



**Team competition of the  
PARALYMPIC CUP  
„KĀPA ’2012”  
and  
Trail-O championship of Latvia  
29.06.-01.07.2012. Vietalva**

*Bulletin 2*

**1. Aims and tasks**

Competition is held on purpose to popularize Trail Orienteering, to raise the number of participants, to raise the rivalry in this style of orienteering, to stimulate participants to improve their skills, to find the best sportsmen in Paralympics and open classes.

**2. Time, place and programme**

The competition is held in 29<sup>th</sup> of Jun – 1st of July in Vietalva  
Competition center sport center “Mailes”

29.06.2012.	līdz 14:00	Registration
	11:00-15:00	Model
	17:00 – 20:00	1st day start – medium distance
	21:00	Opening ceremony
30.06.2012.	15:00-18:00	2nd day start– long distance
	21:00	Concert and dance
01.07.2012.	9:00-12:00	Start Tempo
	15:00	Price giving ceremony

**3. Organization**

Competition is organized by OK Kāpa and society TACIŅA  
Event Director General Judge - Zita Rukšāne, mapper and course planner – Atis Rukšāns,

**4. Participants**

Competition is open. Anyone who wants can take part in Elite and beginners groups.

PE – elite group for disabled people.

AE – elite group, where can start everyone who wants.

PB, AB – beginners groups.

## 5. Price giving

The winners and are awarded with diplomas.

The best teams of countries and Latvian clubs are awarded with cups.

## 6. Applications and participation fee

Preliminary entries must be sent until 22nd of June to e-mail [ruksanez@inbox.lv](mailto:ruksanez@inbox.lv)

All competitors must pay start fee of 15,00Ls, one course start – 4,00Ls.

For O-runners of Foot'O competition "Kāpa'2012" all competition – 7,00Ls, one course start – 2,00Ls.

Start fee is paid on the day of competition, in registration office or by transfer to account of society TACIŅA

	<b>Biedrība "TACIŅA"</b>
<b>ID.Nr.</b>	<b>40008177838</b>
<b>Address</b>	<b>„Birzes”-3, Sējas novads, LV-2142</b>
<b>Bank</b>	SEB banka
<b>code</b>	UNLALV2X
<b>account</b>	LV46UNLA0050017071829

## 7. Additional information

Accommodation in Odziena school on the floor with their own sleeping bags - approximately 1.30 Ls per one night.

It is possible to order breakfast and dinner at school - approximately 2.5 ls day.

Other accommodation possibilities: <http://www.kapaok.lv/index.php?id=eng> ,  
[www.plavinas.lv](http://www.plavinas.lv),

