

# Bulletin 2

## Welcome to

# DANISH SPRING

## 29-31 March 2019

OK ØST Birkerød and Lyngby OK welcome you to DANISH SPRING – an international orienteering weekend. At DANISH SPRING you can both participate in training, sprint, middle and long distance.

DANISH SPRING 2019 will be held in North Sealand in some of the region's best terrains: Lyngby Centre and Tisvilde Hegn. The weekend starts Friday with sprint in Lyngby, then it's time for the middle distance Saturday, before we conclude with Sunday's long distance. All three races are IOF World Ranking Events for women's and men's Elite and part of the Danish junior ranking league Løberen League and Trimtex Cup for the senior runners. The sprint is also a part of the Danish Sprint Cup 2019.



### Event Program

#### Friday 29 March 2019

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

#### Saturday 30 March 2019

- 10:30 - Event information and kiosk open in the event arena
- 17:00 the event arena
- 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 the event arena
- 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*



# LØBEREN

# TRIMTEX

## DANISH SPRING Sprint Friday 29 March 2019

### About the race

DANISH SPRING Friday is an individual sprint-orienteeing race. The race is part of the IOF's world-ranking list WRE for Men and Women Elite. The is the third event in the Danish senior- and junior ranking lists as well as part of Danish Sprint Cup 2019.

### The race area and map

Lyngby, scale 1:4000, offset-printed and revised in 2019. Equidistance 1.25 m. ISSOM 2007.

The race area is not roped off – there will be light traffic in parts of the race area! So please note that road traffic regulations MUST be observed!

### Sprint classes and courses

Class	Km	Con- trols	Diffi- culty
Men Elite WRE	4,1	24	Difficult
Women Elite WRE	3,6	23	Difficult
Men Elite Jun- ior	3,6	23	Difficult
Women Elite Junior	3,5	23	Difficult
M-16	3,5	23	Difficult
W-16	2,9	21	Difficult
M17-20	3,5	23	Difficult
W17-20	2,9	21	Difficult
M21-49	3,5	23	Difficult
W21-49	2,9	21	Difficult
M50-	3,0	17	Difficult
W50-	2,7	18	Difficult
Easy Jun/Sen	2,3	16	Easy

### Distances

Parking at the event center. 700 m to start. The route to start is marked.

### Description of the terrain

Varied area with park, residential, lawns, complicated building complex and a little forest. 20% of the course will take place on soft ground. The rest at hard surfaces like roads and slippery flagged paths.

### Classification C \*\*\*\*\*

The event is classified as a 5-starred C-event.

### Start

First start at 15:30.

### Start interval

1 min in all classes.

### Start and start procedure

- Start lists are posted in the event arena alongside race instruction.
- Bibs are to be worn in Elite classes and M/W-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
- Loose control descriptions will be available.
- Start box 4 - 1 minutes before: The runner will pick up map of the respective box and put it on the ground. The runner can check that the maps is correct but must not otherwise look at it.
- The start control has to be passed by everybody and is not to be punched.
- Late runners must call the start officials, who will help to get a proper start.
- Open courses starts out directly from the start box 4.

### Prizes

There are 1,000 DKK in prize money to the winners of the senior and junior elite classes as well as prizes from Trimtex and Løberens for best Dane in the same classes. In the other junior classes, there are prizes for the first three.

### Open/Direct courses

A selection of the competition courses will be available for sale as open courses from 16:30 but some courses are first open from 17.30 for the purpose of conducting the competition. On open courses it is allowed to run as teams or shadow runners. Registration on the day in the event office after the "first come, first served" principle!

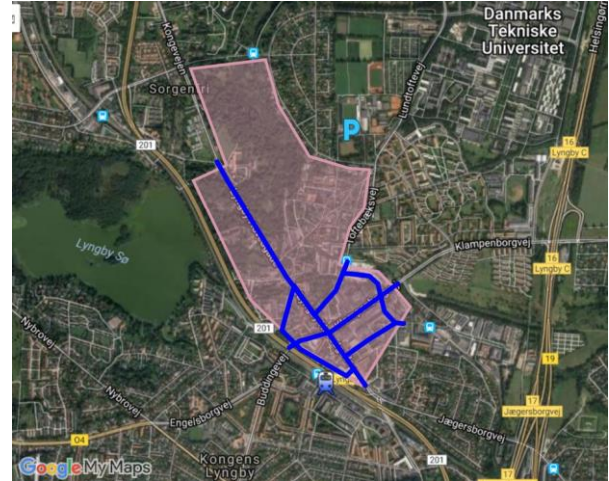
### Event center and arena

Map of the area and amenities:



### 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 fourth 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, printed on waterproof paper, revised 2019 and contour interval 2.5 m. Maps drawn according to ISOM2017. Samples of previous maps on [www.danishspring.dk](http://www.danishspring.dk).

### Middle distance classes and courses

Class	Km	Con-trols	Difficulty	Scale
Men Elite WRE 1	7,6	26	Difficult	1:10000
Men Elite WRE 2	7,2	25	Difficult	1:10000
Women Elite WRE	5,9	22	Difficult	1:10000
Men Elite Junior	5,9	21	Difficult	1:10000
Women Elite Junior	4,9	18	Difficult	1:10000
Begynder	2,3	10	Beginner	1:7500
W/M10	2,3	10	Beginner	1:7500
W/M12	2,9	11	Easy	1:7500
W/M14	3,8	14	Medium	1:7500
W/M14B	2,9	11	Easy	1:7500
M16	5,1	18	Difficult	1:10000
W16	4,0	16	Difficult	1:7500
W/M15-20B	3,8	14	Medium	1:7500
M17-20A	5,1	18	Difficult	1:10000
W17-20A	4,0	16	Difficult	1:7500
W/M21A	4,6	17	Difficult	1:10000
W/M21B	3,8	14	Medium	1:7500
W/M21C	2,9	11	Easy	1:7500
M35-	5,5	18	Difficult	1:10000
W35-	4,6	17	Difficult	1:10000

M40-	5,5	18	Difficult	1:10000
W40-	4,6	17	Difficult	1:10000
M45-	5,5	18	Difficult	1:10000
W45-	4,6	17	Difficult	1:10000
M50-	5,1	19	Difficult	1:10000
W50-	4,1	17	Difficult	1:7500
M55-	5,1	19	Difficult	1:10000
W55-	4,1	17	Difficult	1:7500
M60-	4,1	17	Difficult	1:7500
W60-	4,0	16	Difficult	1:7500
M65-	4,0	16	Difficult	1:7500
W65-	4,0	16	Difficult	1:7500
M70-	4,0	16	Difficult	1:7500
W70-	2,8	11	Difficult	1:7500
W/M75-	2,8	11	Difficult	1:7500
W/M80-	2,8	11	Difficult	1:7500
W/M85-	2,6	10	Difficult	1:7500
W/M90-	2,6	10	Difficult	1:7500

### Start

First start at 12:00.

All runners are starting from start 1.

Start 1 is located 1300 m from the arena – the route is marked with red/white markers.

There are toilets and transport of clothing.

### Prizes

There are 1,000 DKK in prize money to the winners of the senior and junior elite classes as well as prizes from Trimtex and Løberens for best Dane in the same classes. In the other junior classes, there are prizes for the first three.

### Open/Direct courses

Entry at the event information from 13:00 o'clock.

Individual put'n'run starts between 14:00 and 15:00. On open courses it is allowed to run as teams or shadow runners.

Maps are laser printed. There's direct entry on the same day in the event information.

Class	Difficulty	Km	Con-trols
Open 1	Difficult	6,5 km	22
Open 2	Difficult	5,2 km	17
Open 2.5	Difficult	3,6 km	15
Open 3	Medium	3,9 km	14
Open 4	Easy	3,1 km	12

## DANISH SPRING Long distance Sunday March 31th 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 fifth 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, printed on waterproof paper, revised 2019 and contour interval 2.5 m. Maps are drawn according to ISOM2017. Samples of previous maps on [www.danishspring.dk](http://www.danishspring.dk).

### Large SI-Card

The following classes have more than 30 controls and requires the runners to have an SI-Cards that supports over 30 punches: Men Elite WRE-1 and WRE-2. This is the responsibility of the runner.

### Long distance classes and courses

Class	Km	Controls	Start	Difficulty	Scale
Men Elite WRE 1	19,6	39	1	Difficult	1:15000
Men Elite WRE 2	19,5	40	1	Difficult	1:15000
W Elite WRE	12,2	23	1	Difficult	1:15000
Men Elite Junior	12,7	28	1	Difficult	1:15000
Women Elite Junior	8,7	17	1	Difficult	1:15000
Beginners	3,2	10	2	Beginner	1:10000
W10	2,8	8	2	Beginner	1:10000
M10	2,8	8	2	Beginner	1:10000
W12	3,6	13	2	Easy	1:10000
M12	3,6	13	2	Easy	1:10000
M14	5,3	11	2	Medium	1:10000
W14	4,5	11	2	Medium	1:10000
M16	8,2	17	1	Difficult	1:10000
W16	5,4	10	1	Difficult	1:10000
W15-20B	4,5	11	2	Medium	1:10000
M15-20B	5,3	11	2	Medium	1:10000
M17-20A	9,0	16	1	Difficult	1:10000

W17-20A	5,9	14	1	Difficult	1:10000
M 17-20AS	6,9	14	1	Difficult	1:10000
W17-20AS	5,3	10	1	Difficult	1:10000
M21A	12,8	25	1	Difficult	1:10000
W21A	7,7	16	1	Difficult	1:10000
M21AM	9,9	19	1	Difficult	1:10000
M21AS	6,9	14	1	Difficult	1:10000
W21AS	5,4	10	1	Difficult	1:10000
M21B	5,3	11	2	Medium	1:10000
W21B	4,5	11	2	Medium	1:10000
M35-	11,8	22	1	Difficult	1:10000
W35-	7,7	16	1	Difficult	1:10000
M40-	10,8	22	1	Difficult	1:10000
W40-	6,9	14	1	Difficult	1:10000
M45-	9,9	19	1	Difficult	1:10000
W45-	6,9	14	1	Difficult	1:10000
M45-AS	5,3	10	1	Difficult	1:10000
M50-	8,6	15	1	Difficult	1:10000
W50-	5,3	10	1	Difficult	1:10000
M55-	7,7	16	1	Difficult	1:10000
W55-	5,4	10	1	Difficult	1:10000
M55-AS	4,5	9	1	Difficult	1:10000
M60-	6,9	13	1	Difficult	1:7500
W60-	4,2	10	2	Difficult	1:7500
M65-	6,9	13	1	Difficult	1:7500
W65-	4,2	10	2	Difficult	1:7500
M70-	5,3	11	1	Difficult	1:7500
W70-	3,3	9	2	Difficult	1:7500
W75-	3,3	9	2	Difficult	1:7500
M75-	5,3	11	1	Difficult	1:7500
M80-	4,0	10	2	Difficult	1:7500
W80-	3,1	8	2	Difficult	1:7500
M85-	3,1	8	2	Difficult	1:7500
W85-	2,3	7	2	Difficult	1:7500
M90-	3,1	8	2	Difficult	1:7500
W90-	2,3	7	2	Difficult	1:7500

### Start

First start at 9.30.

Start 1 – 400 m from the arena – the route is marked with red/white bands.

Start 2 – 200 m from the arena – the route is marked with yellow bands.

Because of the proximity to the arena the starts on Sunday will not have separate toilets or transport of clothing.

### Prizes

There are 1,000 DKK in prize money to the winners of the senior and junior elite classes as

well as prizes from Trimtex and Løberens for best Dane in the same classes. In the other junior classes, there are prizes for the first three.

**Open/Direct courses**

Entry at the event information from 09:30 o'clock. Individual put'n'run starts between 09:45 and 11:30. On open courses it is allowed to run as teams or shadow runners. Maps are laser printed. There's direct entry on the same day in the event information.

Class	Difficulty	Km	Control s	Start
Open 1	Difficult	7,8 km	16	2
Open 2	Difficult	5,8 km	15	2
Open 3	Difficult	3,8 km	10	2
Open 4	Medium	3,8 km	10	2
Open 5	Easy	3,3 km	11	2

**General information  
Saturday and Sunday**

**Event classification**

Saturday, 5-starred C-event  
Sunday, 5-starred A-event

**Terrain description**

Tisvilde Hegn is known from many big events - most recently World Masters Orienteering Championships 2018 - and is a legendary terrain in Danish orienteering due to the forest's special vegetation and a characteristic topography. The forest is primarily coniferous forest, but also with deciduous forest, especially in the eastern part. Visibility varies and can change quickly, even in early spring. 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.

The controls are closely positioned in some areas, especially in the middle distance, so check the control numbers.

Impassable, fallen trees are marked as dense area on the maps.

**Area with forest work**

After the completion of the courses and map printing there has been work in forest with heavy machinery. This have mainly affected the way the vegetation runability is mapped and created a more diffuse path network. The forest have mainly been thinned out in the area.

In the arena and at the start there will be a map showing the affected areas.

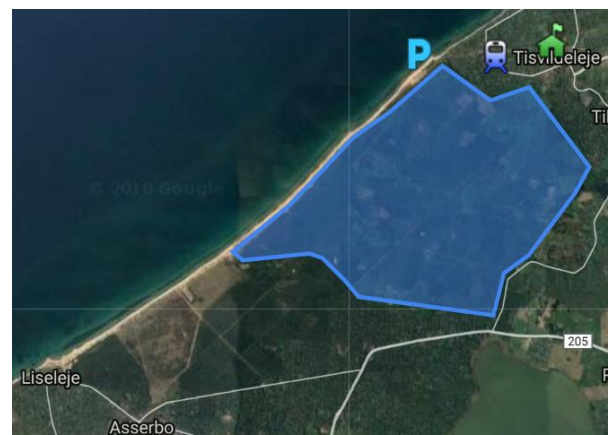
**Start and start procedure**

Start lists are posted in the event arena alongside race instruction.

- Bibs are to be worn in Elite classes and M/W -12, M/W -14 and M/W -16 You will find the bibs placed at the start entry.
- Clear and check is found in front of the start entry.
- 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. Loose control descriptions will be available for runners with a holster for it.
- Start box 3 – 2 minutes before. Runners on Beginner and Easy courses are handed their map 2 min before start and can receive help from the start officials.
- Start box 4 - 1 minutes before: The runner will pick up map of the respective box and put it on the ground. The runner can check that the maps is correct but must not otherwise look at it.
- The start is announced by an acoustic signal. The runners have to follow the ribbons to the start control and pass it, but not punch it.
- Easy and beginner courses start out right from box 4.
- Late runners must call the start officials, who will help to get a proper start.

**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).



### Meeting point and transportation

Parking by the beach, Hovedgaden 112, 3220 Tisvildeleje. Access from road 237, 25 km north of Hillerød and 60 km north of Copenhagen. Transport in private cars, by bike, bus or local train to Tisvildeleje Station, 1.8 km from the event center. Use [the Journeyplanner](#) for public transit. Parking to event arena is 300 m.



The Event arena tents contains the Event information desk and kiosk with tasty small hot and cold dishes as well as beverages and sweets. MobilePay is available for users with a Danish account and otherwise payment in cash with DKK. Euro. SEK and NOK can be exchanged in the event information.

### Water

Water is handed out in the finish area and in the forest Sunday.

### Showers

In Tisvilde at Tisvilde Bygade 35 on Sunday from 11:00 to 16:00. For the cold-resistant there's also the beach nearby.

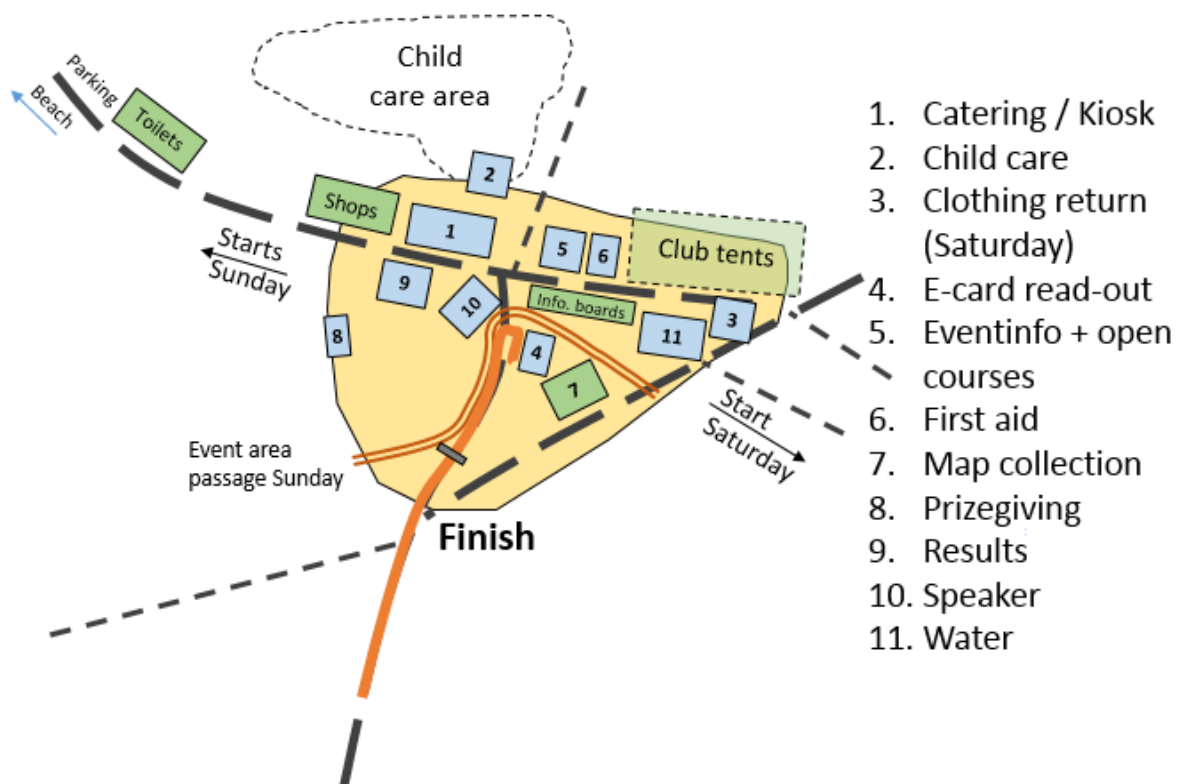
### Children's courses and child care

Free of charge from the event arena Saturday from 11.30 to 15.30 and Sunday from 9:00 to 12:00. No registration needed.

### 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.

## Event area Tisvilde – Sat & Sun





## General information for the Danish Spring weekend

### Start lists and seeding

Start lists are made public after March 24<sup>th</sup>. Due to a large number of participants the Men Elite are split into WRE1 and WRE2. The WRE-seeding are based on the IOF World Ranking. The seeding in junior classes are based on Danish regulations and international results. The highest ranked starts the last in all seeded classes based on draws in blocs of 5-10 runners. Late entries start first but seeding exceptions can be made by the IOF Event Advisor for "wildcards".

Write to [danishspring@gmail.com](mailto:danishspring@gmail.com) in cases of problems with registering or changes.

### Danish Championship for the deaf

DANISH SPRING is happy to host the "Dansk Døve-Idræts DM i Orientering 2019". Classes for participants in the championship for deaf are made by a "DDI", ex "W 35- (W21 DDI)".

### Denmark observes daylight saving time

Go to bed early – your smartphone will jump and hour ahead during the night. Or remember to set your good old clock.

### The 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.

### Control system

The same SI-card can be used for all three used. 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.

### Finish, map

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

### Tracking in elite classes

GPS-unit is handed out at start. There will be GPS tracking and the list of runners that will carry GPS units is advertised on a list at the event arena. The GPS are handed over after the finish. Tracking of the runners can be seen at [www.TracTrac.dk](http://www.TracTrac.dk) after the last runner in the elite classes have started.

### Speaking and live-services

The speaker team will follow the races in M/W16, Junior Elite and the WRE-classes closely. [www.liveresultat.orientering.se](http://www.liveresultat.orientering.se) shows live results. News and photos will be broadcasted on Danish Springs Facebook-page and homepage. All maps with courses can be accessed on [www.O-Track.dk](http://www.O-Track.dk) after the races. Jpeg version upon request.

NB! Runners can encounter photographers from Danish Spring in the terrain – and possibly in the air. 3<sup>rd</sup> party photographers are welcome after accreditation by the Media team.

### O-Track

Track your Danish Spring with GPS-ur or smartphone. Upload your run after the race to analyse and compare route choices with other participants. More info on [www.o-track.dk](http://www.o-track.dk)

### Accommodations

There is a number of hostels, cabins, hotels etc. close to Hillerød and Tisvilde. DANISH SPRING cannot offer accommodation.

### 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 forecast for Danish Spring promises 10 degrees and zero risk of snow.

### 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.

### First aid

First aid is located on the event arena but can come to the forest for help upon direct request or by calling +45 24207182

### Visa

We kindly direct you to [www.newtodenmark.dk](http://www.newtodenmark.dk)

### Rules and regulations

IOF's rules for international foot orienteering events 1.1.2019 (for WRE part of race). In addition Danish Orienteering Federation (DOF) rules from 2019 §§ 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 regulation.



## Event organisation

Event Directors	Birgitte Halland Gunner Sie Helle Holm Clausen <i>OK ØST Birkerød</i>
Course setter Middle	Bjarne Topp <i>OK ØST Birkerød</i>
Course controller Middle	Torben Kristensen <i>Herlufsholm OK</i>
Course setter 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 setter, Sprint	Steen Olsen <i>Søllerød OK</i>
Course controller, Sprint	Rolf Lund <i>HSOK</i>

IOF Event Adviser and Event controller	Torben Kristensen <i>Herlufsholm OK</i>
Jury	Kirsten Møller (DEN) Nick Barrable (BGR) Pavel Košárek (CZE)

### Contact info

E-Mail: [danishspring@gmail.com](mailto:danishspring@gmail.com)

Web: [www.danishspring.dk](http://www.danishspring.dk)

Facebook: [www.facebook.com/danishspring/](http://www.facebook.com/danishspring/)

### Payments (In case online payment failes)

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