



# Bulletin 1

## DM SPRINT

### Saturday 22 April 2017.



#### Host-club

Rold Skov OK in corporation with Rebild Municipality.

#### Classification

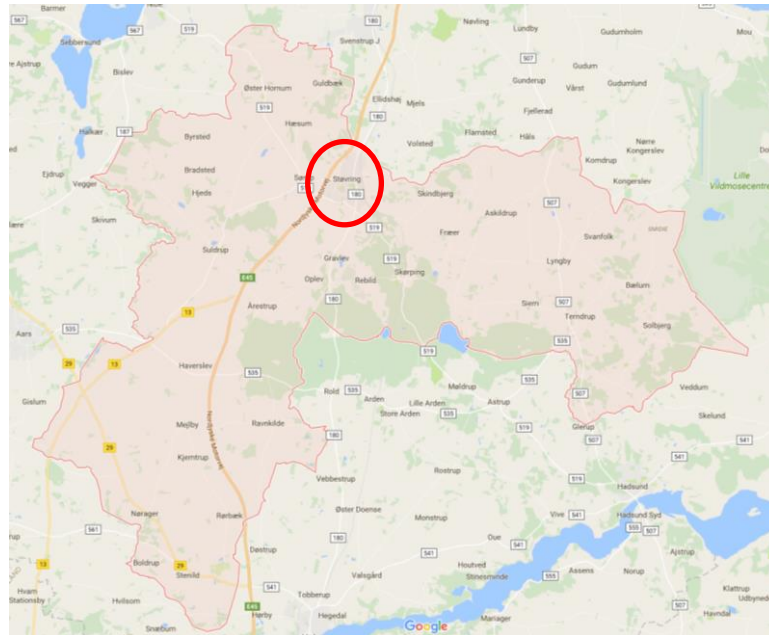
DM Sprint, 4 star A-event and IOF World Ranking Event.

DM sprint is also part of the Danish Ranking: Trimtex Senior Cup and Løberen Junior League.

#### Date and time

Saturday, 22. April 2017, event-center opens at 11.00.

#### Map of region



#### Climate

Weather forecast is shown on DMI website: <http://www.dmi.dk/vejr/til-lands/byvejr/by/vis/DK/9530/St%C3%B8vring,%20Danmark/>

#### Traffic in competition area

Competition area is closed for competitors; according to rules traffic through the competition-area is allowed on public roads.

It is allowed to travel by foot on public areas in the city without a map. Testing of route-choices and likewise is forbidden.

A description of the embarked area can be found on event-website:

[www.dmsprintultralang2017.dk](http://www.dmsprintultralang2017.dk), or at

<https://www.google.com/maps/d/edit?mid=zn2bUCiyjpBM.kM0ICPRo8b48&usp=sharing>

#### Eventcenter

Støvring Gymnasium, Mastrupvej 77, 9530 Støvring.

There will be signs from main road 180.

Cars: By highway E45 take Exit 31 (Støvring S) and follow Road 519 by East to Støvring. At the end of the road, turn left at Road 180, and drive approx. 1 km until start of signs (56.877883, 9.839470).

**It is absolutely necessary to follow the above described traffic-directions, to avoid going through competition area on the event-day. Any violation of this may lead to disqualification.**

## Map

Støvring, new-drawn 2014, adjustments made 2017, aspect ratio: 1:5.000, equidistance: 2.5 m. The map is drawn with COWI-contours and by sprint specification ISSOM. There is a DOF map-consultant attached and a DOF-quality marking is expected before the competition.

Map-size: A4.

## Terrain description

City-center is mainly old residential. The southern part is dominated by Mastrup Ådal, a valley with a small creek and several small ponds, and open areas with varied vegetation. Around the valley are lots of small hills, which through many years have been populated with new residential neighborhoods, institutions- and education centers and some smaller industry in the outskirts. Through the entire city is a detailed pathway system which combines the many smaller residential-streets.

## Classes

According to DOF-regulations:

D = Women

H = Men

Class	Difficulty	Vinder time	Class	Difficulty	Vinder time
D12	Easy	12-15 min	H12	Easy	12-15 min
D14	Medium difficulty	12-15 min	H14	Medium difficulty	12-15 min
D16	Hard	12-15 min	H16	Hard	12-15 min
D20	Hard	12-15 min	H20	Hard	12-15 min
D21	Hard	12-15 min	H21	Hard	12-15 min
D35	Hard	12-15 min	H35	Hard	12-15 min
D40	Hard	12-15 min	H40	Hard	12-15 min
D45	Hard	12-15 min	H45	Hard	12-15 min
D50	Hard	12-15 min	H50	Hard	12-15 min
D55	Hard	12-15 min	H55	Hard	12-15 min
D60	Hard	12-15 min	H60	Hard	12-15 min
D65	Hard	12-15 min	H65	Hard	12-15 min
D70	Hard	12-15 min	H70	Hard	12-15 min
D75	Hard	12-15 min	H75	Hard	12-15 min
D80	Hard	12-15 min	H80	Hard	12-15 min
D85	Hard	12-15 min	H85	Hard	12-15 min
H/D90	Hard	12-15 min			

H/D90 is a combined class for both men and women.

## Time keeping system

Time-system EMIT is in use. It is possible to rent an EMIT-unit. If no EMIT-unit number is informed at entry, it is perceived as a wish to rent.

If you lose the rented EMIT-unit, the fee is 70€.

## Seeding, maximum number of competitors, Vacant position

There will be seeding in D/H20 and D/H21 according to rules in DOF-ruleset. There are no plans concerning maximum number of competitors, unless competition fairness demands it. Runners, who are caused by this, will be informed. There will not be vacant start-spots, instead use the open course option.

## Quarantine-zone

There will be a quarantine-zone for the runners in H/D20 and H/D21, last entry in quarantine-zone is 12.45.

## Start

Road from competition area will be marked.

Elite-classes: H/D20 and H/D21 First start at 13.00

Other classes will start approx. 15 min after last start in Elite-classes, expected around 14.30 – exact time will be specified in final bulletin.

Call: 4 min before start.

Box 1: EMIT unit and back-up is handed out

Box 2: Control-description is handed out.

Box 3: Start-time is checked, and there will be a map-sample present

Box 4: Map is taken in the moment of start.

Start-interval: 1 minute

Foreign runners in H/D21 will be placed on the start list according to the place on the WRE-ranking, on equal terms with the Danish runners, however they can't win the Danish Championship medals. Foreign runners in other classes will start before Danish runners, so not to affect the Danish Championships.

### **Afstande**

Distance from Parking to event-center, 50-300 m, follow marked route.

### **Præmier**

In the classes H/D21 the winner will receive DIF Championship gold-medal, number 2 and 3 will receive DOF medals in silver and bronze.

The three fastest in all other classes (not open course) will receive DOF-medals in gold, silver and bronze.

Foreign runners cannot win championship medals.

### **Open Course**

4 open courses are available:

- Easy
- Medium difficulty
- Hard short distance
- Hard long distance

### **Children's Course**

There will be no children's-course at DM sprint.

### **Child-care**

The children's-care at event-center will be available from 12.30 and is free of charge.

### **Accommodation**

We cannot offer any form of accommodation in the weekend, however we refer to the local options, some of which is listed on the website: [www.dmsprintultralang2017.dk](http://www.dmsprintultralang2017.dk)

### **Training opportunities**

If runners wish to train on maps before the competition, the local club (Rold Skov OK) can be contacted:

Person of contact: Johan MacLassen, biomac2@outlook.com.

### **Toilet and bath**

At the event-center and at the quarantine-zone there will be toilet-wagons, we cannot offer any bath-facilities

### **Entry**

For Danish runners, by O-service. Runners in H/D21 have to enter through [IOF Eventor](#).

Ordinary entry: 7. April 2017, kl. 24.00.

Late-entry until: 19. April 2017, kl. 13.00.

Requests for early/late start will not be met for the sake of fairness in the competition. Start lists are drawn in accordance with the regulations.

### **Startafgift**

Ordinary entry-fee D/H-20: 14€, all others: 19€.

Late-entry fee: D/H-20: 28€, all others: 38€

EMIT-unit rental, must be informed at entry and the fee is 3€, The fee is paid with the

entry-fee.

Danish clubs pay a collected club-fee ordinary entry to RSOK's account in Spar Nord Bank, 9349-1905747335.

Other Danish runners and foreign runners: Pay the fee, at the time of entry to RSOK's account in Spar Nord Bank, 9349-1905747335.

**Event website**

[www.dmsprintultralang2017.dk](http://www.dmsprintultralang2017.dk)

The final bulletin, start lists and results will be posted at the website  
There will also be a map showing embargoed areas and local options of accommodation.

**Event-organisation**

Race-Directors: Johan MacLassen and Helge Søgaard, Rold Skov OK.

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Tlf.: +45 2967 8770 eller +45 4061 5761

Event Adviser: Jens-Jørgen Lyngaa, Vestjysk OK

Course-planer: Jan Scheel og Søren Flyvbjerg, Rold Skov OK

Course-control: Kell Sønnichsen, OK Pan Aarhus

