



NOKIAN TYRES  
WORLD ORIENTEERING  
CHAMPIONSHIPS  
**LATVIA | 2018**  
RIGA | SIGULDA

3 - 11 AUGUST

Latvia 100 

TECHNICAL  
FOR TEAMS



**BULLETIN 4**



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# 1. ORGANISATION

Event Director:	<b>Jānis Lazdāns</b>	janis.lazdans@woc2018.lv
Technical director	<b>Daniels Kārklīņš</b>	daniels.karklins@woc2018.lv
Event Secretary:	Inese Purgaile	info@woc2018.lv
Finances:	<b>Ģirts Mamis</b>	lof@lof.lv
IT Manager:	<b>Kārlis Osis</b>	lvkaos@inbox.lv
Training:	Ritvars Karpikovs	trainings@woc2018.lv
Media and communication:	<b>Baiba Rāta-Siliņa</b>	media@woc2018.lv
Arena manager	<b>Gunārs Ikaunieks</b>	gunars21@inbox.lv
TV-production	Karel Jonak	karel.jonak@empro.tv
VIP manager	<b>Rota Brūna</b>	rota.bruna@fizmati.lv
Transport	<b>Māris Heinols</b>	maris.heinols@gmail.com
Sales	<b>Jānis Bukins</b>	janis.bukins@inbox.lv
Sponsors	<b>Andis Laveikis</b>	andis.laveikis@gmail.com
Accommodation	Ildze Straume	accommodation@woc2018.lv

Map team	<b>Indulis Peilāns (Manager)</b>
	<b>Ainars Lagzdīņš (Sprint)</b>
	<b>Atis Zariņš (Sprint)</b>
	<b>Mikus Puriņš (Sprint Relay)</b>
	<b>Māris Strautnieks (Middle)</b>
	Dagnis Dubrovskis (Long, Relay)
	<b>Leonīds Malankovs (Long, Relay).</b>

Course team	<b>Indulis Peilāns (Manager, Long, Relay)</b>
	<b>Jānis Tamužs (Sprint)</b>
	<b>Mikus Puriņš (Sprint relay)</b>
	Aigars Leiboms (Middle)

## EVENT CONTROLLERS

IOF Senior Event Adviser:	Daniel Leibundgut (SUI)
IOF Assistant Event Adviser:	Urs Hofer (SUI)
IOF IT Assistant Event Adviser:	Finn Arildsen (DEN)
IOF TV/Arena Assistant Event:	Daniel Leibundgut (SUI)
National Controller:	Guntars Mankus (LAT)

## JURY

Jerzy Antonowicz (POL)
Aron Less (HUN)
Blair Trewin (AUS)
Helge Lang Pedersen (DEN)
David Rosen (GBR) 9 – 11 August
Unni Strand Karlsen (NOR) 4 - 8 August

# 2. CONTACT

## WOC Information

Inese Purgaile – WOC secretary  
+371 29751855, not available between 22:00 and 06:00; [info@woc2018.lv](mailto:info@woc2018.lv)  
<http://www.woc2018.lv>

## 3. MAIN EVENT PROGRAMME

In the table below only main events and their time schedule are published. For more detailed information about exact locations, timetables and schedule, please look under respective sections or in specific instructions for each race.

Date	Time	Event/Race	Location
<b>02.08.</b>		Arrival of teams	Sigulda
	12:00	Deadline for name changes	IOF Eventor, Event Office in Sigulda

<b>03.08.</b>	10:00-14:00	Model Event for all sprint competitions	Riga, Aldaris
	12:00	Deadline for final name entries and for allocation to starting groups for Sprint Qualification	IOF Eventor
	13:00-15:00	Technical Model Event	Riga, Aldaris
	15:00 (until end of the Sprint Final)	Full embargo Riga Old Town	Riga
	18:00	<b>Team Officials'</b> Meeting Sprint and Sprint Relay	Hotel Sigulda

<b>04.08.</b>	9:00-11:40	Sprint Qualification First start Women: 9:01 and First start Men: 10:01	Arena Riga, Kronvalda park
	14:50 – 17:00	Sprint Final Estimated first start Women: 14:56 and Estimated first start Men: 15:56	Arena Riga Old Town
	17:00	Flower ceremony	
	17:30-18:15	Opening ceremony and Prize-giving ceremony Sprint distance	Arena Riga Old Town
	17:30-17:50	Press conference	
	17:00 (until end of Sprint Relay)	<b>Full embargo Āgenskalns</b>	Riga
	19:00	Deadline of entries for Sprint Relay	IOF Eventor

<b>05.08.</b>	16:50-18:00	Sprint Relay	Arena Āgenskalns
	17:50	Flower ceremony	
	18:20	Prize-giving ceremony Sprint Relay	Arena Āgenskalns

Date	Time	Event/Race	Location
<b>06.08.</b>	12:00	Deadline of entries for Middle distance	IOF Eventor
	18:00	Team officials meeting Middle distance	Hotel Sigulda

<b>07.08.</b>	11:50–17:20	Middle distance Estimated first start Women: 11:52 and Estimated first start Men: 14:42	Arena Sigulda
	14:50	Flower ceremony for women	
	17:20	Flower ceremony for men	

<b>08.08.</b>	12:00	Deadline of entries for Relay	IOF Eventor
	18:00	Team officials meeting Relay	Hotel Sigulda
	19:00	Prize-giving ceremony Middle Distance	Sigulda, Railway station Square

<b>09.08.</b>	14:20-18:00	Relay Start Women: 14:20 and Start Men: 16:20	Arena Turaida
	18:05	Flower ceremony	

<b>10.08.</b>	12:00	Deadline of entries for Long distance	IOF Eventor
	18:00	Team officials meeting Long distance	Hotel Sigulda
	19:00	Prize-giving ceremony Relay	Sigulda, Railway station Square

<b>11.08.</b>	11:00–18:00	Long distance Estimated first start Women: 11:08 and Estimated first start Men: 13:38	Arena Turaida
	17:50	Flower ceremonies	
	18:10-18:50	Closing ceremony and Prize-giving ceremony Long distance	Arena Turaida
	from 20:00	Banquet for athletes and team leaders	Sigulda

<b>12.08.</b>		Teams departure	Sigulda
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## 4. VENUE AND ACCESS

Riga and Sigulda will be the competition centers. The opening ceremony and the sprint competitions will be held in Riga, the capital of Latvia.

The Riga International Airport (RIX) is the largest airport in Latvia and in the Baltic countries. It is situated 13 km south-west from Riga. The city can be reached by a bus

or a taxi. Several car rental companies have their offices in the airport.

Forest races will take place in Sigulda, «The Latvian Switzerland». Sigulda is located 53 km east of Riga and is among the most popular tourist destinations in Latvia. From Riga, Sigulda can be reached by train, bus or car (A2 motorway).

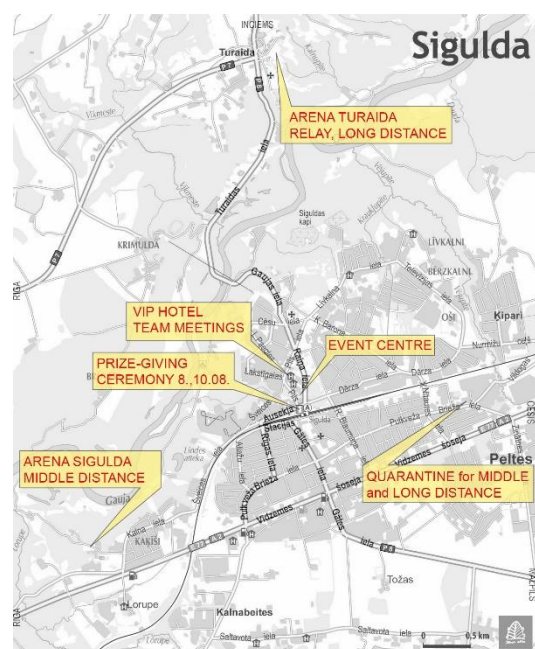


## 5. EVENT CENTER, EVENT OFFICE

The Event Center and Event Office is located in the temporary premises of the Culture Center of Sigulda, **Raiņa iela 3, Sigulda**. Location 57°09'18.0"N 24°51'13.9"E.

Phone +371 29751855; e-mail: [info@woc2018.lv](mailto:info@woc2018.lv)

The Event Center will provide the following facilities: Event Office, Toilets, Free Wi-Fi access and Parking.



### Event Office opening hours:

Day	Event Center Sigulda	Event Office Arenas
<b>02.08.</b>	10:00-20:00	-
<b>03.08.</b>	10:00-20:00	-
<b>04.08. Sprint Q&amp;F</b>	-	8:00-12:00 Riga, Kronvalda park; 14:00-19:00 Riga Old Town
<b>05.08. Sprint Relay</b>	-	14:30-18:30 Riga, Āgenskalns
<b>06.08.</b>	11:00-19:30	-
<b>07.08. Middle</b>	9:00-10:30	11:30-18:00 Sigulda
<b>08.08.</b>	11:00-19:30	-
<b>09.08. Relay</b>	9:00-10:30	11:30-18:00 Turaida
<b>10.08.</b>	10:30-19:30	-
<b>11.08. Long</b>	9:00-10:30	11:30-19:00 Turaida
<b>12.08.</b>	9:00-12:00	-

## 6. ACCREDITATION

Accreditation takes place at the WOC Event Office from 10:00-20:00 on Thursday, 2 August 2018, and 10:00-18:00 on Friday, 3 August 2018. Though accreditation shall be performed by the Team Leader, nevertheless all registered competitors must be present at accreditation in nearby vicinity in case any clarification is needed about citizenship, validity of IOF license etc. Each registered team member must present her/his personal passport before she/he can be accredited. A personal WOC ID card with photo will be handed out at accreditation.

All accredited persons must wear it at all relevant times and present it for access to all means of transport and authorized zones.

The online entry form on IOF Eventor requests that all persons to be accredited provide a personal portrait photo for use on the ID card.

Participation in WOC events is only possible if all incurred costs are settled by 3 August 12:00 noon.

### At accreditation, every team receives a WOC2018-bag with:

- Bulletin 4 to all athletes and Team Officials
- Technical Bulletin 4 for Team Officials
- Accreditation cards for athletes and Team Officials
- 2 coaching cards to access the Coaching Zones in the Finish Areas
- 1 SIAC Air+ cards for each athlete. Each SIAC is assigned to a specific athlete and must be used by

that athlete only! **It is the athletes' responsibility to bring her/his card to start.**

- GPS vests in XS size for women and M size for men will be by default assigned to each athlete. It will be possible to exchange the GPS vest to another size in Event Office.
- List with athletes names and assigned SIAC and GPS vest numbers.
- Two sets of safety pins per competitor.
- Form for contact information (to be completed and returned to the Event Center)
- Model Event maps for athletes and coaches
- Parking tickets for all competition arenas
- E-ticket for free ride in public transport in Riga (3 to 6 August 2018)
- Souvenirs

### LATE ENTRIES, CHANGES OF TEAM SIZE OR TEAM NAMES

Late Entries and changes will be accepted, if possible, until 2 August 2018 at 12:00. No late entries or changes will be accepted after that date. Late entries and changes will always have a defined extra cost (surcharge). Late entries and changes will always be treated equally and must be communicated directly to the organizer. The organizer makes the changes in IOF Eventor.

From 24 July to 2 August: surcharge of 50% on new entries, withdrawals receive a 50% refund. Name changes in this period cost EUR 10.00.

All Entries and requests for transport packages are only to be made in IOF Eventor. The Event start date is 3 August 2018. Entry deadline for the Event is 2 August 2018 at 12:00.

#### **BANK INFORMATION**

The payment should be transferred to the Latvian Orienteering Federation bank account.

IMPORTANT – the payer shall cover all bank charges.

Payment details:

**LATVIJAS ORIENTĒŠANĀS FEDERĀCIJA**

(LATVIAN ORIENTEERING FEDERATION)

Registration No.: 40008021960

IBAN: LV78RIK00002930240855

Luminor bank, AS

SWIFT: RIKOLV2X

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

Federations can request copies of invoice via email:

[lof@lof.lv](mailto:lof@lof.lv)

## **7. ACCOMMODATION, FOOD**

#### **ACCOMMODATION**

To inquire about accommodation options still available to teams, media and officials, please contact [accommodation@woc2018.lv](mailto:accommodation@woc2018.lv)

#### **FOOD**

No special catering will be provided in the sprint and sprint relay arenas. There are numerous public catering

facilities right next to the sprint qualification and final arenas and slightly further for sprint relay arena. During forest events catering service will be provided in the arenas. Teams may pre-order lunches at their own specified time. Menu is available at competition web page <https://www.woc2018.lv/food-offer/>. Requests for pre-ordering meals shall be emailed to [odisfood@inbox.lv](mailto:odisfood@inbox.lv).

## **8. CEREMONIES**

#### **OPENING CEREMONY**

The Opening Ceremony of WOC 2018 and WOC 2018 will take place on Saturday, 4 August, 17:30 at the Sprint Final Arena in Riga Old Town. Please be at the Arena no later than 17:25 for viewing opening ceremony. Athletes shall wear their team uniform. Flags of all countries will be brought in the Arena. A short cultural program and speeches will be in the Opening Ceremony.

#### **FLOWER CEREMONIES**

There will be a flower ceremony in the arena after each race. The flower ceremonies will be as soon as the results are official for athletes in 1<sup>st</sup> – 3<sup>rd</sup> places. There will be an announcement by the speaker. For a Flower Ceremony, athletes and teams in 1<sup>st</sup> – 3<sup>rd</sup> place are expected to be behind the podium 5 minutes prior to the beginning of the ceremony. Please note that TV broadcast from the event ends with the Flower Ceremony.

#### **PRIZE-GIVING CEREMONIES**

The prize-giving ceremonies will be held according to the table below. Athletes/teams in 1<sup>st</sup> – 6<sup>th</sup> place shall be present behind the podium 10 minutes prior to the beginning of the respective ceremony in their official team uniform. No national flags, signs, sunglasses, hats, headbands, drinking bottles, mobile phones and other

such items are allowed on the stage. Final instructions to the participants will be given prior to the ceremony on site.

The prize-giving ceremony for the Sprint, Sprint Relay and Long will take place after the respective competition directly in the arena.

The prize-giving ceremonies for Middle and Relay will be held in Sigulda at the square near the railway station (350 m from the Event Center).

On 8 August and 10 August, there will be a concert just after the prize-giving ceremony.

#### **CLOSING CEREMONY**

WOC closing ceremony will be held in the long distance arena on 11 August 2018 from 18:10 till 18:40, including the Long distance prize-giving ceremony.

During the closing ceremony the IOF flag will be lowered and handed over to the organizers of WOC 2019 in Norway followed by closing speeches.

All WOC 2018 gold medalists are asked to step once more onto the podium. We kindly ask team officials to make certain that their teams participate in the ceremony and that the gold medalists join the ceremony with their medals.



4 August, Sprint	17:30-18:15	Combined with Opening ceremony	Arena Riga Old Town
5 August, Sprint Relay	18:20	Prize-giving ceremony	<b>Arena Āgenskalns</b>
8 August, Middle	19:00	Prize-giving ceremony	Sigulda, Railway station Square
10 August, Relay	19:00	Prize-giving ceremony	Sigulda, Railway station Square
11 August, Long	18:10-18:40	Combined with Closing ceremony	Arena Turaida

## 9. BANQUET

Banquet for athletes and team officials will start about 20:00 on 11 August, 2018. The location is Sigulda civil parish Culture Center, 57°08'56.7"N, 24°53'33.4"E.

Parking is right next to the building. Tickets for banquet will be available for sale in the Event Center until Wednesday, 8 August 18:00; the price is EUR 20.00.

## 10. EMBARGOED AREAS

With regard to the IOF Competition Rules (article 26.5), the embargoed areas are forbidden for all potential WOC2018 athletes, team officials and other persons that may be in a position to give information to the team members.

A map overview and all the detailed maps can be found on webpage: <https://www.woc2018.lv/embargoed-areas>

Existing maps:

- Kronvalda parks, 1:4000, year 2003
- Uzvaras parks, 1:4000, year 2005
- **Āgenskalns, 1:4000, year 2008**
- Uzvaras parks, 1:5000, year 2012
- **Vecrīga, 1:4000, year 2005**
- **Laurenči, 1:10000, year 2011**
- Turaida, 1:15000, year 2001
- **Veīži, 1:10000, year 2014**
- Sigulda, 1:15:000, year 2010

Links to previous existing maps of the competitions areas can be found at [www.woc2018.lv/old-maps/](http://www.woc2018.lv/old-maps/)

Sprint embargo (Vecrīga) until 3 August, 15:00:

It is allowed to cross the forbidden area using the green marked roads. Allowed are any means of transportation (car, bike, foot etc.).

Sprint embargo (Vecrīga) from Friday 3 August, 15:00 until Saturday 4 August, 17:30:

The area is completely embargoed. Previously open roads shall no longer be used by any means of transport. **Participation in "LATVIA O-WEEK" on Day 1 is not allowed.**

Sprint embargo (Vecrīga) after Saturday 4 August, 17:30:

The embargo for the old town of Riga will be lifted after the Sprint Final competition.

Sprint Relay embargo until 4 August, 17:00:

It is allowed to cross the forbidden area using the green marked roads. Allowed are any means of transportation (car, bike, foot etc.).

Sprint Relay embargo from Saturday 4 August, 17:00 until Sunday 5 August, 19:00:

The area is completely embargoed. Previously open roads shall no longer be used by any means of transport.

Sprint Relay embargo after Sunday 5 August, 19:00:

The embargo for the city area (**Āgenskalns**) will be lifted after the Sprint Relay competition.

Middle, Relay & Long:

Due to unexpected access permission issues the embargoed area in Sigulda/Turaida needs to be extended, by beginning of August 1, 2018 as below and at: <https://www.woc2018.lv/embargoed-areas/>

In General the embargo remains fully until the end of the Long distance competition. With the following exceptions:

Middle:

After the WOC middle distance, the embargo of the published WOC middle distance competition map is lifted (**free access**). **In addition, it's allowed to compete in the spectators' race "LATVIA O-WEEK" on (Day 4 on 8 August, 2018) and in the European Forestry Orienteering Championships (EFOL 2018) on August 7, 2018.**

## Relay:

The embargo of the published WOC relay map remains until the end of the Long distance competition.

To enable equal opportunities for all athletes running the Long distance, on Friday 10 August, 2018 the embargo of the relay competition map area is temporarily lifted from 12:00 to 14:30 for all registered WOC athletes and coaches. During the time period the EFOL 2018 Relay takes place.

The relay competition map can be received for runners competing in the Long distance by Team leader in the Event Office in the Relay Arena after flower ceremony or in the Event Center in Sigulda during the opening hours on Friday 10, 2018.

## Long:

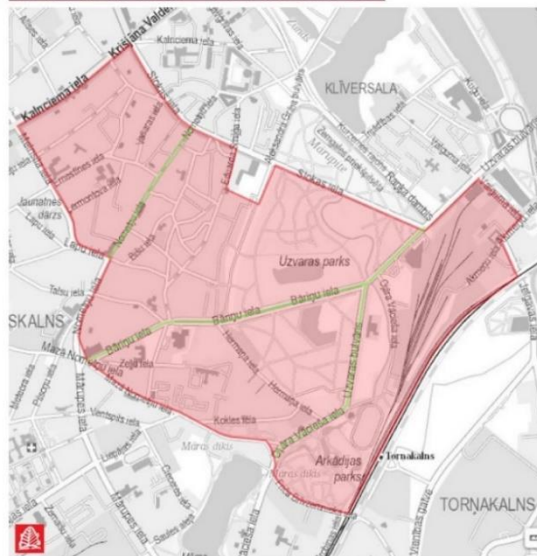
To enable equal opportunities for all athletes running the Long distance, on Friday 10 August, 2018 the access to the added embargoed areas is allowed from 9:30 to 12:00 for all registered WOC athletes and coaches with existing maps provided by organizers.

Existing maps of the added embargoed areas can be received for runners competing in the Long distance by Team leader in the Event Center in Sigulda or in the Event Office in the Relay Arena during the opening hours on Thursday 9 August, 2018.

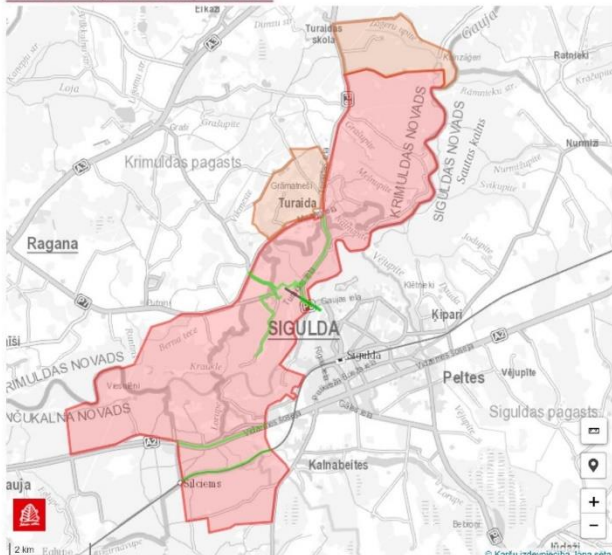
### SPRINT - VECRĪGA





### SPRINT RELAY - ĀGENSKALNS




### MIDDLE, RELAY, LONG



 **EMBARGOED AREA** - Competitors, team officials, and other persons, who, through knowledge of the terrain may influence the results of the competition, are not allowed to enter an embargoed area.

 - It is allowed to cross the forbidden area using this road.

 - **ADDED EMBARGOED AREA** - Competitors, team officials, and other persons, who, through knowledge of the terrain may influence the results of the competition, are not allowed to enter an embargoed area.

## 11. COMPETITION ARENAS

The finish areas are situated on the following coordinates:

**Sprint Qualification** location in the city center of Riga. Arena location 56°57'21.9"N 24°06'27.0"E

**Sprint Final location** is Old Town of Riga. Arena location 56°56'50.9"N 24°06'23.5"E

**Sprint Relay** will be held in Āgenskalns district in Riga, located at the left bank of Daugava. Arena location 56°56'29.8"N 24°04'56.3"E

**Middle Distance** location is in the city Sigulda. Arena location 57°08'24.8"N 24°49'01.0"E

**Relay and Long Distance** location around the medieval castle Turaida. Arena location 57°11'12.0"N 24°51'01.9"E

## 12. CLASSES AND PARTICIPATION RESTRICTION

Classes: WOMEN, MEN

All athletes must be full passport-holding citizens of the country they are representing. Athletes being citizens of

more than one country should represent the only country they have run IOF events for during the current calendar year (rule 6.1).

## 13. COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events (version from 1st January 2018) shall be applied for participation in the World Orienteering Championships 2018.

Please keep in mind IOF Rule 12.5 which states "*... Rule 9.10 does not apply to the WOC Long distance*

*competition and the 2018 WOC Middle distance competition; late replacement of runners is not allowed."*

Please refer to the Competition Rules on the IOF website <https://orienteering.org/wp-content/uploads/2010/12/IOF-Rules-2018-v1.14final.pdf>

## 14. ANTI-DOPING CODE

Doping is strictly forbidden. The organizers of the World Orienteering Championships 2018 are dedicated to supporting the anti-doping authorities in their work. Expect doping controls any time during the competition period. At a few sites the doping controls may be a few **minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race.**

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Rules apply as of 1st January 2015. Athletes who are selected for the

doping tests must bring along an official identification (with photo) to the doping test area. If applicable, the athlete should also bring along their therapeutic use exemption (TUE). In general, it is advisable that the athletes take their ID to all the competitions and events. For more information, please consult: <http://orienteering.org/anti-doping/>

Also, at the venue of Technical Model on 3 August 2018, there will be an IOF Anti-doping information tent set up from 13:00-14:00, to increase athletes' awareness about anti-doping code and procedures.

## 15. LIVE PRODUCTION

We will offer a big screen in the competition arenas of all finals with live-cameras, GPS- tracking and live-results. Speakers **Andris Rupais and Ivars Bācis** will provide great action with their live reporting in the arenas. Live-streaming will be available on our website during the competitions. During the competitions, athletes may encounter camera crews in the terrain. Camera controls and intermediate time controls are not marked on the control description. Athletes may also be followed by running camera during the race.

For all the finals TV / LIVE production is planned. For sprint qualification competition only live results will be provided.

# 16. PUBLIC RACE - LATVIA O-WEEK SPECTATOR RACE

In parallel to the WOC competitions public races will take place. Part of races will be in the same terrains and part will be in new terrains. The controls of the spectator race sprint (Day 1) will be set-up after the WOC sprint

qualification competition. All other WOC competitions and Latvia O-week races will take place in separate days or locations.

Day	Date	Place	Distance
Day 1	4 August	Riga, Kronvalda park	Sprint
Day 2	5 August	Carnikava	Long
	6 August	Rest day, excursions	
Day 3	7 August	Latvian Ethnographic Open Air Museum	Forest sprint
Day 4	8 August	Sigulda	Middle
	9 August	Rest day, excursions	
Day 5	10 August	Mazie Kangari	Middle
	11 August	Rest day, excursions	
Day 6	12 August	Turaida	Long

More information about spectators' race "LATVIA O-WEEK" in web page: <https://www.woc2018.lv/o-week/>

WOC 2018 athletes and officials are allowed to participate in O-WEEK races except the Day 1 race on 4 August 2018. If you have missed the entry deadline,

please enter for a limited number of start slots for classes M21E and W21E. WOC participants are eligible to the lowest entry fee of EUR 15.00 per race, when showing their WOC ID cards at the Event Center of respective LATVIA O-WEEK race.



# 17. MEDIA

## MEDIA

There will be a media room available to all accredited media representatives at the Hotel Sigulda conference room “Turaida” in Sigulda, Pils iela 6. Hotel Sigulda is 100m from the Event Center. The media room will have several working places with option to increase the number if needed. Workplaces are equipped with electricity and WI-FI. It will be open from 2 August to 11 August. It will not always be manned with media personnel.

In addition, media centers will be provided in all competition arenas. All accredited media representatives will have a designated working place in each media center, information on the workplaces layout will be available upon arrival at every media center. Media centers will be equipped with all necessary communication facilities. Free secured WI-FI will be offered, as well as fast wired internet connection for uploading large data. There will be at least 3 power plugs per workplace. Free coffee and snacks will be offered. It will be possible to follow the competitions on TV-screens.

All accredited media are requested to show their passports (and their press card) as proof of identity when collecting their accreditation documentation at the Event Center or the Event Offices at Competition Arenas on race days.

## PHOTO AND VIDEO

During the competitions, all photographers and video operators have to wear a special photo bib. The bibs will be handed out by the media center at the arenas of each competition day during media briefing sessions. A EUR 10.00 deposit will be required and it will be paid back upon return of the photo bib. A media briefing for all photographers and video

operators will be held on each competition day in the Media Center.

Special access to terrains may be provided for accredited photographers.

Organizers’ official photographers will upload photos from each competition day to [www.woc2018.lv](http://www.woc2018.lv) and <https://www.flickr.com/photos/140305775@N02/albums/>. These photos can be used free of charge. Please credit the author when using the photos.

## PRESS CONFERENCES

Press conferences will be held in the media center at the arenas directly after the flower ceremonies. Press conferences will be held in English and led by Andris Rupais or **Ivars Bācis**. The three best teams or athletes of every competition will be interviewed.

## TRANSPORTATION

There will be no dedicated transportation for media. Media is expected to use their own transportation. Though we might be able to arrange transportation to dedicated photo controls in the forest during some of the competition days. There will be media parking close to the arenas. For the competitions in Riga on 4 and 5 August (Sprint Qualification, Sprint Final and Sprint Relay) no dedicated media parking is offered.

A media parking permit will be provided in the accreditation package.

## MEDIA PACKAGE

A WOC 2018 media package will be ready when you pick up your media accreditation. This will contain essential information about the event and the competitions including more detailed information on media access to competition terrain, media parking permit, and a copy of Bulletin 4.

## OPENING HOURS

Date	Time	Accessibility	Address
02.08.	10:00 – 20:00	Media facilities are available in Hotel Sigulda	Sigulda, Pils iela 6
03.08.	10:00 – 20:00	Media facilities are available in Hotel Sigulda	Sigulda, Pils iela 6
04.08.	8:00 – 20:00	Media Center, Arena Riga Old Town	Rīga, Rātslaukums
05.08.	14:00 – 21:00	Media Center, Arena Āgenskalns	Rīga, Slokas iela 1
06.08.	11:00 – 19:00	Media facilities are available in Hotel Sigulda	Sigulda, Pils iela 6
07.08.	09:00 – 20:00	Media Center, Arena Sigulda	Sigulda
08.08.	11:00 – 19:00	Media facilities are available in Hotel Sigulda	Sigulda, Pils iela 6
09.08.	11:00 – 21:00	Media Center, Arena Turaida	Turaida
10.08.	10:00 – 20:00	Media facilities are available in Hotel Sigulda	Sigulda, Pils iela 6
11.08.	9:00 – 21:00	Media Center, Arena Turaida	Turaida

Media contact (English): **Baiba Rāta-Saliņa**,  
WOC Media Manager,  
Mobile +37129893328, Email: [media@woc2018.lv](mailto:media@woc2018.lv)

Photo contact: Ojārs Millers,  
WOC PHOTO Manager, Social media  
Mobile +37126141414, Email: [info.pieturvieta@gmail.com](mailto:info.pieturvieta@gmail.com)

Media contact (Latvian): Juris Vaidakovs  
Contact person for local media,  
Mobile +37129453838, Email: [media@woc2018.lv](mailto:media@woc2018.lv)

SOCIAL MEDIA  
Facebook: <https://www.facebook.com/woc2018latvia/>  
Instagram: [https://www.instagram.com/orienteering\\_latvia/](https://www.instagram.com/orienteering_latvia/)  
Twitter <https://twitter.com/woc2018latvia>  
Official hashtag: #WOC2018Latvia

All official photo will be available on Flickr, search keyword "WOC 2018 Latvia" and select "search people" option.

## 18. PHOTO AND VIDEO DISCLAIMER

By taking part in WOC 2018 as a participant or spectator, you acknowledge your consent to interview(s), photography, audio recording, video recording and its/their release, publication, exhibition, or reproduction to be used for news, webcasts, promotional purposes, telecasts, advertising, inclusion on websites, or any

other purpose by WOC 2018 organizers and its affiliates and representatives.

No drones are allowed in the competition area without written permission from the organizers.

## 19. IOF/MEDIA RACE

The IOF/VIP/Media race will take place on Wednesday, 8 August in Līgatne (20 km from Sigulda). A very beautiful area with numerous sandstone rigs (cliffs) and caves. A very secret site of Soviet times code-named "Boarding House". For more information, see <http://www.visitligatne.lv>.

The race will have 3 different courses: short, middle and long. The race is open during 14:00-16:00. Refreshments are offered after the race.

Entry to the race will be available at [www.woc2018.lv](http://www.woc2018.lv)  
The IOF/VIP/Media race entry deadline is 6 August 2018, 23:59 in Event Center (email: [info@woc2018.lv](mailto:info@woc2018.lv))

## 20. WOC FAIRNESS RULES

1. It is not allowed (and not fair) to gain any unofficial information about the race, especially about courses, maps, location of pre-starts etc.
2. Except for the relays, team members heading to pre-starts are not allowed to visit the arenas before their respective competitions. It is also not allowed (and not fair) to gain any unofficial information about the arenas from other persons.
3. When staying in the quarantine, mobile phones must be completely turned off. (random checks possible).
4. It is allowed to use music players without any built-in connectivity. Inside the quarantine, athletes wearing headphones might be randomly asked to display their players for checking.

5. All tents inside the quarantine must stay open so one can have a look inside.
6. It is strictly forbidden to bring any electronic devices (except for watches) to bathrooms or any other private rooms – no matter if the device is turned on or not.
7. Athletes are only allowed to use passive GPS devices, i.e. not providing any navigational or mapping function for tracking the route.
8. It is not allowed to use any old maps of the competition areas after having left the accommodation on competition day.
9. Violations of these rules should be immediately reported to any staff to preserve fairness.
10. Violation of these rules may result in the disqualification of the whole team.

## 21. MEDICAL CARE, POTENTIAL HEALTH HAZARDS

First-aid services will be provided at the competition arenas. Each federation is responsible for its own insurance (as per Rule #6.4). Outside competition hours, the emergency call in Latvia is 112.

There is emergency trauma center in Sigulda Hospital, located Sigulda, Lakstīgalas iela 13, coordinates: 57°09'25.2"N 24°50'40.1"E. Mobile +371 26567675. There are many emergency centers in Riga, the closest to sprint arenas being Pauls Stradiņš Clinical University

Hospital in Riga, Pilsoņu iela 13, coordinates: 56°55'57.1"N 24°04'09.1"E. Phone +371 67069600.

Wild bees can be possibly encountered in middle, relay and long distance areas. Ticks, carrying Tick-borne

encephalitis and Lyme-disease are present in Baltic countries.

## 22. TEAM OFFICIALS' MEETINGS

For each competition, a team officials' meeting will be held the evening before providing all important information about the competitions. TOM Presentation slides from the team officials' meetings will be uploaded to the IOF Eventor after the meeting.

There will only be one meeting for the Sprint Qualification, Sprint Final and Sprint Relay.

All team officials' meetings will be held in the Conference Hall «Sigulda» on the ground floor of the Hotel Sigulda. The distance from the Event Center is 100 m. Please, use the parking next to the Event Center instead that next to Hotel Sigulda.

Date	Meeting time
3 August	18:00-19:00 Sprint, sprint relay
6 August	18:00-19:00 Middle
8 August	18:00-19:00 Relay
10 August	18:00-19:00 Long

Questions in advance for the meetings may send to [daniel.leibundgut@orienteering.org](mailto:daniel.leibundgut@orienteering.org) until 16:00 on the respective day and we will answer them during the meeting. TOM schedule see the table above.

## 23. ENTRY DEADLINES FOR COMPETITIONS

Teams must enter their final name entries for each competition on the day before the respective race, according to the table below.

Date	Distance	Place	Time
03.08	Deadline of entries for Sprint Qualification	IOF Eventor	12:00
04.08	Deadline of entries for Sprint Relay	IOF Eventor	19:00
06.08	Deadline of entries for Middle Distance	IOF Eventor	12:00
08.08	Deadline of entries for Relay	IOF Eventor	12:00
10.08	Deadline of entries for Long Distance	IOF Eventor	12:00

For Sprint Qualification athletes should be assigned to three starting groups: 1-early, 2-middle, 3-late. The second athlete per team being assigned to a group may

be filled in only after the first three athletes have been put into one of the three groups. To hand in an entry, team leaders shall use the IOF Eventor online system: <https://www.eventor.orienteering.org/Events/Show/5120>. If a team does not have internet access, they may use a terminal at the Event Center or at the Event Office in the arenas.

If a team misses the deadline, the team members will be allocated to starting groups and legs by the organizer and cannot be changed later on by that team (as per Rule 9.14).

Replacement in Sprint Qualification:

A competitor may be replaced for a valid reason (e.g. accident or illness) by contacting the Event Office via email or phone. Change of starting group or qualification race heat is not permitted.

Changes in Relay:

Teams may make changes or replacement until 120 minutes before the 1st-leg start in their respective class at the Event Office.

## 24. NEW COMPETITION MAPS

Competition maps will be collected at the finish. New maps will be handed out to the Team Leaders at the Event Office after flower ceremonies.

## 25. CONTROL DESCRIPTIONS

Control descriptions are in accordance with the IOF standard. Potentially unclear or uncommon control descriptions are illustrated and explained in this bulletin in the section of the respective competition format.

Control descriptions will be available in the start corridors and are also printed on the competition maps. At the relays, control descriptions are printed only on the map.

## 26. PUNCHING, TIMING SYSTEMS, GPS TRACKING

### **Punching**

SPORTident Air+ touch-free punching system will be used in all WOC2018 competitions. All athletes will receive SIAC-cards from the organizers.

After the Long distance competition, team leaders must return all SIAC cards together to the Event Center at latest Sunday, 12 August, 12:00. EUR 80.00 will be charged for any lost or missing card.

Each SIAC is assigned to a specific athlete and must be used by that athlete only! Spare SI-cards will be available at each start in case an athlete has lost, misplaced or forgotten her/his card.

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. If station fails to respond, in case of an SIAC punching fails (neither a feedback beep nor a light feedback signal) athletes must punch manually anywhere on the map using the pin-punch.

### **START timing**

An official releases the competitor at the start beep by taking his hand off the competitor's shoulder. For all competitions except Sprint Final the listed start times will be used.

For Sprint Final an electronic start gate is used.

### **FINISH timing**

The finish time is taken, when the SIAC card crosses the finish line. There is no punching at the finish line. The running times are rounded down to whole seconds.

For the Sprint Final the finish time is taken by a double photo cells (logical AND connected) **when the athlete's** chest crosses the finish line. In the Sprint Final timing with 0.1s accuracy will be used.

In the Technical Model Event on Friday 3 August, the punching and timing equipment as well as the start and finish procedures will be demonstrated.

### **GPS**

There will be GPS tracking for all competitors in all competition formats, except for the Sprint Qualification. Personal harnesses are allowed. The tracking device will be handed out at the Call up.

GPS vests must be returned no later than 12 August at 12:00 at the Event Center (by complete teams). A charge of EUR 40.00 will be imposed for any lost or missing GPS vest.

## 27. LATE STARTS

Runners who miss their start time due to their own fault are permitted to start, but are timed as if they had started at their allocated start time. Runners who are late because of a fault by the organizers are given a new start time. In both cases the following procedure must be used at the start: A late athlete must report at the entrance of the pre-start. If the organizers decide there

is still enough time to start at the allocated start time, she/he can continue through the start lanes followed by an official. If it is not possible for the runner to start at the allocated start time, she/he will be allowed to start one minute before the next runner on that course (30 seconds for the sprint). However, athletes from the same Federation are not allowed to start consecutively.

## 28. QUARANTINE

Arriving at the quarantine, the athletes have to check in by showing their accreditation card and sign the list before the quarantine closes. No-one will be allowed into the quarantine area after the deadline. Athletes will get two number bibs for each race, one to be worn in the front and another to be worn in the back. The warm-up maps will be available at quarantine. Warm-up maps are considered as part of quarantine.

All competitors are strongly advised to perform the SIAC battery test and in case of low battery indication

request a SIAC replacement at the quarantine check-in desk.

All quarantines offer covered area (building or tents). You may stay inside or outside. Toilets and water is available. In the Relays, the quarantine area is at the finish. Tents and shelters are provided by the organizer. There will be clock showing the official competition time. Bags are transported to the finish. In case of Quarantine 2 (Middle and Long distances) clothes will be transported from the quarantine 2 to the finish area.



Quarantine 2 is considered as part of the quarantine area. All rules apply to this territory too.

GPS units will be given to athletes at the Call up.

Please respect the fairness rules in the quarantine and on the warm-up map.

Coaches and athletes can leave quarantine at any time, but once they have left they are not allowed to return.

Please be fair and remember the following important things:

- The use of mobile phones, computers or any communication device inside the quarantine is strictly forbidden;

- It is not allowed to bring any maps into the quarantine zones;
- Coaches are not allowed to follow the athletes beyond the -4 min at any competitions;
- The use of spiked shoes is strictly forbidden indoors;
- At the call up, right before the -4 min zone drinking water is available for all races and a toilet for Sprint Final.

## 29. PRE-START AND START

The pre-start is marked on the warm-up map with a triangle. Only athletes registered for that race have access beyond the pre-start. Once the athletes pass the

pre-start (i.e. go beyond -4' line) they are not allowed to go back to the quarantine.

Athletes will reach the start corridors where they clear and check their SI-cards and get the control descriptions.

## 30. COACHING ZONES

There will be marked coaching zones in all the arenas. Coaching zones will be near arena passage. Coaches will be able to return to Team zone except for Sprint Relay. Two accredited coaches per team are allowed inside the

zone. Special accreditation cards must be shown when entering the coaching zone. At the beginning of the coaching zone there is a table with refreshments (except for Sprint Qualification).

## 31. FINISH

The marked route from last control to the finish must be followed. After crossing the finish line the athletes read out their SIAC-card, return the map and the GPS (if applicable). Refreshments (ISOSTAR sports drink and water) will be provided.

The athletes will receive a cool-down map at the exit of the finish. Cooling down is only allowed in the team zone and the area indicated on the cool-down map.

Fair play: It is strictly forbidden for team members to re-enter the competition area until the last WOC athlete has arrived at the finish. Please stay inside the team zone or the area marked on the cool-down map.

## 32. ABANDONING A RACE

Athletes who are forced to abandon a race must report to the finish staff and hand in their competition maps. A retiring athlete may not influence any other competitor.

## 33. MEDIA CONTROLS

In all WOC races there will be media controls on the course. Athletes may meet TV staff or journalists/photographers near control points.

## 34. COMPLAINTS AND PROTESTS

Any complaints must be made in writing and given to the Event Director or handed in at the Event Office. Complaints concerning results must be made no later than 15 minutes after the full preliminary results have been announced by the Speaker. Use the IOF complaint form provided at the Event Office. A protest can be made against the **organizer's** decision about a complaint. The protest fee of EUR 50.00 shall be paid in cash to the IOF

Senior Event Adviser SEA. The fee will be returned if the protest is accepted by the jury. When a protest is signed by more than one Federation, each Federation shall pay the protest fee.

Any protest must be made in writing to a member of the Jury no later than 15 minutes after the organizer has announced the decision about the complaint.

## 35. WASTE MANAGEMENT

Keep our arenas clean! Please use our rubbish bins for your waste. PET-bottles are recycled separately.

## 36. CLIMATE

August in Latvia is the second warmest month of the year, with average temperatures between 18°C and 20°C, while maximal temperature up to 30°C is possible. July and August are also the months most abundant in precipitation. In August, already during a course of many

years, in 13-16 days on average are rainy, with average monthly rainfall amount throughout Latvia 78 mm.

### DAILY WEATHER FORECASTS

<https://www.meteo.lv/en/>

## 37. WOC TRANSPORT

Suggested means of transport is own or rental cars and minibuses from Riga International Airport (RIX) to the competition areas.

WOC 2018 Official Rental Car Partner is [www.alpharent.lv](http://www.alpharent.lv).



Please quote „WOC2018 team” in the Notes section and you will get a special price. There is an excellent train connection from Riga city center to Sigulda. The train schedule can be found: [www.pv.lv/en/](http://www.pv.lv/en/) As to other means of public transport, see: [www.1188.lv/en/transport/buses](http://www.1188.lv/en/transport/buses)

## 38. MODEL EVENTS

Model events will provide relevant examples of cartography, terrain, control setting and control descriptions. Model event maps will be handed out at the time of accreditation.

The technical model will show the SportIdent-Air+ punching system, control setup, taped out of bound area, refreshment control, the start and finish procedure. Runners will have the possibility to test the equipment.

Model events will be set up only during the scheduled times listed. There will be control stands with orienteering flags but no SI-unit at control sites.

It is allowed to visit model event areas before the scheduled times, however, no control stands with flags will be in the terrain. There may be accessibility issues with long and relay model parking as there is popular music festival from 3 to 5 August in Ratnieki. After the end of the official model event hours, the terrain is no longer available.

It is not allowed to use shoes with any metal spikes or Dobbs for the sprint model event.

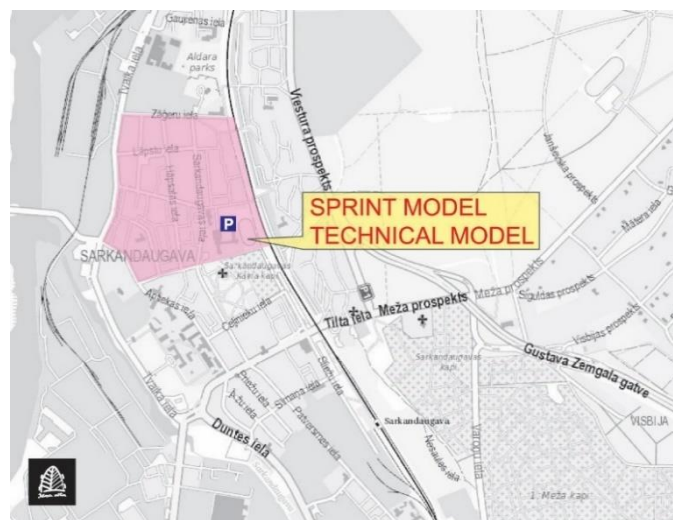
There are toilets at all model event assembly areas.

### Model Event Sprint and Sprint Relay

Location: Aldaris 56°59'57.9"N 24°07'28.9"E

Friday, 3 August 2018, 10:00-14:00

Personal transport: Parking in the area marked on the model map.



### Technical Model Event

Location: Aldaris 56°59'57.9"N 24°07'28.9"E

The same place as Sprint Model

Friday, 3 August 2018, 13:00 – 15:00

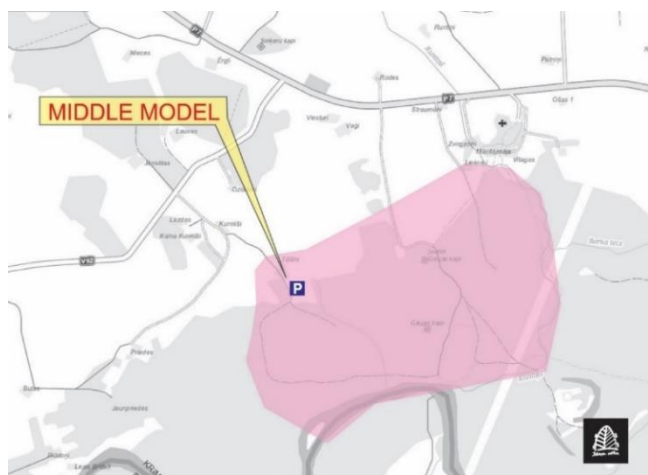
Personal transport: Parking in the area marked on the model map.

### Model Event Middle Distance

Location: Tālēni 57°09'23.0"N 24°44'55.2"E

Sunday, 5 August 2018 10:00 - 6 August 18:00

Personal transport: Parking in the area marked on the scheme map.



### Model Event Relay and Long Distance

Location: Ratnieki 57°13'26.9"N 24°57'44.3"E

Tuesday, 7 August 2018 10:00 – 11 August 18:00

Personal transport: Parking in the area marked on the scheme map.



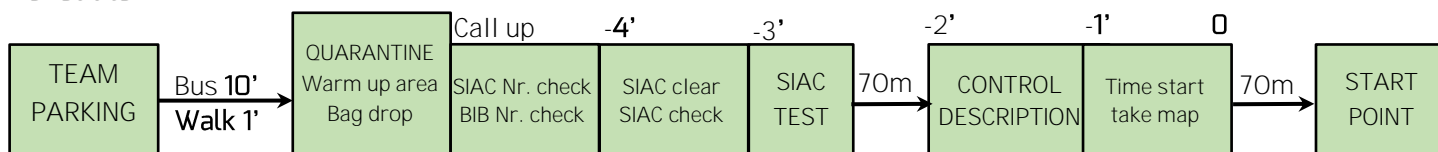
## SPECIAL INSTRUCTION FOR EACH COMPETITION

### 39. SPRINT QUALIFICATION – Saturday 4 August

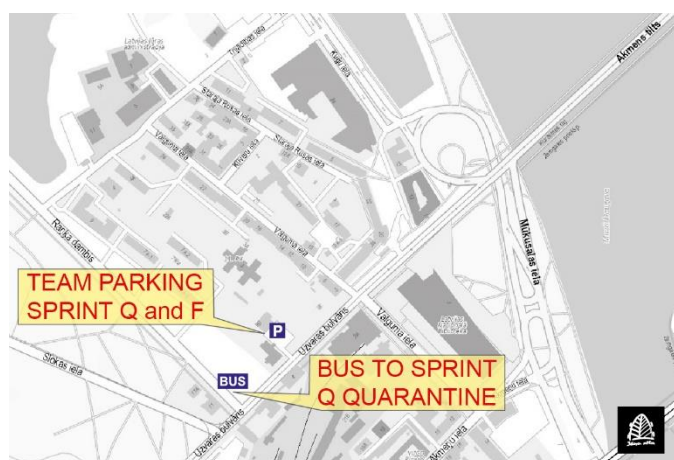
#### Venue and arena:

Kronvalda park, 56°57'21.9"N 24°06'27.0"E

#### Schedule



**Pre-race embargo:** Starting 3 August 2018 at 15:00 entering the embargoed area is no longer allowed for WOC team members; see map and more detailed information on page 9.



**Parking:** Team parking is at Uzvaras bulvāris 9 and opens at 06:45 (56°56'27.2"N 24°05'34.7"E).

**Quarantine:** can be reached using the official shuttle bus → see transport schedule. Shuttle buses are the only way to the quarantine! No other means of transportation are allowed. From the Bus drop off follow the signposts to the quarantine. Walking time is 1 minute. Quarantine opens at 07:10 and **all athletes have to check in before 08:45**. The quarantine offers indoor and small outdoor warm up area, toilets and water.

**Warm-up map:** not foreseen.

**Pre-start:** Next to the quarantine. There are three start channel, one for each heat.

#### Transport schedule

Parking	Quarantine	Arena	Parking
07:00	07:10	07:15	07:25
07:30	07:40	07:45	07:55
07:45	07:55	08:00	08:10
08:00	08:10	08:15	08:25

Parking	Quarantine	Arena	Parking
08:15	08:25	08:30	08:40
08:30	08:40	08:45	08:55
08:45		09:00	09:10
09:00		09:15	09:25
09:15		09:30	09:40
09:30		09:45	09:55
09:45		10:00	10:10
10:00		10:15	10:25
10:15		10:30	10:40
10:30		10:45	10:55
10:45		11:00	11:10
11:00		11:15	11:25
11:15		11:30	11:40
11:30		11:45	11:55
11:45		12:00	12:10
12:00		12:15	12:25

**Start:** At the start time an official releases the competitor at the start beep by taking his hand off the competitor's shoulder and the runner takes the map.

**Bags and warm-up clothing:** Athlete's bags, marked with bib number can be left at the bag drop in the quarantine. There will be sticky labels for marking bags. Organizers will transport them to the Arena. Team officials will have information how to navigate from the quarantine to the arena which is within walking distance. It is strictly forbidden to leave given path and the only way back to the parking is via arena and taking shuttle bus. Please note that once leaving the quarantine nobody is allowed to go back in.

**Start interval:** 1 minute

**Control set-up:** The SI-units are placed on a wooden stand or a metal leg. Every control has one SI-units and a backup pin punch. All controls are guarded. TV and radio controls and/or their stands are not marked in the competition map and on the control description.



Sprint control stands No. 1 (wooden stand) and No.2 (metal leg)

**Out-of-bounds areas:** out-of-bounds areas are marked on the map as ISSOM 708 (Out-of-Bounds Boundary) un 709 (Out-of-Bounds Area). Where necessary, certain areas on the terrain will be marked with IOF tape. It is strictly forbidden to cross these areas.



**Coaching Zone:** There is a coaching zone in the arena run-in. Only two team official per team may enter this zone.

**Finish:** Team officials and athletes having finished their races are not allowed to return in the competition (embargoed) area. Leaving the arena is only allowed using the bus back to the team parking.

**Terrain form:** flat area

**Vegetation:** Urban area with business parts and some residential areas and a park divided by an impassable watercourse.

**Runability:** Very good. Shoes with metal spikes and studs are not allowed. Running shoes recommended.

**Visibility:** Very good.

**Paths and roads:** Mostly residential area and park with many paths and roads.

**Traffic:** Some local traffic can be expected. Traffic will be closed in major streets. Tram traffic will be controlled by police. There are traffic guards at several places. Athletes must follow their instructions. Competitors are strongly advised to be aware of pedestrians.

**Map:** Scale: 1:4000, ISSOM, contour interval 2m, issued 07/2018

**Cartography:** Atis Zariņš

**Special symbols:**



x - structure for recreation



o - advertisement stand



x – fountain



o – well

	Women	Men
Length (km)	3.1 – 3.4	3.5-3.6
Climb (m)	0	0
Controls	16-18	17-21
Refreshment controls	-	-
Winning time (min)	12	12
Maximum running time (min)	50	50
Map size (mm)	210x297	210x297
Control Description size (mm)	56x160	56x165

Course lengths are the shortest feasible route as specified in IOF Foot O Competition Rules.

**Course planner:** Jānis Tamužs

**Arena:** The arena is located at the square in front of the Congress building. Access to the Arena is only possible via shuttle bus from team parking or on foot from quarantine. After the finish the athletes will be allowed to stay in the team zone; there will be a cool-down map (which shows the bus stop to get back to the team parking). Using this shuttle bus is the only way to leave the finish area.

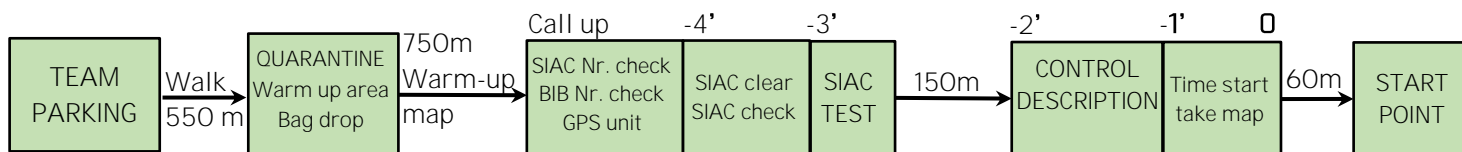


# 40. SPRINT FINAL – Saturday 4 August

## Venue and arena:

Old Town Riga, 56°56'50.9"N 24°06'23.5"E

## Schedule

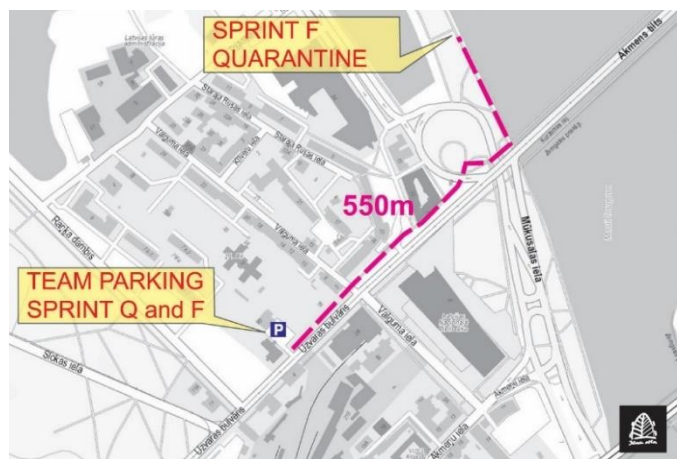


**Pre-race embargo:** Starting 3 August 2018 at 15:00 entering the embargoed area is no longer allowed for WOC team members; see map and more detailed information on page 9.

**Parking:** Team parking is at Uzvaras bulvāris 9 and opens at 06:45 (56°56'27.2"N 24°05'34.7"E).

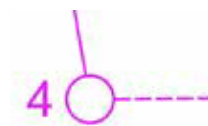
**Quarantine:** can be reached by foot, walking distance 550m from the team parking. Quarantine opens at 11:40 and all athletes have to check in before 14:00. The quarantine offers indoor (tent) and outdoor warm up area, toilets and water. Team tents are allowed to mount in the quarantine.

**Warm-up:** The warm-up map starts in the quarantine. It's allowed to follow the compulsory route to the pre-start during warm up.



**Pre-start:** is marked on the warm-up map, 750m from quarantine.

**Start:** At the start time an official releases the competitor at the start beep by taking his hand off the competitor's shoulder and the runner takes the map. The map consists of two maps. The front side shows the first part of the course and the back the second part of the course. At the arena passage the runners must just turn the map over (map flip). The second part starts with the new start triangle after the arena passage. Example of Map 1 (front side, including the arena passage)



The Map 1 is labeled as follows (with the class):

**WOMEN (1)**

Example of Map 2 (backside)



And labeled:

**WOMEN (2)**

**Bags and warm-up clothing:** Athlete's bags, marked with your bib number can be left at the bag drop in the quarantine. There will be sticky labels for marking bags. Organizers will transport them to the Arena.

Team officials will be informed in quarantine how to navigate from the quarantine and the pre-start to the arena.

Please note that once leaving the quarantine it is not allowed to go back.

**Start interval:** 1 minute

**Control set-up:**

Mostly wooden stands are used. Please see Sprint Qualification section on page 19.

**Out-of-bounds areas:**

Please see Sprint Qualification section on page 19.

**Finish:** Team officials and athletes having finished their races are not allowed to return in the competition (embargoed) area.

**Arena passage:** for men and women after around 50% of the course.

**Coaching Zone:** There is a coaching zone in the arena passage. Only two team official per team may enter this zone. Own refreshments may be given to the athletes.

**Terrain form:** flat area

**Vegetation:** Old Town of Riga (UNESCO World heritage site) – a medieval city that continued to evolve over the centuries.

**Runability:** Very good. Shoes with metal spikes and studs are not allowed. Running shoes recommended.

**Visibility:** Very good.

**Paths and roads:** City center with roads and narrow passages. Many cobble-stone streets.

**Traffic:** Some local traffic can be expected. Traffic is not closed! Competitors are strongly advised to be aware of pedestrians.

**Map:** Scale: 1:4000, ISSOM, contour interval 2m, issued 07/2018

**Course planner:** Jānis Tamužs

**Cartography:** Juris Cebulis, Atis Zariņš

**Special symbols:**



o - advertisement stand

There are bear figures as environmental objects places in one of Old Town squares. See picture below. They are represented as passable fence on the map. See example below.



	Women	Men
Length (km)	3.8	4.3
Climb (m)	15	20
Controls	17	18
Refreshment controls	-	-
Winning time (min)	13	13
Maximum running time (min)	50	50
Map size (mm)	297x210	297x210
Control Description size (mm)	50x120	50x125

Course lengths are the shortest feasible route as specified in IOF Foot O Competition Rules.

### Arena

The arena is in the Rātslaukums. After the finish the athletes can stay in the team zone; there will be a cool-down map.

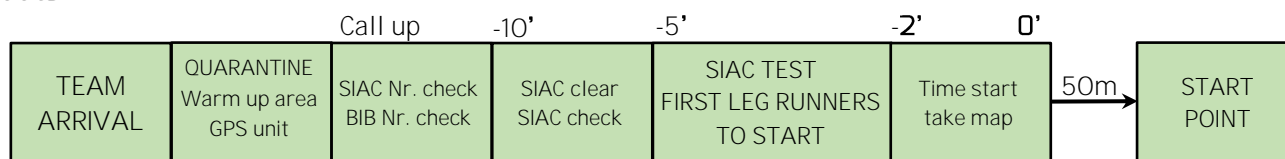


# 41. SPRINT RELAY – Sunday 5 August

## Venue and arena:

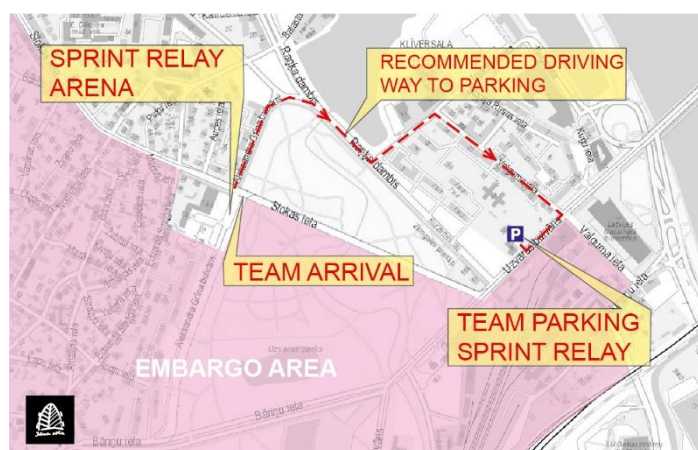
Āgenskalns, 56°56'29.8"N 24°04'56.3"E

## Schedule



**Pre-race embargo:** Starting 4 August 2018 at 17:00 entering the embargoed area is no longer allowed for WOC team members; see map and more detailed information on page 9.

**Parking:** Team parking is at Uzvaras bulvāris 9 and opens at 14:00 (56°56'27.2"N 24°05'34.7"E). It is the same parking as for sprint qualification and final. It is allowed to drop off athletes at the arena and then drive to the parking. Recommended driving route is 1.2 km long and shown in the map. Walking back to the arena follows the North side border of embargoed area and is 750 m long.



**Quarantine:** It is located in a tent next to Bellevue Park Hotel Riga. Team tents are not allowed.

The quarantine is in the team zone of the arena and opens at 15:00. **All athletes have to check in before 16:00.** It's compulsory to stay in the quarantine before your race. After finishing, the runners are guided directly back to the quarantine and may talk to their teammates and team officials.

The runners may leave the quarantine anytime they like after their race, but they are not allowed to go back in. The same applies to team leaders for the whole race.

**Warm-up:** The warm-up map starts in the quarantine/team zone and is part of quarantine. Do not cross the tapes which enclose the warm-up area (no contact to spectators!). It can also be used for cool-down.

Toilets are available near the team zone and are part of the warm-up map.

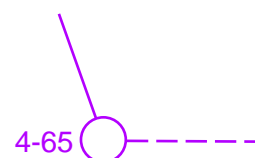
**Bags and warm-up clothing:** Athlete's bags can be left in the team zone, as the athletes will come back there after their race.

**Pre-start:** Next to the quarantine.

**1st leg start:** 10 minutes before start athletes are called to perform SIAC clear and check. 5 minutes before the start, the athletes will be called up to follow an official to the start area. The athletes will receive their maps 2 minutes before the start. They are not allowed to unfold maps before the start signal.

The map consists of two maps. The front side shows the first part of the course and the back the second part of the course. At the arena passage the runners must just turn the map over (map flip). The second part starts with the new start triangle after the arena passage.

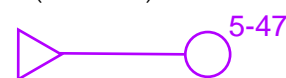
Example of Map 1 (front side, including the arena passage)



The Map 1 is labeled as follows:

**WOMEN (1)**

Example of Map 2 (backside)



And labeled:

**WOMEN (2)**

**Change over:** incoming runner will 1) Cross the finish line 2) Continue to the map board 3) Pick up the correct map marked with bib number 4) Hand over the map to the next runner. **It's the competitor's responsibility to take the correct map.** Teams running with a wrong map will be disqualified at the next change-over.

**Control set-up:**

Please see Sprint Qualification section on page 19.

**Out-of-bounds areas:**

Please see Sprint Qualification section on page 19.



**Finish:** Last-leg runners must follow the run-in corridor from the last control. There is no punching at the finish line. The chest position is determining factor in a close finish. Judges will rule on the final placements based on **the order that the athletes' chests cross the finish line.** A jury member will be present at the finish line. After finishing, the runner must proceed to reading out the SI-card. Team officials and athletes having finished their races are not allowed to return in the competition (embargoed) area.

**Arena passage:** for women and men-after completion of about 50% of the course.

**Coaching Zone:** There is a coaching zone in the arena passage. Only two team official per team may enter this zone. It is not allowed to go back to Team zone/Quarantine from coaching zone. Own refreshments may be given to the athletes.

**Terrain form:** flat area with small height difference.

**Vegetation:** part of Riga on the left bank of the river Daugava – **the city's territory developed in the first half of the 20th century, with some later developments.** Urban area: mostly private and multi-apartment residential housing, and a park.

**Runability:** Very good. Shoes with metal spikes and studs are not allowed. Running shoes recommended.

**Visibility:** Very good.

**Paths and roads:** Mostly residential area with many paths and roads.

**Traffic:** Some local traffic can be expected. Traffic will be closed in major streets. Tram traffic will be controlled by police. There are traffic guards posted at several places. Athletes must follow their instructions. Competitors are strongly advised to be aware of pedestrians.

**Map:** Scale: 1:4000, ISSOM, contour interval 2m, issued 07/2018

**Cartography:** Mikus Puriņš

**Special symbols:**



x - structure for recreation

	<b>Women (legs 1,4)</b>	<b>Men (legs 2,3)</b>
Length (km)	3.7	4.5
Climb (m)	30	30
Controls	20	22
Refreshment controls	-	-
Winning time (min)	14	14
Maximum time (min)	45	45
Map size (mm)	297x210	297x210
Description size (mm)	50x125	50x135

Course lengths are the shortest feasible route as specified in IOF Foot O Competition Rules.

**Course planner:** Mikus Puriņš

**Arena**

Arena is in the front of Bellevue Park Hotel Riga. After the finish the athletes will be able to use the team zone and cool down area (same as warm up).

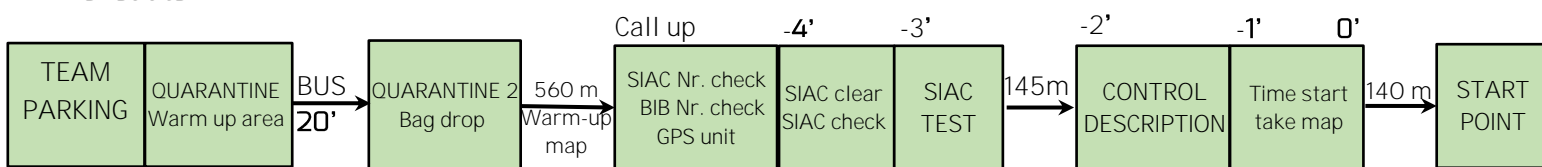


# 42. MIDDLE DISTANCE – Tuesday 7 August

## Venue and arena:

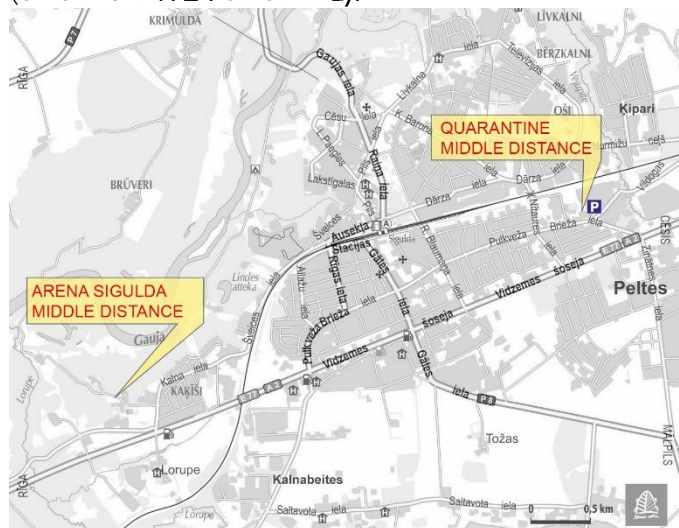
Arena Sigulda, 57°08'24.8"N 24°49'01.0"E

## Schedule



**Pre-race embargo:** Embargoed area remains embargoed until the end of the Long distance competition. It is allowed to cross forbidden area using green marked roads by using any means of transport. See map and more detailed information on page 9.

**Parking:** Team parking is near quarantine at Sigulda, Pulkveža Brieža iela 105 and opens at 08:50 (57°09'13.9"N 24°52'59.2"E).



**Quarantine:** It is located indoors at Sigulda Elementary School No.1 and opens at 09:30 and **all athletes have to check in before 11:30**. The quarantine offers small warm-up area outdoors, toilets and water. Team tents are not allowed.

Quarantine 2 is reached by shuttle bus (See transport schedule) and offers shelter, toilets and warm-up possibilities. Team tents are allowed. **It's not allowed to return from Quarantine 2 to Quarantine.**

**Warm-up map:** at Quarantine 2

**Pre-start:** 560m from Quarantine 2, marked on the warm up map.

## Transport schedule

Quarantine	Quarantine 2	Arena	Quarantine	Seat capacity
09:15	09:35	9:55	10:10	15
09:45	10:05	10:25	10:40	15

Quarantine	Quarantine 2	Arena	Quarantine	Seat capacity
10:15	10:35	10:55	11:10	30
10:40	11:00	11:20	11:35	15+15
11:10	11:30	11:50	12:05	30
11:40	12:00	12:20	12:35	15+15
12:10	12:30	12:50	13:05	30
12:40	13:00	13:20	13:35	15+15
13:10	13:30	13:50	14:05	30
13:40	14:00	14:20	14:35	15+15
14:10	14:30	14:50	15:05	30
14:40	15:00	15:20	15:35	15+15
15:10	15:30	15:50	16:05	30
15:40	16:00	16:20	16:35	15+15
16:10	16:30	16:50	17:05	30
16:40	17:00	17:20	17:35	15
17:10	17:30	17:50	18:05	15
17:40		17:55	18:10	15
18:10		18:25	18:40	15
18:40		18:55	19:10	15

**Start:** At the start time an official releases the competitor at the start beep by taking his hand off the competitor's shoulder and the runner takes the map.

**Bags and warm-up clothing:** Athlete's bags, marked with your bib number can be left at the bag drop in the Quarantine 2. There will be sticky labels for marking bags. Organisers will transport them to the Arena.

Team officials will reach the Arena using the shuttle bus from the Quarantine 2 **drop off**. **It's not allowed to walk to the Arena.** Please note that once leaving the quarantine nobody is allowed to go back in.

**Start interval:** 2 minutes

**Control set-up:** The SI-units are placed on metal leg or wooden board. Every control has own SI-units and a backup pin punch. TV and radio controls and/or their stands are not marked in the competition map and on the control description.



Forest control stand No.1



Forest control stand No. 2

**Arena passage:** for women and men after completion of around  $\frac{3}{4}$  of the course. They will pass a refreshment point and the coaching zone where they can get their own drinks.

**Coaching Zone:** There is a coaching zone in the arena passage. Only two team official per team may enter this zone.

**Refreshment:** one refreshment point in the course printed on the map and a second at the arena passage at the coaching zone. Both refreshment locations are not marked in the control description.

**Finish:** Team officials and athletes having finished their races are not allowed back in the competition (embargoed) area.

**Terrain form:** hilly area

**Vegetation:** The ravine of the Gauja river valley with side ravines. Forests of various types. Many leaf trees in the flood-lands next to the river, slowing down the running speed. Height difference 75 m

**Runability:** From very good to hard. Runability reduced because of vegetation and deciduous trees.

**Visibility:** Mostly poor because of dense vegetation.

**Paths and roads:** Some forest roads and paths cross the terrain.

**Map:** Scale: 1:10000, ISOM, contour interval 5m, issued 07/2018

**Cartography:** Māris Strautnieks

	Women	Men
Length (km)	4.8	5.9
Climb (m)	195	235
Controls	17	19
Refreshment controls	2	2
Winning time (min)	33	33
Maximum running time (min)	90	90
Map size (mm)	297x210	297x210
Control Description size (mm)	50x110	50x120

**Course planner:** Aigars Leiboms

**Arena:**

Arena is in the sports and leisure center “Fischer slēpošanas centrs”. After finish there will be a cool down map. Athletes have to proceed to the bus stop, to get back by bus to the team parking at the first quarantine.

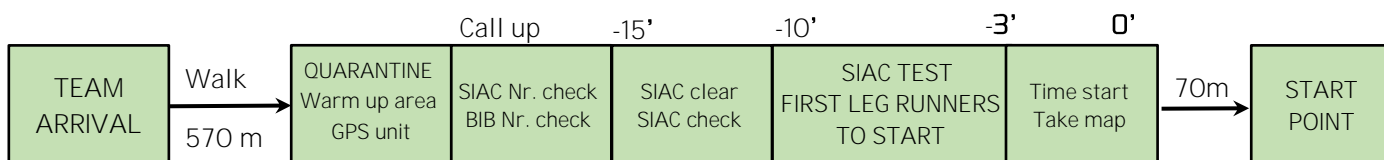


## 43. RELAY – Thursday 9 August

### Venue and arena:

Arena Turaida, 57°11'12.0"N 24°51'01.9"E

### Schedule



**Pre-race embargo:** Embargoed area remains embargoed until the end of the Long distance competition. It is allowed to cross forbidden area using green marked roads by using any means of transport. See map and more detailed information on page 9.

**Parking:** Team parking is near quarantine the Arena and opens at 09:00 (57°11'16.5"N 24°50'41.9"E).

**Quarantine:** The quarantine is in the team zone next the Arena. The distance from Team parking to quarantine is 570 m. To access Arena Turaida, which is in the territory of the Turaida Museum Reserve, WOC 2018 ID card shall be presented at the designated WOC arena entrance. Please do not use the tourist entrance.

Quarantine opens at 12:30 **and all athletes have to check in before 14:00.**

There are different Quarantine/Team zones for the classes Men and Women. **It's not allowed to have contact during the competition between the classes.**

The runners will return to their team zone after each leg.

The runners may leave the quarantine anytime they like after their race, but they are not allowed to go back in. The same applies to team leaders for the whole race.

**Warm-Up:** in the dedicated team zone only, separated zones for Men and Women.

**Pre-start:** Next to the quarantine.

**1<sup>st</sup> leg start:** 15 minutes before start athletes are called to perform SIAC clear and check. 10 minutes before the start, the athletes will be called up to follow an official to the start area. The racers will start receiving their maps 3 minutes before the start but will not be allowed to unfold them before the start signal.

A mass start for 2<sup>nd</sup> and 3<sup>rd</sup> leg runners of slower teams may take place if needed at approximately 15:55 for women and 17:55 for men. The exact time will be announced well in advance by the arena speaker.

**Change over:** incoming runner will 1) Cross the finish line 2) Continue to the map board 3) Collect the map marked with bib number 4) Hand over the map over the board to the next runner. **It's the competitor's responsibility to take the correct map.** Teams running with a wrong map will be disqualified at the next change-over.

**Control set-up:**

Please see Middle distance section on page 26.

**Out-of-bounds areas:**

Please see Sprint Qualification section on page 19.

**Arena passage:** for women and men after about 1/3 of the course.

**Coaching zone:** There is a coaching zone in the arena passage belonging to the Quarantine. Two team official per team may enter this zone. Own refreshments may be given to the athletes.

**Refreshment:** one refreshment point on the arena passage next to the coaching zone.

**Finish:** Team officials and athletes having finished their races are not allowed back in the competition (embargoed) area.

**Terrain form:** hilly area

**Vegetation:** The ravine of the Gauja river valley with side ravines. Forests of various types. Roads and paths of various categories. Height difference 95 m

**Runability:** From very good to very hard. Runability is reduced because of vegetation.

**Visibility:** Mostly poor because of dense vegetation.

**Paths and roads:** Some forest roads and paths cross the terrain.

**Map:** Scale: 1:10000, ISOM, contour interval 5m, issued 07/2018

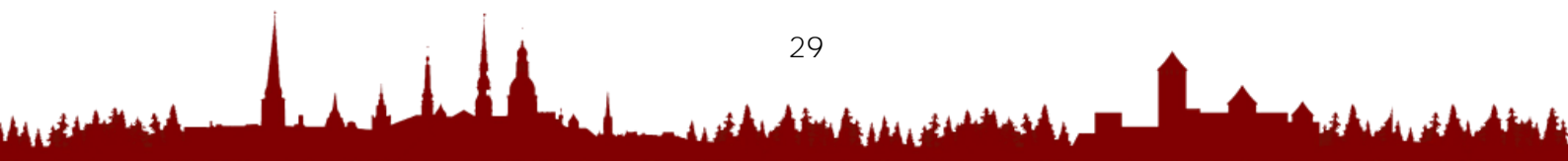
**Cartography:** Leonīds Malankovs, Edmunds Zvaigzne

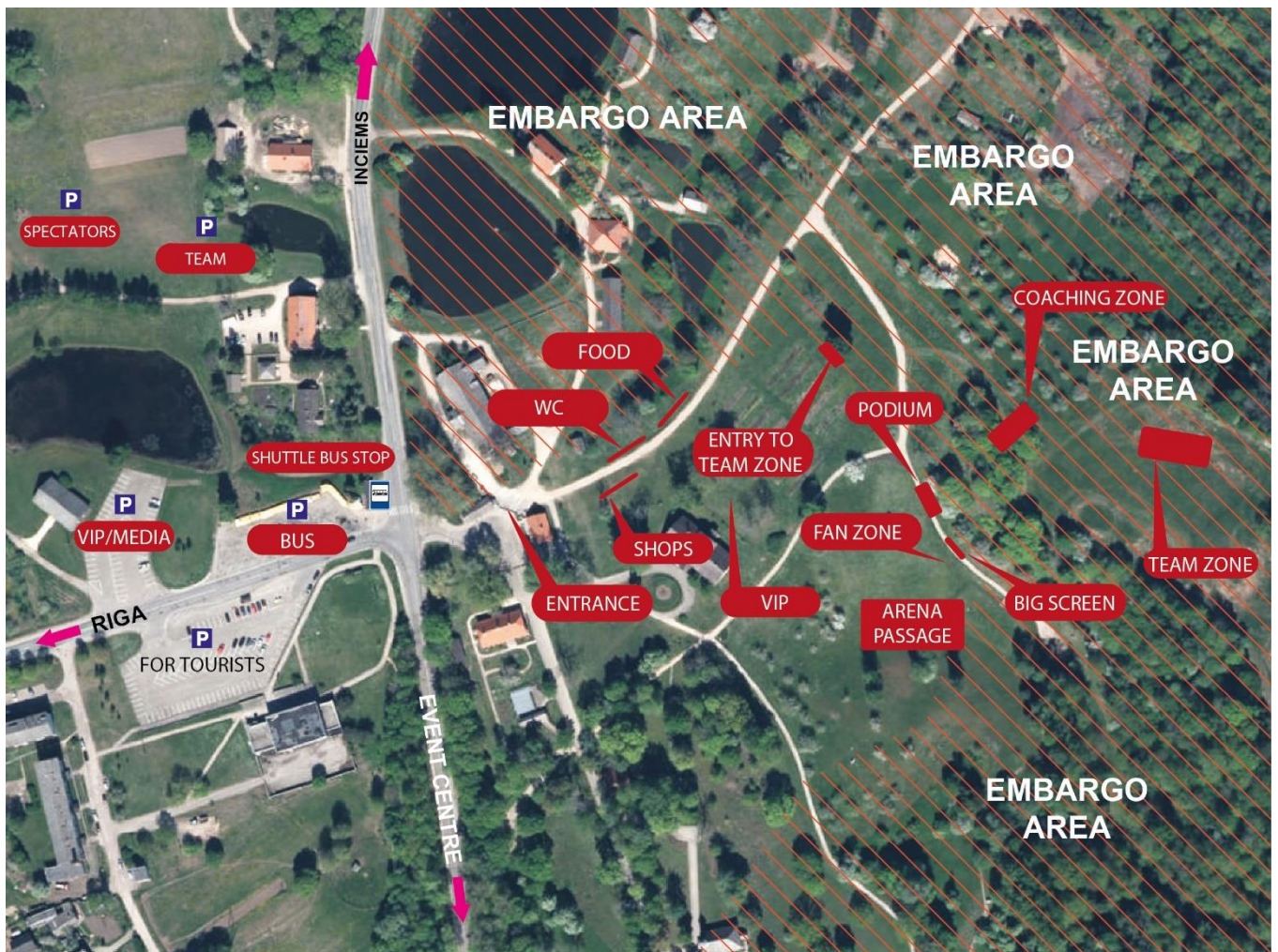
	<b>Women (leg 1-2-3)</b>	<b>Men (leg 1-2-3)</b>
Length (km)	4.7	5.7
Climb (m)	270	305
Controls	15-16	16-17
Refreshment controls	1	1
Winning time (min)	34	34
Maximum running time (min)	65	65
Map size (mm)	297x210	297x210
Control Description size (mm)	50x110	50x120

**Course planner:** Indulis Peilāns

**Arena:**

Arena will be in the territory of special protected cultural monument "Turaida Museum reserve". After the athletes will be able to use team zone and cool down area (same as warm-up).



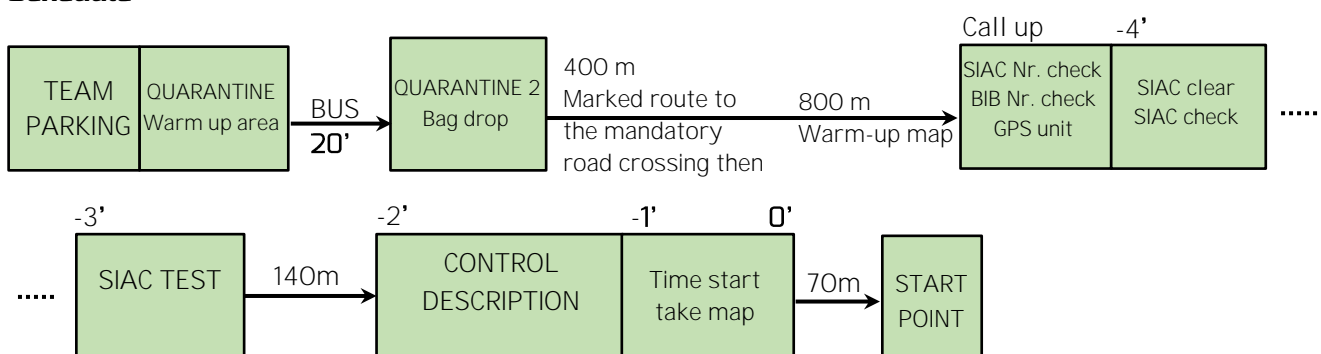


## 44. LONG DISTANCE – Saturday 11 August

### Venue and arena:

Arena Turaida, 57°11'12.0"N 24°51'01.9"E

### Schedule



**Pre-race embargo:** Embargoed area remains embargoed until the end of the Long distance competition. It is allowed to cross forbidden area using green marked roads by using any means of transport. See map and more detailed information on page 9.

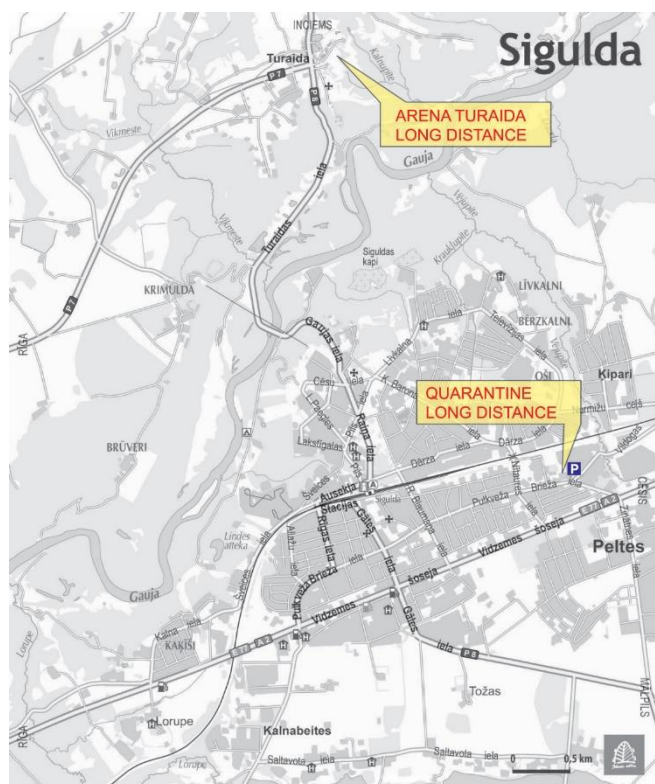
**Parking:** Team parking is near quarantine at Sigulda, Pulkveža Brieža iela 105 and opens at 09:00 (57°09'13.9"N 24°52'59.2"E).

**Quarantine:** It is located indoors at Sigulda Elementary School No.1 and opens at 09:00 and **all athletes have to check in before 10:45**. The quarantine offers small warm-up area outdoors, toilets and water. Team tents may not be set up.

Quarantine 2 is reached by shuttle bus (See transport schedule) and offers shelter, toilets and warm-up possibilities. **Team tents are allowed. It's not allowed to return from Quarantine 2 to Quarantine.**

**Warm-up map:** at Quarantine 2

**Pre-start:** 1200 m from Quarantine 2 – marked route and warm-up map.



**Transport schedule**

Quarantine	Quarantine 2	Arena	Quarantine	Seat capacity
08:30	08:50	9:00	09:15	15
09:00	09:20	9:30	09:45	15
09:30	09:50	10:00	10:15	30
10:00	10:20	10:30	10:45	15+15
10:30	10:50	11:00	11:15	30
11:00	11:20	11:30	11:45	15+15
11:30	11:50	12:00	12:15	30
12:00	12:20	12:30	12:45	15+15
12:30	12:50	13:00	13:15	30
13:00	13:20	13:30	13:45	15+15
13:30	13:50	14:00	14:15	30
14:00	14:20	14:30	14:45	15+15
14:30	14:50	15:00	15:15	30
15:00	15:20	15:30	15:45	15
15:30	15:50	16:00	16:15	30
16:00	16:20	16:30	16:45	15
16:30	16:50	17:00	17:15	15
17:00		17:15	17:30	15
17:30		17:45	18:00	15
18:00		18:15	18:30	15
18:30		18:45	19:00	15
19:00		19:15	19:30	15

**Start:** At the start time an official releases the competitor at the start beep by taking his hand off the competitor's shoulder and the runner takes the map.

**Bags and warm-up clothing:** Athlete's bags, marked with your bib number can be left at the bag drop in the Quarantine 2. There will be sticky labels for marking bags. Organizers will transport them to the Arena.

Team officials will reach the Arena using the shuttle bus from the Quarantine 2 drop off. Please note that once leaving the quarantine nobody is allowed to return.

**Start interval:** 2 minutes

**Control set-up:** Please see Middle distance section on page 26.

**Out-of-bounds areas:** Please see Sprint Qualification section on page 19.

**Arena passage:** for women and women in the middle third of the courses. They will pass a refreshment point and the coaching zone where they can get their own drinks.

**Refreshment:** 3 refreshment points for women and 4 refreshment points for men on the course which are marked at the control description. In addition one refreshment point at the arena passage next to coaching zone.

Own refreshment may be deposited at the arena passage (coaching zone). For athletes without a coach in the coaching zone shall hand over the personal refreshment at check-in to quarantine. These refreshments will be placed on a table at the beginning of the coaching zone (self-service).

**Finish:** Team officials and athletes having finished their races are not allowed back in the competition (embargoed) area. Athletes have to go to the bus stop, to get back to the Team parking.

**Terrain form:** hilly area

**Vegetation:** The ravine of the Gauja river valley with side ravines. Forests of various types. Roads and paths of various categories. Height difference 95 m

**Runability:** From very good to hard. Runability is reduced because of vegetation.

**Visibility:** Varies from medium to mostly poor due to dense vegetation.

**Paths and roads:** Some forest roads and paths cross the terrain.

**Map:** Scale: 1:15000, ISOM, contour interval 5m, issued 07/2018

**Cartography:** Leonīds Malankovs, Edmunds Zvaigzne, Dagnis Dubrovskis

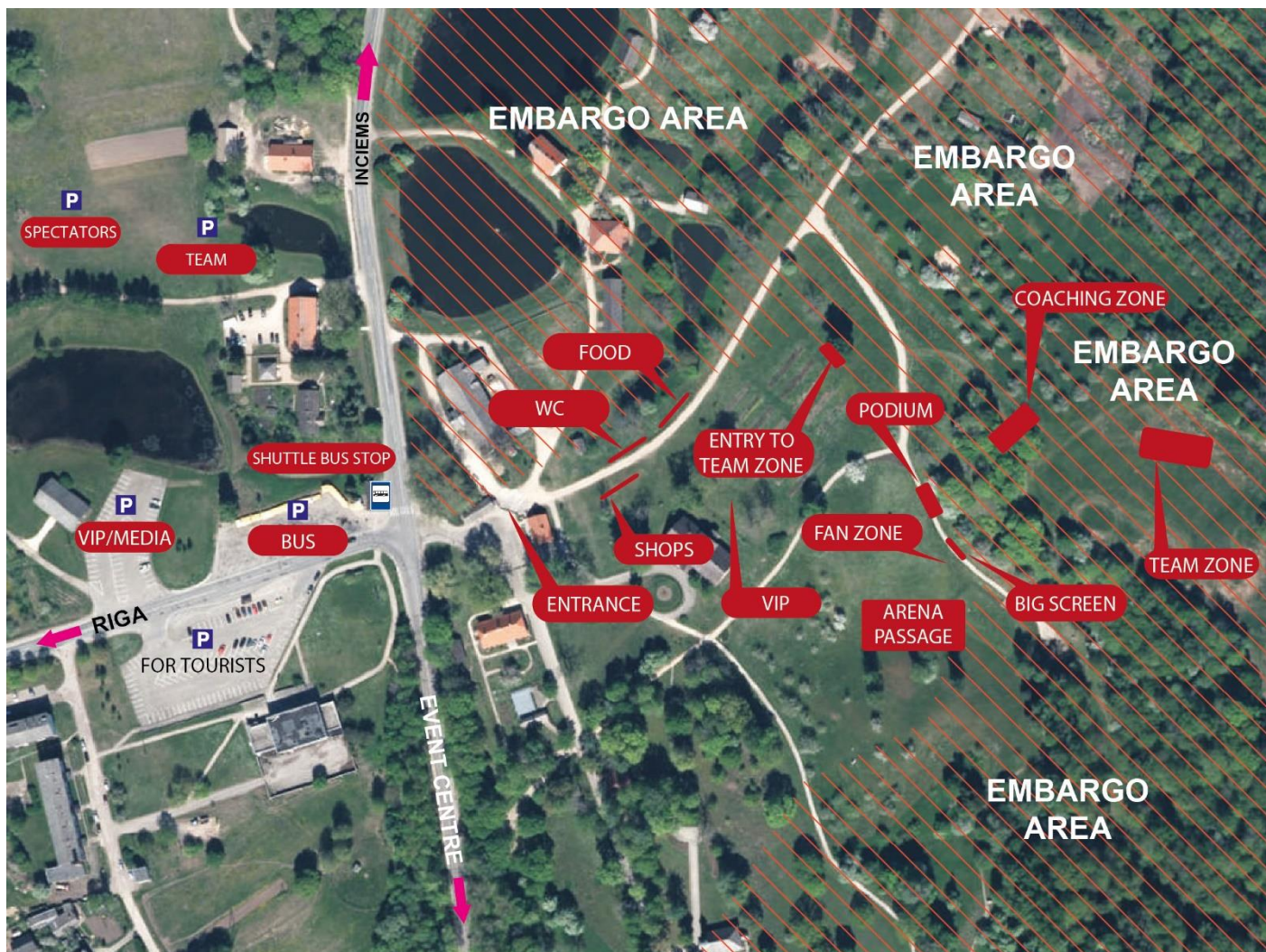
**Course planner:** Indulis Peilāns

**Arena:**

Arena will be in the territory of special protected cultural monument "Turaida Museum reserve". After finish there will be a cool down map. Athletes have to

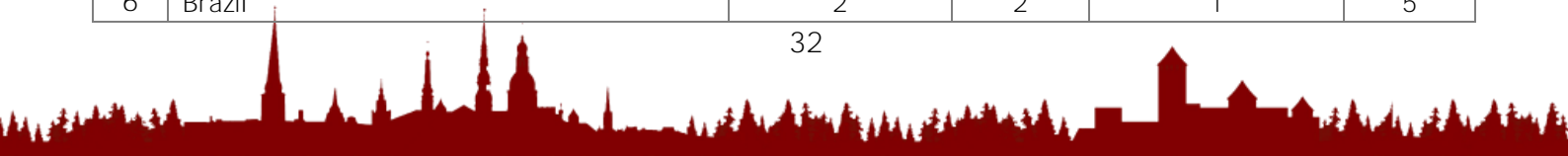
proceed to the bus stop, to get back by bus to the team parking at the first quarantine.

	Women	Men
Length (km)	9.9	16.1
Climb (m)	475	640
Controls	18	24
Refreshment controls	4	5
Winning time (min)	80	100
Maximum running time (min)	180	180
Map size (mm)	297x420	297x420
Control Description size (mm)	50x125	50x160



## 45. ENTRY SUMMARY AS AT 29.07.2018

No.	Federation	Men	Women	Team Officials	Total
1	Argentina	1			1
2	Australia	6	5	2	13
3	Austria	4	4	3	11
4	Belarus	4	3		7
5	Belgium	5	2	2	9
6	Brazil	2	2	1	5





No.	Federation	Men	Women	Team Officials	Total
7	Bulgaria	4	3	1	8
8	Canada	3	1	2	6
9	China	4	4	5	13
10	Colombia	2	1		3
11	Croatia	1	1		2
12	Czech Republic	5	5	3	13
13	Denmark	5	4	5	14
14	Egypt	3		1	4
15	Estonia	5	6	2	13
16	Finland	7	7	8	22
17	France	6	5	4	15
18	Germany	5	3	2	10
19	Great Britain	7	7	3	17
20	Hong Kong	4	4	3	11
21	Hungary	4	4	1	9
22	Ireland	6		1	7
23	Israel	3			3
24	Italy	4	4	1	9
25	Japan	5	5	2	12
26	Kazakhstan	3	3	1	7
27	Korea, Democratic People's Republic of	1			1
28	Korea, Republic of	3	5	1	9
29	Latvia	6	5	2	13
30	Lithuania	5	5	1	11
31	Macedonia, the Former Yugoslav Republic of		1		1
32	Moldova, Republic of	1	1		2
33	Netherlands	1			1
34	New Zealand	5	4	1	10
35	Norway	8	6	6	20
36	Poland	4	4	2	10
37	Portugal	4	2		6
38	Romania	2			2
39	Russian Federation	6	6	2	14
40	Serbia	1			1
41	Slovakia	3	1		4
42	Slovenia		1		1
43	South Africa	1	1		2
44	Spain	5	4	2	11
45	Sweden	7	6	5	18
46	Switzerland	7	6	6	19
47	Turkey	3	3		6
48	Ukraine	6	4		10
49	United States	5	5	1	11
<b>Total</b>		<b>192</b>	<b>153</b>	<b>82</b>	<b>427</b>

**Status:** Bulletin 4 at 1 August 2018, 19:50

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