

Team competition on Trail Orienteering Paralympic Cup "KAPA '2010"

*The international serial of competitions „BALTIC CUP'2010”
in Trail-O (4th and 5th start) and in Tempo (2nd start)*

TRAIL ORIENTEERING IN LATVIA



INVITATION

The three-day Foot-O competitions "Kāpa ' 2010" will be organised in the town of Aluksne and the Trail - O and TempO competitions will be organised extra from „Kāpa' 2010".

www.kapaok.lv

From July, 1st till July, 4th in Alūksne

www.aluksne.lv

Groups of participants

PE - Paralympic group;

AE - Open group.

Teams

Not less, than 3 Paralympic participants from each country

Programme

July, 1	5 ⁰⁰ p.m. -7 ⁰⁰ p.m.	Training course in Trail'O and training in TempO;
July, 2	Till 3 ⁰⁰ p.m.	Registration of participants.
	4 ⁰⁰ p.m	Start in the Trail Orienteering first course
July, 3	2 ⁰⁰ p.m	Start in the Trail Orienteering second course
July, 4	10 ⁰⁰ a.m	Start in the TempO
	After 3 ⁰⁰ p.m	Awarding

Terrain and Map

Terrain: parks, streets, court yard in the town Alūksne;

Map: Mapping in 2010.

Map symbols ISSOM-2007.

Scale 1:4000, Height between a horizontal curve 2,5 m.

Entry application and payment

Entry application Till June, 25th 2010

Include: The country, The club name, Name and surname, year of a birth, group (Paralympic or opened)

E - mail: orient@navigator.lv

Phone: + 371 29928638

Entry application after Till June, 25th does not guarantee possibility the take part to competitions.

Pay - 10 LVL

Young men are 19 years – 5 LVL

(1 EUR ~ 0,7 LVL)

Payment in competition day

Summing Up

By the sum of two days three best results of participants gives points to their teams.

Awarding

Teams which will take first three places will be awarded by cups of Orienteering Club KAPA

Food

Independently in cafe or restaurants in Aluksne.

http://www.aluksne.lv/dome/i_for_tour_eng.htm

Accommodation

Convenient for people with limited mobility in a vocational school hostel in Alsviki (7 km from Aluksne)

3,50 LVL from one person for one day.

A food in Alsviki:

the Breakfast – 1,2 LVL

the Dinner – 2,5 LVL

the Supper – 1,2 LVL

to book till June 28

phone of +371 26110175 (Daiga Udre)

or

e-mail: werita4@inbox.lv

Other possibilities:

Event centre and participants' camping in Pilssala, Alūksne.

- LVL 2 per night/ per tent

- Accommodation on floor –

Alūksne Secondary School, Kanaviņu iela 14, phone +37164381669,

Alūksne State Gimnasium, Glika iela 10, contact: Sarmīte, phone +37126137510.

Other places of lodging for the night in Aluksne

http://www.aluksne.lv/dome/i_for_tour_eng.htm



1 Registration and the information;

2 Event centre and participants' camping;

3 Vocational school hostel in Alsviki

The additional information

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