

Invitation - Bulletin 1

DANISH SPRING

26th-28th March 2021

COVID-19 Precautions

The Event is conducted under Corona terms and conditions in accordance with IOF's technical guidelines and is subject to the authorities' requirements, guidelines, orders and instructions. Due to restrictions on gatherings, runners are encouraged not stay together in groups but to go directly from parking to the start shortly before their start, as well as to leaving the finish area shortly after their finish. Persons driving in the same car should, as far as possible, spend the waiting time in the car before starting to warm up and after their own race is over.

Compared to a normal convention, there are several changes:

- There will be no Event area with results, kiosk, club tents, etc..
- There will be no children's track or children's care.
- There will be no prize ceremonies on the day of the Event.
- Water in 1/2-liter bottles is handed out on selected courses and after the finish line by officials.
- Open courses are only for pre-registration.
- After the race, all runners are requested to go to the parking and drive home as soon as possible.
- The entire event will be covered live with speaking and/or streaming, online results and photographers.
- Other minor adjustments in relation to normal practice may occur.

We focus to give you a great running experience in the forest.

The instruction / Bulletin 2 for Danish Spring will include updated information.

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 2021 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 2021 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 26th March 2021

- 14:00 – Event Information Centre is open
- 18:00
- 15:30 First start DANISH SPRING Sprint
- 16:30 – Open courses, only pre-registered.
- 17:00

Saturday 27th March 2021

- 11:00 – Event Information Centre open
- 17:00
- 12:00 – First start DANISH SPRING Middle
- 12:30 – Open courses, only pre-registered.
- 14:30

Sunday 28th March 2021

- 08:00 – Event Information Centre is open.
- 15:00
- 09:30 – First start DANISH SPRING Long
- 09:45 – Open courses, only pre-registered.
- 11:30

Timings are subject to change.



TRIMTEX
LØBEREN

DANISH SPRING Sprint - Friday 26th March 2021

Type of competition

The competition on Friday is an individual Sprint Race. The race is an IOF World Ranking Event and part of the Danish Senior and Junior Ranking series 2021.

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 2021.

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

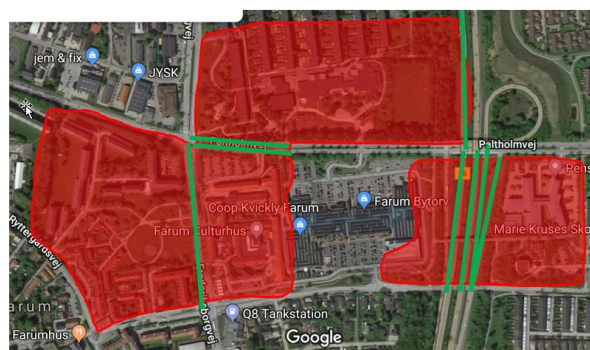
Running shoes from Inov-8 will be awarded to the winners of Elite classes. Prizes from Trimtex and Løberen will be awarded to the best placed Dane in the Elite classes. Prizes will be awarded to the first, second and third competitors in age categories W/M 16, W/M 17-20, W/M Elite Junior, W/M Elite.

Open courses

Due to Corona precautions only pre-registration for Open courses. Taking part as a team or shadowing of runners are permitted in Open courses. Maps are digitally printed.

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 -Palholmvej 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 Middle - Saturday 27th March 2021

Type of competition

The competition on Saturday is an individual Middle-Distance Race. The race is an IOF World Ranking Event and part of the Danish Senior and Junior Ranking series 2021.

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 2021.

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.

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

Due to Corona precautions only pre-registration for Open courses. Taking part as a team or shadowing of runners are permitted in Open courses. Maps are digitally printed.

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



DANISH SPRING Long - Sunday 29th March

Type of competition

The competition on Sunday is an individual Long-Distance Race. The race is an IOF World Ranking Event and part of the Danish Senior and Junior Ranking series 2021.

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 2021.

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.

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

Due to Corona precautions only pre-registration for Open courses. Taking part as a team or shadowing of runners are permitted in Open courses. Maps are digitally printed.

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

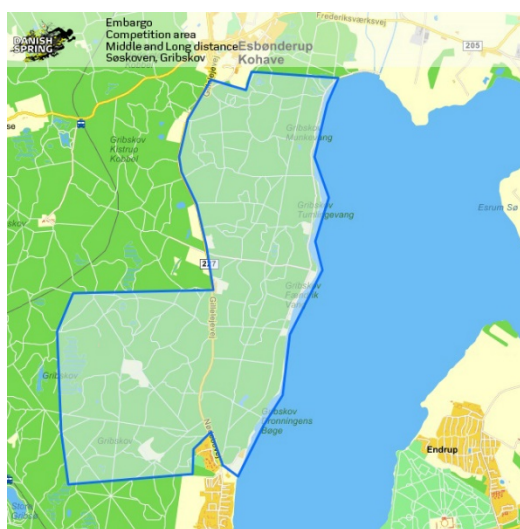
Saturday and Sunday

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 Søskoven.

Embargoed areas

Competitors in the WRE classes are not permitted to visit the competition area Grib Skov and Søskoven until the competition is finished.



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.

The Event information desk will be located in the parking area with the option of storing car keys.

Event classification ****

The event is classified as an open event with four stars, except for the required COVID-19 precautions.

Punching System

All days will use SPORTident punch.

Children's course

Cancelled due to Corona precautions.

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 24-27 March 2021. 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.

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 2021 §§ 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.

General information all days

Instruction/Bulletin 2

Bulletin 2 and a preliminary list of competitors will be available on www.danishspring.dk from mid-March 2021.

Start lists and ranking

Start lists are available on 24th March 2021. 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 starts before 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 **11 March 2021 at 23:59**

Late entry and changes

Late entries and payment are due on 19 March 2021 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, Annette Danielsen <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	Erik Sørensen <i>Allerød OK</i>
Course controller Middle	Peter Sørensen <i>PI Orientering</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

Bulletin 1 English rev. 1 23th November 2020

Annette Danielsen