

# PM | VM-TEST | 7 & 9 JUNE 2018 | LĪGATNE

## 1. VENUE

VM-test will take place in Skalupes on 7<sup>th</sup> (middle) and 9<sup>th</sup> (long) June 2018.

**Arena GPS coordinates:**

57.256041; 25.071628

Distance Parking > Arena : 200m

## 2. EMBARGOED AREA

Please note that there are only a few allowed roads to access to the arena. The area remains embargoed after the middle distance.

<https://goo.gl/vFqdLJ>

## 3. FAIR PLAY

It is not allowed to communicate information after your race with runners who haven't started.

It is also not allowed to communicate with coaches who are in contact with runners who haven't started.

The maps will be collected at the finish, and not available before the last runner has started.

## 4. PUNCHING SYSTEM

SPORTident Air+ touchfree punching system will be used at all competitions. The chip will be provide by the organizers and should be collected at the arena.

## 5. GPS TRACKING

The 13 best IOF ranked runners (men and women) will wear GPS unit. The unit and vest can be collected at the arena.

This tracking won't be public as the organizers have asked us to not publish GPS tracking information for fairness issues prior the WOC selection race held the 7-8 July in the same forest (on different courses though).

## 6. MAPS

Maps are drawn according to the International Specifications for Orienteering Maps (ISOM 2017). *[FYI: No brown, green crosses like in the training maps.]*

Mapmaker: D. Dubrovskis (2018)

Race	Map	Scale	Contour interval
MIDDLE	Līgatne	1/10.000°	5m
LONG	Līgatne	1/15.000°	5m

## 7. DISTANCES

MIDDLE	Distance	Climbing	Nbr of controls	Refreshments
M21	5,8 km	250m	17	0
W21	4,9 km	215m	16	0
LONG				
M21	16,3 km	650m	24	4
W21	9,9 km	470m	20	4



## 8. START & WARMUP

No warmup map.

Distance from the Arena to the start (marked from the arena):

**Middle:** 1600m

**Long:** 200m

Calling time: -3min



## 9. REFRESHMENTS

Only for the long distance. Water in glasses.

**M21:** 4 refreshments points [30%, 50%, 70 % (arena/coach zone), 90%]

**W21:** 4 refreshments points [10%, 35%, 50%, 85% (arena/coach zone)]

Note: It is allowed to have your own refreshment at the arena passage.

