodation

WMOC2019 offers all kinds of accommodation from Student dormitories to luxury hotels. Visit www.wmoc2019.lv/accommodation if you have not already secured your accommodation.

Banquet

Unfortunately we have had to cancel the Banquet due to few registrations. We apologise.





Transport

Bus transport provided by WMOC

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. Organisers buses will depart from Bellevue Hotel for all forest competitions and forest models. Additionally, on all forest competition days buses will depart also from hotel "Monika". Tickets should be booked in Eventor or in the Event Centre if still available.

There will be no designated parking areas for Sprint competitions. Use available city parking spots or streets where possible.

On Sundays parking on streets is free. Around Dzegužkalns on most of streets it is free also on Saturday, but we suggest you take public transport as streets are narrow there and not so many parking places available.

A limited number of parking places will be offered for forest races. These can be booked when registering or later, if still available.

You can reach Hotel Bellevue with both Tram nr.1 and tram nr.5 by getting off at the "Aleksandra Grīna Bulvāris" stop.

Bus transport timetable

You will find the bus transport timetable in the day-by-day information.

Bus transport – tour operators

You will find the bus transport instructions in the day-by-day information.

Parking permit

If you have booked a parking permit, you will find it in your accreditation package. Please check that it is there.

Parking tickets must be bought in advance.

Senior transport service - for M/W 80+ in LF

Transport for age groups 80+ will be provided during the long final in Garezeri from parking to arena and back.





Competition Information

Competition Rules

The competitions will be conducted according to the IOF Competition Rules as of 1st January 2019 and the 2019 WMOC Manual.

Training

Competitions held in similar terrains before the WMOC 2019 are listed in www.wmoc2019.lv with links to the event. Maps of relevant forests for self-training can be requested at trainings@woc2018.lv

Embargoed areas

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

Unless following instructions from the organisers, accessing embargoed areas will lead to disqualification. In the Sprint Qualification (Dzegužkalns) strict embargo (no access to embargoed area) takes place on July 5 at 20:00. In the Sprint Final the strict embargo takes place on July 7 at 8 in the morning. This means that you should leave Old Riga before 8 am by choosing shortest way out (in case your hotel is in Old Riga).

Previous maps of competition areas

Old maps of the competition areas: <http://wmoc2019.lv/old-maps/>.

Model Events

The model events will show examples of the terrain types, the map quality, the control features and the positioning of the controls. Further information about the model events is in the day-by-day information.

Electronic Punching System

The SPORTident punching system will be used. Touch free mode (Air+) will be activated in addition to classic SPORTident punching. Both regular 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. EUR 70.00 will be charged for any lost or missing card.

The SI-card number in your entry form is entered into the computer system and appears on your number bib. If for any reason you will be using a different SI-card, you must notify the organisers of the new SI-card number by emailing it to info@wmoc2019.lv not later than 10 June 2019. Change of SI Card after that time can only be done in the Event Office/Info Desk at a fee of EUR 10.

SI-card numbers will be checked against competitor names as part of the start procedure.

In the unlikely situation of SIAC failing to register in touch free mode, the competitor has to perform the direct punch by placing the SIAC chip into SPORTident station. In the unlikely situation of station failing to respond with direct punch (neither a feedback beep nor a light feedback signal) athlete has to attempt to punch in the second SPORTident station of the same controlpoint. If none of the two SPORTident stations responds athletes must punch manually in the designated area on the map using the pin-punch.

All controls in Sprint and Middle distances will be equipped with two SPORTident stations, in Long distance most of controls will be equipped with two SPORTident stations. Please pay attention that the feedback signal that you hear and see is the feedback of your SI card punch.

Finish

Finish time is registered when athlete punches the SPORTident Finish station located on the finish line. Punching on the Finish line is possible both in touch free and regular punching mode.

In Middle Final and Long Final there will be a separate last control and separate finish corridor for A finals.

Clothing

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

In rainy weather, slopes may become slippery and tracks may become muddy; trail running shoes or orienteering shoes are recommended for the forest competitions.

Responsibility / insurance

Liability waiver

You compete at your own risk. The organisers can accept no liability for injuries or sickness occurring either during the competition or during transport to and from the competition.

Safety and responsibility

The organisers ask that competitors use common sense in ensuring their own safety at all times.

All competitors who take part in the WMOC 2019 and in the open classes (including Model events) must consider any risks and take their own safety precautions, and will be totally responsible for any injuries which might occur to them during the races as well as for any accidents on the way to and from any event during the WMOC week.

ALL PARTICIPANTS ARE RECOMMENDED TO TAKE OUT AN ACCIDENT INSURANCE POLICY THAT, IN THE EVENT OF AN ACCIDENT, WILL COVER ALL FEES FOR RETRIEVAL, RESCUE AND TRANSPORT TO THE HOSPITAL.

Fair Play

The organisers encourage all competitors to act with fairness. During the races, competitors are requested not to speak to each other (IOF Rule 26.1).

Use of equipment with GPS

IOF Rule 21.4 applies: Competitors shall not use or carry telecommunication equipment between entering the pre-start area (the first start box) and reaching the finish in a race, unless the equipment is approved by the organiser. GPS-enabled devices (watches etc.) can be carried provided that they have no map display and are not used for navigation purposes.

Anti doping

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

Fire and smoking

This is a non-smoking event. Smoking and any use of open fires is strictly prohibited in all arenas, race areas as well as in the Event Centre.

Open courses

On each race day a number of open courses ("Public races") are available. These courses are open to everyone. You can enter via the WMOC website, or it is possible to enter at the Info Desk in the arenas on each race day. Information about the locations of starts and finishes for the open classes is available in the day-by-day information.

Child care

We can take care of your children while you are running. Children must be 3 years or older and nappy-free. Please send a request to info@wmoc2019.lv

Baggage storage

It is possible to leave your belongings in a supervised baggage area in all arenas. The baggage storage area will open one hour before the first start and closes at the same time as the Info Desk closes in the arena. You do not need to book luggage storage in advance.



Start number bibs

All competitors will receive two number bibs in their accreditation package. In the sprint competitions, one has to be worn on the chest and one has to be worn on the back so that both are clearly visible. In the forest competitions one has to be worn visibly on the chest. In the forest competitions, the second number can be kept as a backup in case the first number is lost. Safety pins will be handed out with the bibs.

Please complete the back of one of your bibs with health data and emergency contact. This information could be helpful to the medical team in an emergency.

Lost bibs can be replaced at the Event Centre or at the Information in the arenas for a charge of €5.

Start details for the Sprint Qualification and Forest Qualification races are printed on your bib. Competitors are requested to enter their race details (start location and start time) for the finals when they know it.

The ten last starters in each A-class final will get an additional 1-10 start bib for the final in question. The old number bib should still be worn and be visible below the new one. These start numbers can be collected by self-service at the Start, near the entry to the start boxes.

Start lists

Start lists will be published on the WMOC 2019 web page and in IOF Eventor as soon as they are ready. Start lists will be displayed in the arenas and at the starts in all races. Start lists will also be displayed in the Event Centre.

Start lists for the Sprint Qualification and the Forest Qualification

The start draws, and heat allocation are based on IOF Competition Rule 12.22. For the qualification races, competitors in classes with more than 80 entrants are allocated to parallel heats.

The heats are indicated by numbers after the age class, e.g. W55-2 is the second heat for W55 runners. The number of runners in each heat is as equal as possible, up to a maximum of 80.

Start lists for the Sprint Qualification and the Forest Qualification races will be available from the WMOC 2019 website www.wmoc2019.lv after June 12.

How to qualify for the Sprint Final and the Middle Final

The qualification system is explained in IOF Competition Rule 12.23.

Qualification is based on your position in the relevant qualification race. The highest placed competitors from each qualification heat qualify for the A-final of the class. The next best competitors from each qualification heat qualify for the B-final and so on.

If there are 161 or more entrants in a class, the number of qualifiers from each heat to the A-final will be equal and is calculated to give a total of 80, or the lowest possible number above 80. Similarly, for the B-final and so on, except that if there are more than two Finals, and fewer than 20 competitors qualify for the lowest ranked final, they may be transferred to the next Final up.

For example, three heats in a class have 60 competitors in each one, making 180 in all. The corresponding A Final will have 81 runners (3 x 27 from each) and, rather than the B and C Finals having 81 and 18, the last 18 are transferred to the B Final as the number is fewer than 20. The B Final is now 99 strong.

If there are between 20 and 160 entrants, then they will be split as equally as possible between an A-final and a B-final, with the A-final having at least half the total number of entrants.

If there are fewer than 20 entrants, all compete in the A-final.

If two or more competitors tie for a place in a final, all of them qualify for that final. Competitors who start but are not placed, or who do not start, in the qualification races may start before the qualified runners in the lowest ranked final of their class, but will appear in the result list as not placed.



Sprint Final: you must complete the Sprint Qualification race successfully to run competitively in the Sprint Final.

Middle Final: If you complete the forest qualification race successfully you can run competitively in both the Middle and Long Finals. If you are disqualified or fail to complete your course in the forest qualification race, you will participate in the lowest Middle Final for your class. You will be listed as having non-competitive status in the Middle Final results. However, your Middle Final result will be treated as competitive in determining the Long Final start lists. So it is still possible to gain a Long Final start place even if you are unplaced in the forest qualification race.

Start lists for the Sprint Final and the Middle Final

Start lists will be available via the WMOC 2019 web page.

How to qualify for the Long Final

The qualification system is explained in IOF Competition Rule 12.24: The Long distance finals have the same composition as the Middle distance finals except that some competitors are promoted to a higher final and some are relegated to a lower final according to their result in the Middle distance final.

Purely for the determination of promotion and relegation in this rule, any competitors who successfully completed the lowest ranked Middle distance final are regarded as having been placed, even if they were not placed in the qualification race and hence appeared in the Middle distance result list as not placed.

First, any competitors who have not entered the Long Distance are removed and all subsequent references are to the numbers after this has been done.

Promotion and relegation are carried out as follows:

- If there is a single Middle distance A-final in a class, there shall just be a single Long distance A-final with the same composition.
- If there are only two Middle distance finals (A and B) in a class:
 - the bottom 10% (rounded down) of the A-final are relegated to the B-final.
- The number in the A-final is brought back up to the number in the Middle distance A-final by promoting the next best-placed competitors from the B-final.

If there are more than two Middle distance finals in a class the promotion and relegation is carried according to the table below:

		Middle final results				
		A	B	C	D	E
3 finals A,B,C	promotions		top 10 to A	top 2 to A; next 8 to B		
	relegations	bottom 12 to B	bottom 10 to C			
4 finals A,B,C,D	promotions		top 12 to A	top 1 to A; next 9 to B	top 2 to A; next 8 to C	
	relegations	bottom 15 to B	bottom 12 to C	bottom 10 to D		
5 finals A,B,C,D,E	promotions		top 14 to A	top 1 to A; next 10 to B	top 1 to A; next 9 to C	top 2 to A; next 8 to D
	relegations	bottom 18 to B	bottom 14 to C	bottom 12 to D	bottom 10 to E	



If there is a tie of two or more competitors in the Middle distance final and they are in the last qualifying place for promotion, they are all promoted. Where there is a tie in the last qualifying place for relegation, all are relegated.

The top 4 from each qualification heat are guaranteed personal places in the Long distance A final, if they start in the Middle distance final but regardless of their performance in that race. Any who fail to qualify for the A-final according to the criteria above are added to the A-final as extra starters. If any failed to start in the Middle distance final, the guaranteed place is simply lost.

Finally, any competitors who entered only the Long distance competition are added to the lowest final.

It is not necessary to have been placed in the Middle distance final in order to be placed in the Long distance final.

In each Long distance final, the start order is in reverse order of the Middle distance final in which the competitors ran. For example where there are two Middle distance finals, those in the Long A Final who ran the Middle A final start in a group later than those promoted from the Middle B final. Within those groups the order is the reverse of their positions in those finals, i.e. the fastest starts last. Any who were not placed in a

Middle distance final start in random order before those who were placed.

Start lists for the Long Final

Start lists will be available via the WMOC 2019 web page on July 11.

Maps

All maps are digitally printed on durable, water-resistant, synthetic paper. Model maps will be printed on this same paper.

Maps are drawn according to ISOM2017 and ISSOM2007.

The scale of all the sprint maps is 1:4000. Contour interval is 2 metres.

For the forest qualification and middle final competitions, the map scale is 1:7500.

In the Long final for competitors in classes M/W 35 to M/W 60 inclusive is 1:10000, for classes MW 65 and above – 1:7500. Contour interval is 2,5 metres.

Warnings

Competitors who are not familiar with spruce trees should pay special attention as the branches of these trees may damage your eyes if you are not careful.



Forest map info

In order to make the map more easily readable, less visible paths are not marked in the map. Also motorcycle, quad bike paths are not marked in the map.

On the map



Marked in map with ISSOM2017 symbol - 509 Narrow ride

Not on the map





Sprint map info

The terrain contains some clothes lines, which can sometimes be difficult to see. They will be marked with red tape. The terrain also contains some objects (like benches) not marked on the map, these objects do not impact the route choice but can impact the running trajectory in the short-term.



**Tree trunk marked on map
with special symbol – green cross**



Clothes line not marked on map



Bench not marked on map



Stone not marked on map



The benches are not marked on the map. However, the bushes around them are marked as shown here



Control Descriptions

Control descriptions are printed on the front side of all competition maps. Loose copies of the control descriptions will be available in the start lanes as part of the start procedure. Competitors have 1 minute to choose and prepare their control descriptions.

The maximum size of loose control descriptions is 31 controls.

Controls

Each control site is equipped with the control flag and an electronic punching unit (SPORTident station). There will be two or more punching units on most of controls, especially in high traffic controls, e.g. the last controls.

Additionally, a pin punching device will be at the control for use if SPORTident fails.

The control code is shown on the control stand and/or on the top of the punching units. The number codes uses ranges between 31 and 255.

There are many controls. Please check your control codes carefully!

Examples of the control stands will be available in the Model Events.

Marked routes and out of bounds areas are marked with red and white tape with WMOC2019 written on it.

Start procedure

You are responsible for following the correct marked route to your start area. The competition area is out of bounds until your start time.

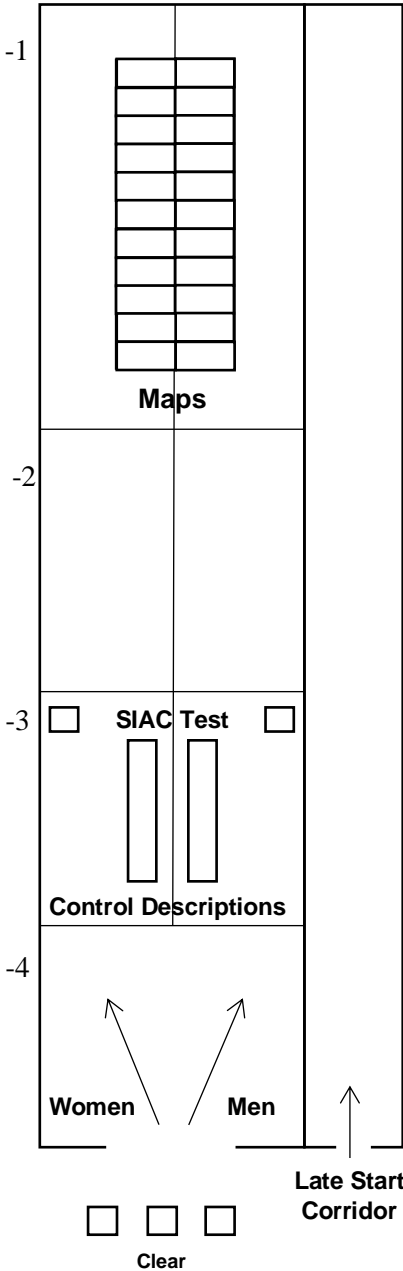
All the starts will be silent; it is your responsibility to be there on time.

If you don't have a bib number or an SI-card you will not be allowed to start. If you lose or forget your bib number and/or SI-card, you can get a replacement in the Info Desk in the Arena.



Clear and Check

Each SI-card must be cleared and checked before each race. Stations to clear SI-cards will be in the pre-start areas, near the entrance to the -4 min start box. Insert your SI-card into the "clear" unit and wait a few seconds until the unit beeps and flashes, verifying that previous data has been deleted. After clearing your SI-card, place the SI-card into a "check" unit where the "check" unit will beep and flash immediately, confirming that the SI-card is ready to use. If you have a SIAC, an additional SIAC test will be available at box 2. To test your SIAC, place it near the SIAC test station until it flashes red and your SIAC emits a beeping noise. Start staff will be present to assist you.



Start boxes

In the start area, competitors will pass through four consecutive start boxes and remain one minute in each one.

Box 1

When the clock in front of the first start box (-4) displays your start time, you enter. This will be 4 minutes before you start. At this point your bib number and start time will be checked. You can also perform a check of your SPORTident at this stage by inserting it into the "check" station.

Box 2

In the second box, you can collect a loose control description for your course and do a SIAC test.

Box 3

For any additional checks and information.

Box 4

In box 4 you walk to the map box with your class category displayed. 5 seconds before the start, a clock will start beeping. The last beep is the start beep and is longer than the others. Your race starts at the start beep. It is your responsibility to take the correct map, please take only one.

From box 4 there is a marked route to the start point. The start point is marked with a control flag in the terrain and a start triangle on the map. The marked route from box 4 to the start point must be followed.

The route from box 4 to the start point is marked on the map and control description, ISOM 2017 - 702 Map issue point - is used.

Late start

If you get to the start after your proper start time you must report to the late start lane where an official will accompany you. It is still your responsibility to clear and check your SI-card. Control descriptions and the competition map will be handed to you by an official. You will be told when to start. (IOF Foot O Rule 22.9). Your start time will be recorded by punching a start unit.



The results of competitors who start late will be based on their original start time with no time compensation. Only if their lateness is due to the fault of the organiser will your actual start time be used (IOF Foot O Rule 22.10).

If you are late, whether it is your fault or the organiser's, do not discuss this with the start officials. Instead, if you think the organiser is responsible, make a complaint after finishing the race at the Problem Desk before leaving the Finish area.

During the race

Safety measures during the race

A large number of competitors will be in the terrain at the same time, especially in the Sprint competitions. Please be careful when running around corners and through doors in order not to hurt yourself, other competitors, pedestrians or bikers.

Last controls and run-in

In Middle and Long final there are two last controls, one for all A finals and one for B,C,D,E finals. Please make sure to punch the correct one. From the last control, you must follow the marked route to the finish line, in Middle and Long final there is a separate finish corridor for A finals.

Finish procedure

At the Finish

At the Finish, you must punch at one of the four SI units on the Finish line. Your time only stops when you punch one of these units. You must punch one of the Finish units even if you do not complete your course. Your bib number must be clearly visible when you pass the finish line. At the Finish control both standard and touch free punching mode will be available, as for all controls.

After the Finish line

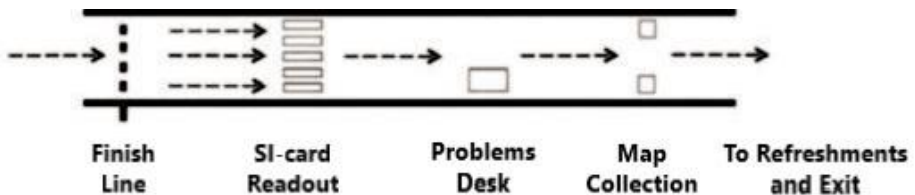
The schematic flow diagram below shows how the finish system works

After the finish line, you will be directed to a readout station to read out your SI-card. The system will verify if you have visited all controls on your course in the correct order. Individual split times will be given to each competitor after read out. You must read out your card, even if you have not completed your course. If you do not read out, you will be considered "missing in the forest", which may cause a search in the forest for you.

If you are using a rented SI-card and this is your last race, you must return your SI-card to the staff.

If the readout displays an unexpected problem with your punches, you should proceed to the Problems desk. You should also contact the Problems desk if you started late and believe that it is the organiser's fault.

After the Problems Desk you must hand in your competition map. Competition maps will be handed out later.





Map reclaim

The map reclaim procedure varies between the races. Information about map reclaim at each race is in the day-by-day information below.

Maximum time

Maximum time for Sprint Races: 1 hour

Maximum time for Forest Qualification: 3 hours

Maximum time for Middle Final: 2 hours

Maximum time for Long Final: 3 hours.

Refreshments

In the event of hot weather, remember to increase your fluid intake before, during and after the race to optimise your performance and prevent heatstroke.

There will be water at the starts and in the Finish area in all races. The number of water stations on the courses is shown in the day-by-day info.

The water stations in the forest will be supervised by officials. Locations will be shown using the standard drink cup on the map or at specific control sites as indicated by the cup symbol in column H of the control description.

The water is pure and drinkable.

Arena catering

The arena catering will be at the competition arena during all competition days from 9.00 and until the end of the competition. At the Sprint Final on Sunday the 7th of July, there will be no catering at the arena. We refer to the shops and stores around the competition area.

The arena catering will have a selection of warm dishes and cold dishes. The selection of warm and cold dishes will vary between days. The drinks selection will be beer, cider and lemonade. The finish area has

free drinking water. We will also be serving fruit and snacks and coffee.

Payment

The arena catering will accept payment by cash and by card.

Dietary restrictions

There will be a vegetarian option for both the cold and warm dishes every day. There will be a smaller selection of products for participants with lactose intolerance and gluten free. Participants with other dietary restrictions are welcome to contact the personnel in the arena catering and we will do our best to guide you.





Result service

Individual split times will be given to each competitor at the readout. Live provisional results will be on display at each Event Arena. The results will be displayed on-screen which will always have the latest information. You can view results on your own devices - such as smart phones, tablets or laptops. The official results will be displayed as soon as possible after the events on <http://w moc2019.lv> and in IOF Eventor. They will consist of results lists and split-time

Clothes transport from start to finish

There is no transport of clothes from start to finish. If the weather is extreme, additional information will be given.

Lost and found

Items found in the arenas should be handed in at the Lost and Found counter by the Baggage Storage.

Disqualification

If you miss one or more controls, or do not visit the controls in the correct order, you will be disqualified. Competitors who fail to respect signs and markers made by the organisers may also be disqualified.

In the sprint events, entering forbidden areas or crossing forbidden obstacles will lead to disqualification.

Toilets

Toilets are available in the Event Centre and at the arenas and the starts.

Showers

Sorry, there are no showers in the arenas. However in forest competition days, there is possibility to take a swim in either river or sea.

Commentary and live coverage

Race commentary will be provided by Andris Rupais and Ivars Bācis

Live results will be updated throughout the competitions in the event arenas and on www.w moc2019.lv.

Complaints and protests

In accordance with IOF Competition rules 27 and 28, Complaints and Protests must be made in writing (in English), using the appropriate forms.

Complaints should be handed into the Problems Desk in the Finish area within 30 minutes of finishing using the complaint form, which is available at the Problems Desk. If the complaint is of a personal nature, e.g. if you feel that you have been disqualified unfairly, the Complaint should be made to the Problem Desk immediately. The organiser will consider your Complaint as quickly as possible and let you know the outcome. There is no fee for a Complaint.

If you are not satisfied with the organiser's decision, then, within the next 15 minutes, you can protest. Protests should be made at the Info Desk in the Event Arenas using the official form that the Info Desk can provide. You will have to pay a protest fee of 50 EUR. If a protest is signed by more than one competitor, each one has to pay a protest fee.

Protests will be passed to the IOF Senior Event Adviser, who will convene the jury. After due consideration, the jury will communicate its decision to the protestor. The protest fee will be returned if the protest is accepted.



First aid during competitions

There will be First Aid facilities in all event arenas on competition days.

First Aid stations are present in the terrain during forest competitions and are marked by a red cross on the map. The stations will be manned by qualified first aid providers who can summon additional assistance as needed.

In the event of an accident, illness or injury in the terrain or in the arena, fellow runners are requested to aid the injured individual and to help summon assistance if necessary.

First aid is not provided during the model events.

Information about possible hazards

Ticks. Deer are abundant in Latvia, and, consequently, so are ticks. Tick-borne infections that occur in Latvia are described below. If you encounter any ticks on your body, remove them as soon as possible. If you are concerned about a tick bite or about possible infection, please consult a doctor.

Borreliosis (Lyme disease). The most common tick-borne infection in Latvia, is caused by *Borrelia burgdorferi*, a bacterium transmitted to humans after tick bites. The infection is usually mild but may occasionally cause severe illness. The best prevention against tick bites and tick-borne infection is to wear full-body cover, to check yourself carefully for ticks upon return from the forest and to remove them as soon as possible, as the *Borrelia* parasite usually takes a minimum of 24 hours to be transferred after the tick bite.

Antibiotic treatment may be required if an infection develops.

Tick-borne encephalitis is a virus infection that is transferred after tick bites. It is possible to vaccinate against TBE, this is recommended by many national health authorities. In pine forests

ticks are rarely encountered, but if you spend some time in more dense forests or "greener areas" with long grass and bushes – check yourself carefully for ticks!

Wasps and bees. If you know that you are allergic to wasps or bees take your medicine with you. They are normally not present nor in Bumbukalns nor Garezeri.

General Data Protection Regulation (GDPR) Statement

Personal data storage

Individuals entering the WMOC will do so by submitting personal data to an IOF-hosted platform. From here, the local organisers will collect the data that are necessary for that individual's participation in the championships and related activities (including organiser-provided accommodation) during the event, including, but not restricted to, name, age, address, country, and email address. During the event, newsfeeds, start times and results will be published on the internet and may contain individual runners' name, age class, and home country.

The local organisers will not share the participants' personal data with a third party, will store the data safely on the appropriate media, and will delete files containing personal data as soon as feasible after WMOC is finished.

By submitting an entry form for and participating in or attending WMOC and its related activities, including organiser-provided accommodation, the

participant / attendant acknowledges the right of the organisers to store said data until the WMOC

is finished. For information on data storage by the IOF, please refer to

<http://orienteering.org/data-protection-at-the-iof/>



Photography and filming

Professional photography and video production will be taking place at WMOC and these images may be used on future promotional materials for WMOC or other events organised by the IOF. By attending or participating in WMOC and related activities, the participants acknowledges that the event or part of it may be filmed by audio, visual, audio-visual or electronic means or photographed, including photographs of individuals or groups of participants. The participant agrees to permit the WMOC organisers, or any third party licensed by IOF or WMOC, to use and distribute such footage and photographs, which may feature images of you, in all or any media (including social media) whether now known or hereafter to be invented throughout the world in perpetuity for the purposes of advertising, publicity, reporting and otherwise in relation to the exploitation of such recordings and photographs. Please inform the photographer if you do not wish to be included in any individual or group photographs. Please note that you may encounter photographers anywhere in the competition areas – maybe even a video drone.





Race and Model Event information “day-by-day information”

Sprint Model Event, Friday, 5th July, Bellevue Hotel

The model event for the sprint is at Hotel Bellevue, **Slokas street 1**.

No transport is provided by the organisers
You can reach Hotel Bellevue with both Tram nr.1 and tram nr.5 by getting off at the “Aleksandra Grīna Bulvāris” stop.

Course details

10-15 controls placed in area. They can be visited in any order and without time control.
The model loosely represents the race map and control placements.

Tour group bus information

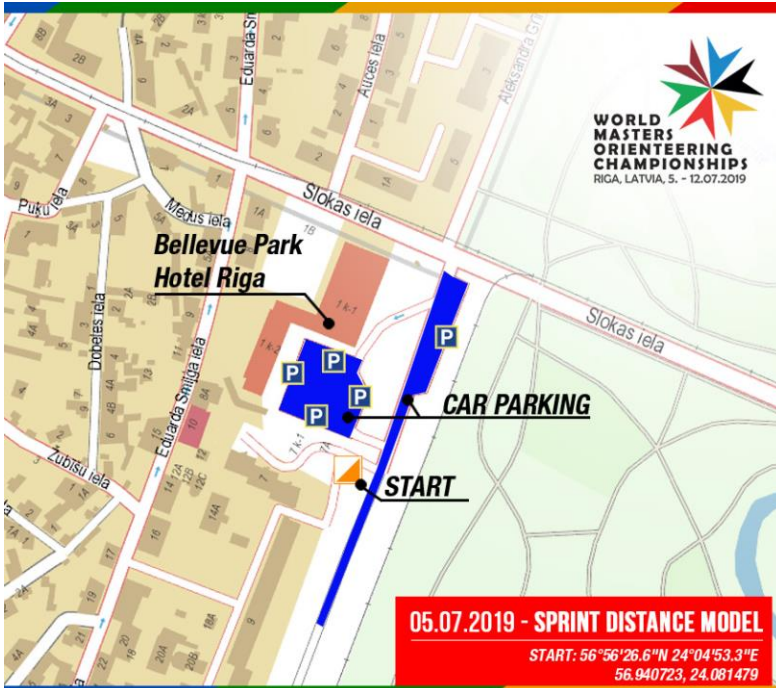
The tour buses can park in front of hotel Bellevue or nearby streets where it is allowed while their passengers are participating in the Model Event.

Terrain

The Model event terrain consists mostly of park areas and various housing areas. The area has no height differences of any significance.

Shops

There are no shops at the Event Centre.





Sprint Qualification, Saturday 6th July, Arena Dzegužkalns

Getting there

Dzegužkalns can be reached by riding tram number 5 and getting off at the “Buļļu iela” stop. From there you need to walk towards Dzegužkalns arena as shown in this map: Dzegužkalns can also be reached by either bus 3 or 13. Bus 13 should be used when coming from the city centre, and getting off at the “Saldus iela” stop. However, when coming from Hotel Bellevue and the surrounding area, you should use bus number 3 and get off at the “Dzegužkalns stop”. It is forbidden to take any other way than is shown on the map to reach the Arena.

Strict embargo from July 5, 20:00 pm to July 6, 14:00 pm

In Sprint Qualification the strict embargo takes place on July 5 at 20:00 in the evening. Being in the embargo zone before your start or after your finish between July 5, 20:00 pm and July 6, 14:00 pm will lead to disqualification.

Start time

The first start is at 10:00 and the last start at 14:00

Terrain

Urban area of private and multi-apartment residential housing and a park. A lot of roads and paths. Mostly flat area except for a hilly park, which holds place for the highest hill in Riga – Dzeguzkalns. Very good runnability and visibility with slightly reduced runnability in some grass areas.

Shoes with metal spikes and studs are not allowed. Running shoes recommended.

Distances

Start 1: 0.4 km

Start 2: 0.4 km

Start 3: 0.7 km

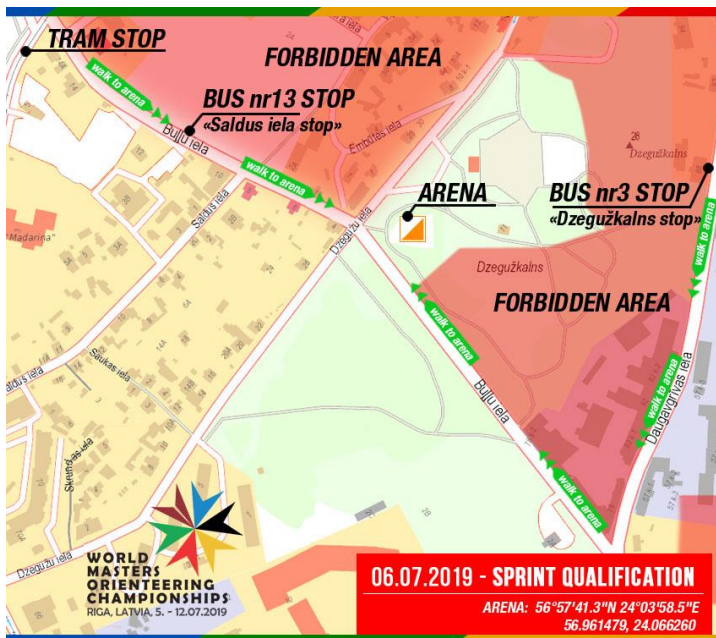
Club tents

Club tents are welcome in the designated areas in the arena.

Course details

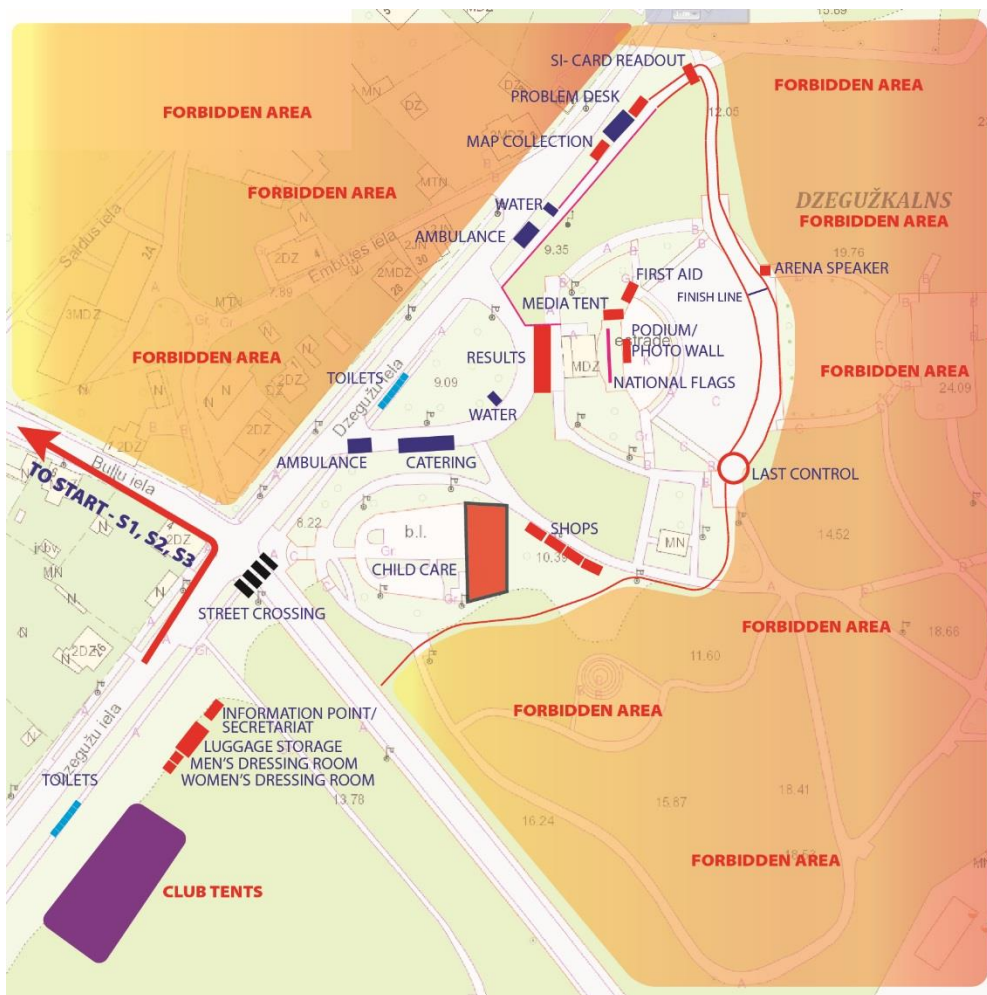
No significant climb. The length is the shortest possible race distance.

Attention: There can be also local traffic inside the housing areas! Also tram is crossing the area at a slow speed.





Arena Overview



**Course Details**

Class	Start	Length (km)	Climb (m)	Controls					
M35-1	S3	3.5	38	24	M75-2	S1	1.6	28	11
M35-2	S3	3.5	40	23	M75-3	S1	1.6	28	11
M40-1	S3	3.5	38	24	M80-1	S1	1.3	28	10
M40-2	S3	3.5	40	23	M80-2	S1	1.3	26	9
M45-1	S3	2.8	40	19	M85-1	S1	1.2	26	9
M45-2	S3	2.8	40	19	M90-1	S1	1.2	26	9
M45-3	S3	2.8	40	19	W35-1	S3	2.8	38	19
M50-1	S3	2.7	38	19	W40-1	S3	2.5	34	16
M50-2	S3	2.7	38	19	W40-2	S3	2.5	34	16
M50-3	S3	2.6	38	19	W45-1	S3	2.5	34	19
M55-1	S3	2.5	34	16	W45-2	S3	2.5	34	18
M55-2	S3	2.5	34	16	W50-1	S3	2.2	34	14
M55-3	S3	2.5	34	17	W50-2	S3	2.2	34	14
M55-4	S3	2.5	34	18	W50-3	S3	2.2	34	14
M60-1	S2	2.4	34	15	W55-1	S2	2.2	34	14
M60-2	S2	2.4	34	15	W55-2	S2	2.2	34	13
M60-3	S2	2.4	34	15	W55-3	S2	2.2	34	13
M60-4	S2	2.4	34	15	W60-1	S2	1.9	34	13
M60-5	S2	2.4	34	15	W60-2	S2	1.9	34	12
M65-1	S2	2.3	34	15	W60-3	S2	1.9	34	12
M65-2	S2	2.3	34	14	W65-1	S2	1.9	34	13
M65-3	S2	2.3	34	13	W65-2	S2	1.9	34	12
M65-4	S2	2.3	34	14	W65-3	S2	1.9	34	12
M65-5	S2	2.3	34	14	W70-1	S1	1.6	28	12
M70-1	S1	1.9	28	13	W70-2	S1	1.6	28	11
M70-2	S1	1.9	28	13	W70-3	S1	1.6	28	11
M70-3	S1	1.9	28	12	W75-1	S1	1.3	28	10
M70-4	S1	1.9	28	13	W75-2	S1	1.3	26	9
M70-5	S1	1.9	28	13	W80-1	S1	1.2	26	9
M75-1	S1	1.6	28	12	W85-1	S1	1.2	26	9
					W90-1	S1	1.2	26	9

**Map reclaim**

Your competition map will be collected at the finish. Competition maps will be handed out after the opening ceremony, please, take your bib number with you for map pickup!

Map reclaim

Participants in the open courses can keep their maps after they finish (as they start after the last WMOC competitors).

Open courses**Course details**

The start and finish for the open courses are the same as for the WMOC races.

Start time for Open courses are from 14:15 till 15:00.

Open course 10 (children) and open course 9 (beginners) will start from the Arena.

Class	Start	Length (km)	Controls
Open 1	S3	3.5	24
Open 2	S3	2.8	19
Open 3	S3	2.8	19
Open 4	S3	2.7	19
Open 5	S2	2.3	15
Open 6	S2	1.9	13
Open 7	S3	2.5	16
Open 8	S2	2.4	15
Open 9	Arena	1.2	11
Open 10	Arena	0.8	7



Sprint Final, Sunday, 7th July, Arena Vecriga

Getting there

The Arena is located in the centre of town. From other regions of town, the centre can be reached by riding either Tram 1 and getting off at the "Stacijas Laukums" stop, or riding tram 5 and getting off at the "13. janvāra iela" stop. The locations of these stops are shown in the map below. After getting off you can make your way towards the Event Centre taking care to not enter the forbidden zone. If you are coming with any other transport, please make sure you do not enter the forbidden area.

Terrain

Old Town of Riga (UNESCO World heritage site) is a medieval city that continues to evolve over the centuries. The terrain is mostly flat with very good runnability and visibility. The city centre has a lot of roads and narrow passages, including many cobblestone streets.

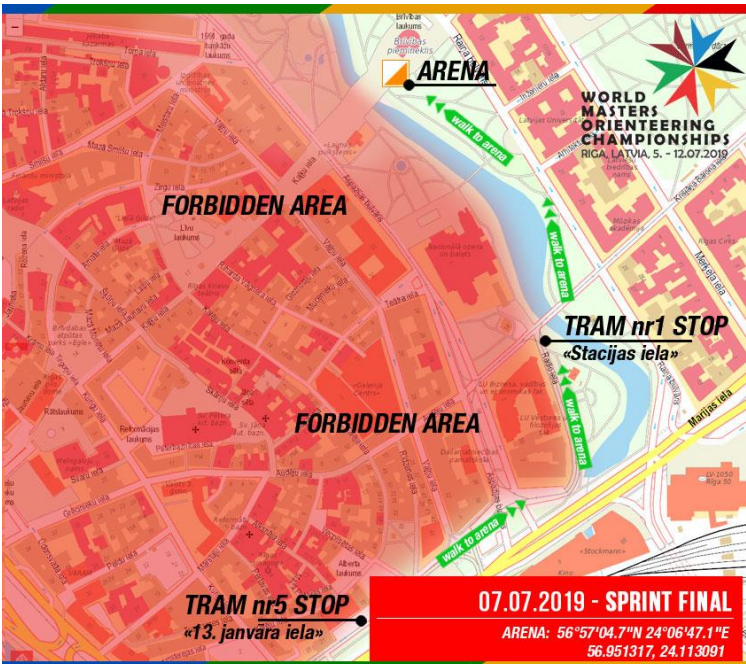
Shoes with metal spikes and studs are not allowed. Running shoes recommended.

Distances

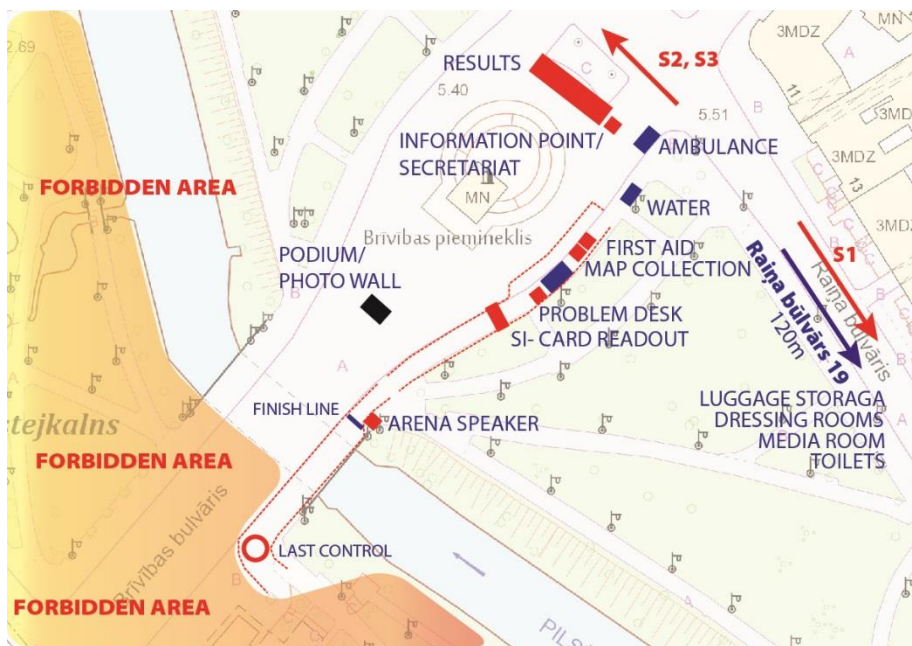
- Start 1: 1.0 km
- Start 2: 0.9 km
- Start 3: 0.9 km

Strict embargo from July 7, 8:00 am to 12:00 am

In Sprint Final the strict embargo takes place on July 7 at 8 in the morning. This means that you should leave Old Riga before 8 by choosing shortest way out (in case your hotel is in Old Riga). Being in the embargo zone before your start or after your finish between 8:00 and 12:00 will lead to disqualification.



Arena overview



Access to the starts

The route to the starts will be marked with signs, but since the event is held in one of the most popular parts of the City, all competitors will use the warm-up maps when they leave the arena. These show the corridor to follow from the arena to the starts. Take care to choose the correct map: There is one for Start 1, and one for Starts 2 and 3.

Toilets at the start

There are limited amount of toilets in the starts

Club tents

Due to the very small arena size and authority regulations, we regret that there is no space for club tents.

Course details

The length is the shortest possible race distance.

Start time

The first start for WMOC sprint final is at 9:00. The last start is at 13:00.

Attention: Trams pass through the competition area (at slow speed) on the SW side of the Finish on the other side of the river. Take care when you cross the street! There can be also local traffic.

**Course Details**

Class	Start	Length (km)	Climb (m)	Controls
M35A	S3	3.6	22	19
M35B	S3	3.0	8	14
M40A	S3	3.6	22	19
M40B	S3	2.9	8	16
M45A	S3	3.1	22	14
M45B	S3	3.0	8	14
M45C	S3	2.5	8	11
M50A	S3	3.1	8	15
M50B	S3	2.9	8	16
M50C	S3	2.4	8	11
M55A	S3	3.0	8	15
M55B	S3	2.8	8	14
M55C	S3	2.4	8	11
M55D	S3	2.3	8	14
M60A	S2	2.6	8	15
M60B	S2	2.5	8	12
M60C	S2	2.5	8	12
M60D	S2	2.3	8	12
M65A	S2	2.5	8	12
M65B	S2	2.3	8	12
M65C	S2	2.2	8	10
M65D	S2	2.2	8	10
M65E	S2	1.9	8	10
M70A	S1	2.1	6	13
M70B	S1	1.9	6	11
M70C	S1	1.9	6	11
M70D	S1	1.7	6	10
M70E	S1	1.6	6	9
M75A	S1	1.7	6	10
M75B	S1	1.6	6	9
M75C	S1	1.4	6	8
M80A	S1	1.5	6	11

M80B	S1	1.2	6	7
M85A	S1	1.4	6	9
M85B	S1	1.2	6	7
M90A	S1	1.2	6	7
W35A	S3	3.1	22	14
W35B	S3	2.4	8	11
W40A	S3	3.0	8	16
W40B	S3	2.3	8	14
W45A	S3	2.8	8	15
W45B	S3	2.2	8	13
W50A	S3	2.4	8	12
W50B	S3	2.2	8	13
W55A	S3	2.3	8	14
W55B	S3	2.2	8	13
W55C	S3	1.8	8	10
W60A	S2	2.2	8	11
W60B	S2	1.9	8	10
W60C	S2	1.7	8	9
W65A	S2	1.9	8	11
W65B	S2	1.7	8	9
W65C	S2	1.5	8	7
W70A	S1	1.7	6	10
W70B	S1	1.5	6	11
W70C	S1	1.4	6	8
W75A	S1	1.5	6	11
W75B	S1	1.2	6	7
W80A	S1	1.4	6	9
W80B	S1	1.2	6	7
W85A	S1	1.2	6	7
W90A	S1	1.1	6	7



Map reclaim

Your competition map will be collected at the Finish. Maps will be handed out after the last start. Please, take your bib number with you for map pickup!

Open courses

Distances

The open courses start at the following WMOC start areas: S2 an S3.

Open course 10 (children) and open course 9 (beginners) will start from the Arena.

Start time for Open courses are from 13:15 till 14:00.

Course details

Class	Start	Length (km)	Controls
Open 1	S3	3.6	19
Open 2	S3	3.1	14
Open 3	S3	3.0	16
Open 4	S3	2.8	15
Open 5	S2	2.2	11
Open 6	S2	1.9	11
Open 7	S3	2.2	13
Open 8	S3	2.3	14
Open 9	Arena	1.0	12
Open 10	Arena	0.7	8

Map reclaim

Participants in the open courses can keep their maps after they finish as they start after the last WMOC competitors.



Model Event, Monday 8th July, Model Arena Bumbukalns

Venue: Bumbukalns arena.

Map Scale: 1:7500
Time: 8:00 – 17:00.

Getting there and parking

Road marking will start from Riga – Jurmala road (turn to Babīte) (Lat: 56.9517678, Lon: 23.9349741) and from Jurmals gatve (turn to Kurzemes prospekts), (Lat: 56.9524915, Lon: 24.0350637).

There will be officials regulating traffic on the road approaching the event centre, and bus movement will have priority.

Bus schedule from Bellevue to Bumbukalns arena

First bus at 8:00
Last bus at 10:00
Buses leave when they are full

First bus back at 11:00
Last bus back at 13:30
Buses leave when they are full

Terrain

Easily runnable pine forest with various sized hills.

Course details

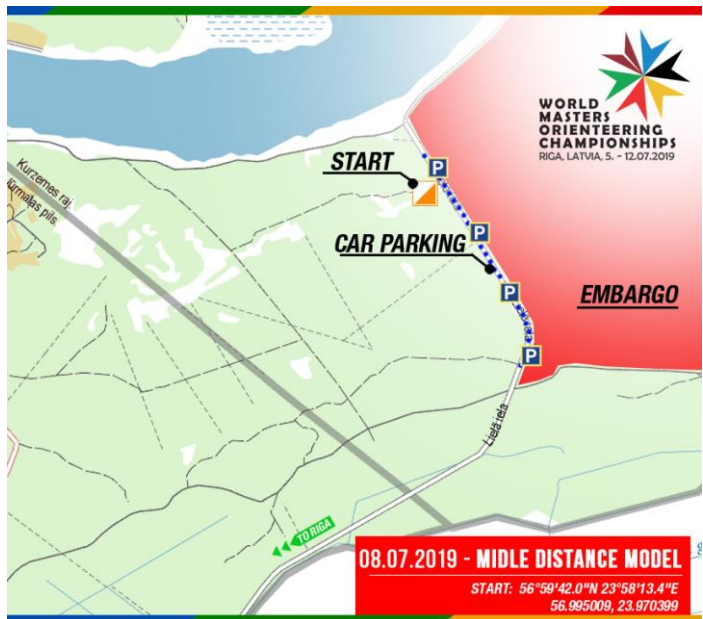
10-15 controls placed in forest. They can be visited in any order and without time control. The model loosely represents the race map and control placements.

Competition area - out of bounds

Please respect the out of bounds areas marked on the model event map. Entering the competition area may lead to disqualification from the forest races.

Service

There are no shops at the Model Arena. Water and toilets are also available at the parking.





Forest Qualification, Tuesday 9th July, Arena Bumbukalns

Getting there and parking

If you are coming by bus, minibus or camper

Road marking for buses, minibuses, campers will start from Riga – Jurmala road (turn to Babīte) (Lat: 56.9517678, Lon: 23.9349741) and from Jurmalas gatve (turn to Kurzemes prospekts), (Lat: 56.9524915, Lon: 24.0350637).

Tour group bus information

Drop off point for tour group buses is marked as “Bus stop” in the overview map below. After that buses should leave or go to bus parking. There will be reverse traffic on the road, please follow the signs of traffic regulators.

Campers and minibuses

If you have bought camper/minibus parking ticket you follow the same road where buses go. There is a designated parking place for campers and minibuses, please follow signs. Also VIP and disabled parking will be here. There will be reverse traffic on the road, please follow the signs of traffic regulators

Organisers buses

Bus schedule from Bellevue to Arena

First bus at 8:00
Last bus at 10:30
Buses leave when they are full

Bus schedule from Monika to Arena

Buses leave at 8:00, 9:00, 10:00 and 10:40.

Drive time is 30 minutes; walking distance to arena is 800 metres.

Bus schedule from Arena to Bellevue

First bus at 14:00
Last bus at 16:00
Buses leave when they are full

Bus schedule from Arena to Monika

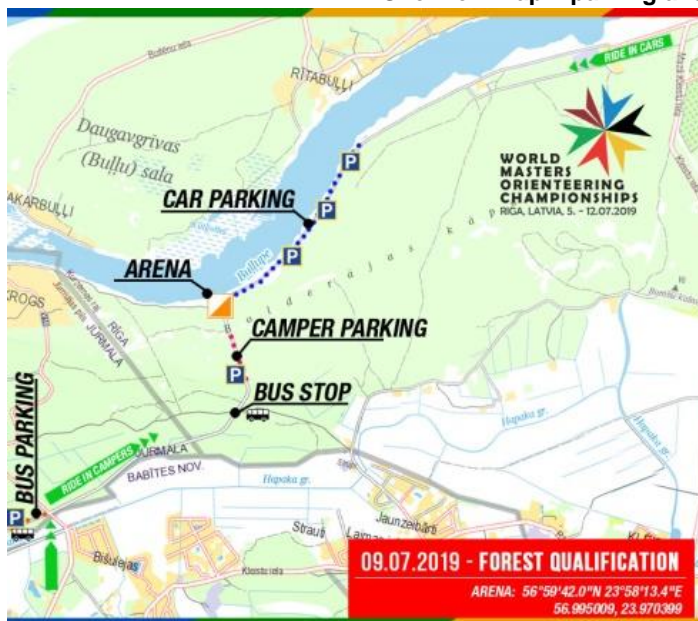
Buses leave at 14:00, 15:00, 15:30 and 16:00
Buses leave when they are full

Coming by car

Road signs and parking

Going by car there will be road signs from Kurzemes prospekts, when turning towards Kleistu Street.

Overview map – parking and access





Terrain

Pine and spruce tree forest with great visibility and runnability. Dune terrain with different hill forms – from seaside dune hills up to 20 metre hills.



Start time

The first start is at 10:00.

Distances:

To start 1: 0.6 km

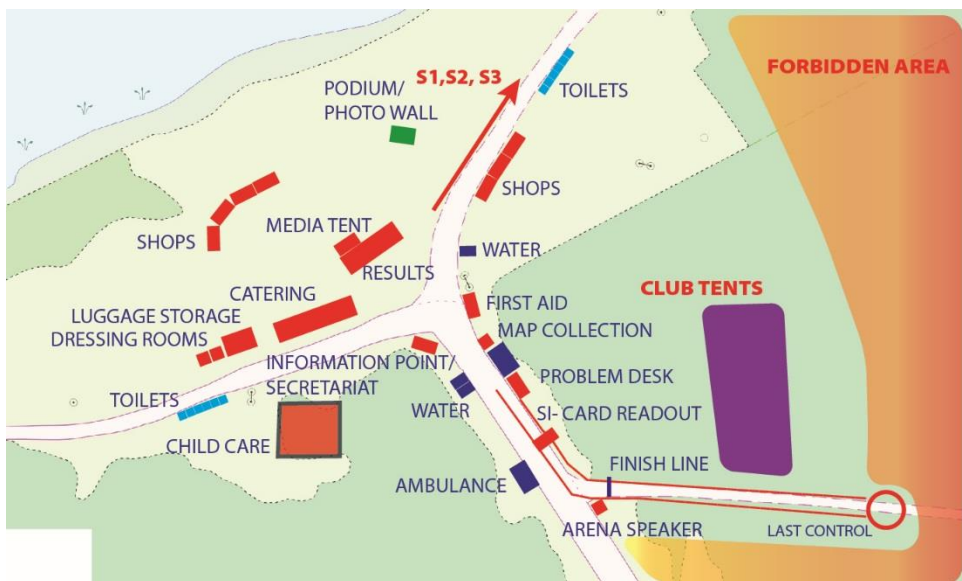
To start 2: 1.1 km

To start 3: 1.4 km

Club tents

Club tents are welcome in designated areas in the arena.

Overview map of Arena





Course Details

Class	Start	Length (km)	Climb (m)	Controls
M35-1	S3	9,7	70	25
M35-2	S3	9,7	70	25
M40-1	S3	9,0	65	21
M40-2	S3	9,2	65	21
M45-1	S3	8,1	55	19
M45-2	S3	7,9	55	20
M45-3	S3	8,0	55	19
M50-1	S3	7,6	50	24
M50-2	S3	7,5	50	23
M50-3	S3	7,6	50	21
M55-1	S3	7,1	45	17
M55-2	S3	7,1	45	16
M55-3	S3	7,0	45	16
M55-4	S3	7,3	45	17
M60-1	S2	5,9	40	16
M60-2	S2	6,1	40	16
M60-3	S2	5,9	40	17
M60-4	S2	6,0	40	16
M65-1	S2	5,7	45	18
M65-2	S2	5,7	45	18
M65-3	S2	5,6	45	15
M65-4	S2	5,7	45	17
M70-1	S1	5,1	30	15
M70-2	S1	5,1	30	15
M70-3	S1	5,3	30	16
M70-4	S1	5,2	30	15
M70-5	S1	5,1	30	15
M75-1	S1	4,9	25	16
M75-2	S1	5,1	25	15
M75-3	S1	5,0	25	14
M80-1	S1	3,6	20	12
M80-2	S1	3,6	20	12
M85-1	S1	3,0	15	10
M90-1	S1	1,9	15	6

W35-1	S3	6,9	40	21
W40-1	S3	6,6	40	17
W45-1	S3	5,5	35	17
W45-2	S3	5,5	35	15
W50-1	S3	4,8	30	15
W50-2	S3	4,8	30	14
W55-1	S2	4,6	25	16
W55-2	S2	4,9	25	15
W55-3	S2	4,7	25	14
W60-1	S2	4,1	20	13
W60-2	S2	4,2	20	13
W60-3	S2	4,1	20	13
W65-1	S2	3,7	20	13
W65-2	S2	3,7	20	12
W65-3	S2	4,0	20	13
W70-1	S1	3,3	15	12
W70-2	S1	3,3	15	11
W70-3	S1	3,1	15	11
W75-1	S1	3,0	12	10
W75-2	S1	2,8	12	9
W80-1	S1	2,7	12	9
W85-1	S1	1,8	12	6
W90-1	S1	1,2	12	4

**Open courses****Distances****To start: 1.1 km****From finish: 0.4 km**

Start for open courses is from 10:00 till 13:00

The start for open courses is near the WMOC S2

Course details

Class	Length (km)	Controls
Open 1	8.9	21
Open 2	6.7	21
Open 3	5.5	19
Open 4	4,7	15
Open 5	3.2	11
Open 6	2.5	9
Open 7	5.0	15
Open 8	4.0	13
Open 9	2.8	9
Open 10	1.8	7

Map reclaim

The competition maps will be collected at the Finish. As the terrain for the open courses and some WMOC courses overlaps, the competition maps for the open courses will not be handed out until after the Middle final race has been conducted.

The competition maps are handed out after the last start of the Middle final race on Wednesday 11th. July.

Assistance for children participating in the open courses

WMOC participants are allowed to walk with their children to the start of the open courses and walk the same way back to the arena again. WMOC participants are not allowed to follow their children on their course except on the Open 10 and Open 9 course which are in a separate area.



Middle Final, Wednesday 10th July, Arena Bumbukalns

Getting there and parking

Please see the information on the Forest Qualification pages.

Bus schedule from Bellevue to Arena

First bus at 8:00

Last bus at 10:30

Buses leave when they are full

Bus schedule from Monika to Arena

Buses leave at 8:00, 9:00, 10:00 and 10:40

Drive is 30 minutes and walking distance to arena is 800 metres.

Bus schedule from Arena to Bellevue

First bus at 14:00

Last bus at 16:00

Buses leave when they are full

Bus schedule from Arena to Monika

Buses at 14:00, 15:00, 15:30 and 16:00

Buses leave when they are full

Distances

Start 1: 1.1 km

Start 2: 1.5 km

Start 3: 1.9 km

Terrain

The terrain description for Forest qualification also applies here.

Start time

The first start is at 10:00.

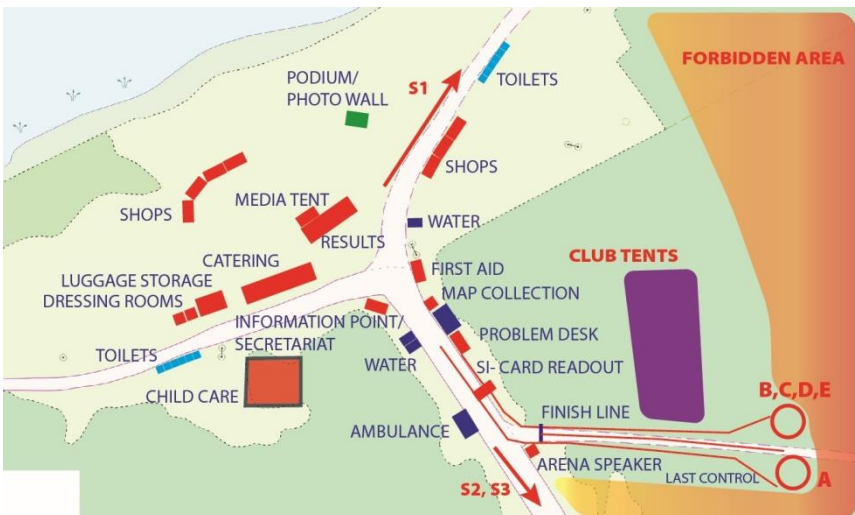
Club tents

Club tents are welcome in designated areas in the arena

Overview map – parking and access to arena

Please see the information on the Forest Qualification pages.

Overview map of Arena



**Course Details**

Class	Start	Length (km)	Climb (m)	Controls
M35A	S3	6.2	99	26
M35B	S3	5.0	82	19
M40A	S3	6.0	97	23
M40B	S3	5.0	82	19
M45A	S3	5.1	81	20
M45B	S3	4.2	71	15
M50A	S3	5.0	81	20
M50B	S3	4.5	75	17
M50C	S3	4.1	69	16
M55A	S3	4.5	72	17
M55B	S3	4.2	71	15
M55C	S3	3.7	63	16
M60A	S2	4.3	61	17
M60B	S2	3.9	58	13
M60C	S2	3.8	55	15
M60D	S2	3.3	49	14
M65A	S2	4.0	56	13
M65B	S2	3.8	55	15
M65C	S2	3.3	49	14
M65D	S2	2.9	44	12
M70A	S1	3.5	42	14
M70B	S1	3.2	41	14
M70C	S1	3.2	40	14
M70D	S1	3.0	38	13
M70E	S1	2.7	35	12
M75A	S1	3.2	39	15
M75B	S1	2.8	35	12
M75C	S1	2.4	31	10
M80A	S1	2.6	32	10

M80B	S1	2.1	27	9
M85A	S1	2.0	24	9
M85B	S1	1.3	15	7
M90A	S1	1.3	13	7
W35A	S3	5.1	81	20
W35B	S3	4.0	67	14
W40A	S3	5.0	81	20
W40B	S3	3.8	64	16
W45A	S3	3.9	62	17
W45B	S3	2.9	50	12
W50A	S3	3.7	59	16
W50B	S3	2.9	50	12
W55A	S2	3.6	50	13
W55B	S2	3.2	48	10
W55C	S2	2.7	41	13
W60A	S2	3.3	47	11
W60B	S2	2.9	44	11
W60C	S2	2.6	39	11
W65A	S2	3.3	47	13
W65B	S2	2.7	41	13
W65C	S2	2.5	33	9
W70A	S1	2.7	33	12
W70B	S1	2.8	31	10
W70C	S1	2.3	30	10
W75A	S1	2.0	25	11
W75B	S1	1.6	22	9
W80A	S1	1.7	20	9
W80B	S1	1.3	18	7
W85A	S1	1.4	14	6
W90A	S1	1.3	13	6

**Map reclaim**

The competition maps will be collected at the Finish.

Competition maps will be handed out after the last start. Competition maps from the Forest Qualification race will also be issued at this time. Please take your bib with you when going to pick up your maps!

Open courses**Distances**

To start: 1.4 km

From Finish: 0.4 km

Start for open courses is from 10:00 till 13:00

The start for open courses is near the WMOC S2

Assistance to children participating in the open courses

WMOC participants are allowed to walk with their children to the start of the open courses and walk the same way back to the arena again. WMOC participants are not allowed to follow their children their course except on the Open 10 and Open 9 course which are in the separate area.

Map reclaim

The competition maps will be collected at the Finish. As the terrain for the open courses and some WMOC courses overlaps, the competition maps for the open courses will not be handed out until after the Long Final race has been conducted.

Course details

Class	Length (km)	Controls
Open 1	6.2	26
Open 2	5.2	19
Open 3	4.5	17
Open 4	3.9	17
Open 5	3.1	12
Open 6	2.6	10
Open 7	4.2	14
Open 8	2.9	12
Open 9	2.5	8
Open 10	1.7	6



Model Event, Thursday 11th July, Model arena Carnikava

Map scale: 1:10 000 and 1:7500

Time: 8:00-17:00.

Getting there and parking

You can conveniently reach Carnikava by train from the central station in Riga, get off at the "Carnikava" station and walk to the model start. The Train timetable from Riga will be available at this site a few weeks before date of departure:

https://www.pv.lv/lv/marsrutu-saraksts/?from=R%C4%ABga&stop_from=1&to=Carnikava&stop_to=&date=11.07.2019&date-h=12.07.2019&transfer=&stop_transfer=

Going by car

When going to Carnikava by car, you can park it in the zone as shown in the overview map

Tour group bus information

See the drop off point (bus stop) and parking for buses in the overview map..

Bus schedule from Bellevue to Arena

First bus at 8:00

Last bus at 10:30

Buses leave when they are full

The drive is 40 minutes

Bus schedule from Arena to Bellevue

First bus at 11:30

Last bus at 14:00

Buses leave when they are full

Terrain

Mostly easily runnable pine forest with various sized hills and a wide array of forest roads and paths.

Overview map – parking and arena



Course details

10-15 controls placed in forest. They can be visited in any order and without time control. The model loosely represents the race map and control placements.

Service

Toilets are available in the parking area, but there are no first aid facilities, water or shops. It is advised that participants bring their own refreshments.



Long Final, Friday 12th. July, Arena Garezeri

Getting there and parking

Going by train

You can conveniently reach Lilaste by train from the central station in Riga, get off at the "Lilaste" station and walk to the Arena.

The Train timetable from Riga will be available at this site a few weeks before date of departure:

https://www.pv.lv/lv/marsrutu-saraksts/?from=R%C4%ABga&stop_from=1&to=Lilaste&stop_to=306&date=12.07.2019&date_h=13.06.2019&transfer=&stop_transfer=

Organisers' Bus Information

Bus schedule from Bellevue to Arena

First bus at 7:00

Last bus at 10:30

Buses leave when they are full

Bus schedule from Monika to Arena

Buses leave at 7:30, 8:30, 9:30

The drive is 60 minutes

Bus schedule from Arena to Bellevue

First bus at 13:00

Last bus at 16:30

Buses leave when they are full

Bus schedule from Arena to Monika

Buses at 13:00, 14:00, 15:00

Buses leave when they are full

Walking time from Bus stop to Arena is about 15 minutes

Going by car

When going to Lilaste by car, you can park it in the area as shown in the overview map.

Terrain

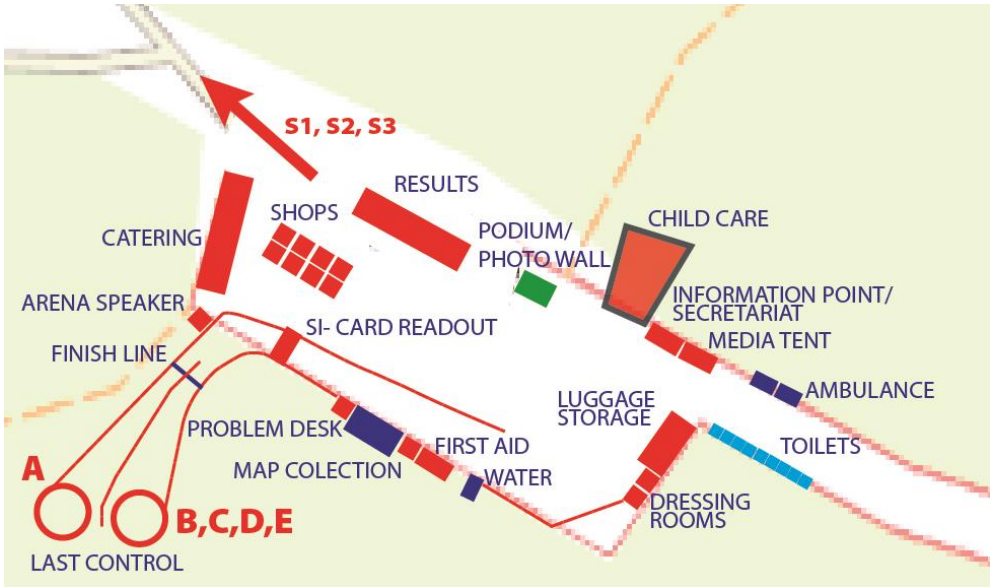
Seaside dune terrain with good runnability.

Various hill sizes ranging from well-defined hills to dune-terrain. A wide array of different sized forest paths. The terrain is located in a Nature Reserve, please be careful not to damage the nature. Competitors are forbidden to step on the dunes when going to start. Pay attention to signs.





Overview map – arena



Start time

The first start is at 09:30.

Club tents

Club tents are welcome in designated areas in the arena.

Distances

Parking to arena: 1-2 km

Start 1: 1.4 km

Start 2: 1.7 km

Start 3: 2 km

Senior transport

Transport will be provided from parking (opposite the railway station) to the arena for the following classes.

W80A, W80B, M80A, M80B,

W85A, M85A, M85B, W90A,

M90A, M95A, M100A

**Course details**

Class	Start	Length (km)	Climb (m)	Controls
M35A	S3	12.9	295	26
M35B	S3	10.3	255	20
M40A	S3	11.6	275	23
M40B	S3	9.2	210	23
M45A	S3	10.6	260	22
M45B	S3	8.5	180	17
M50A	S3	9.6	220	23
M50B	S3	7.9	190	18
M50C	S3	6.4	165	15
M55A	S3	7.9	200	20
M55B	S3	6.5	170	15
M55C	S3	5.0	95	11
M60A	S2	7.1	175	18
M60B	S2	6.2	160	17
M60C	S2	5.6	100	12
M60D	S2	4.7	90	9
M65A	S2	6.7	175	18
M65B	S2	6.3	155	16
M65C	S2	5.6	110	12
M65D	S2	5.3	95	11
M65E	S2	4.7	90	10
M70A	S1	6.2	150	14
M70B	S1	5.7	130	10
M70C	S1	5.2	100	10
M70D	S1	4.6	90	7
M70E	S1	4.1	65	10
M75A	S1	5.2	110	14
M75B	S1	4.3	95	12
M75C	S1	3.5	70	9
M80A	S1	4.3	95	12
M80B	S1	3.5	70	8

M85A	S1	3.4	75	9
M85B	S1	2.7	60	7
M90A	S1	2.3	40	7
W35A	S3	8.2	200	19
W35B	S3	6.5	155	16
W40A	S3	7.5	180	19
W40B	S3	6.0	145	13
W45A	S3	6.0	150	16
W45B	S3	4.8	90	12
W50A	S3	5.7	125	13
W50B	S3	4.5	85	14
W55A	S2	5.3	105	15
W55B	S2	4.4	85	13
W55C	S2	3.6	55	11
W60A	S2	5.1	110	13
W60B	S2	4.2	80	11
W60C	S2	3.3	50	11
W65A	S2	4.8	90	12
W65B	S2	4.3	85	11
W65C	S2	3.7	75	14
W65D	S2	3.4	60	11
W70A	S1	4.2	90	12
W70B	S1	3.7	20	10
W70C	S1	2.8	55	9
W75A	S1	3.2	65	8
W75B	S1	2.4	45	8
W80A	S1	2.4	50	8
W80B	S1	2.1	35	8
W85A	S1	1.9	35	6
W90A	S1	1.4	25	5



Map reclaim

Your map will be collected at the Finish. Competition maps will be handed out after the last start. Please take your bib with you when going to pick up your map.

Open courses

Course details

Start for open courses is from 10:00 till 12:30

The start for open courses is near the WMOC S2

Class	Distance	Controls
Open 1	12.8	26
Open 2	9.6	23
Open 3	7.4	19
Open 4	6.0	16
Open 5	4.2	10
Open 6	2.2	7
Open 7	5.2	10
Open 8	3.7	10
Open 9	1.7	9
Open 10	1.4	6

Assistance to children participating in the open courses

WMOC participants are allowed to walk with their children to the start of the open courses and walk the same way back to the arena again. WMOC participants are not allowed to follow their children on their course except on the Open 10 and Open 9 course which are in a separate area.

Map reclaim

The competition maps will be collected at the Finish. As the terrain for the open courses and some WMOC courses overlaps, the competition maps for the open courses will not be handed out until after the Long final race has been conducted.



Statistics

Competitors per country

Australia	34
Austria	29
Belarus	59
Belgium	34
Brazil	4
Bulgaria	4
Canada	9
Croatia	5
Cyprus	2
Czech Republic	117
Denmark	97
Estonia	216
Finland	724
France	12
Germany	80
Great Britain	182
Hong Kong	14
Hungary	14
Ireland	4
Israel	8
Italy	9
Japan	39
Kazakhstan	1
Korea, Republic of	2
Latvia	191
Lithuania	132
Moldova, Republic of	10
Netherlands	3

New Zealand	10
Norway	398
Poland	32
Portugal	16
Romania	12
Russian Federation	350
Slovakia	34
Slovenia	1
Spain	10
Sweden	590
Switzerland	129
Turkey	3
Ukraine	46
United States	22

Entries per age group

	Sprint	Forest
M35	105	110
M40	87	98
M45	161	171
M50	182	192
M55	237	247
M60	271	294
M65	296	313
M70	354	368
M75	203	218
M80	130	137
M85	35	37
M90	4	4
W35	54	57
W40	70	75
W45	103	103
W50	127	126
W55	186	191
W60	228	238
W65	225	230
W70	192	193
W75	131	135
W80	51	53
W85	12	12
W90	4	4