



Instruction – Bulletin 2

DANISH SPRING 23–25 March 2018

WELCOME

OK Roskilde and OK Sorø would like to welcome you to DANISH SPRING - a weekend of international orienteering.

DANISH SPRING 2018 takes place in some of the best orienteering terrains in Mid-Zealand. The weekend kicks off with sprint Friday in Sorø. Saturday is middle distance and Sunday is time for long distance in the forests of Hvalsø. All three races are IOF World Ranking Events, and parts of the Danish Senior League, Trimtex Cup and the Danish Junior League, Løberen League. Saturday and Sunday's races is also a part of the Danish Youth Cup.

TRIMTEX
TRIMTEX
— Custom sportswear —

LØBEREN

Program

Friday 23 of March 2018

- 13:30 – 18:30 Event arena open, including event information and kiosk
- 15:00 – 17:30 Start of DANISH SPRING sprint
- 15:00 – 17:15 Direct courses
- About 18:00 Price giving ceremony

Saturday 24 of March 2018

- 10:00 – 17:00 Event arena open, including event information and kiosk
- 12:00 – 15:00 First start of DANISH SPRING middle distance
- 14:00 – 15:30 Direct courses
- 15:00/17:00 Price giving ceremony

Sunday 25 of March 2018

Remember daylight saving time!

- 08:30 – 15:30 Event arena open, including event information and kiosk
- 10:00 – 12:30 First start of DANISH SPRING long distance
- 11:45 – 13:15 Direct courses
- 13:00/14:30 Price giving ceremony

The exact times can change, please check website before event.

Version 2

DANISH SPRING Sprint Friday 23rd of March 2018

Event type

The race is an IOF World Ranking Event (WRE) for the Men and Women Elite, and parts of the Danish Senior League, Trimtex Cup and the Danish Junior League, Løberen League 2017. DANISH SPRING sprint is classified as an Open Event, individual sprint orienteering, under the classification by Danish Orienteering Federation (DOF).

Event area and map

"Sorø" 1:4.000" offset printed for all classes. The map is newly drawn in 2018, equidistance is 2,5 m.

Event arena



Class	Length Beeline	Length Best route choice	Controls
Men elite WRE	2,8 km	3,6km	28
Women elite WRE	2,7 km	3,3 km	24
Men junior elite	2,5 km	3,3 km	22
Women junior elite	2,6 km	3,2 km	22
D-16	2,4 km	3,0 km	21
D 17-20	2,6 km	3,2 km	22
D 21-49	2,4 km	3,0 km	21
D 50-	2,4 km	3,0 km	21
H-16	2,6 km	3,3 km	20
H 17-20	2,5 km	3,3 km	22

H 21-49	2,6 km	3,3 km	20
H 50-	2,3 km	3,1 km	22
Easy Junior	2,0 km	2,3 km	18
Easy Senior	2,4 km	2,9 km	20
Open 1	2,0 km	2,3 km	18
Open 2	2,4 km	2,9 km	20
Open 3	2,4 km	3,0 km	21

Terrain description

Versatile sprint terrain consisting of small back alleys, with adjoining park and sport facilities and a residential area with green areas. Orienteering shoes without spikes are advised.

Special signatures

Name	Legend at map	Description
Hole in fence	⊥	Hole in fence with <u>slow</u> passage. See picture below for example.
Light mast	○	Very big light mast, used at football courts
Playground equipment	✕	Playground equipment of any kind



Hole in fence with slow passage

The competition area has some light traffic so take care. Some newly planted hedges are marked with red/white ribbon to make it clear that they are forbidden to pass. Other hedges are allowed to pass.

Important

The part of city for competition is not closed for driving traffic. All roads are small and narrow. The normal speed on the roads in the running area is at a maximum of 40 km / h.

Hedges drawn in black green colour, fences, shaded areas and areas in olive green colour are forbidden to pass. Violation of the rules leads to disqualification. There are observers/guards in the event area and any violation of these rules will result in disqualification in all classes.

4 places in the city at the end of the narrow back alley exit there is placed a red/white line. It is mandatory to run 10 meters to one of the sides: It is NOT allowed to just cross over. On the card this is marked in red:



The Road Traffic Act must be observed.

In the city there will be approx. 30 representatives from the organizing club. The representatives are wearing orange west

Venue and how to get there

Take Exit 37: Sorø, Follow Highway 219 south – into city. At the conjunction of Highway 219 and 150 there will be marked with a orienteering control flag.

GPS-coordinates: 55.440244 - 11.566801
Address: Ringstedvej 20, 4180 Sorø.

Parking

Follow the instruction from the parking guards and take the route marked from the event arena. Parking is very close

Start and mark to start

The starting boxes and waiting area are located inside a heated area. Marking to start is black / yellow snizling. A card can be taken at the event center to show the way to start. On this card there is also a small warm up area with 4 simple controls, which can be used.

Start og startprocedure

- Start lists are posted in the event arena alongside race instruction.
- Start interval is 1 minute on all courses. Bibs shall be used by all elite runners. 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: Loose control descriptions will be available.
- Start box 3 - 2 minutes before start: - Easy Classes are handed their map and are allowed assistance from start officials.
- Start box 4 - 1 minutes before: The runner will pick up map of the respective box and and held with the facet side down. The runner must check that the map is correct. 15 seconds prior to start, the runner is instructed to move to the starting line. The starting point is in at the proximity of the starting line and is not to be checked. Acoustic signal sounds at start.
- Late runners must call the start officials, who will help to get a proper start.
- Open courses must follow the instruction from officials at the start and punch a starting control.

Controls

There are 2 kinds of controlsstands - both stands have numbers on the each side.

1. Where possible, ordinary controlstands are used:



2. On paved areas and other hard surfaces-
these controlstands are used:



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 Saturday or Sunday.
- There are refreshments
- All event maps are handed out after the last elite runner 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.

Entry fee for direct courses

Only the courses Open 1, 2 & 3 can be bought on event day.

Prices:

Senior DKK 110,- (15 €)

Junior: 90 DKK (12 €)

Rental of SI-card: DKK 20- (3 €)

Payment

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

Toilets

There are toilets in the event arena and a few at the start.

Kiosk

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

Inside the building at the sports arena Viggis Corner is open during the event. Coffee, tea, beer, soda and cake can be bought along with this: <http://www.viggis.dk/ds2018>

First aid

Tent in the event arena.

Event arena

Opens at 14:00. In the arena there will be information desk, kiosk, results, speakers, prize ceremony, toilets, spectator control, showers and finish area.

Distances

Parking – event arena = 0-300 m

Event arena – start = 1100 m

Event arena - showers = 0 m

Showers

Sports Arena: Sorøhallen

Refreshment

At the finish area.

Childrens courses

Not available.

Babysitting

Not offered.

DANISH SPRING Middle distance Saturday 24 of March 2018

Event type

Class	Difficulty	Length	Controls	
Men elite WRE-1	Hard	7,5km	30	
Men elite WRE-2	Hard	7,2km	27	
Men junior elite	Hard	4,6 km	22	
M 10	Beginner	2,8 km	12	
M 12	Easy	3,1 km	12	
M 14	Medium	3,4 km	14	
M 16	Hard	4,6 km	20	
M 17-20	Hard	5,0 km	24	
M 21	Hard	5,6 km	26	
M 21B	Medium	3,4 km	14	
M 35	Hard	5,6 km	26	
M 40	Hard	5,6 km	26	
M 45	Hard	5,6 km	26	
M 50	Hard	5,0 km	24	
M 55	Hard	5,0 km	24	
M 60	Hard	4,6 km	20	
M 65	Hard	3,9 km	19	
M 70	Hard (blue)	3,6 km	18	
M 75	Hard (blue)	3,6 km	18	
M 80	Hard	3,0 km	16	All
M 85	Hard	2,3 km	13	blue

The race is a IOF World Ranking Event (WRE) for the Men and Women Elite, and parts of the Danish Senior League, Trimtex Cup, the Danish Junior League, Løberen League, and the Danish Youth Cup for 2017.

DANISH SPRING middle distance is classified as a Championship event, individual middle distance, under the classification by Danish Orienteering Federation (DOF).

Class	Difficulty	Length	Controls
Women elite WRE	Hard	6,2 km	25
Women junior elite	Hard	4,0 km	20
W 10	Beginner	2,8km	12
W 12	Easy	3,1km	12
W 14	Medium	3,4 km	14
W 16	Hard	3,6 km	18
W 17-20	Hard	4,0 km	19
W 21	Hard	4,6 km	20
W 21B	Medium	3,4 km	14
W 35	Hard	4,6 km	20
W 40	Hard	4,6 km	20
W 45	Hard	4,6 km	20
W 50	Hard	4,0 km	19
W 55	Hard	4,0 km	19
W 60	Hard	3,6 km	18
W 65	Hard	3,6 km	18
W 70	Hard	3,0 km	16
W 75	Hard	3,0 km	16

Direct courses

Class	Difficulty	Length	Controls
Open 1	Hard	5,6 km	26
Open 2	Hard	4,0 km	19
Open 3	Medium	3,4 km	14
Open 4	Easy	3,1 km	12



DANISH SPRING long distance Sunday March 26th

Event type

The race is a IOF World Ranking Event (WRE) for the Men and Women Elite, and parts of the Danish Senior League, Trimtex Cup, the Danish Junior League, Løberen League, and the Danish Youth Cup for 2017.

DANISH SPRING long distance is classified as a Championship event, individual long distance, under the classification by Danish Orienteering Federation (DOF).

Large SI Card in some classes

The following classes have more than 30 controls on Sunday and require a large SI card: Men Elite WRE-1 and WRE-2, Women Elite WRE, Men Junior, H21A and H35A. It is the runner's responsibility to have a SI Card with sufficient capacity.

Class	Difficulty	Length	Controls	
Men elite WRE-1	Hard	19,6 km ¹	43	Map-turn-over
Men elite WRE-2	Hard	18,5 km	39	Map-turn-over
Men junior elite	Hard	13,8 km	26	Map-turn-over
M 10	Beginner	3,6 km	12	
M 12	Easy	3,5 km	10	
M 14	Medium	5,2 km	16	
M 16	Hard	7,5 km	14	
M 17-20	Hard	9,4 km	21	
M 17-20AS	Hard	5,9 km	14	
M 21A	Hard	13,1km	27	
M 21AM	Hard	9,4km	21	
M 21AS	Hard	5,9 km	14	
M 21B	Medium	5,2 km	16	
M 35	Hard	13,1 km	27	
M 35B	Medium	5,2 km	16	
M 40	Hard	10,8 km	24	
M 45	Hard	9,4 km	21	
M 45AS	Hard	5,7 km	12	

M 50	Hard	8,3 km	20	
M 55	Hard	7,5 km	14	
M 55AS	Hard	4,7 km	11	
M 60	Hard	6,5 km	15	
M 65	Hard	6,5 km	15	
M 70	Hard (blue)	5,4 km	17	
M 75	Hard (blue)	4,3 km	16	
M 80	Hard (blue)	3,3 km	10	
M 85	Hard (blue)	3,3 km	10	

1) The men elite WRE-1 course has a “diamond” forking and comes in 1A and 1B variation. 1A and 1B is written on the control definition that is handed out before start, and it is the runner's own responsibility to take the map in the map boxes with the right letter 1A or 1B. **So remember to check for 1A or 1B variation.**

Class	Difficulty	Length	Controls	
Women elite WRE	Hard	13,8 km	31	Map-turn-over
Women junior elite	Hard	8,4 km	17	
W 10	Beginner	3,6 km	12	

W 12	Easy	3,5 km	10
W 14	Medium	4,1 km	11
W 16	Hard	5,9 km	14
W 17-20	Hard	6,3 km	14
W 17-20AS	Hard	4,7 km	11
W 21A	Hard	7,5 km	14
W 21AM	Hard	6,3 km	14
W21AS	Hard	5,9 km	14
W 21B	Medium	4,1 km	11
W 35	Hard	7,5 km	14
W 35B	Medium	4,1 km	11
W 40	Hard	6,3km	14
W 45	Hard	6,3km	14
W 50	Hard	5,9 km	14
W 55	Hard	5,7 km	12
W 60	Hard	4,7 km	11
W 65	Hard	4,7 km	11
W 70	Hard (blue)	3,3 km	10
W 75	Hard (blue)	3,3 km	10

Direct courses

Class	Difficulty	Length	Controls
Open 1	Hard	8,3 km	20
Open 2	Hard	5,7 km	12
Open 3	Hard (blue)	3,3 km	10
Open 4	Medium	5,2 km	16
Open 5	Beginner	3,6 km	12

Event arena

General information for Saturday and Sunday

Meeting point and transport

Sognegården, Tolstrupvej 30, 4330 Hvalsø

Event signs from Route 14- T-cross:

Mainroad/Tolstrupvej and in roundabout in

Route255/Vernersmindevej.

Transport in private cars and busses. Arrival by

bus report to danishspring@gmail.com

Parking on a field at Tolstrupvej south of Event Center/Ny Tolstrup.

No parking allowed outside official areas – unrestricted parking will lead to disqualification.

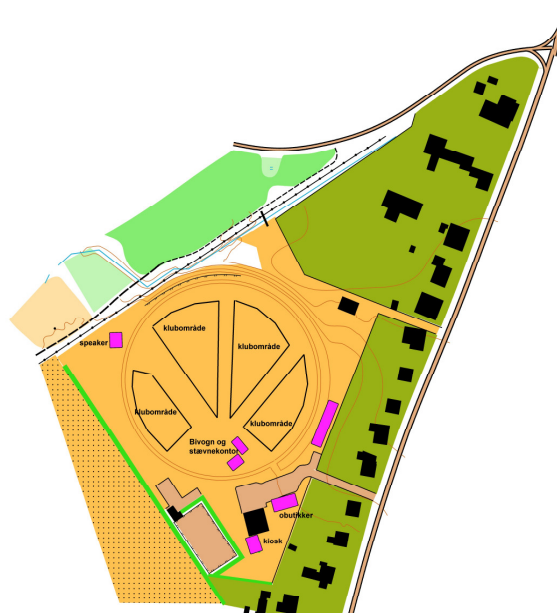
DANISH SPRING cannot provide transportation.

Event arena

600-800 m from parking to the arena

Distances from the arena to the start

1900 m marked with signs



Terrain description

The area is hilly and typical Mid-Zealand terrain consisting mainly of mixed open deciduous forest with elements of coniferous forest. In March the terrain is generally easily runnable with a developed network of paths.

Special signatures



Tree root

Bibs

All elite runners and M/W12, M/W14, M/W16 carry bibs with start numbers (W/D has red numbers and M/H black numbers). Bibs hanging at the start.

Please note for WRE

Due to a large number of participants Saturday and Sunday, Men Elite WRE is separated in WRE-1 and WRE-2 and has two different courses both days. IOF has approved 2 min starting interval in the Men Elite WRE and the courses are planned with that in mind.

Start procedure, all classes:

- Clear and check is found in front of the start entry.



- 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.
- Start box 2 - 3 minutes before start: Extra control descriptions will be available.
- Start box 3 - 2 minutes before start: Electronic registration. Easy Classes are handed 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 and not look at it. Get ready for start.
- The way to the starting point is marked by ribbons. The starting point is marked with a control, not to be punched.
- Late runners must call the start officials, who will help to get a proper start.

Remember large SI Card in Men Elite WRE-1 and WRE-2, Women Elite WRE, Men Elite Junior, M21A and M35A.

- Direct/Open courses: Follow officials' instructions at the start and punch a starting control

Track suits

Transport of clothing from start to event arena.

Competition area and map

Middle: Hvalsø Forests in scale 1:7.500 (M-16, M60+, W17-20A, W21-A, W35+, Open 2) and 1:10.000 (all other classes), offsetprint, revised 2018, equidistance 2,5 m

Long: Hvalsø Forests in scale 1:15.000 (M/W Elite WRE, M/W Elite Junior, M21A, M35), 1:7.500 (W17-20AS, M55-AS, M/W60+, Open 3) and 1:10.000 (all other classes), offsetprint, revised 2018, equidistance 2,5 m

Maps have IOF's qualitystamp. Signatures according to ISOM 2017.

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

NOTICE: Tree felling

After maps were printed tree felling has taken place which has changed the runnability for

smaller areas. These areas will be marked on maps displayed at start.

Finish, map

The SI-cards is punched at the finish line. The card is handed in. After last runners have started maps can be collected clubwise at the event information desk.

Toilets

Porta potty toilets in event arena and at the start.

Refreshments

Refreshments at the finish and on Sunday's long distance crossing event arena and at controls in the forest for Men WRE 1 og WRE 2, M21A, M35A, M40A.

Open/Direct courses

Sold in the event information Saturday from 12:00 and Sunday from 9.30. It's allowed to run together. Maps are handed out in the start. Saturday direct courses starts take place between 14:00 – 15:30 and Sunday between 11:45 – 13:15. The exact times can change.

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, Mobilepay (DKK) og SWISH (SEK).

Foreign runners can change banknotes in EUR, SEK and NOK to DKK in the event office.

Special Saturday lunch offer for "Early bird" entries before January 20. Pick up your coupon in the event information on Saturday.

Children's courses

Free of charge from the event arena Saturday from 11.30 to 15.30 and Saturday from 9:00 to 13:00.

Childcare

At the event arena Saturday and Sunday. Write to danishspring@gmail.com with age and time of day.

Showers

Available Sunday after the race in Osted Ifs club for DKK 10 per.person in cash or Mobilepay.

From 14.00-16.00 Tickets to be bought for showers at **Osted IF, Engtoften 24, Osted. Gps-koordinator: 55.56593,11.95827**



Denmark observes daylight saving time

Go to bed early – you will have to get up an hour earlier to start on Sunday morning because of change in time

Sports equipment

O-butikken/Løberen and Løberministeriet have shops in the event arena.

General information for all races

Control system

SPORTident is used. The following classes have more than 30 controls on Sunday and require a large SI card: Men elite WRE-1 og WRE-2, Women Elite WRE, Men Elite Junior, M21A og M35A. It is the runner's responsibility to have a SI Card with sufficient capacity.

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 cut at the edge of the map

The same SI-card can be used for all three races. For rental the same SI-card MUST be used for all races. Rental cards are handed out in the start and must be return after the last race in the finish. Failure to return rental SI-card cost 500 DKK.

Start lists and results

Star lists with starting times are published on March 20th at 18:00 at www.danishspring.dk.

Results after each race on www.danishspring.dk. Split times are uploaded to Winsplits online and results for WRE-classes will also be posted to IOF's homepage.

Seeding and Tracking

GPS-unit is handed out at event information desk. Seeding in elite classes has been performed by IOF. 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 (in Men Elite WRE only WRE-1) and to nr. 2 and 3. Prizes to all youth classes. Trimtex and Løberen

awards prizes for best Danish runner in the Trimtex and Løberens Leagues.

Rules and regulations

IOF's rules for international foot orienteering events 1.1.2017 (for WRE part of race). In addition Danish Orienteering Federation (DOF) rules from 2017 §§ 2.6 (Shadowing and help in the start for beginners), 2.8 (Embargoed areas) 2.10 (Start rights), 3.2 (Event classification), 3.14 (Controls) covering conditions not covered by IOF's regulation.

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 direct/open courses, payment, potential changes, rental SI-cards, GPS Tracking devices etc.

Payment can be made in DKK, SEK (banknotes) and EUR (banknotes), Mobilepay and Swish.

Start fee direct/open courses

Friday:

Direct course senior: DKK 110,-
Direct course junior: DKK 90,-
Rental SI-card: DKK 20,-

Saturday/Sunday:

Direct courses senior: DKK 120,-
Direct course junior: DKK 90,-
Rental SI-card: DKK 20,-

The maximum time

The maximum running time is 50 min, 120 min and 180 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 Roskilde, Ringsted and Osted and cottages near Hvalsø.

DANISH SPRING cannot offer accommodation. More information on www.danishspring.dk



Training

We provide you two trainings in Sprint in the city of Roskilde and in Boserup forest near Roskilde at your choice for free download.

Printed maps will be available in the mailbox outside "Nordpilen", Bjældevej 20, 4000 Roskilde from the evening Tuesday 21st of March.

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

Organisation

DANISH SPRING 2018 is hosted by OK Roskilde and OK Sorø under the Danish Orienteering Federation (DOF).

Event Directors Middle and long	Henrik Boesen and Jytte Hougaard OK Roskilde
Event Director, Sprint	Kristian Kærsgaard Hansen OK Sorø
Course setter, Sprint	Jens Frandsen, OK Sorø
Course controller, Sprint	Henriette Hansen, HG
Course setter Middle	Kent Pihl, OK Roskilde
Course controller Middle	Frank Rasmussen, OK Ballerup
Course setter Long distance	Asger Jensen and Mogens Hald Kristensen, OK Roskilde
Course controller Long distance	Niels Hamborg, OK Skærmø

IOF Event Advisor and event controller	Hakon Mosbech, OK Skærmø
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Jury-members	Claus Bobach, Ålborg OK DEN Pernille Buch, OK Gorm DEN Karl-Göran Wahlström, Almby IK, SWE
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Contact

E-Mail: danishspring@gmail.com

Web: www.danishspring.dk

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