

Invitation - Bulletin 1

DANISH SPRING

29-31 March 2019

OK Øst Birkerød and Lyngby OK welcome you to DANISH SPRING - an international orienteering weekend. DANISH SPRING offers all participants training, sprint, middle distance and long distance.

DANISH SPRING 2019 takes place in North Sealand in some of the region's best terrains, the city of Lyngby and Tisvilde Hegn forest. The weekend starts Friday with sprint in Lyngby followed by the individual middle distance Saturday. Sunday it's time for the individual long distance. All three races are IOF World Ranking Events for Women and Men Elite, and part of Danish Løberen League and Trimtex Cup. The Sprint is also part of IOF's Sprinctup.

DANISH SPRING 2019 highlights

- Sprint Friday in new area Lyngby
- Two intensive races in the attractive terrain of Tisvilde Hegn
- Test yourself against many of the world's best orienteers.
- DANISH SPRING include WRE and classes for all ages and levels
- Prize money for the winners of Women and Men Elite WRE and Junior
- Most probably snow free terrain
- Get ready for the weekend with relevant training in the days before the races



Event Program

Friday 29 March 2019

- 14:00 – Event information and kiosk open in the event arena
- 18:00
- 15:30 First start DANISH SPRING Sprint
- 16.30 - Direct courses put'n'run
- ~17:00 Prize ceremony

Saturday 30 March 2019

- 11:00 - Event information and kiosk open in the event arena
- 17:00
- 12:00 - First start DANISH SPRING Middle
- 13:00 - Direct courses put'n'run
- 15:00
- ~16:00 Prize ceremony

Sunday 31 March 2019

- 08:00 - Event information and kiosk open in the event arena
- 15:00
- 09:30 - First start DANISH SPRING Long
- 09:45 - Direct courses put'n'run
- 11:30
- ~14:00 Prize ceremony

Times may be subject to change



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DANISH SPRING Sprint distance Friday 29 March 2019

Type of competition

DANISH SPRING Friday is an individual sprint distance race. The race is an IOF World Ranking Event (WRE) for Men and Women Elite, first part of the Danish Senior and Junior Ranking series and part of DOF Sprintcup 2019.

Competition area and map

Lyngby, scale 1:4.000, offset-printed and revised in 2019. Contour interval 2.5 m. ISSOM 2007.

Sprint distance classes and courses

Classes	Difficulty	Winning time
Men Elite WRE	Difficult	12-15 min
Women Elite WRE	Difficult	12-15 min
Men Elite Junior	Difficult	12-15 min
Women Elite Junior	Difficult	12-15 min
W-16	Difficult	12-15 min
W 17-20	Difficult	12-15 min
W 21-49	Difficult	12-15 min
W 50-	Difficult	12-15 min
M-16	Difficult	12-15 min
M 17-20	Difficult	12-15 min
M 21-49	Difficult	12-15 min
M 50-	Difficult	12-15 min
Easy Jun/Sen	Easy	12-15 min

Description of the terrain

Varied area with park, residential, lawns, complicated building complex and a little forest. 50% of the course will take place on soft ground. The rest at hard surfaces like roads and slippery flagged paths.

Event classification

Danish classification: C *****

Start

First start 15:30.

Prizes

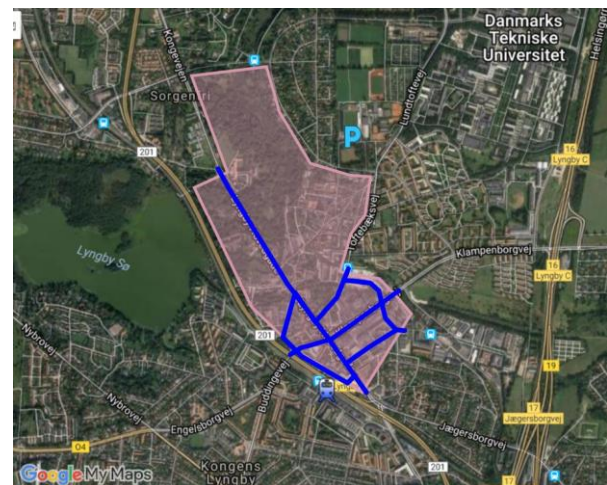
Prize money DKK 1.000 to the winners of Senior and Junior Elite classes and Trimtex and Løberen award prizes to the best Dane in same classes. Prizes for the no. 1, 2 and 3 in all Junior classes.

Direct/Open courses

Open courses are offered from 16:30 and will be the same as for the other classes. Running as a team or shadowing of runners is allowed in Open courses. Maps are laser printed. Entry on the day at the Event information desk.

Embargoed area

Competitors in the WRE classes are not allowed to visit the competition area, the town of Lyngby, before DANISH SPRING 2019 - see below marked area. Access to shops etc. however admitted via blue marked streets, until 28 March 2019.



Venue and how to get there

Lyngby Idrætsby

Lundtoftevej 53

2800 Kongens Lyngby

Transportation by private cars or busses, or by train to "Lyngby Lokal Station", 800 meters from the venue.

DANISH SPRING Middle distance Saturday 30 March 2019

Type of competition

DANISH SPRING Saturday is an individual middle distance race. The race is an IOF World Ranking Event (WRE) for Men and Women Elite and second part of the Danish Senior and Junior Ranking series 2019.

Competition area and map

Tisvilde Hegn, scale 1:10.000 offset-printed for Elite WRE and Junior elite classes and laser-printed scale 1:7.500 and 1:10.000 for other classes, revised 2019, and contour interval 2.5 m. Maps drawn according to ISOM2017. Samples of previous maps on www.danishspring.dk.

Middle distance classes and course

Classes	Difficulty	Winning time/ course length
Men Elite WRE	Difficult	30-35 min
Women Elite WRE	Difficult	30-35 min
Men Junior	Difficult	20-25 min
Women Junior	Difficult	20-25 min
Beginners	Beginners	2,5 km
W/M10	Beginners	2,5 km
W/M12	Easy	3,0 km
W/M14	Medium	4,0 km
W/M14B	Easy	3,0 km
W/M16	Difficult	4,0/ 5,0 km
W/M17-20A	Difficult	4,0/ 4,5 km
W/M21A	Difficult	4,5 km
W/M21B	Medium	4,0 km
W/M21C	Easy	3,0 km
W/M35-	Difficult	4,5/ 5,5 km
W/M40-	Difficult	4,5/ 5,5 km
W/M45-	Difficult	4,5/ 5,5 km
W/M50-	Difficult	4,0/ 5,0 km
W/M55-	Difficult	4,0/ 5,0 km
W/M60-	Difficult	4,0 km
W/M65-	Difficult	4,0 km
W/M70-	Difficult	3,0/ 4,0 km
W/M75-	Difficult	3 km
W/M80-	Difficult	3 km
W/M85-	Difficult	2,5 km
W/M90-	Difficult	2,5 km

If few entries, classes will be merged. If too many entries, classes can be split.

Start

First start 12:00

Prizes

Prize money DKK 1.000 to the winners of Senior and Junior Elite classes and Trimtex and Løberen award prizes to the best Dane in same classes. Prizes for the no. 1, 2 and 3 in all Junior classes.

Direct/Open courses

Open courses are offered from 13:00. Individual put'n'run at 14:00 - 15:00. Running as a team or shadowing of runners is allowed in Open courses. Maps are laser printed. Entry on the day at the Event information desk.

Classes	Difficulty	Course
Open 1	Difficult	6-7 km
Open 2	Difficult	4-5 km
Open 3	Medium	4-5 km
Open 4	Easy	3-4 km



DANISH SPRING Long distance Sunday 31 March 2019

Type of competition

DANISH SPRING Sunday is an individual long distance race. The race is an IOF World Ranking Event (WRE) for Men and Women Elite and third part of the Danish Senior and Junior Ranking series 2019.

Competition area and map

Tisvilde Hegn, scale 1:15.000 offset-printed for Elite WRE and Junior elite classes and laser-printed scale 1:7.500 and 1:10.000 for other classes, revised 2019, and contour interval 2.5 m. Maps are drawn according to ISOM2017. Samples of previous maps on www.danishspring.dk.

Long distance classes and courses

Classes	Difficulty	Winning time/course
Men Elite WRE	Difficult	90-100 min
W Elite WRE	Difficult	70-80 min
Men Junior	Difficult	70 min
Women Junior	Difficult	55 min
Beginners	Beginners	3,5 km
W/M10	Beginners	3,0/ 3,0 km
W/M12	Easy	3,5/ 3,5 km
W/M12B	Beginners	3,0/ 3,0 km
W/M14	Medium	4,5/ 5,5 km
W/M16	Difficult	5,5/ 8,0 km
W/M 17-20A	Difficult	6,0/ 9,0 km
W/M 17-20AS	Difficult	5,0 km/ 7,0 km
W/M21A	Difficult	7,5/ 13 km
W/M21AS	Difficult	5,5/ 7,0 km
M21AM	Difficult	9,5 km
W/M35-	Difficult	7,5/ 12 km
W/M35B	Medium	4,5/ 5,5 km
W/M40-	Difficult	7,0/10,5 km
W/M45-	Difficult	7,0/ 9,5 km
M45-AS	Difficult	5,0 km
W/M50-	Difficult	5,5/ 8,5 km
W/M55-	Difficult	5,5/ 7,5 km
M55-AS	Difficult	4,0 km
W/M60-	Difficult	4,5/ 6,5 km
W/M65-	Difficult	4,5/ 6,5 km
W/M70-	Difficult	3,5/ 5,0 km
W/M75-	Difficult	3,5/ 5,0 km
W/M80-	Difficult	3,0/ 4,0 km
W/M85-	Difficult	2,5/ 3,0 km
M90-	Difficult	3,0 km

If few entries, classes will be merged. If too many entries, classes can be split.

Start

First start at 09:30

Prizes

Prize money DKK 1.000 to the winners of Senior and Junior Elite classes and Trimtex and Løberen award prizes to the best Dane in same classes. Prizes for the no. 1, 2 and 3 in all Junior classes.

Direct/Open courses

Open courses are offered from 09:30. Individual put'n'run at 09:45 - 11:30. Running as a team or shadowing of runners is allowed in Open courses. Maps laser printed. Entry on the day at the Event information desk.

Classes	Difficulty	Course
Open 1	Difficult	8 km
Open 2	Difficult	6 km
Open 3	Difficult	4 km
Open 4	Medium	4 km
Open 5	Easy	3 km

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General information Saturday and Sunday

Event classification

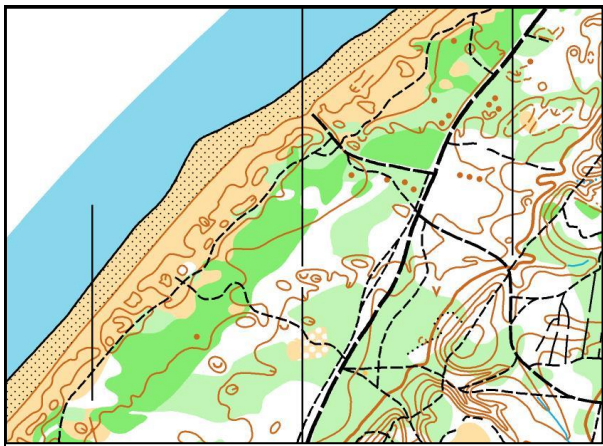
Danish classification:

Saturday: C *****, Sunday: A *****

Description of the terrain

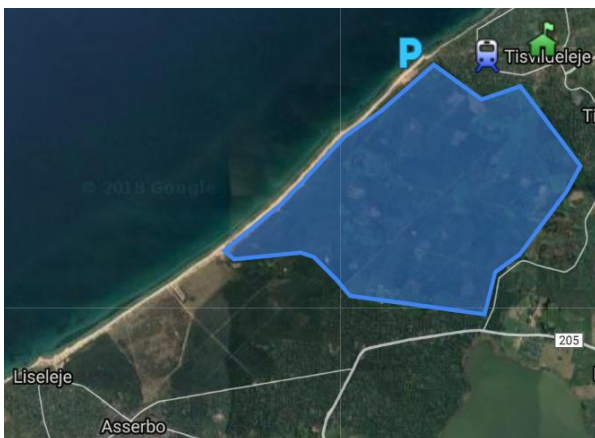
Famous from numerous big events – lately World Masters Orienteering Championships 2018 – Tisvilde Hegn is legendary in Danish Orienteering for its special vegetation and characteristic contour features. The forest primarily consists of conifers, but beech is also found – primarily in the eastern parts. With its rapidly changing visibility – even in the early spring time – the terrain will challenge the competitors' capabilities to alter their speed and navigate carefully in very detailed

areas. The path network is well developed, making it fun even for our young and less skilled athletes.



Embargoed area

Competitors in the WRE classes are not allowed to visit the competition area Tisvilde Hegn before DANISH SPRING 2019 (see the marked area below).



Venue - and how to get there



Parking at the beach at Hovedgaden 112, 3220 Tisvildeleje. Access by road no. 237, 25 km north of Hillerød and 60 km north of Copenhagen. Transportation by private cars or busses, or by train to Tisvildeleje Station, 1.8 km from the Arena.

Event arena

The arena is within the competition area and provides a nice experience for runners and spectators. The complete event is covered by live commentary, online results and photographers. The Event arena tents contains the Event information desk and kiosk with tasty small hot and cold dishes as well as beverages and sweets.

General information all days

Punching system

Sportident – all card versions. The same SI-card can be used in all three races.

Children's course

For all children, free of charge, Saturday from 13.00 to 15.30 and Sunday from 9:30 to 12:00.

Accommodation

You can find links to a number of hostels, holiday villages, hotels etc. on the website. Reservation in due time is recommended. DANISH SPRING cannot offer accommodation.

Training

Attractive training opportunities in nearby forests, from Wednesday 27 March. The trainings are with different challenges and course lengths. More info coming up at www.danishspring.dk.

Climate

Denmark has a mild climate with only few extremes. In March, day temperatures average 6 degrees 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.

Competition rules

IOF's international competition rules for foot orienteering event 2019 (the WRE relevant part) supplemented by DOF's rules 2019 §§ 2.6 (Shadowing), 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 the IOF rules, plus special rules for participation.

Instruction/Bulletin 2

Bulletin 2 and a preliminary list of competitors will be on www.danishspring.dk from mid-March 2019.

Start lists

Start lists will issue 27 March 2018.
Start order in the WRE classes follows the WRE guidelines, using the IOF ranking as a basis.
Start order in the **junior classes** follows Danish guidelines – make a note in the entry with your best international results.

Entries and payment

Regular entry fees

Classes	Sprint	Middle	Long
Elite WRE	DKK 135	DKK 160	DKK 160
Elite Junior	DKK 90	DKK 110	DKK 110
W/M -20 (Elite excl.)	DKK 80	DKK 90	DKK 90
W/M 21- (WRE excl.)	DKK 100	DKK 120	DKK 120
Open courses	DKK 80	DKK 90	DKK 90

Rent of SI-card: DKK 20 per start
Late entry fee: +DKK 70 per start

Regular entries

Online entries:

- WRE participants: eventor.orienteering.org
- All other participants from outside Denmark: danishspring.nemilmeld.dk
- All other participants from Denmark: [O-service](#)

Regular entry limit: 14 March 2019

Late entries and changes

Late entry limit: 22 March 2019.
Late entry fee: Additional DKK 70 per start.

Changing of an entry (e.g. name or class) can be done until the start at the Event information desk in the arena at an extra charge of DKK 70 per start. Change of SI-card numbers is free.

More information at www.danishspring.dk/entry/

In case of trouble with online entries/changes, an e-mail can be sent to danishspring@gmail.com. Always enter the club name in the subject line. State the club, nationality, name, race, class, SI-card number and possible IOF ID in the body of the e-mail. E-mail entries/changes must always be confirmed by DANISH SPRING.

Payment

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

Organisers

Event Directors	Gunner Sie Birgitte Halland <i>OK Øst Birkerød</i>
Course planner Middle distance	Bjarne Topp <i>OK Øst Birkerød</i>
Course controller Middle distance	To be announced
Course planner Long Distance	Jens Peter Gundorf <i>OK Øst Birkerød</i>
Course controller Long Distance	Torkil Hansen <i>PI Orientering</i>

Event Director Sprint	Finn Blom Christensen <i>Lyngby OK</i>
Course planner Sprint	Steen Olsen <i>Søllerød OK</i>
Course controller Sprint	Rolf Lund <i>HSOK</i>

IOF Event Advisor and Event controller	Torben Kristensen <i>Herlufsholm OK</i>
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Event contact information

E-Mail: danishspring@gmail.com
Web: www.danishspring.dk
Facebook: www.facebook.com/danishspring/

