

Instruction - Bulletin 2

DANISH SPRING March 18th–20th 2016

Welcome

OK Øst Birkerød and HSOK would like to welcome you to DANISH SPRING - a weekend of international orienteering.

DANISH SPRING 2016 takes place in some of the best orienteering terrains in North Zealand. The weekend kicks off with sprint Friday in Elsinore. Saturday is middle distance in Gribskov Midt, and Sunday is time for long distance, also in Gribskov Midt. All three races are IOF World Ranking Events, and part of the Danish Senior League, Trimtex Cup and the Danish Junior League, Løberen League. Saturday and Sunday also the new Danish Youth Cup.



Thanks

OK Øst Birkerød and HSOK would like to thank our partners for helping us realize DANISH SPRING 2016: Naturstyrelsen, Skovskolen, Boligselskabet Vapnagaard i Helsingør, Boligforeningen Engbakken i Nødebo, SSport, Løberen, FIF Hillerød and all the helping volunteers.

Program

Friday the 18th of March 2016

13:30 – 18:30	Event arena open, including event information and kiosk
15:00 –	First start of DANISH SPRING sprint
15:00 – 17:30	Direct courses.
About 18:15	Prize giving ceremony

Saturday the 19th of March 2016

10:00 – 17:00	Event arena open, including event information and kiosk
12:00 –	First start of DANISH SPRING middle distance
12:30 – 15:00	Direct courses
15:00/17:00	Prize giving ceremony

Saturday the 20th of March 2016

08:00 – 15:30	Event arena open, including event information and kiosk
09:30 –	First start of DANISH SPRING long distance
10:00 – 12:30	Direct courses
13:00/15:00	Prize giving ceremony

The exact times can change

DANISH SPRING sprint Friday the 18th of March 2016

Event type

The race is a IOF World Ranking Event (WRE) for Men and Women Elite, and part of the Danish Senior League, Trimtex Cup and the Danish Junior League, Løberen League.

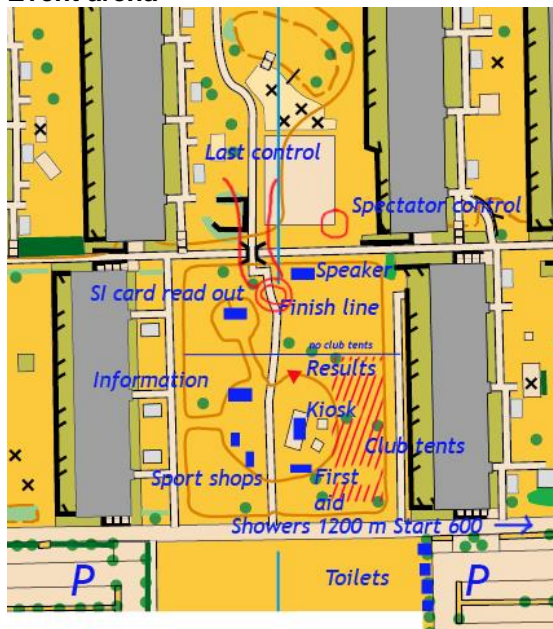
DANISH SPRING sprint is classified as a C event, individual sprint orienteering, under the classification by Danish Orienteering Federation (DOF).

Event area and map

"Helsingør 1:4.000" offset printed for all classes except Easy and Open 3. Those classes are printed on laser printer.

The map is newly drawn in 2016, contour interval is 2,5 m.

Event arena



Sprint classes and courses

Class	Length Beeline	Length Best route choice	Con- trols
Men elite WRE	3,2 km	4,1 km	23
Women elite WRE	2,8 km	3,5 km	22
Men junior	3,2 km	4,1 km	23
Women junior	2,8 km	3,5 km	22
D-16	2,8 km	3,5 km	22
D 17-20	2,8 km	3,5 km	22
D 21-49	2,5 km	3,1 km	19
D 50-	2,5 km	3,1 km	19

H-16	2,8 km	3,4 km	19
H 17-20	3,2 km	4,1 km	23
H 21-49	2,8 km	3,4 km	19
H 50-	2,8 km	3,4 km	19
Easy	1,6 km	1,8 km	16
Open 1	2,8 km	3,4 km	19
Open 2	2,5 km	3,1 km	19
Open 3	1,6 km	1,8 km	16

Terrain description

Large residential area with a large number of apartment blocks. The area is home to a school, a kindergarten and a large playground.

About half of the competition will be on grass and the other half of different kinds of pavement.

The following special signatures are used:

× Legeredskab/playground equipment

Græsplæne/lawn

Uklippet græs/uncut grass

Important!

The event area are off limits to cars. But the race will cross a single road with light traffic, so please take care. The road has a 40 km/t speed limit, but there will be no guards.

Hedges, fences, cross-hatched areas and areas in olive green colour are forbidden. Some newly planted hedges are marked with red/white ribbon to make it clear that they are forbidden to pass. There are observers in the event area and any violation off these rules will result in disqualification in all classes.

Venue and how to get there

There will be markings from the 1. roundabout in Elsinore, if you come from Copenhagen/Hillerød. If you come from the Sweden ferry, the markings will be in the first roundabout as you exit the city. The markings will take you to yet a third roundabout from where you will be guided to a parking lot. This last roundabout has the coordinates:

56° 1'12.56"N and 12°34'31.44"E.

Parking

There are parking lots in 5-6 different areas where you will be directed to by the parking guards. The guard's instruction shall be followed and parking is only allowed in these areas! Parking is free of charge.

To ensure fair play you have to follow markings from the parking areas to the event arena.

Start and starting procedure

- Start lists are posted in the event arena alongside race instructions.
- Start interval is 1 minute on all courses. Bibs shall be used by all elite runners and H/D-16. You will find the bibs placed at the start entry.
- Clear and check is found in front of the start entry.
- Please use the designed area for warm up.
- All directions from officials has to be followed.
- The start procedure begins 4 minutes before start. When the clock shows the runners starting time, move to start box 1.
- Start box 1 - 4 minutes before start: Officials control your name and SI-card. Rented SI-cards are handed out. Clear and check of SI-card is also possible here
- Start box 2 - 3 minutes before start: Separate control descriptions will be available.
- Start box 3 - 2 minutes before start: - Easy Classes are handed out their map and are allowed assistance from start by officials.
- Start box 4 - 1 minutes before: The runner will pick up map of the respective box and put it on the ground. Acoustic signal sounds at start.
- The start point has to be passed by everybody.
- Late runners must call upon the start officials, who will help to get a proper start.
- Open courses must follow the instruction from officials at the start and punch the start-control
- in the start moment.

Toilets

There are toilets in the event arena but NOT at the start.

Track suit transport

There are no transport of track suits and clothing in the sprint event.

Finish

- The SI-cards is punched at the finish line. The map must then be put in a bag for each club.
- Continue through the finish gate for readout and split time print. Rented SI-cards are returned here – but not if you are using it again on Saturday or Sunday.
- There are refreshments in the finish area.

- All event maps are handed out after the last elite runners has started. This will be announced in the event arena.
- All runners are to observe fair play and not show the map to runners, who have not yet started, after the maps have been handed out.

Vacant starts and direct courses

Vacant starts are sold at the information desk for the entry fee +70 DKK. Vacant starts must be bought before first start in the respective class.

Direct courses are sold on the event day from 3 pm. Runners start in the “put and run” way without given start times. It's allowed to run together or accompany a runner as a shadow. The courses are offset printed, except Open 3 which are laser printed.

Entry fee for direct courses

Open 1 and 2, over 20: DKK 100,-
Open 1 and 2, up till 20 years: DKK 80,-
Rental of SI-card: DKK 20,-
Open 3. Easy (laser printed map) DKK 25,-

Payment

Cash only in DKK or EUR. Runners with Danish bank account can use Mobilepay app.

Kiosk

A kiosk in the arena will sell coffee, tea, beer, soda and cake during the event.

First aid

Tent in the event arena.

Event arena

Opens at 13:30. In the arena there will be information desk, kiosk, results, speakers, prize ceremony, toilets, spectator control and finish area.

Distances

Parking – event arena = 50-800 m
Event arena – start = 600 m
Event arena - showers = 1200 m

Showers

You can use the facilities of the sporting club HIF near Elsinore Athletics station. 56° 1'17.41"N and 12°35'11.66"E. Markings from Egevangenget, a road off Borgmester P. Christensens vej.

DANISH SPRING middle distance Saturday 19th of March 2016

Event type

The race is an IOF World Ranking Event (WRE) for Men and Women Elite, and part of the Danish Senior League, Trimtex Cup, the Danish Junior League, Løberen League, and the Danish Youth Cup for 2016. DANISH SPRING middle distance is classified as an A event, individual middle distance, under the classification by Danish Orienteering Federation (DOF).

Class	Difficulty	Length	Controls
Men elite WRE	Difficult	7,6 km	29
Men junior	Difficult	7,4 km	26
Beginner*	Beginner	3,2 km	9
H 10	Beginner	3,2 km	9
H 12	Easy	2,7 km	8
H 14	Medium	3,9 km	11
H 16	Difficult	4,9 km	20
H 17-20	Difficult	4,9 km	20
H 21	Difficult	5,9 km	22
H 21B	Medium	3,9 km	11
H 35	Difficult	5,5 km	22
H 40	Difficult	5,5 km	22
H 45	Difficult	5,5 km	22
H 50	Difficult	4,9 km	20
H 55	Difficult	4,7 km	15
H 60	Difficult	3,8 km	14
H 65	Difficult	3,8 km	14
H 70	Difficult	3,7 km	11
H 75	Difficult	3,0 km	13
H 80	Difficult	3,0 km	13

Class	Difficulty	Length	Controls
Women elite WRE	Difficult	5,6 km	20
Women junior	Difficult	5,4 km	19
Beginner*	Beginner	3,2 km	9
D 10	Beginner	3,2 km	9
D 12	Easy	2,7 km	8
D 14	Medium	3,9 km	11
D 16	Difficult	4,2 km	15
D 17-20	Difficult	4,2 km	15
D 21	Difficult	5,0 km	16
D 21B	Medium	3,9 km	11
D 40	Difficult	4,2 km	15
D 45	Difficult	4,2 km	15
D 50	Difficult	3,7 km	11
D 55	Difficult	3,7 km	11
D 60	Difficult	3,0 km	14
D 65	Difficult	3,0 km	14
D 70	Difficult	3,0 km	14

*Same course for women and men

Open courses

Class	Difficulty	Length	Controls
Open 1	Difficult	6,6 km	21
Open 2	Difficult	4,7 km	16
Open 3	Medium	4,3 km	13
Open 4	Easy	3,1 km	10



DANISH SPRING long distance Sunday the 20th of March 2016

Event type

The race is an IOF World Ranking Event (WRE) for Men and Women Elite, and part of the Danish Senior League, Trimtex Cup, the Danish Junior League, Løberen League, and the Danish Youth Cup for 2016. DANISH SPRING long distance is classified as an A event, individual long distance, under the classification by Danish Orienteering Federation (DOF).

Class	Difficulty	Length	Controls
Men elite¹ WRE	Difficult	17,2 km ¹	38
Men junior	Difficult	12,3 km	26
Beginner²	Beginner	3,0 km	11
H 10	Beginner	3,0 km	11
H 12	Easy	3,1 km	8
H 14	Medium	5,0 km	12
H 16	Difficult	8,4 km	18
H 17-20	Difficult	9,1 km	22
H 17-20AK	Difficult	6,4 km	17
H 21	Difficult	11,8 km	27
H 21AK	Difficult	6,4 km	17
H 21AM	Difficult	9,1 km	22
H 21B	Medium	5,0 km	12
H 35	Difficult	11,8 km	27
H 35B	Medium	5,0 km	12
H 40	Difficult	10,4 km	24
H 45	Difficult	9,1 km	22
H 45AK	Difficult	5,0 km	18
H 50	Difficult	8,4 km	18
H 55	Difficult	6,6 km	15
H 55AK	Difficult	4,2 km	17
H 60	Difficult	6,4 km	17
H 65	Difficult	5,0 km	18
H 70	Difficult	5,0 km	18
H 75	Difficult	3,3 km	14
H 80	Difficult	3,3 km	14

and it is the runner's own responsibility to take the right definition and map in the map boxes and remember to check for A or B variation.

Class	Difficulty	Length	Controls
Women elite WRE	Difficult	11,5 km	26
Women junior	Difficult	8,6 km	22
Beginner²	Beginner	3,0 km	11
D 10	Beginner	3,0 km	11
D 12	Easy	3,1 km	8
D 14	Medium	4,1 km	9
D 14B	Easy	3,1 km	8
D 16	Difficult	5,9 km	17
D 17-20	Difficult	6,4 km	17
D 17-20AK	Difficult	4,2 km	17
D 17-20B	Medium	4,1 km	9
D 21	Difficult	8,4 km	18
D 21AK	Difficult	5,9 km	17
D 21B	Medium	4,1 km	9
D 35B	Medium	4,1 km	9
D 40	Difficult	6,6 km	15
D 45	Difficult	6,6 km	15
D 50	Difficult	5,9 km	17
D 55	Difficult	5,9 km	17
D 60	Difficult	4,2 km	17
D 65	Difficult	4,2 km	17
D 70	Difficult	3,3 km	14
D 75	Difficult	3,3 km	14

2) Same course for women and men

1) The course has a "diamond" forking and comes in an A and B variation. The starting lists states which variant the runner is assigned. There is a correspondent A and B control definition,

Open courses

Class	Difficulty	Length	Controls
Open 1	Difficult	10,1 km	22
Open 2	Difficult	6,5 km	17
Open 3	Difficult	3,9 km	15
Open 4	Medium	5,1 km	12
Open 5	Easy	3,3 km	9

Information for both Saturday and Sunday

Venue and how to get there

Nødebovej across from Skovskolen in the northern part of Nødebo, 3480 Fredensborg. Signs from Nødebovej to parking. GPS coordinates 55° 59'20.2"N and 12°21'0.6"E. Transport in own cars or busses. Good public transport options: Bus 307 to Skovskolen, Nødebo, runs every 30 min from Hillerød Station. 20 minute drive with the bus, and maximum 1000m walk to the event arena.



P=Parking, E=Event arena

Event arena

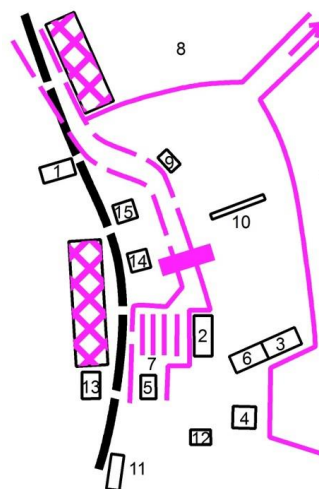
Distance from parking to event arena is 1200-1500 meter, marked with red/white ribbon. The arena is in the forest in a beautiful beech tree area.

Access for people with disabilities can be arranged via mail to danishspring@gmail.com as it goes through the competition area.

Distance to start from event arena

Both days about 1200m. Marked with yellow ribbons. Only one starting place both days, but not on the same location.

P and start



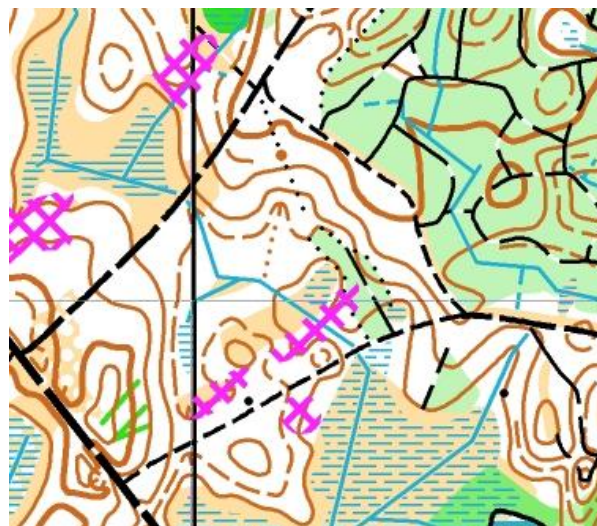
- 1) Speaking
- 2) Event information
- 3) Kiosk
- 4) First Aid
- 5) Finish area
- 6) Seating area
- 7) Maps hand out
- 8) Club tents
- 9) Prize ceremony
- 10) Results
- 11) Toilets
- 12) Refreshments
- 13) Track suits
- 14) O-butikken (shop)
- 15) Løberministeriet (shop)

Terrain description

The forest is typical of Zealand with smooth hills and diversified forest. Run ability is good and there are many paths in all parts of the forest. Due to the warm and wet winter there's still a lot of water in marshes and depressions.

There was a storm in the autumn that caused a lot of windfall which have only partially been cleared. The work in the forest from this has left tracks from machines which are not marked on the map. Areas that are impossible to get through are marked with red cross-hatched lines on the map as shown below. If there are only a few fallen tree left, these are marked with map signature short green line. There can be fallen trees in the terrain that are not marked on the map.

Map example:



Bibs

All elite runners and D12, D14, D16, H12, H14 and H16 (except B and AK classes) carry bibs with start numbers (W/D has red numbers and M/H black numbers). Numbers are hanging at the start.

Start procedure, all classes:

- Follow yellow ribbon from event centre to start
- Clear and check is found in front of the start entry.
- All directions from officials have to be followed.
- The start procedure begins 4 minutes before start. When the clock shows the runners starting time, move to start box 1.
- Start box 1 - 4 minutes before start: Officials control your name and SI-card. Rented SI-cards are handed out. Clear and check of SI-card is also possible here
- Start box 2 - 3 minutes before start: Separate control descriptions will be available.
- Start box 3 - 2 minutes before start: - Easy Classes are handed out their map and are allowed assistance from start officials.
- Start box 4 - 1 minutes before: Go to the box with your map. Acoustic signal sounds at start. You must pick up the map at the starting time. (Exception for runners on beginners and easy courses who get their map in box 3).
- The start point has to be passed by everybody, but not punched. The way to the starting point is marked by ribbons.
- Late runners must call upon the start officials, who will help to get a proper start.
- Open courses must follow the instruction from officials at the start and punch the start-control in the start moment.

Track suits

There will be transport of clothing from start back to the event arena.

Competition area and map

Saturday: Gribskov Midt 1:10.000 offset print for elite WRE- and junior classes, laser print 1:10.000 for all other classes. Map revised 2016, contour interval 2,5 m.

Sunday 1:15.000 offset print for elite WRE- and junior classes, H35 and H21A, laser print 1:10.000 for all other classes. Map revised 2016, contour interval 2,5 m.

Maps will have printed IOF control definitions. In addition there will be separate control definitions for runners with definitions holders.

Finish, map

The SI-cards is punched at the finish line. The map is handed in after finish and will be given back after the last runner has started. Map hand out will be announced.

Toilets

Porta potty toilets will be in event arena and at the start.

Refreshments

Refreshments at the finish and at designated controls on Sunday's long distance.

Direct courses

Sold in the event information. It's allowed to run together. Maps are handed out in the start. Maps are laser printed in scale 1:10.000. Saturday direct courses take place between 12:30 – 15:00 and Sunday between 10:00 – 12:30.

Cafeteria/kiosk

During the event Saturday and Sunday you can buy home cooked hot and cold dishes, candy, chocolate, cake and hot and cold drinks. Payment with DKK cash and Mobilepay app are accepted and foreign runners can change EUR, SEK and NOK into DKK at the event office.

Children's courses

Free of charge from the event arena Saturday from 11.30 to 15.30 and Saturday from 9:00 to 14:00.

The children's course Saturday will cross the walking route from the parking to the arena and from the arena to start. The children's course are marked with orange ribbons.

Childcare

Offered at the event arena Saturday and Sunday. Write to danishspring@gmail.com and book time and day.

Showers

Available Sunday after the race.

For competitors headed north:

HSOK's club house, Gl. Hellebækvej 73A, 3000 Helsingør, GPS 56°2'46.3"N and 12°35'19.2"E.

For competitors headed south:

Birkerød Løbecenter, Ravnsnæsvej 103A, 3460 Birkerød, GPS 55°51'10.8"N and 12°26'55.1"E.

General information for all races

Speaking and live-services

Our team of speakers will cover the Youth Cup, Løberen League and the WRE-classes. GPS-tracking (TracTrac) of WRE-classes and live results will be updated throughout the races and shown in the event arena and on www.danishspring.dk. Live-results is made with <http://liveresultat.orientering.se> and the Android-app "LO – Live resultat Orienteering". News and photos will be published on the Danish Spring [Facebook page](#) and [homepage](#).

Control system

SPORTident – all types of SI-cards, inclusive v.10 and v.11 can be used. It is the runner's responsibility to ensure that the control unit gives a sound or light signal as confirmation of "punching." Failing this, the runner must use the cutting pliers and punch at the edge of the map. The same SI-card can be used for all three days. For rental the same SI-card MUST be used for all races. Rental cards are handed out in the start and must be returned after the last race in the finish. Failure to return rental SI-card cost 480 DKK.

Start lists and results

WRE elite: Start list with participants but without start times are published on March 7th. Start list with times are published March 13th 2016.

Other classes: Start list with participants but without start times are published on March 7th. Start list with times are published March 16th 2016.

Results after each race will be posted on the arena and on www.danishspring.dk. Split times are uploaded to Winsplits online and results for WRE-classes will be posted at IOF's homepage (Danish Spring use World Ranking ID's from IOF's page).

Seeding and Tracking

GPS-unit is handed out at start. Seeding in elite classes has been performed by DOF. There will be GPS tracking and the list of runners that will carry GPS units is advertised in a separate news on the Danish Spring website and at the event arena.

Prizes

Prize cheque at all three races for DKK 1.000 to the winners of the senior- and junior elite classes. Prizes to nr. 1, 2 and 3 in all youth classes. Trimtex and Løberen awards prizes for best Danish runner in the Trimtex and Løberens Leagues.

www.danishspring.dk

Special notes for WRE-participants

IOF has approved 2 min starting interval in the Men Elite WRE and the courses are planned with that in mind. The Women Elite WRE have a 3 min start interval.

Climb in WRE courses:

Race	Men elite WRE	Women elite WRE
Sprint	70 m	50 m
Middle	140 m	100 m
Long	350 m	225 m

Size of control descriptions in WRE classes:

Race	Men elite WRE	Women elite WRE
Sprint	15 x 4 cm	14 x 4 cm
Middle	17 x 4 cm	12 x 4 cm
Long	21 x 4 cm	15 x 4 cm

There are two water controls in the WRE long distance Sunday for both men and women. No water at controls in the sprint or middle distance race.

Rules and regulations

IOF's rules for international foot orienteering events 1.1.2016 (for WRE part of race). In addition Danish Orienteering Federation (DOF) rules from 2015 §§ 2.6 (Shadowing and help in the start for beginners), 2.8 (Embargoed areas) 2.10 (Start rights), 3.2 (Event classification), 3.10 (Controls) and 6.1 (C-events) covering conditions not covered by IOF's regulations.

Complaints and protests

Elite WRE- and Elite Junior-classes: Complaints can be made (written) to the event information desk until 15 minutes after top-5 have been published.

Other classes: Complaints can be made oral or written to the event director or, if written, at the information desk as soon as possible, but no later than at the end of the event as of DOF rules §7.8, 7.9 and 7.10.

Event information desk

The event information desk handles entries (vacant starts), direct/open courses, payment, potential changes, rental SI-cards etc. Payment can be made in cash only.



Maximum time

The maximum running time is 50 min, 90 min and 150 min, for sprint, middle and long-distance respectively. Participants who do not complete shall report to the finish.

Accommodations

There is a number of hostels, cabins, hotels etc. close to Hillerød and Allerød. See www.danishspring.dk
DANISH SPRING cannot offer accommodation.

Training

From Wednesday 16th to Wednesday 23th of March there will be several attractive training opportunities offered with various length and difficulty. All controls have reflectors and can be used for night training. More info on www.danishspring.dk.

The Easter Cup (HSOK Påskecup) takes place on 24-28 March around Elsinore and is excellent practice for WMOC 2018. More info on www.hsok.dk.

Sports equipment

O-butikken/Løberen and Løberministeriet have shops in the event arena on all three races.

Climate

Denmark has a mild climate with no extremes. In March, day temperatures average 6°C, average rainfall is 39 mm and sunshine averages 150 hours for the month. The risk of snow in the terrain is small.

Insurance

Insurance is the responsibility of the individual participant. All participation is at your own risk. Do not leave valuables in the tents. Danish Spring does not accept any responsibility for either accidents or for lost or stolen property.

Visa

We kindly direct you to www.newtodenmark.dk

Late registration and changes

Late entries

Late entries at an extra charge of DKK 70 per start can be made via the online entry system or at IOF Eventor until 15 March 2016 at 14:00 – and during the event as long as vacant starts are available. It can also be done until the first start, at the Event information desk for the following

prices, which includes a surcharge of DKK 70 per race. Late entries cannot be done on O-Service.

Entry fee for late entries are to be paid by bank transfer before March 16th and the receipt is to be mailed to danishspring@gmail.com.

Late entry fees including surcharge:

	<u>Sprint /Middle/Long</u>		
Elite Junior	160,-	170,-	170,-
Elite WRE	200,-	210,-	230,-
D/H -20	130,-	130,-	150,-
D/H 21-	150,-	150,-	160,-

Start fee for open courses

Saturday/Sunday:

Open course, senior: DKK 100,-
Open course, junior: DKK 80,-
Rental of SI-cards: DKK 20,-

Changing of an entry (e.g. name or class) can be done until the first start at the Event information desk in the arena at an extra charge of DKK 70 per. This is not possible for seeded participants in elite classes.



Payment (Danish and international clubs)

Jyske Bank, Birkerød
Hovedgaden 28, DK 3460 Birkerød
DANISH SPRING – OK ØST
Reg. no.: 5028, Account no.: 1296215
IBAN no. DK29 5028 0001 2962 15
Swift code: JYBADKKK

International payment are charges 30 DKK by Jyske Bank.

No payment = no start!

Organisation

DANISH SPRING 2016 are hosted by OK Øst Birkerød and HSOK under the Danish Orienteering Federation (DOF).

Event Directors	Gert og Mette Steffensen OK Øst Birkerød
Event Director, Sprint	Emil Ruud HSOK
Course setter, Sprint	Rolf Lund HSOK
Course controller, Sprint	Keld Johnsen Tisvilde Hegn OK
Race director Middle and long	Erik Simonsen OK Øst Birkerød
Course setter Middle	Erik Øhlenschläger OK Øst Birkerød
Course controller Middle	Bjarke Sucksdorff Allerød OK
Course setter Long distance	Rasmus Ødum OK Øst Birkerød
Course controller Long distance	Jakob Ødum OK Øst Birkerød
IOF Event Advisor and event controller	Finn Blom Christensen Lyngby OK

Jury-members	Michael Leth Jess, OK Roskilde, DEN Olav Nipen, IL Tyrving, NO Torben Kristensen, Farum/ Herlufsholm OK, DEN
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Contact

Event directors: Mette and Gert Steffensen,
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E-Mail: danishspring@gmail.com
Web: www.danishspring.dk
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