



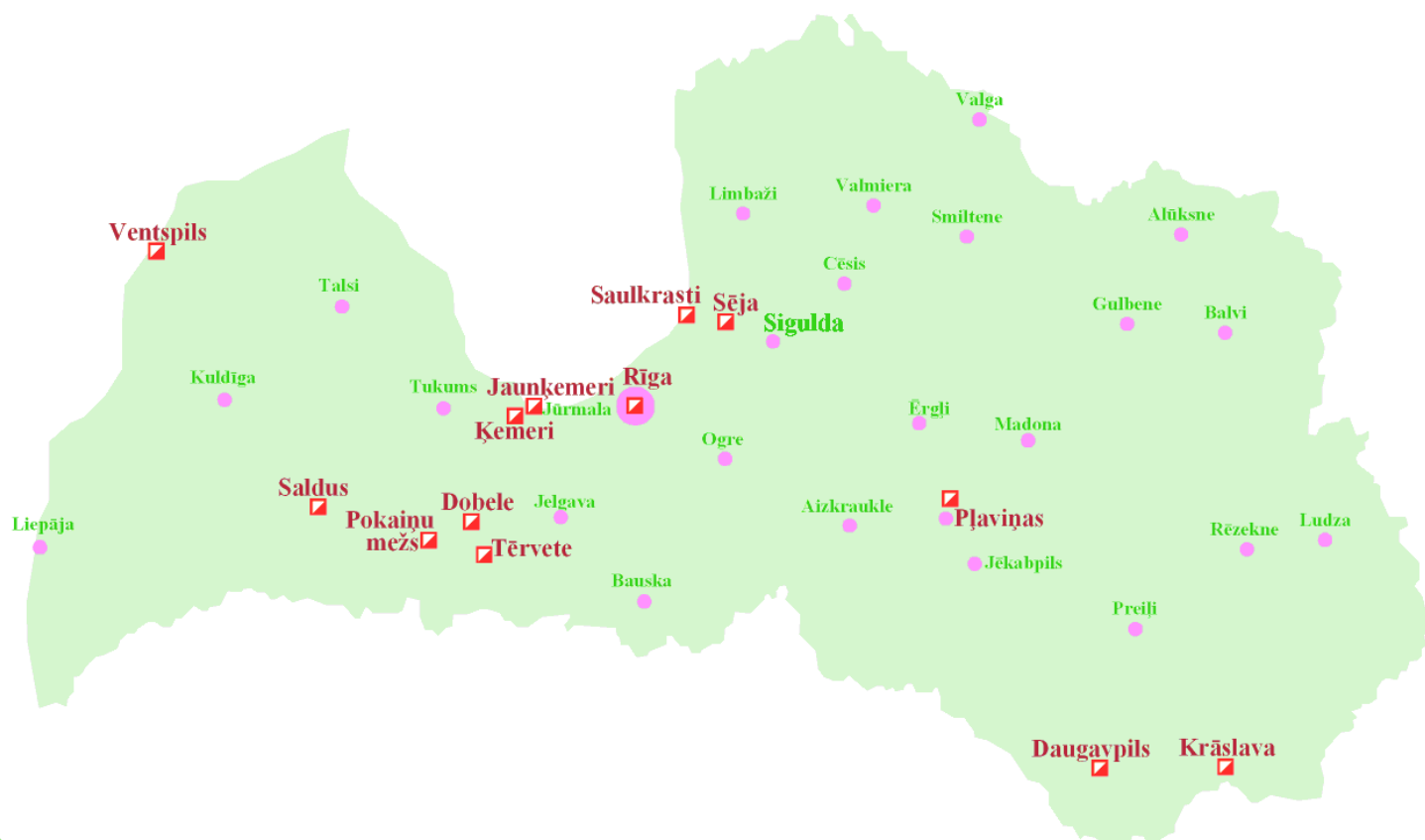
Latvian Orienteering Federation  
Trail Orienteering Commission

## Trail Orienteering and Tempo Competitions Calendar '2012 in Latvia

Date	Event	Place	Programme	The organizer, responsible person and possibility to be contacted
<b>APRIL</b>				
7-8	Courland Spring '2012	Pokaiņi Forest (Pokaiņu mežs)	Trail - O	<b>Ivars Prikulis</b> E-mail: <a href="mailto:prikulisivars@inbox.lv">prikulisivars@inbox.lv</a> Phone: +371 29410429
9	Easter Trophy '2012 <a href="http://mona.lv/">http://mona.lv/</a>	Rīga	Trail - O	<b>MONA OK</b> E-mail: <a href="mailto:takas@mona.lv">takas@mona.lv</a>
29	Paralympic Cup „Jūrmala '2012”	Jūrmala (Jaunķemeri)	Trail - O	<b>Jānis Bergs</b> E-mail: <a href="mailto:orient@navigator.lv">orient@navigator.lv</a> Phone: +371 29928638
30	Open competition „Ventspils '2012”	Ventspils	Trail - O TempO Trail - O at night	<b>Jānis Bergs</b> E-mail: <a href="mailto:orient@navigator.lv">orient@navigator.lv</a> Phone: +371 29928638
<b>MAY</b>				
1	Open competition „Ventspils '2012”	Ventspils	Trail - O (long course)	<b>Jānis Bergs</b> E-mail: <a href="mailto:orient@navigator.lv">orient@navigator.lv</a> Phone: +371 29928638
4	Jēkabpils Trophy '2012	Daugavpils	Trail - O	<b>Valdis Strods</b> E-mail: <a href="mailto:sidlavs@inbox.lv">sidlavs@inbox.lv</a> Phone: +371 26001700
5-6	Championship of Latvia	Daugavpils	Trail - O (middle & long courses) TempO	<b>Jānis Gaidelis</b> E-mail: <a href="mailto:gaidelis@inbox.lv">gaidelis@inbox.lv</a> Phone: +371 28885241
<b>JUNE</b>				
29-30	Three-Day orienteering „Kāpa'2012”	Pļaviņas	Trail - O (middle & long courses) Trail - O at night	<b>Atis Rukšāns</b> E-mail: <a href="mailto:atis.ruksans@inbox.lv">atis.ruksans@inbox.lv</a> Phone: +371 29265864
<b>JULY</b>				
1	Three-Day orienteering „Kāpa'2012”	Pļaviņas	TempO	<b>Atis Rukšāns</b> E-mail: <a href="mailto:atis.ruksans@inbox.lv">atis.ruksans@inbox.lv</a> Phone: +371 29265864
14	Cup of Sigulda '2012	Saulkrasti	Trail - O	<b>Zita Rukšāne</b> E-mail: <a href="mailto:zita19@inbox.lv">zita19@inbox.lv</a> Phone: +371 26324803
27-29	Sports games „Latgale'2012”	Krāslava Daugavpils	Trail - O (middle & long courses) TempO	<b>Jānis Gaidelis</b> E-mail: <a href="mailto:gaidelis@inbox.lv">gaidelis@inbox.lv</a> Phone: +371 28885241

Date	Event	Place	Programme	The organizer, responsible person and possibility to be contacted
<b>AUGUST</b>				
10 - 12	Open competition „Ķemeri'2012”	Jūrmala (Ķemeri)	Trail - O at night Double-event in precisely orienteering (Trail'O + TempO) Trail - O (long course)	Jānis Bergs E-mail: <a href="mailto:orient@navigator.lv">orient@navigator.lv</a> Phone: +371 29928638
<b>SEPTEMBER</b>				
15 - 16	Open championship Riga's district '2012	Sēja	Trail - O (middle & long courses) TempO	Zita Rukšāne E-mail: <a href="mailto:zita19@inbox.lv">zita19@inbox.lv</a> Phone: +371 26324803
28 - 30	Michaelmas Trophy '2012	Tērvete	Trail - O at night Trail - O (long course) TempO	Jānis Bergs E-mail: <a href="mailto:orient@navigator.lv">orient@navigator.lv</a> Phone: +371 29928638
<b>OCTOBER</b>				
20	Cup of Saldus '2012	Saldus	Trail - O	Guntars Mankuss E-mail: <a href="mailto:guntars@bkc.lv">guntars@bkc.lv</a>
<b>NOVEMBER</b>				
3	Cup of Dobele '2012	Dobele	Trail - O	Normunds Narvaišs E-mail: <a href="mailto:pakrasti@apollo.lv">pakrasti@apollo.lv</a> Phone: +371 229553412

## Trail - O and TempO competitions in Latvia in 2012



## Pokaiņi Forest (*Pokaiņu mežs*)



Pokaiņi forest is a new and unusual touristic site 13 kilometers from the town of Dobele in the direction of Īle. The forest, full of small hills and little valleys, is known for an unusually picturesque landscape. But the main reason that attracts visitors is the miraculous tales that are being told about the forest. Here lie the famous Pokaiņi stone stacks, in smaller and bigger groups, forming stone rivers and little stone dykes. Such an amount of stones of all shapes and sizes indeed creates an extraordinary impression. Many people even claim to have felt a kind of energy running through them, some see visions and some claim to have received some information flow. Guides and visitors of the forest talk about rare natural phenomena, however sages, healers and psychics consider this to be an ancient sanctuary. Even if previous experience and lack of scientific explanations stops the belief in supernatural wonders, the calm of the surroundings and a tranquil walk in the fresh air will cheer up any skeptical mind. Don't forget comfortable shoes as the hilly Pokaiņi forest walk is also popular among orienteering sports fans.

### More Information about Pokaiņi Forest (*Pokaiņu mežs*)

<http://www.latvia.travel/en/pokaini-forest>

<http://www.discover-latvia.lv/pokaini.php>

[http://www.dobele.lv/page/564?action=description&t\\_id=57](http://www.dobele.lv/page/564?action=description&t_id=57)

[http://www.lvm.lv/eng/recreation/recreation\\_in\\_nature/zemgale/?doc=1041](http://www.lvm.lv/eng/recreation/recreation_in_nature/zemgale/?doc=1041)

## Kemeri (*Ķemeri*)

### Coat of arms of Kemeri.



*A dolphin - symbol a health and wisdom*

Part of Jurmala, connected with the rest of Jurmala and Riga by and electric railway and the Riga-Ventspils highway. 44 km from Riga.

Kemeri is 6 km far from the sea, and is situated among lakes and swamps, rich in sulfuric springs. Kemeri region with its curative qualities of sulphur springs is well known since 18th century, but the official year of establishing Ķemeri state resort is 1838, when the first medical bathing house was built there. In 1928 Ķemeri gained city rights.

That is why the development of this place is connected to medical functions of sulfuric waters of local marshes.

Saint source of Kemeri, used in folk medicine, have been known to doctors from the second half of the 18th — the beginning of the 19th century, when representatives of Kurland high society came there to get rid of various diseases. They were accepted by foresters, who offered to live in their houses and enjoy medical baths from marsh springs. The name of one forester was Kemers; he gave the name to marshes and later, to the whole resort.

There are more than 30 sulphureous springs on the territory of Kemeri, besides, there are a lot of medical peat and sapropelic silt (in the lake Kaniera).

In 1997, Kemeri National Park was founded here.

### More Information about Kemeri (*Ķemeri*)

<http://www.jurmala.lv/page/414>

<http://www.latvia.travel/en/around-kemeri-national-park>

[http://www.daba.gov.lv/public/eng/visiting/zemgale/kemeri\\_national\\_park1/visitor\\_services/](http://www.daba.gov.lv/public/eng/visiting/zemgale/kemeri_national_park1/visitor_services/)

## Tervete (*Tērvete*)



The Tērvete Nature Park is a fabulous place, where unique nature and heritage live side by side. Tērvete Nature Park is one of the best and most suitable places for families with kids and those who are still able to view the world through kids' eyes, believing in fairy tales and seeing wonders. This place also tells stories about mightiness of the ancient Zemgallian tribes through 3 longstanding hill forts.

The Tērvete nature park is a unique natural site – it is home to 72 endangered plants that grow in the wild throughout the park. This area is also a safe haven for many other forms of wildlife such as birds, reptiles and amphibians. There are designated nature protected zones that keep the park's rare species free from intrusion

### More Information about Tervete (*Tērvete*)

[http://www.mammadaba.lv/pages/top\\_detail.php?l=en&id\\_object=61](http://www.mammadaba.lv/pages/top_detail.php?l=en&id_object=61)

<http://www.tervetesnov.lv/turist/buklen.pdf>

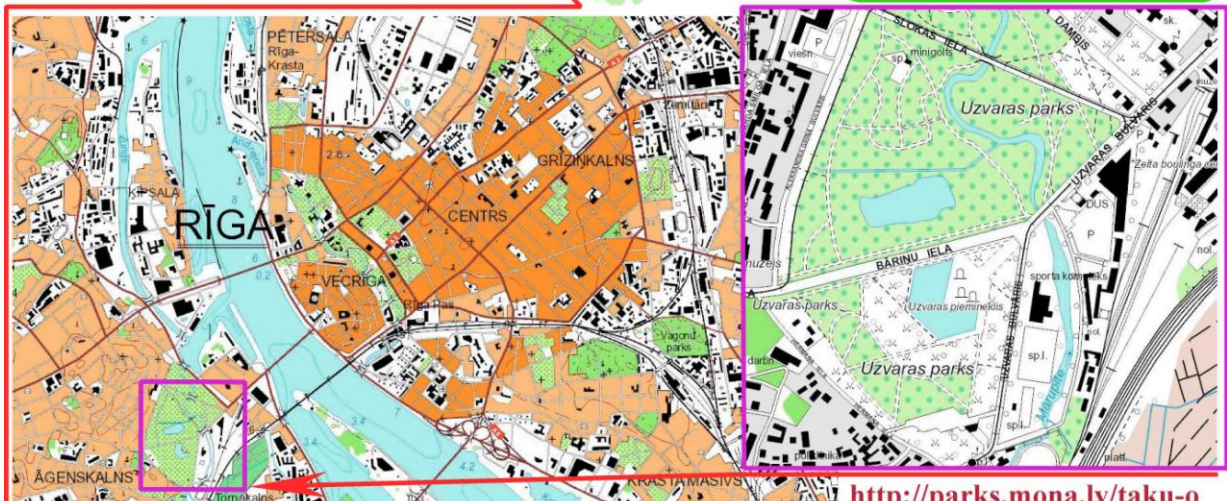
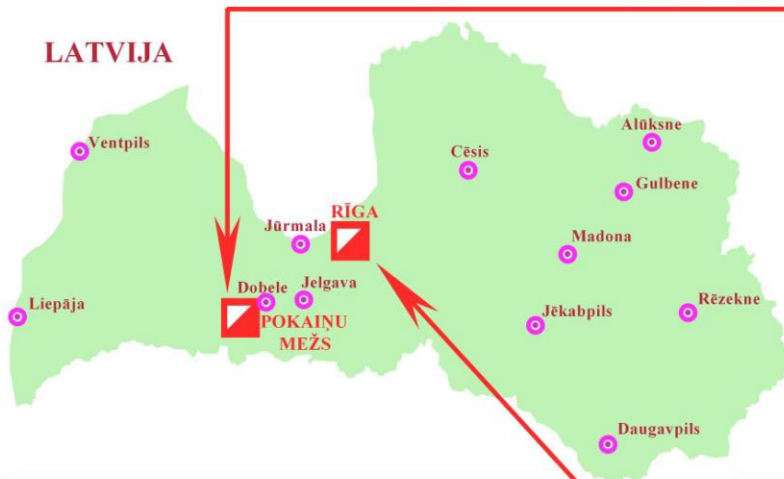
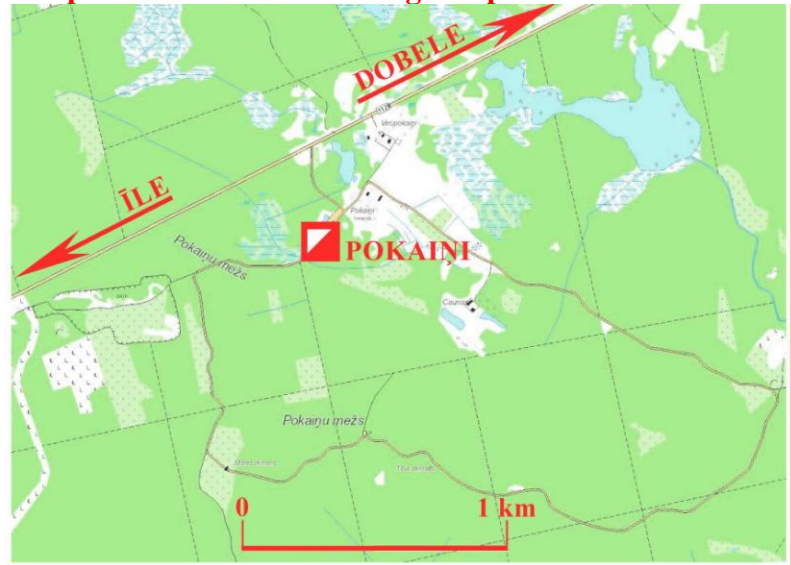
<http://www.rctervete.lv>

# WELCOME TO LATVIA!!!

We invite you to take part in Trail Orienteering competitions



<http://www.pavasaris.lv/>



<http://parks.mona.lv/taku-o>

# INVITATION

April, 7 - 8<sup>th</sup> 2012 in Pokaiņu Forest (*Pokaiņu mežs*), Latvia  
and  
April, 9<sup>th</sup>, 2012 in Riga, Latvia



<http://www.spriditis.webs.com/>



<http://www.pavasaris.lv/>

## Trail – O competition

# „COURLAND SPRING '2012”

### R e g u l a t i o n

#### 1) Time and place

April, 7 – 8<sup>th</sup>, 2012. Pokaiņu Forest (*Pokaiņu mežs*), Latvia

#### 2) Competition center

Tourism centre - "Pokaini forest" (*Pokaiņu mežs*)

[http://www.mammadaba.lv/map/big\\_16\\_Pokaini\\_big.jpg](http://www.mammadaba.lv/map/big_16_Pokaini_big.jpg)

#### 3) Organizers

Trail – O commission of Latvian Orienteering Federation, in collaboration with Popular sport Club „Sprīdītis” and Orienteering Club Saldus”.

The Chief competitions: **Ivars Prikulis** (*PSK-Sprīdītis*)

The Chief Secretary: **Indra Segliņa** (*PSK-Sprīdītis*)

Event controller: **Normunds Narvaišs** (*PSK-Sprīdītis*)

#### 3) Program

##### Saturday, April 7, 2012

Till 3<sup>30</sup> p.m. Arrival and registration of participants;

From 4<sup>00</sup> - 6<sup>00</sup> p.m. Start. Trail – O competition in middle course.

##### Sunday April 8, 2012

From 2<sup>00</sup> p.m. - 4<sup>00</sup> p.m. Start. Trail – O competition in long course.

~ 6 p.m. Awarding

#### 4) Groups of participants

PE - Paralympic group;

AE - Open group.

#### 5) Awarding

In each group awards for first three places

#### 6) Entry application and payment

Entry application **Till April, 1st, 2012**

Include: Country, **the name of Club, name and surname, year of a birth, group** (*Paralympic or open*)

e-mail: [prikulivars@inbox.lv](mailto:prikulivars@inbox.lv) or [agriskrum@apollo.lv](mailto:agriskrum@apollo.lv)

Phones:

+ 371 29410429 (*Ivars*) or +371 29468892 (*Agris*)

**Fee - 4 LVL**

**For younger participants till 19 years – 2 LVL**

**Trail-O fee for Foot-O competitors** (who have entered also the Trail-O) **1 LVL (for each start) and for younger participants till 19 years – 0,5 LVL (for each start).**

Entry application **after April 1<sup>th</sup>**, or entry application was not sent **must pay 7 LVL.**  
(1 € ~ 0,7 LVL)

**Payment at the day of competition**

### **7) Accommodation available with wheelchairs:**

**Rehabilitation centre „Tērvete”** (approximately 32 km from competition center).

[http:// www.rctervete.lv/extra\\_services.html](http://www.rctervete.lv/extra_services.html)

Place for accommodation must be ordered **till April 1st:**

Twenty-four hour phone (administrator) - (+371) **63726175**; Mob.phone - (+371) **27859888**;

Fax - (+371) **63781703**

E-mail: [rctervete@zemgale.lv](mailto:rctervete@zemgale.lv)

### **High school Nr of 1 city of Dobele**

In a class on a floor with the sleeping bag.

Free of charge.

To order **till April, 1st 2012** by phone: +371 **29468892** (Agris) or E-mail: [agriskrum@apollo.lv](mailto:agriskrum@apollo.lv)

### **8) Other possibilities accommodation not available to wheelchairs:**

Our cheapest (2.50 LVL per night per person) recommendation at Dormitory of Apgulde School, catering also possible tel. 371 63720985, mob. tel. 371 29332912.

[www.dobele.lv](http://www.dobele.lv)

Camping „Niedras” 17 km from the competition centre, tel. 371 27095300

Guest house „Laukgaļi”, tel. 371 3766691, mob. tel. 371 26537090

Guest house „Dzirnaviņas” in Biksti, tel. 371 3766583, mob. tel. 371 29112451

Vecauce Castle, tel. 371 63745302, mob. tel. 371 29195959

Vecauce School Dormitory, mob. tel. 371 29237535, mob. tel. 371 26641515

### **9) Additional Information**

Simultaneously with competition in Trail-O, will be is also competition in Foot-O.

More the information about competitions in Foot-O:

<http://www.pavasaris.lv/en>

### **10) Tourism information:**

[www.latvia.travel/lv/pokainu-mezs](http://www.latvia.travel/lv/pokainu-mezs)

[http://www.zemgaletourism.lv/dobele\\_lv?id=103&obj=52](http://www.zemgaletourism.lv/dobele_lv?id=103&obj=52)

[http://www.mammadaba.lv/pages/top\\_detail.php?l=lv&id\\_object=60](http://www.mammadaba.lv/pages/top_detail.php?l=lv&id_object=60)

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[http://www.lvm.lv/eng/recreation/recreation\\_in\\_nature/zemgale/?doc=1041](http://www.lvm.lv/eng/recreation/recreation_in_nature/zemgale/?doc=1041)

# Trail Orienteering Event Easter Prize 2012



9 April 2012 Riga

## Bulletin 2 – Invitation



RĪGAS DOMES IZGLĪTĪBAS,  
KULTŪRAS UN SPORTA  
DEPARTAMENTS

### Date and Place

- Event takes place on the Easter Monday – 9 April 2012 in Riga.
- Location – Pārdaugava, Uzvaras parks. Exact location of the event will be disclosed in the Bulletin 3.

### Classes

According to the Trail-O rules there is no classification by age or gender.

- **Paralympic Class:** competitors who have some permanent physical disability (including hidden disabilities) which gives a significant disadvantage in Foot Orienteering competitions.
- **Open Class:** any competitor regardless gender, age or physical ability.

### Courses, Starting Order, Punching

- Trail-O course, free starting order.
  - Starting interval – min 1 minute.
  - Starting interval between teammates – min 2 minutes.
- Needle punching on special Trail-O control cards.

### Event Programme

10:30-12:00	Arrival, registration (competitors are only allowed in the Event Center and Warm-up area before the start).
12:30-13:30	Start in free order
13:30-13:55	Start for Foot-O Sprint competitors who have entered also the Trail-O competition
14:45	Prize giving ceremony

### Terrain and Map

- **Terrain:** park, streets, yards.
- **Map:** made in 2011–2012, map specification ISSOM-2007, scale 1:4000, contours 2m.

### Dangerous Areas

- When crossing the streets, please, make sure there is no traffic!

### Entry

- From 16 March to 5 April (23:59) on the OK Mona web-page [mona.lv](http://mona.lv), or by e-mail: [takas@mona.lv](mailto:takas@mona.lv), or by phone +371-26551920 ask for Mārīte.
  - The following information should be provided when entering: Country, Club, Name and Surname, year of birth, class (Paralympic or Open).

## Entry Fee

Classes	Basic entry fee, if paid on the day of competition	Discounted entry fee, if paid by Bank transfer till 5 April	Late entry fee	Trail-O fee for Foot-O Sprint competitors (who have entered also the Trail-O)
Paralympic Class	Free	–	1.00 LVL	–
Open Class – juniors up to 19	1.50 LVL	1.00 LVL	2.50 LVL	0.50 LVL
Open Class – adults	3.50 LVL	3.00 LVL	5.00 LVL	1.00 LVL

( 1 EUR ~ 0,7 LVL )

- **Basic** entry fee – for competitors, who register till 5 April, and pay entry fee on the day of competition by cash (free of charge for Paralympic class).
- **Discounted** entry fee – for competitors who register and pay entry fee by bank transfer to **the bank account of OK Mona** till 5 April.
- **Late** entry fee – for competitors who have missed the entry deadline of 5 April.

## Prizes

- **Certificate** and **prize** to the winners of first three places in each class.
  - In the **Open** class, also Paralympic class competitors are ranked.

## Special Rules

- Competitors participate at their own risk.
- The Clubs shall arrange escorts for their team members who need physical assistance because of their disability.
- Competitors are not allowed in the competition area before the start; competitors are only allowed in the Event Center and warm-up area before the start.
- Competitors who have finished their courses may not contact competitors who have not started yet!

## Other Specific information

- Foot-O sprint competition will take place at the same time; there will be Foot-O controls in the competition area – however, not a part of any Trail-O course.

## Organizers

- Latvian Orienteering Federation, Orienteering Club MONA, co-financed by the Education, Culture and Sports Department of the Riga Municipality.
- Event Director – Iveta Miķelsone, phone +371-28660852, e-mail: [takas@mona.lv](mailto:takas@mona.lv)
- **Account details** for payment of entry fee:
  - Orientšanas klubs MONA, biedriba
  - Reg.No. 40008022716
  - Account (IBAN): LV24UNLA0050006006271
  - SEB banka, code: UNLALV2X

More information:

<http://parks.mona.lv/english-info>