

Instruction - Bulletin 2

DANISH SPRING, Summer edition

July 30th - August 1st 2021

OK Øst Birkerød, Allerød OK and Farum OK invites everyone to the DANISH SPRING – an international orienteering weekend. DANISH SPRING gives you an opportunity to participate in training, sprint, middle- and long-distance orienteering.

Danish Classification ****

The event is classified according to the Danish Orienteering Federation (DOF) as an open 4**** event.

Currently, the event has not officially been imposed with Covid-19 related restrictions, as the participant level is expected to be kept under 500 in total. Still Covid-19 is present, and it is unknown how the Delta variant situation will develop and thus the event has maintained some restrictions.

The venues for DANISH SPRING 2021 are in the northern part of Zealand. The forests are some of the best and most interesting in the region - The centre of the city of Farum and Grib Skov/Søskoven. The weekend commences on Friday afternoon with a sprint race in the city of Farum and continues with a middle-distance race on Saturday and ending with a long-distance race on the Sunday. All three races are IOF World Ranking Events for the senior elite classes and part of the Danish senior ranking Trimtex Cup. For the Junior elite it will be used as a selection race for JWOC and EYOC.



Event programme

Friday July 30th 2021

- 16:30 – Information centre in the parking area is open
- 19:00 First start DANISH SPRING Sprint, Elite classes
- 17:30
- 18.00 - 19:00 All other classes and public courses

Saturday July 31st 2021

- 11:00 - 17:00 Information centre in the parking area is open
- 12:00 - First start DANISH SPRING Middle
- 12:30 - 14:30 Public courses

Sunday August 1st 2021

- 08:00 -15:00 Information centre in the parking area is open
- 09:30 - First start DANISH SPRING Long
- 09:45 - 11:30 Public courses

Changes to the schedule may occur.



TRIMTEX

DANISH SPRING Sprint Friday, July 30th, 2021

About the race

DANISH SPRING Friday is an individual sprint orienteering competition.

The race is a:

- part of the IOF WRE for Men and Women Elite.
- National ranking event for Danish seniors in the TRIMTEX Cup
- selection race for the Danish junior elite for JWOC and EYOC
- part in the "Dansk Sprint Cup 2021"

Sprint classes* and courses

Class	Difficulty	Length (m)	# of Controls	Double sided Map
Men Elite WRE	Black	3830	29	Yes
Women Elite WRE	Black	3400	25	Yes
Men Elite Junior	Black	3530	27	Yes
Women Elite Junior	Black	3100	23	Yes
M -16	Black	2540	23	Yes
W -16	Black	2400	20	Yes
M 17-20	Black	3450	26	Yes
W 17-20	Black	2800	23	Yes
M 21-49	Black	3530	28	Yes
W 21-49	Black	3200	25	Yes
M 50-	Black	3070	28	Yes
W 50-	Black	2030	21	No
Open 1	Black	3140	28	No
Open 2	White	1730	17	No

The course length is measured as the shortest possible running distance.

* Results will be converted from DANISH SPRING Sprints Classes to the "Dansk Sprint Cup" classes. Please refer to the [website \(www.danish-spring.dk/da/dansk-sprint-cup/\)](http://www.danish-spring.dk/da/dansk-sprint-cup/).

Gathering place

Marking to parking area will be from the intersection Langager Allé - Paltholmvej in Farum. Parking is on a gravel field next to Farum Arena. Parking is forbidden in other areas.

Coordinates: 55.8156583,12.3883767,81

Embargoed area

WRE-class participants are not allowed in the race area prior to the race. Please refer to the [website \(www.danishspring.dk/areas/\)](http://www.danishspring.dk/areas/).

Distances

Parking to start: approx. 700 m.

The route is NOT marked in the terrain, but can be seen on warmup maps, available from the information tent in the parking area.

Terrain

The terrain is a variety of residential areas, lawns, and buildings. Running surfaces are soft as well as hard such as footpaths, roads, and concrete pavement, which might be slippery. Spiked shoes are not allowed.

Map and area

Farum Centrum, scale 1:4.000, printed and revised in 2021. The map is quality approved by DOF. Contour interval 2,5 m. ISSPrOM 2019. Some classes may have a part of the course on the reverse side of the map - please refer to the overview.

The map is printed on ordinary paper and is enclosed in a plastic bag.

Tunnels

Tunnels are present. It is mandatory to use tunnels when road above is indicated as forbidden for access, even if the road directly above the tunnels is not marked as forbidden. The warmup map will show examples of how tunnels are marked.

Forbidden areas

NOTE that the new sprint norm, ISSPrOM 2019, is used. The darkest green colour (Symbol 410) is lighter than in the previous norm – and is still **forbidden** to access. It is likewise forbidden to cross hedges marked with this colour. Olive green areas (Symbol 520) are always out-of-bounds.

Where deemed necessary, areas that are out-of-bounds are marked with black/yellow marking tape. It is still forbidden to pass areas marked with symbols 410 and 520 even if they are not marked.

Traffic

The roads in the area are not closed for traffic and therefore light traffic can be expected. All traffic regulations must be at all times obeyed!

Quarantine

No classes are quarantined.

The competitors are not allowed in the finish area before starting.

Warmup maps

Warmup maps, showing the route to the start, are distributed from the information tent in the SE corner of the parking area.

Warmup maps are printed on ordinary paper.

In case of rain a plastic bag will be supplied.

Start

First start is at 17:30.

The route to the start is not marked in the terrain.

The route to the start is shown on the warmup map. The area at the start is small and compact, please give priority to runners that are starting within the next 10 minutes.

There is no transport of clothes from start to the finish area.

Start interval

1 min for all classes.

Start lists, instructions and number bibs

- Start lists and instruction are only available on the website. A start list will be available in the information tent for use of those who are missing information about their number bib. There will be no instructions or start lists at start.
- Number bibs must be worn by all participants in all elite classes as well as the junior classes M/W-16.
- Number bibs are available from the information tent in the parking area.

Start procedure

- Clear and check of SIC is placed in front of the first starting box.
- All instructions from start officials **MUST** be followed.
- Start procedure begins 4 minutes prior to the runners' actual start time. When the clock in the start area shows the competitors start time, they may then enter the first start box.
- Start box 1: -4 minutes
 - Hired SIC are handed out to the runner
 - The runners name and SIC number is checked
 - Clear and check of the SIC is also possible here
- Start box 2: -3 minute. Separate loose control descriptions are available to competitors with holders.
- Start box 3: -2 minutes. A copy of the race map without courses can be inspected.
- Start box 4: -1-minute. The competitor stands next to the map box marked with the correct class/course. Competitors can

check that it is the correct class but cannot look at the map before start.

The start signal is indicated with a clear audible signal. The competitor may then run towards the start control. The start control should NOT be punched.

- Late starters should contact start official and follow their instructions.

Services

No kiosk at the finish area. Local petrol stations can provide snacks and drinks.

There will be no children's courses and no child-care available.

Water will be provided at the finish area.

Controls

Types of controls can be as shown in the following photographs. The control numbers are either placed vertically as in the first picture or horizontally as in the second.



Prizes

Prizes for the best Danish competitors in the senior elite classes are supplied from Trimtex.

There will be prizes for the first three runners in all youth, elite and junior classes.

Prizes can be picked up at the information tent in the parking area on Saturday.

Complaints

All complaints should be handed in at the information tent in the parking area.

Public Courses

Two public courses are provided. Pre-registration is necessary. Registration on the race day will not be possible.

Competitors on these courses follow the same procedure as all other classes.

Arena and Parking areas

Due to Covid-19 restrictions, there will be no central arena as such. A finish zone will exist.

Competitors in the 4 elite classes will give up their map at the finish, and a new one can be obtained in the information tent in the parking area after 18:30.

It is also possible for these competitors to obtain a map showing the return route to the parking area from the finish.

Other competitors shall use their race map to navigate back to the parking area. Please use the foot paths south of the race area.

Please limit the presence in the finish zone as much as possible.

Shower and changing facilities

Will not be provided.

DANISH SPRING Middle Saturday, July 31st, 2021

About the race

DANISH SPRING Friday is an individual Middle distance orienteering competition.

The race is a:

- part of the IOF WRE for Men and Women Elite.
- National ranking event for Danish seniors in the TRIMTEX Cup.
- selection for the Danish junior elite for JWOC and EYOC.

Map and area

Gribskov, scale 1:10.000 and 1:7.500.

The map is drawn according to ISOM 2017-2.

Initially made for WMOC 2018 with a latest revision June 2021. Contour interval is 2.5 m.

Previous maps at the [website \(www.danish-spring.dk/areas/\)](http://www.danish-spring.dk/areas/).

Middle classes and -courses

Class	Km	# Controls	Start	Difficulty	Map scale
Men Elite WRE	6,7	24	1	Difficult	1:10.000
Women Elite WRE	5,6	20	1	Difficult	1:10.000
Men Elite Junior	4,6	18	1	Difficult	1:10.000
Women Elite Junior	3,8	16	1	Difficult	1:10.000
Beginners	2,4	10	2	Beginner	1:10.000
W/M10	2,4	10	2	Beginner	1:10.000
W/M12	2,8	11	2	Easy	1:10.000
W/M14	3,9	14	2	Medium	1:10.000
M16	4,6	18	1	Difficult	1:10.000
W16	3,8	16	1	Difficult	1:10.000
W/M15-20B	3,9	14	2	Medium	1:10.000
M17-20A	4,4	16	1	Difficult	1:10.000
W17-20A	3,8	16	1	Difficult	1:10.000
M21A	5,6	20	1	Difficult	1:10.000
W21A	4,4	16	1	Difficult	1:10.000
W/M21B	3,9	14	2	Medium	1:10.000
M35	5,6	20	1	Difficult	1:10.000
W35	4,4	16	1	Difficult	1:10.000

Class	Km	# Controls	Start	Difficulty	Map scale
M40	5,6	20	1	Difficult	1:10.000
W40	4,4	16	1	Difficult	1:10.000
M45	5,0	21	1	Difficult	1:7.500
W45	4,4	16	1	Difficult	1:10.000
M50	5,0	21	1	Difficult	1:7.500
W50	4,0	17	2	Difficult	1:7.500
M55	5,0	21	1	Difficult	1:7.500
W55	4,0	17	2	Difficult	1:7.500
M60	4,0	17	2	Difficult	1:7.500
W60	4,0	17	2	Difficult	1:7.500
M65	4,0	17	2	Difficult	1:7.500
W65	4,0	17	2	Difficult	1:7.500
M70	3,3	16	2	Difficult, blue	1:7.500
W70	3,3	16	2	Difficult, blue	1:7.500
M75	3,3	16	2	Difficult, blue	1:7.500
W75	3,3	16	2	Difficult, blue	1:7.500
M80	2,6	12	2	Difficult, blue	1:7.500
W80	2,6	12	2	Difficult, blue	1:7.500
W/M85	2,6	12	2	Difficult, blue	1:7.500
W/M90	2,6	12	2	Difficult, blue	1:7.500

Start

First start at 12:00.

DANISH SPRING flags will show the route from the parking area to the start areas.

Competitors should follow the signs to the individual start areas.

Distances

Parking - Start 1: 1700 m
 Parking - Start 2: 1700 m
 Finish – Parking: 600 m

Number bibs

- Number bibs must be worn by all participants in all elite classes as well as M/W-16.
- Number bibs will be hung up and available on a string at the start area(s).

Prizes

Prizes for the best Danish competitors in the senior elite classes are supplied from Trimtex.

There will be prizes for the first three runners in all youth, elite and junior classes.

Prizes can be picked up at the information tent in the parking area on Saturday when the respective classes are finished.

Open Courses

Public courses are sold at the information tent in the parking area between 12:00 and 13:15.

The allocated start time must be respected.

Fee: DKK 100 = EUR 13.

Class	Km	# Con- trols	Start	Difficulty	Scale
Open 1	6,5	19	2	Difficult	1:10.000
Open 2	4,0	14	2	Difficult	1:7.500
Open 3	3,8	14	2	Medium	1:10.000
Open 4	2,8	11	2	Easy	1:10.000

DANISH SPRING Long-distance Sunday, August 1st, 2021

About the race

DANISH SPRING Friday is an individual long-distance orienteering competition.

The race is a:

- part of the IOF WRE for Men and Women Elite.
- National ranking event for Danish seniors in the TRIMTEX Cup.
- Selection race for the Danish junior elite for JWOC and EYOC.

Map and area

Søskoven, scale 1:15.000 for Elite WRE and Junior elite. Maps for all other classes will have a scale of either 1:7.500 or 1:10.000.

The map is drawn according to ISOM 2017-2. Initially made for WMOC 2018, with a latest revision June 2021. Contour interval is 2.5 m.

Previous maps at the [website \(www.danish-spring.dk/areas/\)](http://www.danish-spring.dk/areas/).

Dispensation has been given for class W40 to use maps of a scale 1:7.500.

Long Classes and courses

Class	Km	# Controls	Start	Difficulty	Map scale	Water km
Men Elite WRE	15,9	38	1	Difficult	1:15.000	4 - 8, - 11
Women Elite WRE	12,6	28	1	Difficult	1:15.000	4 - 9
Men Elite Junior	13,7	29	1	Difficult	1:15.000	4 - 8, - 11
Women Elite Junior	8,8	20	1	Difficult	1:15.000	4
Beginners	3,1	13	2	Beginner	1:10.000	
M 10	3,1	13	2	Beginner	1:10.000	
W 10	3,1	13	2	Beginner	1:10.000	
M 12	3,6	14	2	Easy	1:10.000	
W 12	3,6	14	2	Easy	1:10.000	
M 14	5,6	15	2	Medium	1:10.000	3
W 14	4,3	15	2	Medium	1:10.000	
M 16	8,1	16	1	Difficult	1:10.000	4 - 5

Class	Km	# Controls	Start	Difficulty	Map scale	Water km
W 16	5,7	17	1	Difficult	1:10.000	3
M 15-20B	5,6	15	2	Medium	1:10.000	3
W 15-20B	4,3	15	2	Medium	1:10.000	
M 17-20A	9,6	21	1	Difficult	1:10.000	4 - 6
W 17-20A	5,7	17	1	Difficult	1:10.000	3
M 21A	12,0	23	1	Difficult	1:10.000	4 - 9
W 21A	7,3	17	1	Difficult	1:10.000	4
M 21AM	9,6	21	1	Difficult	1:10.000	4 - 6
M 21AS	5,7	17	1	Difficult	1:10.000	3
W 21AS	5,7	17	1	Difficult	1:10.000	3
M 21B	5,6	15	2	Medium	1:10.000	3
W 21B	4,3	15	2	Medium	1:10.000	
M 35	12,0	23	1	Difficult	1:10.000	4 - 9
W 35	7,3	17	1	Difficult	1:10.000	4
M 40	9,6	21	1	Difficult	1:10.000	4 - 6
W 40	6,5	14	1	Difficult	1:7.500	4
M 45	9,6	21	1	Difficult	1:10.000	4 - 6
W 45	6,5	14	1	Difficult	1:7.500	4
M 45AS	4,4	13	1	Difficult	1:7.500	
M 50	8,1	16	1	Difficult	1:10.000	4 - 5
W 50	5,3	13	1	Difficult	1:7.500	3
M 55	7,3	17	1	Difficult	1:10.000	4
W 55	5,3	13	1	Difficult	1:7.500	3
M 60	6,5	14	1	Difficult	1:7.500	4
W 60	4,4	13	1	Difficult	1:7.500	
M 65	6,5	14	1	Difficult	1:7.500	4
W 65	4,4	13	1	Difficult	1:7.500	
M 70	5,3	13	1	Difficult, blue	1:7.500	3
W 70	3,7	12	1	Difficult, blue	1:7.500	
M 75	5,3	13	1	Difficult, blue	1:7.500	3
W 75	3,7	12	1	Difficult, blue	1:7.500	
M 80	3,2	12	1	Difficult, blue	1:7.500	

Class	Km	# Controls	Start	Difficulty	Map scale	Water km
W 80	2,8	11	1	Difficult, blue	1:7.500	
M 85	2,8	11	1	Difficult, blue	1:7.500	
W 85	2,8	11	1	Difficult, blue	1:7.500	
M 90	2,8	11	1	Difficult, blue	1:7.500	
W 90	2,8	11	1	Difficult, blue	1:7.500	

Start

First start at 09:30.

DANISH SPRING flags will show the route from the parking area to the start areas. Competitors should follow the signs to the individual start areas.

Distances

Parking - Start 1: 650 m
 Parking - Start 2: 1000 m
 Finish – Parking: 800 m

Number bibs

- Number bibs must be worn by all participants in all elite classes as well as M/W-16.
- Number bibs will be hung up and available on a string at the start area(s).

Prizes

Prizes for the best Danish competitors in the senior elite classes are supplied from Trimtex. There will be prizes for the first three runners in all youth, elite and junior classes.

Prices can be picked up at the information tent in the parking area on Sunday when the respective classes are finished.

Open Courses

Public courses are sold at the information tent in the parking area between 09:30 and 11:00.

The allocated start time must be respected.
 Fee: DKK 100 = EUR 13.

Class	Km	# Controls	Start	Difficulty	Scale	Water at km
Open 1	7,9	17	2	Difficult	1:10.000	3
Open 2	6,2	15	2	Difficult	1:10.000	3
Open 3	4,2	13	2	Difficult	1:7.500	
Open 4	4,1	12	2	Medium	1:10.000	
Open 5	2,9	11	2	Easy	1:10.000	

General information Saturday and Sunday

Terrain

The terrain is typical for North Zealand with beech and pine as the predominant tree types. Runability varies also from open fast forest to detailed areas with thicker vegetation. At this time of year, there are areas of the forest with high grass and ferns. The areas are moderately hilly. There is a detailed network of paths forest roads. There are also small boggy areas, specially in Søskoven

Start procedure

There are no start lists or instructions at the start.
Please check the information on the website.

- Hired SIC's are available outside of the first start box.
- Clear and check of SIC is placed in front of the first starting box.
- All instructions from start officials MUST be followed.
- Start procedure begins 4 minutes prior to the runners actual start time. When the clock in the start area shows the competitors start time, they may then enter the first start box.
- Startbox 1: -4 minutes
 - The runners name and SIC number is checked
 - Clear and check of the SIC is also possible here
- Start box 2 : -3 minute. Separate loose control descriptions are available to competitors with holders.
- Start box 3: -2 minutes. Classes on easy and beginners' courses will receive their maps. They can also obtain help from the officials, if needed.
 A copy of the race map without courses can be inspected.
- Start box 4: -1-minute. The competitor stands next to the map box marked with the correct class/course. Competitors can check that it is the correct class but cannot look at the map before start.
 The start signal is indicated with a clear audible signal. The competitor may then run towards the start control. The start control should NOT be punched.
- The starting point for Easy and Beginners courses is immediately in front of the start box.
- Late starters should contact start official and follow their instructions.

Embargoed areas

For competitors in the WRE-classes and the Danish junior elite (JWOC, EYOC selection) the competitions areas Grib Skov and Søskoven are embargoed areas – Please refer to the [website \(www.danishspring.dk/areas/\)](http://www.danishspring.dk/areas/).



Parking and transportation

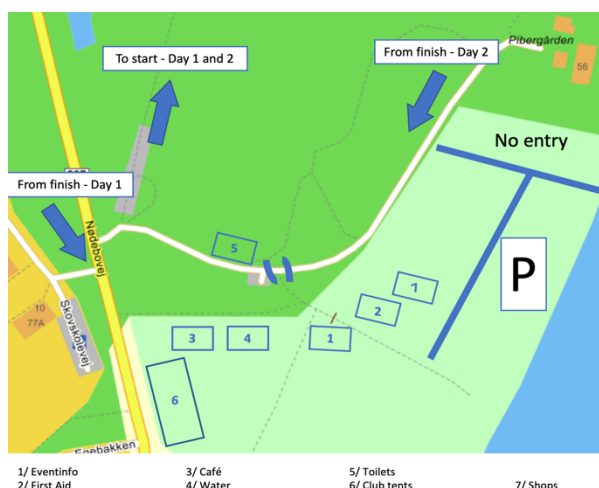
Parking is south of

Pibergården
Nødebovej 56A
3480 Fredensborg

Coordinates: - 55.990336, 12.352135.

Approach by road 227, 8 km NE of Hillerød and 40 km N of Copenhagen.
Bus 307 stops right in front of Parking area.

Parking area



The parking area will also function as an arena with the following services being provided:

Information

Here they can help with:

- Storage of keys in a sealed plastic bag. Please note your name and class on the bag.
- Last minute hiring of SIC – preferred payment in MobilePay – however cash can be accepted – Exchange rate is DKK 15 = EUR 2.
- Handout of maps from middle distance race for elite classes – after last start
- Official notice of any complaints.

Kiosk

Coffee, tea, cake and sandwiches will be available for sale. Preferred payment in MobilePay – however cash can be accepted – either DKK or EUR.

Toilets

Are available in the parking area and the way to the start.

Finish area

At the finish your SIC is read and validated. Please proceed immediately afterwards to the parking area. During the Junior elite races, speaking service of their results will be made.

There will be no online speaking. For the middle-distance race, elite class competitors must hand in their map at the finish. A new map can be collected at the information tent after the last competitor has started.

Water

Water will be provided at finish. In the parking area there will also be access to water. Please bring your own bottle. There will be no water provided at the starts. Water depots will be provided on the courses for the long-distance race on Sunday. Please refer to class and course overview.

Shower and changing facilities

A large freshwater lake is waiting for all after the race.

Transportation of clothes

There will no transportation of clothes from start to finish.

First Aid

First Aid is in the parking area. If First Aid is needed in the competition areas, then they can be contacted directly at:

Phone number is +45 24207182.

General information, all 3 days

Starting lists and seeding

Publication of starting lists will no later than July 28th, 2021.

Starting lists are made according to IOF and DOF regulations.

Any issues regarding entry or changes please contact danishspring@gmail.com.

Time-recording/punching

The same SIC can be used for all the 3 races. Senior elite classes and Junior M elite will need a SIC with a capacity of more than 30 controls, for the long-distance race on Sunday.

Hired SICs must be returned at finish. A new SIC will be provided for each race.

Maximum running times

Sprint	50 minutes
Middle	120 minutes
Long	180 minutes

If you are abandoning the race, you must immediately report to the finish area.

Live results and services

Results can be found on www.liveresultatat.orientering.se/.

News and photos will be published on the Danish Spring Facebook and website

All maps will be published at www.O-Track.dk and www.livelox.com after the races.

Jpeg-files can be provided upon request.

O-Track

Upload your GPS track (Mobile phone or GPS-watch) to O-Track. Analyse and compare routes and split times with your friends.

More information on www.o-track.dk

Children's Course

Will not be provided.

Childcare

Will not be provided.

Insurance and participation

It is the competitor's own responsibility to have the required insurance coverage when competing.

Participation in these races is solely on the competitor's own responsibility. The event cannot be held responsible in any case.

This applies to accidents during the event or of loss of any personal belongings or valuables. Do not leave any valuables in the parking area in an unlocked place.

Competition rules

IOF's competition rules for international foot orienteering events 2020 (the WRE relevant part) supplemented by DOF'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.

Late registration

Late registration is available until July 23rd, 2021, kl. 23:59. After this time participation will be on public courses. Further information on the website www.danishspring.dk.

Any changes are only effective when confirmed by DANISH SPRING.

Any other questions please write to danishspring@gmail.com.

Complaints and Protests

Complaints can be delivered at the information tent. Protest over handled complaints must be submitted to the chairman of the jury by the following means:

- At the information at the parking area during the opening hours.
 - By Email: hakon@mosbech.net
 - By text message to phone +45 27 87 55 30
- Protests must be submitted within 15 minutes from the decision of a complaint.

The Chairman of the jury will forward a written verdict by email or text message as agreed to.

Jury members

Annette Bonde, Ballerup OK
Andreas Duc Jørgensen, Tisvilde Hegn OK
Poul Grøn, OK PAN

Event organisation

Event directors	Birgitte Halland, OK Øst Birkørød Charlotte Bergman, Allerød OK Helge Lang Pedersen, Farum OK
Course planners Sprint	Kai Beck-Andersen/ Mikkel Lyskjær Farum OK
Course controller Sprint	Steen Olsen, Søllerød OK
Course planner Middle	Erik Sørensen Allerød OK
Course controller Middle	Peter Sørensen PI Orientering
Course planner Long	Erik Sørensen Allerød OK
Course controller Long	Peter Sørensen PI Orientering
IOF Event Adviser and Event controller	Hakon Mosbech OK Skærmø

Event Contacts

E-mail: danishspring@gmail.com

Web: www.danishspring.dk

Facebook: www.facebook.com/danishspring/



Allerød
OrienteringsKlub



Bulletin 2 - English – Version, 27. July 2021