

Bulletin 2 – Long Distance

Summer weekend 2021 in

Kongernes Nordsjælland

“Royal North Sealand”



Organiser

FIF Hillerød Orientering

Event Name and Classification

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

Danish Classification: Level A-event **

IOF World Ranking Event

6th Stage Of Løberen Junior League 2021

Date

13.06.2021

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 Mårum. 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 Mårumvej / Tinghusevej (vej 205) 56.028137, 12.280321
Gribskovvej / Ny Mårumvej 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.

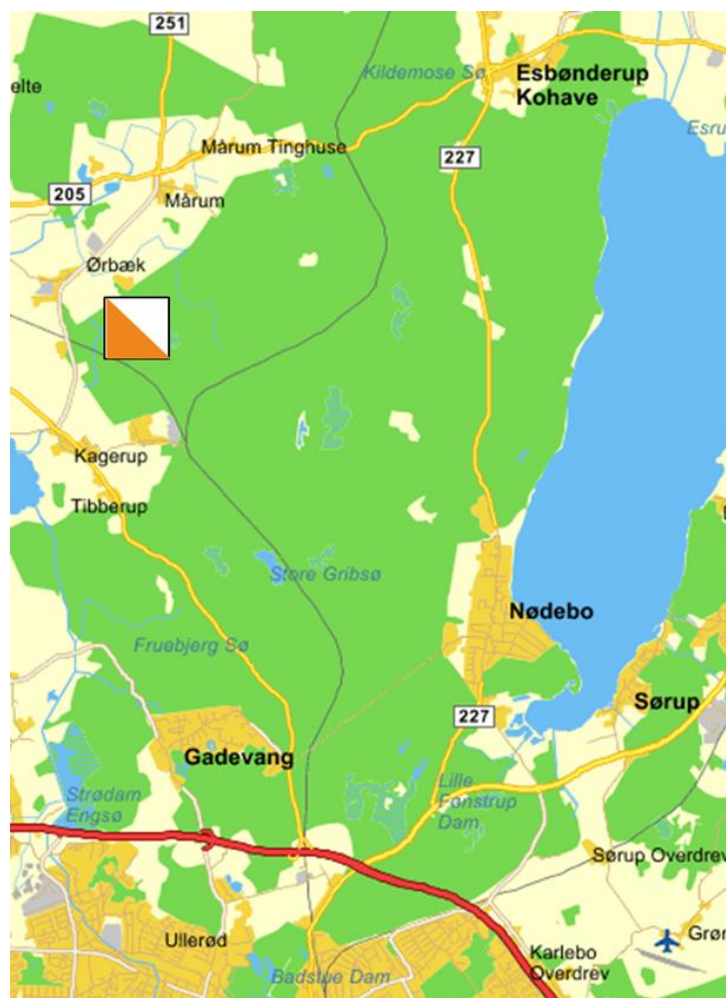
Venue

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: 1800 m

Venue area to Parking area: 600 m

Bus Parking possible with pre-registration to 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

There is no transport of overcoat clothing from the start area 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	Water points	Map Scale
W16	Black-Difficult	5,9	14	2	1:10.000
W20	Black-Difficult	8,8	20	2	1:15.000
W21	Black-Difficult	8,8	20	2	1:15.000
M16	Black-Difficult	7,1	17	2	1:10:000
M20	Black-Difficult	12,3	26	2	1:15.000
M21	Black-Difficult	12,3	26	2	1:15.000

W21 has a total climb of 135 meter and M21 has a total climb of 235 meter

Class	Difficulty	Course Length (km)	Controls	Water Points	Map Scale
Beginner	Green-Beginner	2,7	14	1	1:10.000
W10	Green-Beginner	2,7	14	1	1:10.000
W12	White-Easy	3,4	15	1	1:10.000
W12B	Green-Beginner	2,7	14	1	1:10.000
W14	Yellow-Medium	3,9	11	1	1:10.000
W14B	White-Easy	3,4	15	1	1:10.000
W16B	Yellow-Medium	3,9	11	1	1:10.000
W20B	Yellow-Medium	4,8	15	0	1:10.000
W21AK	Black-Difficult	5,1	12	2	1:10.000
W21B	Yellow-Medium	4,8	15	0	1:10.000
W35	Black-Difficult	7,2	17	2	1:10.000
W40	Black-Difficult	6,4	16	2	1:10.000
W45	Black-Difficult	6,4	16	2	1:10.000
W45B	Yellow-Medium	4,8	15	0	1:10.000
W50	Black-Difficult	5,3	13	2	1:10.000
W55	Black-Difficult	5,3	13	2	1:10.000
W60	Black-Difficult	4,1	11	1	1:7.500
W65	Black-Difficult	4,1	11	1	1:7.500
W70	Blue-Difficult	3,5	11	1	1:7.500
W75	Blue-Difficult	3,5	11	1	1:7.500
W80	Blue-Difficult	3,1	10	1	1:7.500
W85	Blue-Difficult	3,1	10	1	1:7.500
W/M90	Blue-Difficult	3,1	10	1	1:7.500
W-Easy	White-Easy	3,4	15	1	1:10.000
Class	Difficulty	Course Length (km)	Controls	Water Points	Map Scale
M10	Green-Beginner	2,7	14	1	1:10.000
M12	White-Easy	3,4	15	1	1:10.000
M12B	Green-Beginner	2,7	14	1	1:10.000
M14	Yellow-Medium	4,8	15	0	1:10.000
M14B	White-Easy	3,4	15	1	1:10.000
M16B	Yellow-Medium	4,8	15	0	1:10.000
M20B	Yellow-Medium	6,6	14	1	1:10.000
M21AK	Black-Difficult	6,7	16	2	1:10.000
M21B	Yellow-Medium	6,6	14	1	1:10.000
M35	Black-Difficult	10,4	21	2	1:10.000
M40	Black-Difficult	10,0	21	2	1:10.000
M45	Black-Difficult	10,0	21	2	1:10.000
M45AK	Black-Difficult	4,6	12	2	1:10.000
M45B	Yellow-Medium	6,6	14	1	1:10.000
M50	Black-Difficult	7,4	16	2	1:10.000
M55	Black-Difficult	7,4	16	2	1:10.000
M60	Black-Difficult	6,4	15	1	1:7.500
M65	Black-Difficult	5,1	13	1	1:7.500
M70	Blue-Difficult	4,6	13	1	1:7.500
M75	Blue-Difficult	3,9	13	1	1:7.500
M80	Blue-Difficult	3,1	10	1	1:7.500
M85	Blue-Difficult	3,1	10	1	1:7.500
W/M90	Blue-Difficult	3,1	10	1	1:7.500
M-Easy	White-Easy	3,4	15	1	1:10.000

Open Courses

Class	Difficulty	Course Length (km)	Controls
Åben 1 / Open 1	Black-Difficult	7,6	18
Åben 2 / Open 2	Black-Difficult	5,4	14
Åben 3 / Open 3	Blue-Difficult	3,9	12
Åben 4 / Open 4	Yellow-Medium	3,9	11
Åben 5 / Open 5	White-Easy	3,4	14
Åben 6 / Open 6	Green-Beginner	2,7	14

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

Gribskov Mårum 1:7.500; 1:10.000 and 1:15.000 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](#)

Felled or parts of felled trees are indicated on the map if they are deemed impassable.

Movable hunting towers are not shown on the map.

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.

The forest floor is wet in some places and there may be marsh that are larger and wetter than marked on the map.

In the forest there are several passable wire fences. A few of these are live, but there are generally good opportunities to jump over or crawl under without touching the wires.

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:

D20 160 mm * 60 mm og H20 200 mm * 60 mm

D21 160 mm * 60 mm og H21 200 mm * 60 mm

Start

First start at 10:00

Follow blue/white taped marking 1800 meter from the Parking area.

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.

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.

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.

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.

Start signal: Runners in Blue and Black difficulty classes take the map and follows a forced passage approx. 150 meters to the starting point, that must be passed. Runners in Green, White and Yellow difficulty classes take the map and start right at the starting point.

Late starters must present themselves to the officials at the start and will be assisted through the start boxes.

There are toilets at Start. There is NO transportation of overcoat clothing from Start to the Parking area.

Refreshment/water points

In the Class table overview, you will find information about which courses have water points and how many. Water is available after the finish.

Bib numbers

No bib numbers.

Finish

Finish is at the venue area.

Runners must punch the control at the finish line and continue to the read-out of the SportIdent card.

Rented SportIdent cards are returned after read-out.

Water in a 1/3 liter bottle is available after the finish.

Non-finishing runners must present themselves at the finish to read-out the SportIdent card.

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.

Max. time

Max. time is 3 hours for women and 4 hours for men.

Prizes

Prizes in all youth classes, W21 and M21

Prizes are sent to the recipients after the race.

Exemptions

The Map Committee in Danish Orienteering Federation has granted an exemption for the use of printed maps

Jury

Judge/ head of jury: Bo Konring, Søllerød OK

Jury:

Torkil Hansen, PI-København
Jens Knud Maarup, Allerød OK
Flemming Jørgensen, OK Snab

The jury is contacted via the head of jury.

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 jury 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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Course planner

Lars Konradsen, FIF Hillerød Orientering

Controllers

IOF Event Adviser, Bo Konring, Søllerød OK
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Course Controller, Helge Lang Pedersen, Farum OK

Map drawer

Bo Simonsen, FIF Hillerød Orientering

FIF Sponsors