

# Invitation - Bulletin 1

## DANISH SPRING – SUMMER EDITION

30<sup>th</sup> July to 1<sup>st</sup> August 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 expected 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 may, 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 event, 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.
- 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 – Summer Edition will include updated information.

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

Danish Spring – Summer Edition 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 Senior elite classes will get points in Danish Trimtex Cup too.

### Danish Spring – Summer Edition 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 – Summer Edition includes WRE and classes for all ages and levels.
- Prizes for the winners of Elite classes and Children and youth.
- Get ready for the competitions in the relevant training during the days before the races



### Event Program

#### Friday 30th July 2021

- |               |  |
|---------------|--|
| 16:00 – 20:00 | Event Information Centre is open                   |
| 17:30         | First start Danish Spring – Summer Edition; Sprint |
| 18.30 - 19:00 | Open courses, only pre-registered.                 |

#### Saturday 31st July 2021

- |               |   |
|---------------|---|
| 11:00 - 17:00 | Event Information Centre open.                      |
| 12:00 -       | First start Danish Spring – Summer Edition; Middle. |
| 12:30 - 14:30 | Open courses, only pre-registered.                  |

#### Sunday 1st August 2021

- |               |  |
|---------------|--|
| 08:00 -15:00  | Event Information Centre is open.                |
| 09:30 -       | First start Danish Spring – Summer Edition; Long |
| 09:45 - 11:30 | Open courses, only pre-registered.               |

*Timings are subject to change and will be updated in the instruction / Bulletin 2*



**LØBEREN**  
**TRIMTEX**

## Danish Spring – Summer Edition: Sprint - Friday 30th July 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 Ranking 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 17:30.

### Prize-giving ceremony

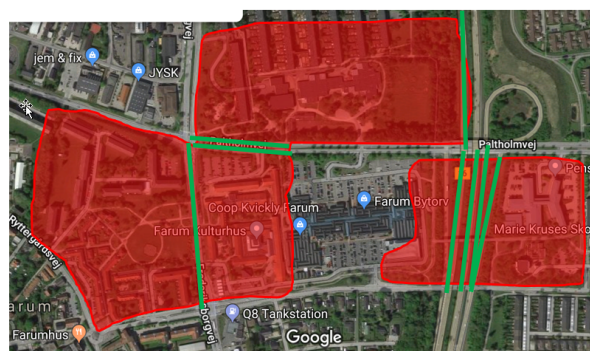
Running shoes from Inov-8 will be awarded to the winners of Elite classes. Prizes from Trimtex will be awarded to the best placed Dane in the Senior elite classes. In all youth, elite and junior classes there are prizes for the first three finishers.

### Open courses

Open courses are offered from 18:30 and due to Corona precautions only for pre-registration. 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 -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 – Summer Edition: Middle - Saturday 31th July 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 Ranking 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](http://www.danishspring.dk)

*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 will be awarded to the best placed Dane in the Senior elite classes. In all youth, elite and junior classes there are prizes for the first three finishers.

### 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.

### Course Details

| Classes            | Difficulty      | Winning time/<br>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 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                    |

| 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 – Summer Edition: Long - Sunday 1<sup>st</sup> of August

### 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 Ranking 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](http://www.danishspring.dk)

### Course Details

| Classes            | Difficulty      | Winning time/<br>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 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 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               |
| 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 will be awarded to the best placed Dane in the Senior elite classes. In all youth, elite and junior classes there are prizes for the first three finishers.

### 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     |



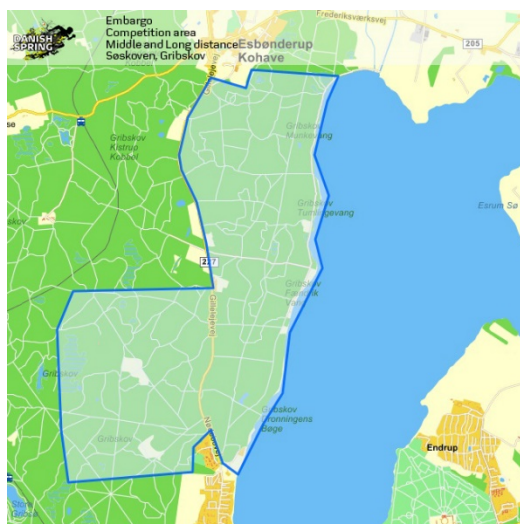
## General information Saturday and Sunday

### 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.

## General information all days

### 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. Note that at Long –Distance the Elite W/M seniors need space for 40 punches.

### 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 – Summer Edition cannot offer accommodation.

### Training

We offer three trainings with different challenges and course distances from Wednesday to Saturday on 26-29 July 2021. For more info click on our website:  
[www.danishspring.dk/da/training/](http://www.danishspring.dk/da/training/)

### Climate

Denmark has a mild climate with only few extremes. In July, day temperatures are average 17 °C, average rainfall is 2 mm/day and sunshine averages 8 hours/day.

### 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](http://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.

## Instruction/Bulletin 2

Bulletin 2 and a preliminary list of competitors will be available on [www.danishspring.dk](http://www.danishspring.dk) from mid-July 2021.

## Start lists and ranking

Start lists are available on 28th July 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 50 per start

### Regular registration opens at the 1<sup>st</sup> of April 2021

Online entries:

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

The regular entries and payment are due on **1<sup>st</sup> of July 2021 at 23:59**

### Late entry and changes

Late entries and payment are due on 23 July 2021 at 23:59

Additionally, a DKK 50 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/](http://www.danishspring.dk/da/tilmelding/)

In case of trouble with online entries/changes, do not hesitate to contact us

[danishspring@gmail.com](mailto:danishspring@gmail.com).

Changes are only valid after the organizers have confirmed them.

### Payment (if online payment is 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><br><br>Charlotte Bergman, Annette Danielsen<br><i>Allerød OK</i><br><br>Helge Lang Pedersen, <i>Farum OK</i> |
| Course planner Sprint                  | Kai Beck-Andersen/<br>Mikkel Lyskjær<br><i>Farum OK</i>   |
| Course controller Sprint               | Steen Olsen,<br><i>Søllerød OK</i>  |
| Course planner Middle                  | Erik Sørensen<br><i>Allerød OK</i>  |
| Course controller Middle               | Peter Sørensen<br><i>PI Orientering</i>   |
| Course planner Long                    | Erik Sørensen<br><i>Allerød OK</i>  |
| Course controller Long                 | Peter Sørensen<br><i>PI Orientering</i>   |
| IOF Event Adviser and Event controller | Hakon Mosbech<br><i>OK Skærmø</i>   |

## Event contact information

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

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

Facebook: [www.facebook.com/danishspring/](https://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 23<sup>th</sup> November 2020*

*Annette Danielsen*

*Bulletin 1 Summer Edition rev. 1 - 7. februar 2021*

*Annette Danielsen*

*Bulletin 1 Summer Edition rev. 2 - 5. april 2021*

*Annette Danielsen*