

# Bulletin 2 – Middle Distance

## Summer weekend 2021 in



# Kongernes Nordsjælland

"Royal North Sealand"



### Organiser

FIF Hillerød Orienteering

### Event Name and Classification

FIF Summer weekend – Middle Distance (Elite Junior test run)

Danish Classification: Level A-event \*\*

IOF World Ranking Event

5<sup>th</sup> Stage of Løberen Junior League 2021

### Date

12.06.2021

### Extraordinary guidelines

The race will be held under The Danish Orienteering Federation general regulations 2021 as well as DOF's new Technical guidelines and guidelines for conducting orienteering events, valid from 25 May 2021

[Link to Corona guidelines](#)

and

Instructions and recommendations for participants in orienteering events, version 2 valid from 25 May 2021. [Link to recommendations and Corona Guidelines for participants](#)

In addition, the race is subject to the authorities' requirements, guidelines, injunctions, and instructions regarding freedom of assembly etc. at any given time. [Link to the Danish Health and Medicines Authority's information about COVID-19](#)

It is not a requirement, but we encourage you as a participant to show up with a valid Corona passport (Negative test or vaccination).

Stay from the starting area until approx. 10 min. before your start time.

With an assembly number of a maximum of 100 people, everyone other than the test race participants (D/H16 and D/H20) must leave the finish area immediately after read-out of the SportIdent card and you must leave the parking lot when everyone in your car has finished running.

In addition, we allow young children to wait for their families, before leaving the finish area.

### Event area

Gribskov Mårup. The competition area shown at [Skovlukning sommerweekend 2021](#) is embargoed area according to DOF's regulation §2.8

### Location/meeting point

Follow the markings to the parking area from the cross roads below:  
Ny Mårupvej / Tinghusevej (vej 205) 56.028137, 12.280321  
Gribskovvej / Ny Mårupvej 55.999626, 12.260751

From the parking area you go to direct to the start area. Car keys can be handed in to the information tent in the car park area and picked up after the race.

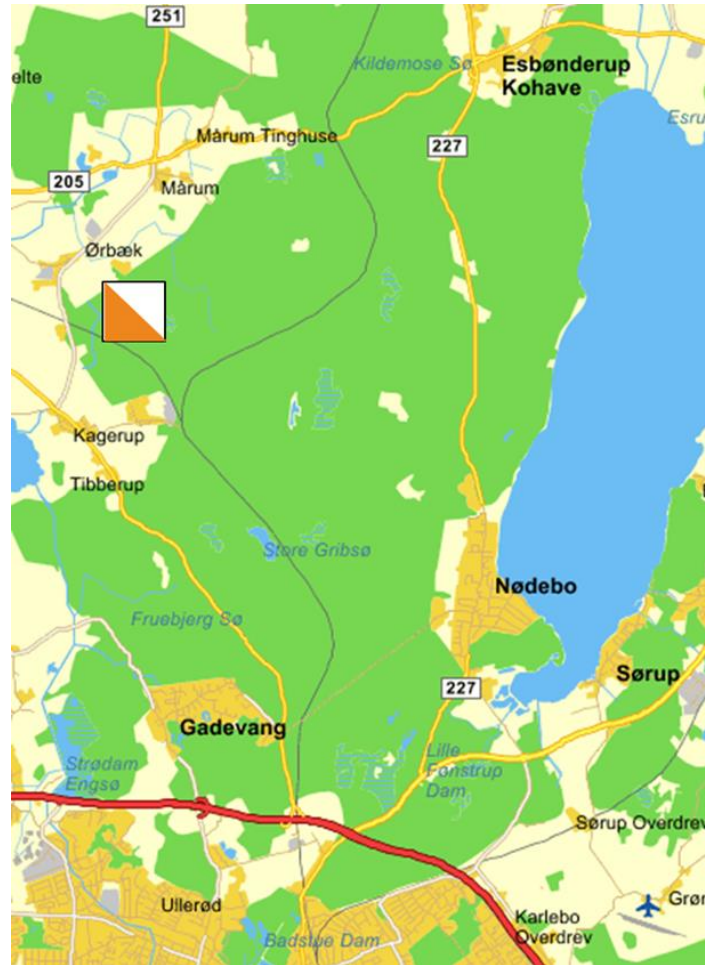
## Venue

A venue is not established, ie. there will be no kiosk, no club tents will be set up, and there will be no bulletin board with instruction, start lists and results.

You are not allowed to go to the venue/finish area before starting or return to the finish area after running.

The finish area must be left immediately after you have passed the finish line. However, we allow children to wait for their families before leaving the finish area and test race participants (D/H16 and D/H20) to stay in a marked area. All Others MUST leave the finish area immediately after read-out of the SportIdent card.

## Map with location of the Event area



## Distances

Parking to Start area: 400 m

Venue area to Parking area: 600 m

Bus Parking possible with pre-registration to [john.sondergard@gmail.com](mailto:john.sondergard@gmail.com)

## Bath and dressing

Shower and changing facilities are not provided.

## Service

There are toilets in the Parking area and in the Start area.

No kiosk is offered

Childcare and Children's Course is not offered.

It is not allowed to set up club tents

There is no notice board with instructions and start list at the venue (only at start)

There is no dissemination of results at the venue. There will be online results service

## Transportation of overcoat clothing

No transportation of overcoat clothing from Start to the Parking area.

## Event office

An information tent has been set up in the parking area. Open from 09:00

## Courses

| Class | Difficulty      | Course Length (km) | Controls | Map Scale |
|-------|-----------------|--------------------|----------|-----------|
| W16   | Black-Difficult | 3,6                | 15       | 1:10.000  |
| W20   | Black-Difficult | 3,9                | 16       | 1:10.000  |
| W21   | Black-Difficult | 3,9                | 16       | 1:10.000  |
| M16   | Black-Difficult | 3,9                | 17       | 1:10.000  |
| M20   | Black-Difficult | 4,5                | 20       | 1:10.000  |
| M21   | Black-Difficult | 4,5                | 20       | 1:10.000  |

W21 has a total climb of 40 m and M21 has a total climb of 45 m

| Class    | Difficulty      | Course Length (km) | Controls | Map Scale |
|----------|-----------------|--------------------|----------|-----------|
| Beginner | Green-Beginner  | 3,2                | 12       | 1:10.000  |
| W10      | Green-Beginner  | 3,2                | 12       | 1:10.000  |
| W12      | White-Easy      | 3,6                | 11       | 1:10.000  |
| W12B     | Green-Beginner  | 3,2                | 12       | 1:10.000  |
| W14      | Yellow-Medium   | 3,3                | 11       | 1:10.000  |
| W14B     | White-Easy      | 3,6                | 11       | 1:10.000  |
| W16B     | Yellow-Medium   | 3,3                | 11       | 1:10.000  |
| W20B     | Yellow-Medium   | 3,3                | 11       | 1:10.000  |
| W21AK    | Black-Difficult | 3,6                | 18       | 1:10.000  |
| W21B     | Yellow-Medium   | 3,3                | 11       | 1:10.000  |
| W35      | Black-Difficult | 4,6                | 20       | 1:10.000  |
| W40      | Black-Difficult | 4,4                | 20       | 1:10.000  |
| W45      | Black-Difficult | 3,9                | 19       | 1:10.000  |
| W45B     | Yellow-Medium   | 3,3                | 11       | 1:10.000  |
| W50      | Black-Difficult | 3,6                | 20       | 1:10.000  |
| W55      | Black-Difficult | 3,6                | 20       | 1:10.000  |
| W60      | Black-Difficult | 3,6                | 18       | 1:7.500   |
| W65      | Black-Difficult | 2,9                | 15       | 1:7.500   |
| W70      | Blue-Difficult  | 2,7                | 13       | 1:7.500   |
| W75      | Blue-Difficult  | 2,7                | 13       | 1:7.500   |
| W80      | Blue-Difficult  | 2,1                | 9        | 1:7.500   |
| W85      | Blue-Difficult  | 2,1                | 9        | 1:7.500   |
| W/M90    | Blue-Difficult  | 2,1                | 9        | 1:7.500   |
| W-Easy   | White-Easy      | 3,6                | 11       | 1:10.000  |
| Class    | Difficulty      | Course Length (km) | Controls | Map Scale |
| M10      | Green-Beginner  | 3,2                | 12       | 1:10.000  |
| M12      | White-Easy      | 4,0                | 13       | 1:10.000  |
| M12B     | Green-Beginner  | 3,2                | 12       | 1:10.000  |
| M14      | Yellow-Medium   | 3,7                | 13       | 1:10.000  |
| M14B     | White-Easy      | 4,0                | 13       | 1:10.000  |
| M16B     | Yellow-Medium   | 3,7                | 13       | 1:10.000  |
| M20B     | Yellow-Medium   | 3,7                | 13       | 1:10.000  |
| M21AK    | Black-Difficult | 4,2                | 20       | 1:10.000  |
| M21B     | Yellow-Medium   | 3,7                | 13       | 1:10.000  |
| M35      | Black-Difficult | 5,0                | 24       | 1:10.000  |
| M40      | Black-Difficult | 5,0                | 24       | 1:10.000  |
| M45      | Black-Difficult | 4,8                | 25       | 1:10.000  |
| M45AK    | Black-Difficult | 3,6                | 20       | 1:10.000  |
| M45B     | Yellow-Medium   | 3,7                | 13       | 1:10.000  |
| M50      | Black-Difficult | 4,2                | 20       | 1:10.000  |
| M55      | Black-Difficult | 4,6                | 20       | 1:10.000  |
| M60      | Black-Difficult | 4,4                | 20       | 1:7.500   |
| M65      | Black-Difficult | 3,9                | 19       | 1:7.500   |
| M70      | Blue-Difficult  | 3,6                | 18       | 1:7.500   |
| M75      | Blue-Difficult  | 2,9                | 15       | 1:7.500   |
| M80      | Blue-Difficult  | 2,7                | 13       | 1:7.500   |
| M85      | Blue-Difficult  | 2,1                | 9        | 1:7.500   |
| W/M90    | Blue-Difficult  | 2,1                | 9        | 1:7.500   |
| M-Easy   | White-Easy      | 4,0                | 13       | 1:10.000  |

## Open Courses

| Class           | Difficulty      | Course Length (km) | Controls | Map Scale |
|-----------------|-----------------|--------------------|----------|-----------|
| Åben 1 / Open 1 | Black-Difficult | 5,5                | 22       | 1:10.000  |
| Åben 2 / Open 2 | Black-Difficult | 3,6                | 20       | 1:10.000  |
| Åben 3 / Open 3 | Blue-Difficult  | 2,7                | 13       | 1:7.500   |
| Åben 4 / Open 4 | Yellow-Medium   | 3,3                | 11       | 1:10.000  |
| Åben 5 / Open 5 | White-Easy      | 3,6                | 11       | 1:10.000  |
| Åben 6 / Open 6 | Green-Beginner  | 3,2                | 12       | 1:10.000  |

## Punching System

The competitions will use SportIdent.  
Runners using own SI-card must provide the card number at time of entry.

For runners without own SI-card a rental SI-card will be provided at an additional fee of DKK 20,-

Rental SI-cards are given at the start and must be returned at the finish.  
A not returned rental SI-card must be replaced by DKK 500,-

Numbers on controls in the forest are located vertically and horizontally on the SI units.

## Map

Grib Skov Mårup 1:7.500 and 1:10.000. New map from 2021, contour interval 2,5 m.

The map will be printed. All maps are sealed in a plastic bag. The map is checked by a mapping advisor and meet the quality assurance standard. The map is drawn according to the ISOM 2017 standard based on material from MapMagic and existing maps. [Link to previous map - 2015](#)

## Model event

In the information tent at the Parking area, it is possible to take a map (self-service) and run in the terrain. The map is printed in the scale of 1:10.000

## Terrain Description Race Area

The terrain consists predominantly of mixed open deciduous forest with lots of pine forest. Runnability is good and there is an extensive trail system. Many new felled areas in connection with conversion to natural forest.

## Prohibited areas

Running on the railway is not allowed.

Prohibited areas are solely marked on the map and not in the terrain and must of course be respected.

## Forced Passages

On all the courses, a railway must be passed. The railway may only be passed on gravel roads. The forced passages are marked on the maps and in the terrain. The signs and instructions from the personnel at the forced passages must be followed. But it is ultimately the runner's own responsibility to avoid getting into a dangerous situation.

## Control descriptions

IOF Control descriptions are printed on the front of the map – separate control descriptions are available at start if the runners use a suitable container

The dimensions of the control description:

W20 125 mm \* 50 mm and M20 150 mm \* 50 mm

W21 125 mm \* 50 mm and M21 150 mm \* 50 mm

|                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Start</b>                    | <p>First start at 10:00</p> <p>Follow blue/white taped marking 400 meter from the Parking area.</p> <p>4 minutes before start: Control of the runner: correct SportIdent card, rental cards are handed out, runner records presence by punching a SportIdent unit. Disinfect your SI-card with alcohol available in the box.</p> <p>3 minutes before start: It is possible to view a sample map (without courses). Runner may pick a separate control definition if a suitable container is used. Disinfect your SI-card with alcohol available in the box.</p> <p>2 minutes before start: It is possible to view a sample map (without courses). Runners in Green-Beginner, White-Easy courses may take their map. Officials can assist at the start.</p> <p>1 minute before start: The runner locates the box with the appropriate map. Starting staff prepares the race map for the runner. The time of start is marked by sound (4 short and 1 long beep), the runner may take the map from the box at the long beep.</p> <p>Start signal: Runners takes the map and start right at the starting point.</p> <p>Late starters must present themselves to the officials at the start and will be assisted through the start boxes.</p> <p>There are toilets at Start. There is NO transportation of overcoat clothing from Start to the Parking area.</p> |
| <b>Refreshment/water points</b> | Water is only available after the finish.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Bib numbers</b>              | No bib numbers.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Finish</b>                   | <p>Finish is at the venue area.</p> <p>Runners must punch the control at the finish line and continue to the read-out of the SportIdent card.</p> <p>Rented SportIdent cards are returned after read-out.</p> <p>Water in a 1/3-liter bottle is available after the finish.</p> <p>Non-finishing runners must present themselves at the finish to read-out the SportIdent card.</p> <p>The finish area must be left immediately after you have passed the finish line. However, we allow children to wait for their families before leaving the finish area and test race participants (D/H16 and D/H20) to stay in a marked area. All Others MUST leave the finish area immediately after read-out of the SportIdent card.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Max. time</b>                | Max. time is 120 minutes.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Prizes</b>                   | <p>Prizes in all youth classes and W21 and M21</p> <p>Prizes can be picked up in the info tent at the Long distance on Sunday 13/6.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Exemptions</b>               | The Map Committee in Danish Orienteering Federation has granted an exemption for the use of printed maps                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Jury</b>                     | <p>Judge/ head of jury: Bo Konring, Søllerød OK</p> <p>Jury:</p> <p>Torkil Hansen, PI-København</p> <p>Jens Knud Maarup, Allerød OK</p> <p>Flemming Jørgensen, OK Snab</p> <p>The jury is contacted via the head of jury.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

**Protests/complaints**

Any complaints / protests must be submitted in an email or text message to the Event Manager. The Event Manager announces his decision in an email or text message to the parties to the case.

Complaints must be filed as early as possible and no later than 60 minutes after max. time for the last starting in the competition.

Protests against the Event Manager's decision or against errors in the event must be submitted in an email or by text message to the head of jury. The protest must be submitted no later than 30 minutes after notification of a complaint's decision. The decision is notified by email or text message to the parties to the case.

**Event Manager**

John Søndergård, FIF Hillerød Orientering  
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3400 Hillerød  
+45 4188 9504 / [john.sondergard@gmail.com](mailto:john.sondergard@gmail.com)

**Course planner**

Lars Simonsen, FIF Hillerød Orientering

**Controllers**

IOF Event Adviser, Bo Konring, Søllerød OK  
+45 2064 1275 / [bo@konring.dk](mailto:bo@konring.dk)

Course Controller, Mette Rønning, OK Øst

**Map drawer**

Bo Simonsen, FIF Hillerød Orientering

**FIF Sponsors**The logo for LØBEREN is written in a bold, red, italicized sans-serif font.