



ADVENTURE RACE



XRACE

REGULATIONS

Riga, 2012

Updated on 09.01.2012

TERMS AND EXPLANATIONS

<p>Wrist strap</p> 	<p>The wrist strap is a band of durable material which ensures that the SI card is kept by one particular team member. This team member is responsible for putting this wrist strap on the arm in such a way that it would not be possible to take it off without damaging it. The wrist strap is taken off by the finish judge when the result is recorded.</p>
<p>Checking device</p> 	<p>At CP [checkpoints] there are checking devices where the SI card should be inserted and the light or the light and sound signal should be waited for. Checking ensures that the information on the CP and the SI card number is stored, as well as the time when the CP was attended. The data are saved on the participant's SI card and in the electronic control devices located at the CP.</p>
<p>Track description</p> 	<p>A detailed description of the race track is printed on the map or issued together with the set of maps. The track description contains information on the sequence of the race stages, the procedure of attending the checkpoints, numbering of the checkpoints and the number of required checking marks. The track description may contain additional information which has to be complied with by the participants during completion of the track.</p>
<p>Team captain</p>	<p>The team representative to whom additional organisational information is sent prior to the race in case of necessity. The captain only is entitled to submit objections to the organisers of the race and to represent the team interests in other issues.</p>
<p>CheckPoint (CP)</p> 	<p>A particular place on the track of the race where the Checking device is located. It can be marked in the nature by means of a red-white orientation lamp or a laminated sign. There may be hidden CP along the track and they are easily recognised if the team accurately follows the set track.</p>
<p>Cut-off time of the race</p>	<p>The time from the moment of start of the race until which the team has to arrive and check at the Finish CP. After expire of the cut-off time of the race attendance of the CP are not taken into account and the delay penalty is calculated.</p>
<p>Cut-off time of the intermediate finish</p>	<p>The time after which the CP and special tasks of the relevant stage may not be available.</p>
<p>SI card</p> 	<p>SI card is an electronic chip which is attached to the arm of each participant by means of a special wrist strap, and when checking is performed it records information on the time of attendance of the CP.</p>
<p>Special task (ST)</p>	<p>A special task is a task specified in the Description of the track which has to be performed by a participant following the set procedure (for instance, calculation, climbing, jumping, rope works and others).</p>
<p>SPORTident</p> 	<p>An internationally recognised and certified system of recording results used for recording the CPs attended by each participant.</p>

1. GENERAL TERMS

xRace is an adventure race where teams running, going by bicycles, boats or swimming complete a certain track: attend CP doing orientation and perform various ST [special tasks].

The organisers maintain the right to change and amend these Regulations, procedure and requirements at any time before or during the race by means of a notification at the website www.xrace.lv and forwarding information to e-mails of the Team Captains.

2. TEAMS

A team consists of 3 participants: M – men, W – women or X – mixed. Teams are split by tracks – sports, popular and mini. Approximate parameters of tracks are presented in Table No.1.

3. STAGES AND DISCIPLINES OF THE RACE

- 1st stage – 30 April – Jūrmala
- 2nd stage – 2 June – Valka
- 3rd stage – 7 July – Sigulda
- 4th stage – 18 August – Rīga
- 5th stage – 22 September – Līgatne

The exact venue of the race, parameters of tracks and other information related to the race will be notified at www.xrace.lv 5 days prior to the start of each stage.

Parameters	Sport	Popular	Mini
Estimated winning time	6 h	4 h	1,5 h
Cut-off time of the race	10 h	8 h	4 h
On foot	15 km	8 km	3 km
By bicycle	50 km	25 km	10 km
By boat ¹	6 km	4 km	1 km

Table No.1. – Categories of races and approximate parameters of tracks

4. PROCEDURE OF THE RACE

The race schedule for each stage of the race is published at the website of the race latest 5 days prior to the race.

4.1. REGISTRATION

Upon registration the team captain receives a set of number bibs consisting of 3 participants' shirts-number bibs and 1 bicycle number bib, SI cards, wrist straps, the ordered rented items of equipment. The team captain confirms receipt of the equipment by his/ her signature and assumes further responsibility and risk for its preservation and return after the finish.

4.2. COMPLETION OF THE TRACK

A race track consists of several stages which have to be completed according to the sequence and manner specified in the track description.

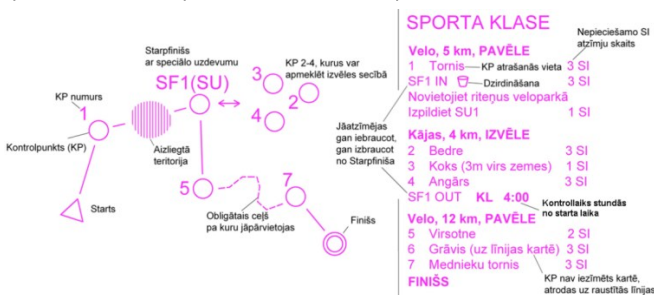


Figure No.1. – A sample of the race map and description of the track

Three sets of maps are given to every team. Maps are waterproof, however, the participants themselves are responsible for preserving the map under conditions of humidity.

4.3. PARTICIPANTS OBLIGATIONS

Participants of the race must wear a fastened helmet and comply with the road traffic rules when they are riding bicycles;

Instructions of judges and organisers of the race must be complied with;

It must be ensured that the number bib is visible during the whole race and the bicycle number bib is attached to the bicycle steering wheel. A participant's number bib may be covered by a safety vest during boating and swimming stages;

A team must carry the mandatory equipment specified in the Regulations during the whole track, except during swimming and stages where a team members may complete the track individually.

During boating and swimming stages the race participants must wear a fastened safety vest.

Emergency aid must be provided to other teams of the race upon their request.

The chief judge must be contacted in case when the SI station cannot be found at the CP location or the CP is damaged.

4.4. PARTICIPANTS ARE PROHIBITED:

To cross sowings, yards of farmsteads, prohibited territories and to breach prohibitions of private territories;

To use any external assistance except cases when emergency medical assistance is required or it is stated in the description of the track;

To use any electronic navigation devices, maps not issued by the organisers, motorized vehicles;

It is strictly prohibited to use mobile phones and their functionalities.

To leave any waste along the track.

4.5. TIME CONTROL AND CHECKING.

Prior to the start of the race participants are required to fasten the SI card at the arm in such a manner that it is not possible to remove it without damaging the fastening and to take care to ensure that the SI card is not damaged and taken off before the finish where it can be removed by the race judge.

The time of attending the CP is recorded as the check-in time by the last team member. The finish time of a team is recorded based upon the check at the finish CP by the last team member. Only the finish judge may remove the SI card from the hand. Otherwise, the relevant penalty time is awarded (see Paragraph 6).

5. RESULTS AND AWARDS

5.1. PENALTIES

Time penalties are awarded in the following cases:

- ✓ If an SI check in CPs where 3 SI checks are required is missing – penalty of 15 min for each missing check by a team member. The intermediate finish (SF) check is an exception where the penalty for each missing check is 5 min;
- ✓ If an SI check in CPs where 1 or 2 checks are required is missing – penalty of 45 min for a team;
- ✓ If the strap of the SI card is broken – 30 min for each broken wrist strap;
- ✓ If a ST [special task] is not completed – 45min if not specified otherwise in the description of the ST;
- ✓ The penalty of 5 min per team is awarded for each minute of delay on the cut-off time of the race. The penalty is awarded for full minutes, for example, missed 5 seconds count as one missed minute.

5.2. RESULTS

The team result is calculated based upon the following formula:

$$XP = \frac{\text{Winning time (sec)}^2}{X \text{ Team time (sec)}} \times 1000$$

¹ Inflatable boats with canoe oars are used for boating.

² The Class winning time.

The total score of the race is calculated based upon the best results of 4 stages. If the score is equal the team which has more mutual wins in individual stages wins. If also this score is equal the priority of stages is set according to the following sequence: #2, #3, #4, #5, #1.

5.3. AWARDS

Awards of the race series are granted separately in the Sports and Popular class in every race stage for women, men and mixed teams who have taken the first three places. If the number of teams in any group is below 6 only the first place is awarded.

The teams from the Sports and Popular classes in the groups of women, men and mixed teams which have taken the first three places according to the total score are awarded medals. Awards can be received only by the teams which have scored in at least four out of five stages.

6. EQUIPMENT

6.1. MANDATORY EQUIPMENT

The race judge may determine the teams for whom a GPS tracing device provided by the organiser is additional mandatory equipment.

The equipment marked with () can be rented in compliance to Paragraphs 6.5.1. and 6.5.2.*

Bicycle and helmet*	3 pcs
SI6 or SI9*	3 pcs
Emergency medical aid materials. Sterile bandages, pain killers.	1 set
<i>Additional mandatory equipment for stages taking place at night</i>	
Bicycle rear red lamp/ flashing light	3 pcs
Flashlight	3 pcs
Participants' reflectors (on clothes, bags, etc.)	3 pcs

Additional mandatory and recommended equipment which is required and may help in completing the track may be notified to the Team captains to their specified e-mail address or at the website latest 5 days prior to the relevant race stage.

6.2. RECOMMENDED EQUIPMENT

Bicycle map board*	1 pc
Compass with degree scale*	1 pc
Mobile phone in a waterproof packaging	1 pc
Bike locker for three bikes	1 pc
Spare bicycle camera, repair kit	1 set
Bicycle odometer with 10m scale	1 pc
Watch	1 pc
Sports drink, sports nutrition	3 set
Ruler ~20cm	1 pc
Permanent waterproof marker ~0,5mm	1 pc
Bicycle gloves	3 pairs

6.3. EQUIPMENT PROVIDED BY ORGANISERS

Wrist strap for holding the SI card	3 pcs
Number bib for a participant	3 pcs
Number bib for a participant's bicycle	1 pc
Maps and description of the track	3 set
Boat and oars (only for the boating stage)	1 set
Safety vest (only for swimming and boating stages)	3 pcs
Equipment for performance of special tasks	As required

6.4. EQUIPMENT RENT

Equipment rent prices: SI card (SI-9) – 1 Ls, compass – 2 Ls, bicycle helmet – 1 Ls, bicycle map board – 5 Ls

Fine for damaged or lost equipment: SI card (SI-9) – 35Ls, compass – 22Ls, bicycle helmet – 15Ls, bicycle map board – 50Ls, safety vest – 15Ls, bicycle map board with inscriptions – 10Ls, shirt-number bib – 15Ls.

At the race centre it will be possible to buy spares and accessories for bicycles, Isostar energy drinks, gels and bars

7. ENTRY

7.1. ENTRY FEE AND THE PROCEDURE OF ENTRY

Teams may enter for the race by filling in the entry questionnaire at www.xrace.lv

Entry fees for teams:

	Early (< 21 d.)	Early (< 13 d.)	Standard (< 6 d.)	Late (< 0 d.)
Mini class	21	24	30	39
Popular class	42	48	57	69
Sports class	51	60	72	87
Corporate class (Popular) or a legal entity	60	80	80	-
Corporate class (Sports) or a legal entity	75	95	95	-

Corporate teams whose name of the company/product/service or a part thereof is included in the team title are qualified as teams of the Corporate class and Paragraph 9 applies to them in addition.

When participation in the race is cancelled at least two weeks prior to the start the organiser refunds 70% of the paid fee. If a team does not participate or does not arrive for the race the entry fee is not refunded. If the race is cancelled due to force majeure conditions the entry fee is not refunded.

Additional services included in the entry fee – bicycle service, storage of personal belongings, water and Isostar drinks on the track and at the finish, warm shower, warm food, medical assistance.

7.2. RACE NUMBER BIBS

When a team is entered for the race it is possible to purchase number bibs with the name of the team (with the logo for corporate teams). Price of this set is 36Ls.

8. CORPORATE CLASS

Within the Corporate class there is a competition for a separate prize between teams representing companies or organisations. All the paragraphs of these Regulations apply to the Corporate class if it is not stated to the contrary in Paragraph 9 and its sub-paragraphs.

A team of the Corporate class may be of any composition.

The team entry fee is set in Paragraph 8.1. The entry fee of the Corporate class includes the following extras:

- ✓ Rent payment for the SI card – 3 pcs.;
- ✓ Prizes of individual stages and the total score;
- ✓ A link to the specified website of the company in the list of teams;
- ✓ Results on the first page of the website.

9. MINI CLASS

The Mini class is a shorter and simplified track which provides an opportunity for anybody interested to get acquainted with elements of the adventure race. All the paragraphs of these Regulations apply to the Mini class if it is not stated to the contrary in Paragraph 10 and its sub-paragraphs.

Participants with no age restriction may take part in the Mini class under supervision of parents. Parents assume all the responsibility, assess their own and their children's ability to complete the track and are aware that the race may contain tasks which present a threat to health and life.

A team of the Mini class consists of 2 to 4 parents in any composition.

The first three teams of the Mini class are awarded at every stage irrespective of the group.

THIS IS A SAMPLE. YOU WILL RECEIVE THE TRUE REGISTRATION QUESTIONNAIRE AT THE RACE

CENTRE UDON REGISTRATION

Please, check your personal and team data and correct them in this form. The registration form has to be submitted to the registration desk prior to the start. Teams which have not submitted signed questionnaires will not be permitted to the start!

Adventure race Triatel xRace

Datums (date): 09.07.2011

Komandas nosaukums (Team name)

«Name»

Pilsēta, valsts (city, country)

«Valsts_pilsēta»

Distance (track)

«Klase»

Grupa (group)

«Grupa»

#«No.»

Komandas kapteinis

«Captain»

(team captain)

vārds, uzvārds (name, Surname)

«K_pk»

Personas kods (Personal ID)

«Kapteina_epasts»

e-pasts (e-mail)

«K_talrunis»

mob. tel.

«K_dzimums»

dzimums (sex)

paraksts (signature)

Team member #2

«Team member_2»

(team member#2)

vārds, uzvārds (name, Surname)

«D2_pk»

Personas kods (Personal ID)

«Team member_2_email»

e-pasts (e-mail)

«D2_phone»

mob. tel.

«D2_sex»

dzimums (sex)

paraksts (signature)

Team member #3

«Team member_3»

(team member#3)

vārds, uzvārds (name, Surname)

«D3_pk»

Personas kods (Personal ID)

«Team member_3_epasts»

e-pasts (e-mail)

«D3_phone»

mob. tel.

«D3_sex»

dzimums (sex)

paraksts (signature)

By signing this registration form I attest that:

- the data provided in the questionnaire are correct and I am aware of the consequences related to provision of false information;
- I undertake responsibility for assessment of my capabilities and taking decisions, and I undertake not to raise any objections against organisers concerning any injuries incurred on the track and caused by own negligence, excess load, incorrect assessment of conditions, experience or the health status or caused by other participants, and I am aware that incurred injuries may result in death;
- I fully agree to the Regulations of the adventure race *Triatel xRace* and I undertake to comply with them;
- following completion of the track I will return the issued number bib and other equipment provided by the organiser of the race to the organisers;

I learned about the race:

- I have registered at facebook.com/xrace, draugiem.lv/xrace, twitter.com/xracelv

- from friends

- I received a private e-mail with invitation

- from printed media

- elsewhere _____

- elsewhere on the Internet www. _____

Recommendation / comment for organisers of *Triatel xRace*: