

Invitation - Bulletin 1

DANISH SPRING

27th-29th March 2020

OK Øst Birkerød, Allerød OK and Farum OK welcome competitors to DANISH SPRING – an international orienteering weekend. The organizers of DANISH SPRING offer all participants training, sprint, middle and long distance.

DANISH SPRING 2020 will take place in North Sealand: the city of Farum and Grib Skov/Søskoven. The weekend starts on Friday with a sprint in Farum followed by the middle distance on Saturday. The last competition is the long distance on Sunday. All three Events are IOF World Ranking Events. The competitors running in Elite classes will get points in Danish Løberen League or Trimtex Cup too.

DANISH SPRING 2020 highlights:

- The Sprint competition in interesting Farum
- Two intensive races in attractive terrain Grib Skov/ Søskoven
- Compete against many of the world's best.
- DANISH SPRING includes WRE and classes for all ages and levels.
- Prizes for the winners of Elite classes
- Most probably snow free terrain
- Get ready for the competitions in the relevant training during the days before the races



Event Program

Friday 27th March 2020

- 14:00 – Event Centre open in the Event Arena
- 18:00 – First start DANISH SPRING Sprint
- 15:30 – Open courses
- 16.30 -
- 17:00 – Prize-giving ceremony
- ~17:00

Saturday 28th March 2020

- 11:00 - Event Centre and the kiosk open in the Event Arena
- 17:00 -
- 12:00 - First start DANISH SPRING Middle
- 12:30 - Open courses
- 14:30
- ~16:00 – Prize-giving ceremony

Sunday 29th March 2020

- 08:00 - Event Centre and the kiosk open in the Event Arena
- 15:00 -
- 09:30 - First start DANISH SPRING Long
- 09:45 - Open courses
- 11:30
- ~14:00 – Prize-giving ceremony

Timings are subject to change



TRIMTEX

LØBEREN

DANISH SPRING Day 1: Friday 27th March - Sprint

Type of competition

The competition on Friday is an individual Sprint Race. The race is an IOF World Ranking Event. This is the 3rd event in the Danish Senior and Junior Ranking series 2020.

Competition area and map

Farum. The map is 1:4,000, 2.5 m contour, according to ISSprOM 2019, is offset-printed and has been resurveyed in 2020.

Course Details

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
Open 1	Difficult	12-15 min
Open 2	Easy	12-15 min

Terrain

Varied area with park, residential, lawns, complicated building complex and a little area of forest. 50% of the course will take place on soft ground. The rest at hard surfaces like roads and tiles, that might be slippery in wet conditions.

Start

First start at 15:30.

Prize-giving ceremony

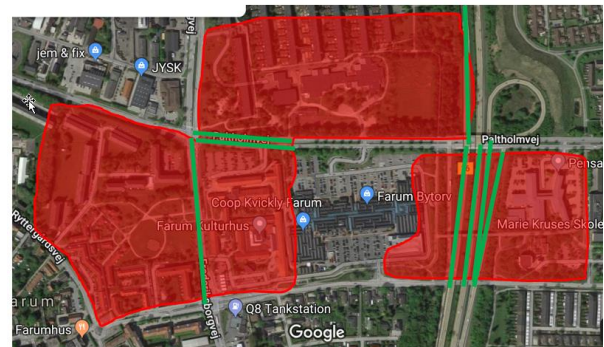
Running shoes from Inov-8 will be awarded to the winners of Elite classes. Prizes from Trimtex and Løberen will be awarded to the best placed Dane in the Elite classes. Prizes will be awarded to the first, second and third competitors in age categories W/M 16, W/M 17-20, W/M Elite Junior, W/M Elite.

Open courses

Open courses are offered at 16:30 and can be similar to other courses. Taking part as a team or shadowing of runners is permitted in Open courses. Maps are digitally printed. Entry on the day at the Event information desk.

Embargoed areas

The area below (red) is embargoed for runners wishing to compete in the Elite (WRE) classes until the competition is finished. However it is permitted to drive along the big roads through the area (green)



Meeting point and how to get there

The route will be signed from crossroads Langager Allé -Paltholmvej in Farum. Coordinates: 55.8156583,12.3883767. Transport by private cars, bicycle or busses or by S-train to Farum Station, the arena will be within walking distance from Farum Station.

DANISH SPRING Day 2: Saturday 28th March - Middle

Type of competition

The competition on Saturday is an individual Middle-Distance Race. The race is an IOF World Ranking Event. This is the 4th event in the Danish Senior and Junior Ranking series 2020.

Competition area and map

Map: Gribskov, at a scale of 1:10,000 and 1:7,500, 2.5 m contour.

According to ISOM 2017-2.

The map was used to WMOC 2018, resurveyed in 2020.

Old maps on www.danishspring.dk.

Course Details

Classes	Difficulty	Winning time/ Distance
Men Elite WRE	Difficult	30-35 min
Women Elite WRE	Difficult	30-35 min
Men Elite Junior	Difficult	20-25 min
Women Elite Junior	Difficult	20-25 min
Beginner	Beginner	2,5 km
W/M -10	Beginner	2,5 km
W/M -12	Easy	3,0 km
W/M -14	Medium	4,0 km
W/M -14B	Easy	3,0 km
W/M -16	Difficult	4,0/ 5,0 km
W/M 15-20 B	Medium	4,0 km
W/M 17-20A	Difficult	4,0/ 4,5 km
W/M 21A	Difficult	4,5/5,5 km
W/M 21B	Medium	4,0 km
W/M 35-	Difficult	4,5/ 5,5 km
W/M 40-	Difficult	4,5/ 5,5 km
W/M 45-	Difficult	4,5/ 5,0 km
W/M 50-	Difficult	4,0/ 5,0 km
W/M 55-	Difficult	4,0/ 5,0 km
W/M 60-	Difficult	4,0 km
W/M 65-	Difficult	4,0 km
W/M 70-	Difficult, blue	3,0/3,5 km
W/M 75-	Difficult, blue	3,0/3,5 km
W/M 80-	Difficult, blue	2,5 km
W/M 85-	Difficult, blue	2,5 km
W/M 90-	Difficult, blue	2,5 km

In case of few entries, classes will be merged. In case of too many entries, classes can be split.

Start

First start at 12:00

Prize-giving ceremony

Running shoes from Inov-8 will be awarded to the winners in the Elite classes. Prizes from Trimtex and Løberen will be awarded to the best placed Dane in the Elite classes. Prizes will be awarded to the first, second and third competitors in age categories W/M 16, W/M 17-20, W/M Elite Junior, W/M Elite.

Open courses

Open courses are offered between 12:30-14:30 and may be similar to other courses. Taking part as a team or shadowing of runners are permitted in Open courses. Maps are digitally printed. Entry on the day at the Event information desk.

Classes	Difficulty	Distance
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 Day 3: Sunday 29th March - Long

Type of competition

The competition on Sunday is an individual Long-Distance Race. The race is an IOF World Ranking Event. This is the 5th event in the Danish Senior and Junior Ranking series 2020.

Competition area and map

Søskoven, at a scale of 1:15,000 for runners in Elite classes. In other categories 1:10,000 and 1:7,500, 2.5 m contour. According to ISOM 2017-2.

The map was used to WMOC 2018, resurveyed in 2020.

Old maps on www.danishspring.dk.

Course Details

Classes	Difficulty	Winning time/ Distance
Men Elite WRE	Difficult	90-100 min
Women Elite WRE	Difficult	70-80 min
Men Elite Junior	Difficult	70 min
Women Elite Junior	Difficult	55 min
Beginner	Beginner	3,0 km
W/M -10	Beginner	3,0/ 3,0 km
W/M -12	Easy	3,5/ 3,5 km
W/M -14	Medium	4,5/ 5,5 km
W/M -14B *	Easy	3,5/ 3,5 km
W/M -16	Difficult	5,5/ 8,0 km
W/M 15-20	Medium	4,5/ 5,5 km
W/M 17-20A	Difficult	6,0/ 9,5 km
W/M 17-20AS *	Difficult	5,0/ 7,0 km
W/M 21A	Difficult	7,5/ 13 km
M21 AM	Difficult	9,5 km
W/M 21AS	Difficult	5,5/ 7,0 km
W/M 21B	Medium	4,5/ 5,5 km
W/M 35-	Difficult	7,5/ 12 km
W/M 40-	Difficult	7,0/10,5 km
W/M45-	Difficult	7,0/ 9,5 km
M 45-AS	Difficult	4,5 km
W/M 50-	Difficult	5,5/ 8,5 km
W/M 55-	Difficult	5,5/ 7,5 km
W/M 60-	Difficult	4,5/ 6,5 km
W/M 65-	Difficult	4,5/ 6,5 km
W/M 70-	Difficult, blue	3,5/ 5,0 km
W/M 75-	Difficult, blue	3,5/ 5,0 km
W/M 80-	Difficult, blue	2,5/ 3,0 km
W/M 85-	Difficult, blue	2,5/ 2,5 km
M 90- *	Difficult, blue	2,5 km

In case of few entries, classes will be merged. In case of too many entries, classes can be split

* Due to the fact that **O-service** cannot handle so many classes, the following classes can be registered as follows:

Signing up for M / W -14B is done as signing up in M / W -14 as you write under comments that you want to run M / W -14B

Signing up for M / W 17-20AS is done as signing up in M / W 17-20A as you write under comments that you will run M / W 17-20AS

Signing up for in M 90- takes place as signing up in M 85- as you write under comments that you will run M 90-

Alternatively, "nemtilmeld" can be used - see page 6.

Start

First start at 09:30

Prize-giving ceremony

Running shoes from Inov-8 will be awarded to the winners in the Elite classes. Prizes from Trimtex and Løberen will be awarded to the best placed Dane in the Elite classes. Prizes will be awarded to the first, second and third competitors in age categories W/M 16, W/M 17-20, W/M Elite Junior, W/M Elite.

Open courses

Open courses are offered between 9:45 - 11:30 and may be similar to other courses. Taking part as a team or shadowing of runners are permitted in Open courses. Maps are digitally printed. Entry on the day at the Event information desk.

Classes	Difficulty	Distance
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



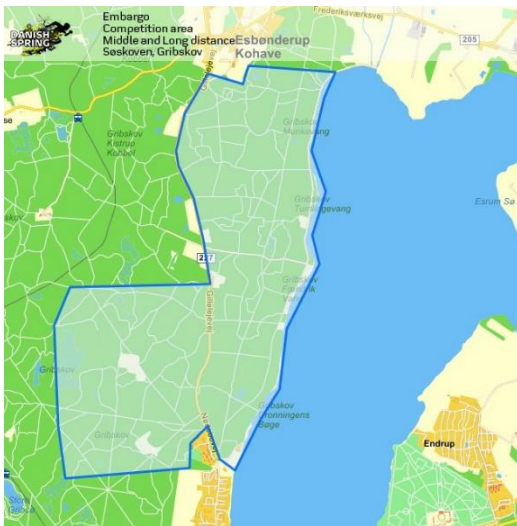
General information Saturday and Sunday

Terrain

The terrain is typical for eastern Denmark. The vegetation vary from thick spruce forest to hilly, yet fast old beech areas, with numerous paths. There are small boggy areas, specially in Søsken.

Embargoed areas

Competitors in the WRE classes are not permitted to visit the competition area Grib Skov and Søsken until the competition is finished. The area is also embargoed for runners wishing to compete in the Danish Selection Races on 5-7 June 2020. However, these runners are permitted to compete in Middle Distance Race on 28th March 2020.



Meeting point and how to get there

Parking for all vehicles is south of Pibergården, Nødebovej 56A, 3480 Fredensborg - 55.990336, 12.352135.

The officials will direct vehicles from road 227 to parking areas.

Transport in private cars, by bicycle or in bus 307 which runs right to the door.

Event arena

The arena is within the competition area and provides a nice experience for runners and spectators. Live commentary, online results and photographers cover the complete event. The tents in the arena will house information desk and

the kiosk with tasty small hot and cold dishes as well as beverages and sweets.

General information all days

Event classification ****

The event is classified as an open event with four stars.

Punching System

All days will use SPORTident punch.

Children´s course

Free of charge for all children. On Friday at 15:00 - 17:00. On Saturday at 12.00 - 15.30 and on Sunday at 9.30 - 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

We offer three trainings with different challenges and course distances from Wednesday to Saturday on 25-28 March 2020. For more info click on our website.

www.danishspring.dk/da/training/

Climate

Denmark has a mild climate with only few extremes. In March, day temperatures average 6 degrees C, average rainfall is 39 mm/month and sunshine averages 150 hours/month. The risk of snow is 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 tent. The organizers do not accept any responsibility either for accidents or for lost or stolen property.

Visa

We kindly direct you to www.newtodenmark.dk.

Competitions rules

IOF´s competition rules for international foot orienteering events 2020 (the WRE relevant part) supplemented by IOF´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 available on www.danishspring.dk from mid-March 2020.

Start lists and ranking

Start lists are available on 25th March 2020. Seeding in the WRE classes is based on the IOF's world ranking list. Seeding in the junior elite classes is based on Danish rules and international results. Starting draw in seeded blocks of 5 or 10 participants. Late entry start first or after the individual management's assessment.

General information all days

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:

- Participants in WRE: eventor.orienteering.org
All fees must be paid via danishspring.nemtilmeld.dk
- All other participants from outside Denmark danishspring.nemtilmeld.dk
- All participants, who run for a Danish club: [O-service](#)

The regular entries and payment are due on **12 March 2020 at 23:59**

Late entry and changes

Late entries and payment are due on 20 March 2020 at 23:59

Additionally, a DKK 70 charge per person per start.

Changes to entries (e.g name or class) can be made until the start at the Event information desk at the arena. All changes to entries at arena will incur a DKK 70 charge per start. Change of SI-card number is free of charge.

More information on www.danishspring.dk/da/tilmelding/

In case of trouble with online entries/changes, do not hesitate to contact us danishspring@gmail.com.

Changes are only valid after the organizers have confirmed them.

Payment (if online payment unsuccessful)

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

Event officials

Event Directors	Birgitte Halland, <i>OK Øst Birkerød</i> Charlotte Bergman, <i>Allerød OK</i> Helge Lang Pedersen, <i>Farum OK</i>
Course planner Sprint	Kai Beck-Andersen/ Mikkel Lyskjær <i>Farum OK</i>
Course controller Sprint	Steen Olsen, <i>Søllerød OK</i>
Course planner Middle	Kersti Kärner <i>Allerød OK</i>
Course controller Middle	Julian Hollingbery <i>Farum OK</i>
Course planner Long	Erik Sørensen <i>Allerød OK</i>
Course controller Long	Peter Sørensen <i>PI Orientering</i>
IOF Event Adviser and Event controller	Hakon Mosbech <i>OK Skærmø</i>

Event contact information

E-Mail: danishspring@gmail.com

Web: www.danishspring.dk

Facebook: www.facebook.com/danishspring/



Allerød
OrienteringsKlub



Bulletin 1 - EN - rev. 1 - 29th. November 2019
Translated from Danish to English by Kersti
Kärner

Rev. 2 - 26th December 2019