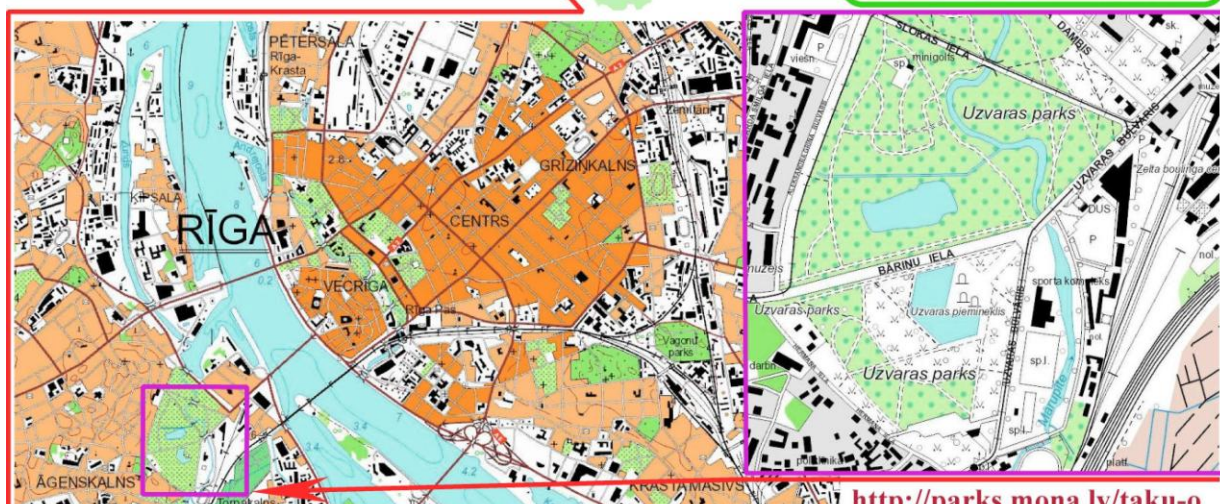
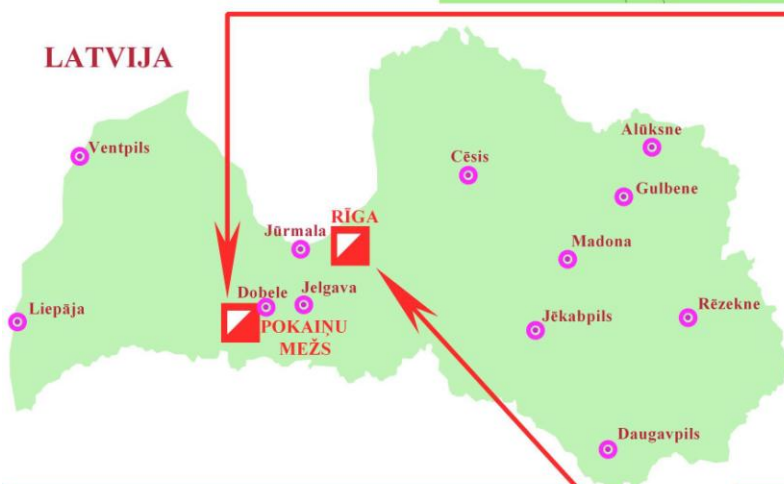
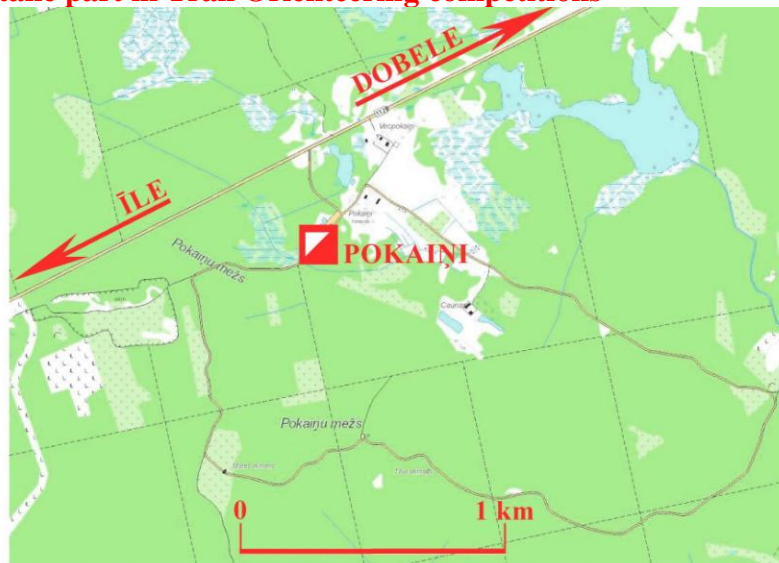


WELCOME TO LATVIA!!!

We invite you to take part in Trail Orienteering competitions



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



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

INVITATION

April, 7 - 8th 2012 in Pokaiņu Forest (*Pokaiņu mežs*), Latvia
and
April, 9th, 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 – 8th, 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

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 3³⁰ p.m. Arrival and registration of participants;

From 4⁰⁰ - 6⁰⁰ p.m. Start. Trail – O competition in middle course.

Sunday April 8, 2012

From 2⁰⁰ p.m. - 4⁰⁰ 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 or 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 1th**, 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

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

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

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.zemgaletourism.lv/dobele_lv?id=103&obj=52

http://www.mammadaba.lv/pages/top_detail.php?l=lv&id_object=60

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.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, or by e-mail: 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
- **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>