

## Invitation – Bulletin 1 & 2

# Danish Spring 2012

OK Øst Birkerød are pleased to welcome you to the new international Danish Spring – Chase and Relay weekend:

- Saturday the 24th of March 2012: Danish Spring Chase in Tokkekøb Hegn
- Saturday the 24th of March 2012: Danish Spring Night in Store Dyrehave
- Sunday the 25th of March 2012: Danish Spring Day in Store Dyrehave



Saturday´s Chase event is a World Ranking Event (WRE) and a part of the Danish Senior and Junior Ranking Series. All events take place on the same event arena north of Copenhagen in Kirkelte near Allerød





## High lights

- ✓ 3 intense mass-starts
- ✓ WRE "chase"-middeldistance event Saturday afternoon – courses for everybody
- ✓ One gathered relay competition, where both the Night and Day Relay counts for the overall result in Men´s Open and Women´s Open
- ✓ Opportunity for competitors in Men´s Open and Women´s Open to run twice in both the Night and Day Relay, in either the same or on two different teams
- ✓ Everybody are welcome in the Night Relay, because it is possible to just enter either the Night or Day relay. This way competitors that want to enter M/W 16, M/W 150, Youth or Open mix in the Day Relay are welcome to enter the Night Relay in Men´s Open or Women´s Relay
- ✓ Direct courses – sign up on the day of competition
- ✓ Free Children´s course

## Programme

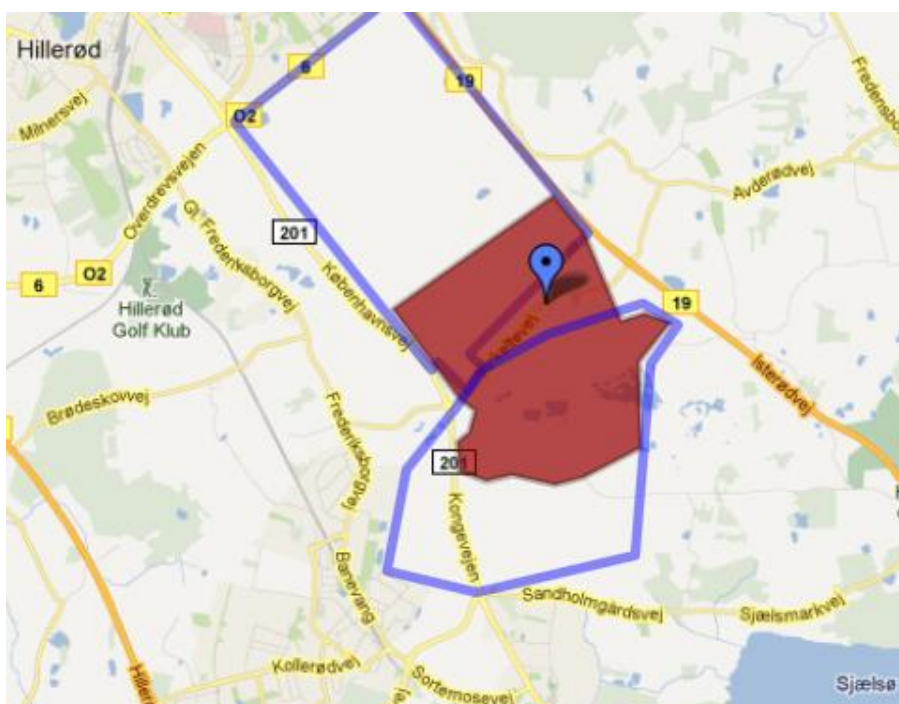
<b>Saturday March 24th 2012:</b>	10:00	Event information opens at the event arena in Kirkelte
	13:30	Mass start in WRE-"chase" for Men and Women
	14:45	Mass start in "chase" for all others
	19:30	First start in the Night Relay
<b>Sunday March 25th 2012:</b>	07:30	Event information opens at the event arena in Kirkelte
	09:00	First start in the Relay



## General Information

### Embargoed areas

Saturday's Chase event is a World Ranking Event (WRE). Because of this, the competition area Tokkekøb Hegn and part of Store Dyrehave is embargoed for runners that want to compete in Men's Open and Women's Open. The remaining parts of Store Dyrehave are not under embargo.



### Climate

Denmark has a mild climate with no extremes of heat or cold. In March/April, the mean daytime temperature typically varies between 2 and 6 degrees Celsius (36 to 43 degrees Fahrenheit). Rain can be expected occasionally. 39 mm (1.5 inches) of rain is the average for the month. The sun shines for an average of 110-170 hours per month. The risk of getting snow is minimal.

### Accommodation

Danish Spring does not offer any accommodation for the competitors. Please look at our website for links to hotels and hostels. We recommend early booking.

### Bathing facilities

Bathing facilities is offered at Sjælsøskolen, Ravnsnæsvej 120, DK-3460 Birkerød, Saturday from 14:00(2 pm) to 22:00(10 pm), Sunday 11:00(11 am) to 14:00(2 pm)



## **Traning**

In the week, leading up to Danish Spring, model-event-opportunities is offered in Ravnsholt and in Næbbegård Plantage. Both areas are situated approximately 5 km from the competition arena. There will be fixed controls and recommended courses. Maps are available through link on [www.danishspring.dk](http://www.danishspring.dk) some time in the new year.

## **Shadowing of runners**

At Saturday´s Chase shadowing is allowed on the course "Easy", but be aware that the Chase is a mass-start, so there will be no opportunity to run afterwards in the same competition.

## **Instruction (Bulletin 3), starting times and results**

The instruction (Bulletin 3) and preliminary list of entrants will be available on [www.danishspring.dk](http://www.danishspring.dk) from March 12th 2012. A complete list of entrants will be available from March 22nd 2012. Results with splits will be available on [www.danishspring.dk](http://www.danishspring.dk) after each event.

## **Transportation**

Private cars and busses. Via Route 19 between Hørsholm and Hillerød, or Route 201 between Blovstrød and Hillerød. Train station in Allerød is 6 km´s from the competition arena. Please inform us if you arrive by bus or minibus (>20 pers. />6 tons, minibus 9-20 personer) to ensure proper parking areas. Danish Spring does not offer any transports to or from the event.

## **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 neither accidents nor lost or stolen property.

## **Ticks with TBE-virus**

In 2009, a few ticks with TBE-virus(Tick Borne Encephalitis) were found on North Sealand. Runners that regularly visit the affected areas can consider vaccination.



## Classes and courses

In order to facilitate the optimal preparation for 10Mila and Jukola it is allowed for the teams to test the same competitor in both Night and Day Relay. It is possible for a competitor to run the Night Relay in one team, and then again for the same or a different team in the Day Relay

Saturday´s WRE-chase is open to everybody. We also offer direct courses with the option of entry-on-the day.

## Danish Spring WRE-chase Saturday, March 24th 2012

Saturday´s Chase event is a World Ranking Event (WRE) and a part of the Danish Senior and Junior Ranking Series 2012.

### WRE-chase:

Class	Km	Difficulty	Entry guidance for the junior elite and the danish "DOF Østkreds' KUM-drafting"
Mens Elite WRE	35 min(7,5 km)	Difficult	Mens Junior Elite, M17-18 and W19-20
Womens Elite WRE	35 min(6,0 km)	Difficult	Womens Junior Elite, M17-18 and W19-20
Long difficult	5,0	Difficult	M-16
Short difficult	3,5	Difficult	W-16
Medium	3,5	Medium	W-14 and M-14
Easy	2,5	Easy	
Beginners	2,5	Beginner	

## Danish Spring Night Saturday, March 24th 2012

### Night Relay:

Class	Km	Difficult	Class	Km	Difficult
<b>Men´s Open</b>			<b>Women´s Open</b>		
1st leg	4,5	Difficult	1st leg	4,5	Difficult
2nd leg	4,5	Difficult	2nd leg	4,5	Difficult
3rd leg	8,0	Difficult			



## Danish Spring Day Sunday, March 25th 2012

### Day Relay:

Class	Km	Difficulty	Class	Km	Difficulty
<b>Men´s Open</b>			<b>Women´s Open</b>		
4th(1st leg)	10,0	Difficult	3rd (1st leg)	8,0	Difficult
5th(2nd leg)	10,0	Difficult	4th(2nd leg)	6,0	Difficult
6th(3rd leg)	8,0	Difficult	5th(3rd leg)	8,0	Difficult
7th(4th leg)	14,0	Difficult			
<b>M/W 16</b>			<b>Youth mix</b>		
1st leg	5,0	Difficult	1st leg	3,0	Easy
2nd leg	4,0	Medium	2nd leg	3,0	Beginner
3rd leg	5,0	Difficult	3rd leg	4,0	Medium
<b>M/W 150</b>			<b>Open mix</b>		
1st leg	5,0	Difficult	1st leg	5,0	Difficult
2nd leg	6,0	Difficult	2nd leg	4,0	Medium
3rd leg	5,0	Difficult	3rd leg	5,0	Difficult

#### Men´s Open:

- Women may participate in men´s teams. Mixed teams with runners from more than one club can be set according the specific rules of the country. Mixed teams across countries are not accepted. In every single national team, which is not a club team or a national club-combination, only one of the runners can be in WR Top100 for men as per 1st January of the event year.
- A runner is allowed to participate in both the night and the day Relay on the same team.

#### Women´s Open:

- Only women. Mixed teams with runners from more than one club can be set according the specific rules of the country. Mixed teams across countries are not accepted. In every single national team, which is not a club team or a national club-combination, only one of the runners can be in WR Top100 for women as per 1st January of the event year.
- A runner is allowed to participate in both the night and the day Relay on the same team.

#### M/W -16:

- one runner must be either from M-14 or W-16

#### M/W 150:

- Overall age of the runners must be minimum 150year

#### Youth mix og Open mix:

- no limits



## Registration and payment

Registration and fee (preferably bank transfer) must be received by Danish Spring no later than March 3rd 2012.

Registration is carried out online using the Danish Spring homepage [www.danishspring.dk](http://www.danishspring.dk). A club can create one, and only one, registration account. Access to the account is obtained by entering a password. Until the registration deadline, the club representative can:

- ✓ Enter new runners to Chase(Saturday) Night relay(Saturday) and Day relay(Sunday)
- ✓ Enter SportIdent card numbers(SI-stick numbers)
- ✓ Change name and classes of the runners
- ✓ Delete runners

The club representative can continuously see and print an overview of the club's registrations. The registrations on the account as per of midnight on March 4th 2012 are binding for the club.

Joint registration for all three competitions must be done for each club.

If you can not use online registration system, you can register by e-mail to [danishspring@gmail.com](mailto:danishspring@gmail.com). Danish Spring always confirms registration by e-mail.

If confirmation is not received within 60 hours please contact Danish Spring, as the e-mail may have been lost. In all e-mails, please enter clubname and nationality in the subject field as a minimum. Registration by fax is not possible.

Entering of and changes to SI-stick numbers can be done online without payment until March 21st 2012 at 14:00 (2pm). If SI-stick numbers have not been received by this time, the runners will have to rent a SI-stick from Danish Spring for DKK 30 per start.

## Late entries and changes

As long as there are vacancies left, they can be booked by payment of additional DKK 50 per start. Booking is carried out through the online registration system no later than March 21st 2012 at 14.00 (2pm). There are entry-on-the-day direct courses. If you can not use the online registration system for the late entries, you can register by e-mail to [danishspring@gmail.com](mailto:danishspring@gmail.com) no later than March 21st 2012 at 14.00 (2pm). Changes to the registrations can be done in the event information at the arena no later than Saturday at 15.00 (3pm) and by payment of additional DKK 50. Change of registered relay teams is without charge.

Late entries and changes are only valid if done online or after written confirmation.



## Visa

Please see [www.newtodenmark.dk](http://www.newtodenmark.dk). If you have any problems Hanne Nielsen, OK ØST  
e-mail: [hanne.nielsen@pc.dk](mailto:hanne.nielsen@pc.dk) is available for help.

## Payment

### Danish and foreign clubs:

Jyske Bank, Birkerød  
Hovedgaden 28, DK 3460 Birkerød  
Danish Spring – OK ØST  
Reg. no.: 5028, Account no.: 1296215  
IBAN no. DK29 5028 0001 2962 15  
Swift code: JYBADKKK

*When paying from outside Denmark please add DKK 30 to cover Jyske Bank's fee for accepting foreign payments.*

### Event address

Danish Spring 2012  
Søvang 4  
DK-3460 Birkerød

Phone: +45 45 81 55 74 – best from Monday to Friday between 19:00 and 21:00  
(7pm – 9pm)

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

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





## Danish Spring 2012 – overview

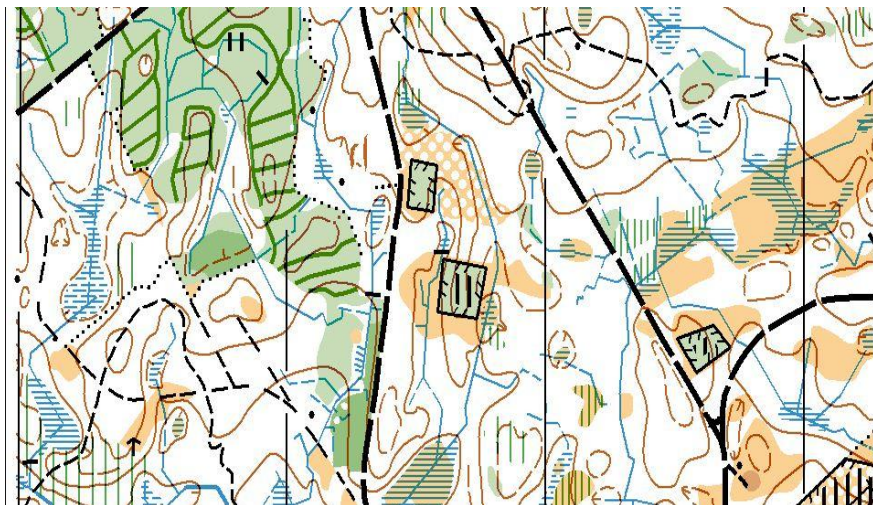
	<b>WRE-chase March 24th 2012</b>	<b>Relay – Night March 24th 2012</b>	<b>Relay - Day March 25th 2012</b>
<b>Event type</b>	C, 5 star ***** WRE, danish junior and senior ranking event	C, 5 star *****	C, 5 star *****
<b>Event area</b>	Tokkekøb Hegn	Store Dyrehave	
<b>Terrain description</b>	Typically North Sealand forrest. The area has less minor tracks and more diffuse areas than other forrests on Sealand. The runnability varies from very fine to areas with quite challenging runnability. A number of lakes and marshes are found in the terrain. The terrain is quite flat apart from some slopes.	Typically North Sealand forrest apart from a bigger part of diffuse areas. There is a regular forest road network. The vegetation consists of deciduous forest with areas of spruce. The runnability varies from very fine to areas with quite challenging runnability. The terrain is quite flat apart from some slopes.	
<b>Bathing facilities</b>	Sjælsøskolen in Birkerød	Sjælsøskolen in Birkerød	

<b>Maps</b>	Tokkekøb Hegn 1:10.000, equ. 2,5	Store Dyrehave 1:10.000, equ. 2,5	Store Dyrehave Men Open 1:15.000, equ. 2,5 alle other classes 1:10.000, equ. 2,5
<b>E-punch</b>	SportIdent	SportIdent	SportIdent
<b>First start</b>	13:30 (1.30 pm)	19:30 (7.30 pm)	9:00 (9am)
<b>Prizes</b>	Prizes to the winners in all classes	Prizes to the winners in all Relay classes	

<b>Entry fees</b>	<p>Per runner:</p> <p>Danish Spring WRE-chase:</p> <p>Men Elite WRE DKK 150</p> <p>Women Elite WRE DKK 150</p> <p>Danish Spring Chase: - Long difficult - Short difficult - Medium - Easy</p> <p>M/W -20 DKK 75</p> <p>M/W 21- DKK 125</p>	<p>Per runner:</p> <p>Men ´s Open DKK 180 (3 runners)</p> <p>Women ´s Open DKK 180 (2 runners)</p>	<p>Per runner:</p> <p>Men´s Open DKK 180 (4 runners)</p> <p>Women´s Open DKK 180 (3 runners)</p> <p>M/W -16 DKK 100 (3 runners)</p> <p>Youth mix DKK 100 (3 runners)</p> <p>M/W -150 DKK 100 (3 runners)</p> <p>Open mix DKK 100 (3 runners)</p>
	SI-stick rental: DKK 30		
<b>Direct courses</b>	Entry-on-the-day direct courses( same as the Chase courses) from 10.30 to 13.30 (10.30am - 1.30pm)	None	Entry-on-the-day direct courses from 08.00 to 11.00 (8am - 11am)
<b>Children ´s courses</b>	Free at the event arena from 12.30 to 15.30 (12.30pm - 3.30 pm)	None	Free at the event arena from 08.00 to 13.00 (8am - 1pm)



Map example from Tokkekøb Hegn



Map example from Store Dyrehave



## Rules, IOF Event Adviser and controllers

IOF's international competition rules for foot orienteering event 2011 (the WRE relevant part) supplemented by DOF's rules 2011 §§ 2.6 (Shadowing), 2.8 (Embargoed areas), 2.10 (Start rights), 3.2 (Event Classification), 3.10 ((night)controls) og 6.1 (C-events) covering conditions not covered by the IOF rules, plus special rules for participation.

## Event director, course setters and course controls

Event director	Pernille Sommer, OK ØST <a href="mailto:pernille.sommer@gmail.com">pernille.sommer@gmail.com</a>
IOF Event Adviser + Eventcontrol	Dan Haagerup, Tisvilde Hegn OK
Course setters, WRE-chase	Michael Sørensen and Marius Thrane-Ødum, OK ØST
Course control, WRE-chase	Jesper Jensen, Farum OK
Course setters, relay	Erik Øhlenschlæger and Jan Jacobsen, OK ØST
Course control, relay	Finn Blom, Lyngby OK

*Invitation english 2012 – rev. 25. feb 2012*