

MTB-O competition

Ziemeļu kauss 2016

1st and 2nd stage of Latvian cup

Organizers

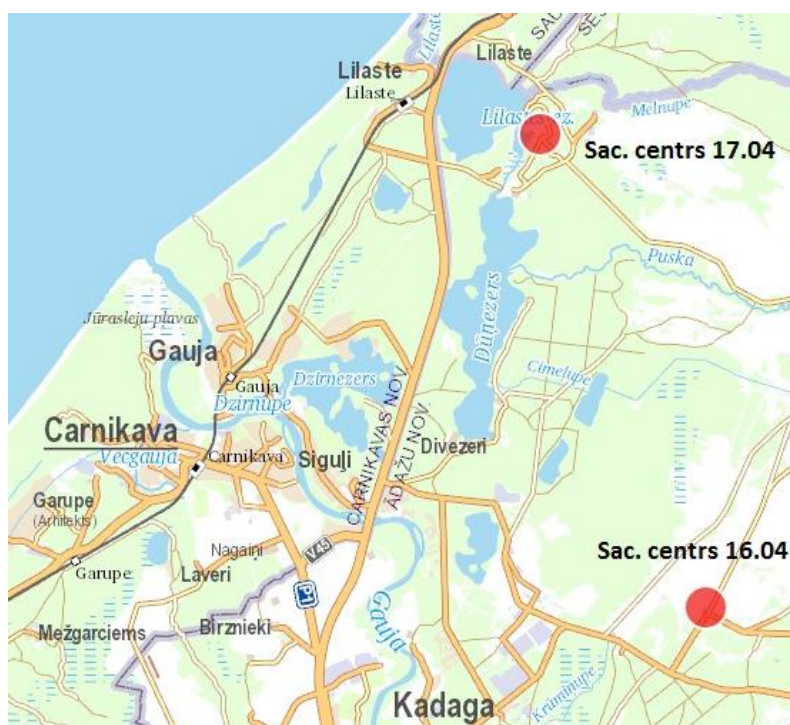
Competition is organized by orienteering club „Kāpa” in cooperation with LOF and Ādaži municipality.

Event director: Paulis Bričonoks., mob. 26435996

Course planner: Edgars Bričonoks

Competition time and place

Event takes place on April 16-17, 2016 in Ādažu military training area and in its surroundings in Ādažu Municipality.



Program

16.04. Long distance.

Registration from 12.00. First start 14.00

17.04. Middle distance

First start 12.00

Competition classes

S (W) ,V (M)-16, 21, 40, 50, Open (beginners)

S,V21 is the only class, which is evaluated in Latvian cup.

Registration

Until **12.04.2016.** via http://www.kapaok.lv/on-line/ziem_divd16_mtbo/pieteikt.php

Entered competitors http://www.kapaok.lv/on-line/ziem_divd16_mtbo/saraksts.php

Start lists published at www.kapaok.lv on April 14.

Entry fee

S,V -16, 50, Open- 8 EUR (5 EUR for one day)

S,V -21, 40- 15 EUR (10 EUR for one day)

Entries after April 12, entry fee + 3eur if there are vacancies. The rent for one SI card is 1 EUR.

Map and terrain

Maps designed in 2015/2016. Base materials – laser scans by Metrum. Maps by Indulis Peilāns and Paulis Bričonoks.

Author of MTB-O version: E.Bričonoks.

Map scale for shortened long distance **1:15 000**, Middle distance – **1:12 500**

Terrain is unique for Latvia and Baltic states with specific landscape formed by military actions. Mostly coniferous forest with medium density of road and path network. Relatively flat terrain, relief forms small and medium with the maximum height difference of 25 metres. In some parts roads used by armored vehicles are sandy or with a slow rideability.

Award ceremony

Sum of results in both days: first three riders in each class are awarded.

Other information

Bicycle helmet use is mandatory. Competitors are allowed to ride off roads.

Competitors must follow traffic rules on public roads. Traffic won't be restricted!

Participants are responsible for their own safety during the race!

Medical person will be available on the competition centre. Water after finish available.

Warm-up clothes will be delivered from start to finish area by organizers.

Accommodation at “Piejūras internātpamatskola”, (www.piejurasskola.lv) beds, showers and bed clothes will be available. Price for one night is 6 EUR from person. It is possible to order a meal. Accommodation can be ordered – 67956366, or we can help to order, write an email to event director – ainars.lupikis@inbox.lv.