



## Rīga region Trail-O championship

### 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 8th and 9th of June in Seja, Rīga region, Latvia

Competition center 1st and 2nd day – marked from road Murjani-Saulkrasti  
lat57.1654924, lon24.6209584; x 537554, y 6335974;

08.06.13..	12:00-13.00	Registration
	13:00-14:30	1st day start Lat.57.1431429, lon.24.5675524; x534345, y6333463
	18:00	Temp-o lat.57.1635822, lon.24.6129733; x537073, y 6335762
09.06.13.	09:30-10.30	2nd day start lat.57.1431429, lon.24.5675542; x535342, y6333463
	14:00	Price giving

### 3. Organization

Competition is organized by OK „Tacina”. General Judge - Zita Rukšāne , route planner – Atis Rukšāns, supervisor - Andris 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.

B – beginners group, where can start everyone who wants.

### 6. Applications and participation fee

Online entry: [http://taku-o.lv/index.php?option=com\\_seminar&task=3&cid=29&sem\\_midx=2&sem\\_jidx=0&Itemid=2](http://taku-o.lv/index.php?option=com_seminar&task=3&cid=29&sem_midx=2&sem_jidx=0&Itemid=2)

Preliminary entries must be sent until 5th of June to e-mail [ruksanez@inbox.lv](mailto:ruksanez@inbox.lv)

All competitors must pay start fee of 15€. One start fee 6€.

Start fee is to be paid on the day of competition, in registration office.

### 7. Map, terrain

Maps 1:4000, H 2m;.

1<sup>st</sup> day – 1km, 20KP, Temp-o – 6 stations with 3 exercises each

2<sup>nd</sup> day 2 km 25KP

Information about accommodation [www.viesumajas.lv/viesu-nami/rigas-rajons](http://www.viesumajas.lv/viesu-nami/rigas-rajons)  
[www.sejassports.viss.lv](http://www.sejassports.viss.lv)

### Competition center

1<sup>st</sup> day start    2<sup>nd</sup> day start    TempO start

