



We warmly welcome you to Dzintaru O-Cup!

Bulletin 1

26.03. – 01.04.2024.

The Dzintari Events team welcomes you to take part in the first-ever [Dzintaru O-Cup](#) competition, a part of the new [Amber O-Week](#)!

Throughout the Amber O-Week, we invite you to participate in orienteering training, where you will be able to enjoy the beauty of Riga forests. As the highlight of the week, the Dzintaru O-Cup will take place in Mangalsala, a unique coastal terrain for two challenging middle-distance competitions. But the excitement doesn't stop there! On Monday, in the heart of Old Town Riga, you can start collecting WRE points in the sprint competition [Lieldienu balva](#).

Organizers

The competition is organized by Dzintari Events in cooperation with the Latvian Orienteering Federation.

Event director: Rihards Krūmiņš

Event adviser: Atis Zariņš

Location

[Mangalsala, Riga](#).

Program

29.03. Model Event.

30.03. Competition 1st day. Middle distance. Latvian Cup stage.

31.03. Competition 2nd day. Middle distance. MW18, MW20, and MW21E groups will have a middle distance with a chasing start. Latvian Cup stage.

Climate

In late March and early April, spring begins in the vicinity of Riga, bringing warmer weather with an average temperature of +5°C to +10°C. Snow is unlikely during this time in the terrain.



Dzintaru O-Cup 2024



Competition groups

Age groups: MW 8*, 10*, 12, 14, 16, 18, 20, 21E, 21A, 21B**, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85

* Marked course

** MW21B – technically easy course.

OPEN groups:

OPEN-1 – technically easy course.

OPEN-2 – technically difficult course.

Entries

Entry for all classes by using the [LOF online entry registration system](#). Registration will open on 01.01.2024. Until 01.03. discounted entry prices will apply. The last day for entry is 25.03. Entry after 25.03. only for vacant places for 50% higher price.

Courses

Dzintaru O-Cup courses are made according to IOF and LOF guidelines. Both competition days are middle distance races. **On the second day MW18, MW20, and MW21E groups will have a chasing start.**

Course setter: Fricis Spektors

Terrain

The terrain consists of a coastal pine forest with predominantly good runnable terrain. In some areas, you'll encounter dense, challenging forested sections. It features a detailed coastal ridge landscape, numerous roads, and trails. This area is situated within a nature reserve, resulting in highly restricted forestry activities. Furthermore, you'll come across military installations dating back to the previous century, adding a unique and distinctive aspect to this location.

Punching system

SPORTident Air+ punching system will be used. Control point stations are configured to punch in both contact and contactless modes. Participants with a personal SportIdent or SIAC must present their number in the registration process. It will be possible to rent a SPORTident Air+ unit from the competition organizers.



Dzintaru O-Cup 2024



Map

The map is made in 2023./2024.

Mapper: Indulis Peilāns

Map scale 1:10 000 and 1:7500

Contours: 2,5m

Link 1 to the previous map: <https://lof.lv/uploads/kartes/2003/674.jpg>

Link 2 to the previous map:

https://www.magnets.lv/uploads/kartes/magnets_23/Parauqkartes/16karta_Mangalsala.jpg

Forbidden area

The restricted area, which is off-limits to competitors and anyone who might influence the competition's results, is indicated on the map below.

The embargoed area is active from 02.11.2023 until 31.03.2024.:



Detailed embargoed area is available here:

https://www.google.com/maps/d/u/0/edit?mid=1AwYFz_FvMhHWtLIRAfAp_yM3YEdhL0&usp=sharing



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Prizes

In all groups, the top 3 performers in the Dzintaru O-Cup overall ranking will receive prizes.

In the elite classes, the top 3 athletes will be awarded cash prizes.

Parking and public transportation

Both Dzintaru O-Cup races will offer parking for cars and buses. Parking space is limited so we kindly ask you to fill the cars fully and be environment friendly! All competition venues are accessible via [Riga's public transportation system](#) on each competition day.

Services at the competition center

- First aid
- Catering
- Sporting goods
- GPS tracking
- WC
- Water
- Childcare

Accommodation

There are plenty of opportunities in Riga and its surroundings for accommodation. For options check [Latvia Travel](#) or other popular accommodation sites.

Other information

- Photos and videos will be taken on the day of the competition, and these may be shared on the Internet and in media reports. By registering, participants consent to their publication.
- The organizers ensure the requirements for the protection of personal data of individuals in compliance with the Personal Data Protection Law.
- The competition upholds the principle of fair play.
- Participants compete at their own risk and take full responsibility for their health and actions during the race. Parents or guardians are fully responsible for their children in the competition area and on the course.
- Competitions are held following LOF competition rules and IOF guidelines.



Dzintaru O-Cup 2024



Visa

Latvia is a member of the European Union and EU citizens do not need a visa to enter Latvia. Participants who are not EU citizens may need a visa to enter Latvia. Additional information about visa requirements for traveling to Latvia can be found here: <https://www.mfa.gov.lv/en/applying-visa>

Contact information

info@amberowee.lv

Rihards Krūmiņš
(+371) 27818952

Fricis Spektors
(+371) 24794533

Kārlis Stradiņš
(+371) 25617917

More information about training opportunities during Amber O-Week will be available on our website www.amberowee.lv.

Check us out and stay connected on [Facebook](#) and [Instagram](#) for the latest updates!

