



Welcome to DANISH SPRING 18-20 March 2016

Bulletin 1, 15 November 2015

Organisers	OK Øst Birkerød and HSOK	
The Event and Classification	Danish Spring 2016 is an IOF World Ranking Event (WRE) for Men and Women Elite and 1 st , 2 st and 3 st part of the Danish Senior and Junior Ranking series 2016, Trimtex Senior Cup and Løberen League. Sprint Classification: C *****. Middle and Long classification: A *****	
Dates and first start	18 –20 March 2016. Open of event arena: Friday 14.00 First start 15.00 Saturday 09.00 First start 12.00 Sunday 08.00 First start 09.30	
Event location	Sprint distance: Helsingør, DK-3000 Helsingør Middle distance: Gribskov Midt, Nødebo, DK-3480 Fredensborg Long distance: Gribskov Midt, Nødebo, DK-3480 Fredensborg	
Maps	<u>Sprint</u> : Helsingør 1:4.000 offset print for all classes except the easy course, new map 2015, contour interval 2.5 m. <u>Middle</u> : Gribskov Midt 1:10.000, offset print for WRE- and junior elite classes and laser printed for other classes, revised 2015, a few corrections 2016, contour interval 2,5 m. <u>Long</u> : Gribskov Midt 1:15.000 offset print for WRE- and junior elite classes, laser print in 1:15.000 for H35 and H21A, 1:10.000 laser print for other classes, revised 2015, a few corrections 2016, contour interval 2,5 m. All maps will be with DOF's quality certificate	
Terrain description	Sprint: Large residential area with numerous identical apartment buildings. The area has a school and a large recreation center with playgrounds. Approximately half of the race will take place on firm ground, the rest on grass.	Middle and Long distance: The terrain is highly relevant for WMOC 2018 and typical for North Zealand, moderately undulating, comprising regular areas of coniferous and deciduous trees. In March the terrain is generally easily runnable with good visibility. The forest has a regular network of forest roads.
Embargoed area	Competitors in the elite senior classes are not allowed to visit the competition areas in Helsingør and Gribskov Midt. Further information about embargoed areas on www.danishspring.dk .	
Results and seeding	Results will be announced at the assembly area. Seeding in elite classes will be performed by DOF according to the world ranking list.	
Speaking	There will be live commentary all 3 days.	
Toilets and shower facilities	There will be toilets at the assembly area. Shower facilities, on Friday and Sunday afternoon, will be offered within a short driving distance of the event.	
Accommodation	There are many attractive hostels, holiday homes, hotels, etc. near Hillerød and Helsingør. See examples and overviews on: Where to stay Danish Spring . Reservation in due time is recommended. DANISH SPRING cannot offer accommodation.	
Prizes	Prize money DKK 1000 for the winners of Senior and Junior Elite classes. Prizes to all Junior classes. Trimtex and Løberen awards prizes to the best Dane in the ranking classes.	



Punching system	Sportident – all card versions. The same SI-card can be used at all three races. Rented SI-card is distributed at start and has to be returned at the finish after the last race. Unused cards must be returned to the event information.																																										
Training and WMOC 2018 preparation	From 16 to 23 March several attractive training opportunities are offered in the nearby forests. The trainings are with various challenges and course lengths. All controls have reflectors, so courses can also be run as night training. More info on www.danishspring.dk . From 24 March to 28 March you can participate in Påskecup . Four competitions in the forests nearby Helsingør will be offered - all with relevance to WMOC 2018.																																										
Children's course and Childcare	Children's course for all children, free of charge, Saturday from 11.30 to 15.30 and Sunday 9:00 to 13:00. Childcare is offered Saturday and Sunday and if childcare is needed please write the age of children and which day and time is needed to danishspring@gmail.com																																										
Cafeteria/Kiosk	Sprint: Kiosk on the assembly area. Middle and long: Tasty small, hot and cold, dishes as well as beverages and sweets are sold during the event.																																										
Refreshments	At finish line for all classes. On Sunday there will be refreshments in the forest on the long courses.																																										
Classes – sprint	<table border="1"> <thead> <tr> <th>Classes</th> <th>Difficulty</th> <th>Winning time</th> </tr> </thead> <tbody> <tr> <td>Men elite WRE</td> <td>Difficult</td> <td>12-15 min</td> </tr> <tr> <td>Women elite WRE</td> <td>Difficult</td> <td>12-15 min</td> </tr> <tr> <td>Men junior</td> <td>Difficult</td> <td>12-15 min</td> </tr> <tr> <td>Women junior</td> <td>Difficult</td> <td>12-15 min</td> </tr> <tr> <td>D-16</td> <td>Difficult</td> <td>17-21 min</td> </tr> <tr> <td>D 17-20</td> <td>Difficult</td> <td>17-21 min</td> </tr> <tr> <td>D 21-49</td> <td>Difficult</td> <td>17-21 min</td> </tr> <tr> <td>D 50-</td> <td>Difficult</td> <td>17-21 min</td> </tr> <tr> <td>H-16</td> <td>Difficult</td> <td>17-21 min</td> </tr> <tr> <td>H 17-20</td> <td>Difficult</td> <td>17-21 min</td> </tr> <tr> <td>H 21-49</td> <td>Difficult</td> <td>17-21 min</td> </tr> <tr> <td>H 50-</td> <td>Difficult</td> <td>17-21 min</td> </tr> <tr> <td>Let (Easy)</td> <td>Let</td> <td>17-21 min</td> </tr> </tbody> </table> <p>D=Women, H=Men</p>	Classes	Difficulty	Winning time	Men elite WRE	Difficult	12-15 min	Women elite WRE	Difficult	12-15 min	Men junior	Difficult	12-15 min	Women junior	Difficult	12-15 min	D-16	Difficult	17-21 min	D 17-20	Difficult	17-21 min	D 21-49	Difficult	17-21 min	D 50-	Difficult	17-21 min	H-16	Difficult	17-21 min	H 17-20	Difficult	17-21 min	H 21-49	Difficult	17-21 min	H 50-	Difficult	17-21 min	Let (Easy)	Let	17-21 min
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Direct courses – sprint	Direct courses are offered. Running as a team or shadowing of runners is allowed in Open courses. Maps are laser printed. Entry on the day at the event information desk.																																										



Classes – middle distance D=Women H=Men	Classes	Difficulty	Winning time/courses
	Men elite WRE	Difficult	32 min/7,0 km
	Women elite WRE	Difficult	32 min/5,5 km
	Men junior	Difficult	32 min/7,0 km
	Women junior	Difficult	32 min/5,5 km
	D/H-10/Beginners	Beginners	15 min
	D/H-12	Easy	20 min
	D/H-14	Medium	25 min
	D/H-14B	Easy	20 min
	D/H-16	Difficult	25 min
	D/H17-20A	Difficult	25 min
	D/H21-A	Difficult	35 min
	D/H21-B	Medium	35 min
	D/H21-C	Easy	25 min
	D/H35-	Difficult	25 min
	D/H40-	Difficult	25 min
	D/H45-	Difficult	25 min
	D/H50-	Difficult	25 min
	D/H55-	Difficult	25 min
	D/H60-	Difficult	25 min
D/H65-	Difficult	25 min	
D/H70-	Difficult	25 min	
D/H75-	Difficult	25 min	
H80-	Difficult	25 min	
H85-	Difficult	25 min	

If few entries classes will be merged. If too many entries classes can be split.

Direct courses – middle distance (Entry on the day at the event information desk)	Classes	Difficulty	Length
	Open 1	Difficult	6 - 7 km
	Open 2	Difficult	4 - 5 km
	Open 3	Medium	4 - 5 km
	Open 4	Easy	3 - 4 km





Classes – long distance	Classes	Difficulty	Winning time/courses
	D=Women H=Men	Men elite WRE	Difficult
Women elite WRE		Difficult	75 min/12 km
Men junior		Difficult	65 min/12 km
Women junior		Difficult	50 min/8,0 km
D/H-10/Beginners		Beginners	20 min
D/H-12		Easy	25 min
D/H-12B		Beginners	20 min
D/H-14		Medium	35 min
D/H-14B		Easy	25 min
D/H-16		Difficult	40/45 min
D/H-16AK		Difficult	30/35 min
D/H-16B		Medium	35/40 min
D/H17-20A		Difficult	55/70 min
H17-20AM		Difficult	40 min
D/H17-20AK		Difficult	35 min
D/H17-20B		Medium	35 min
D/H17-20C		Easy	25 min
D/H21-A		Difficult	75/95 min
H21-AM		Difficult	60 min
D/H21-AK		Difficult	35 min
D/H21-B		Medium	35 min
D/H21-C		Easy	25 min
D/H35-		Difficult	55/70 min
D/H35-B		Medium	30 min
D/H40-		Difficult	50/60 min
D/H45-		Difficult	50/60 min
H45-AK		Difficult	40 min
D/H50-		Difficult	45/55 min
D/H55-	Difficult	45/55 min	
H55-AK	Difficult	40 min	
D/H60-	Difficult	45/55 min	
D/H65-	Difficult	45/55 min	
D/H70-	Difficult	45/50 min	
D/H75-	Difficult	40/50 min	
H80-	Difficult	45 min	
H85-	Difficult	40 min	

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Direct courses – long distance (Entry on the day at the event information desk)	Classes Difficulty Length			
	Open 1	Difficult	8 - 9 km	
	Open 2	Difficult	5 - 6 km	
	Open 3	Difficult	3 - 4 km	
	Open 4	Medium	4 - 5 km	
	Open 5	Easy	2 - 3 km	
Instruction/ Bulletin 2, start lists and results	Bulletin 2 and a preliminary list of competitors will be available on www.danishspring.dk from 11 March 2016. Start lists will be announced on 15 March 2016 at the latest. Results after each of the races on www.danishspring.dk . Split times will be uploaded to Winsplits online and the results for WRE-classes will be published on IOF Eventor (Danish Spring uses the World Ranking ID's from IOF's website).			
Entries WRE classes	Entries for WRE classes M/W-21-Elite can only be made via IOF Eventor: http://eventor.orienteering.org/Events Registration deadline is 4 March. Registration is only valid when the club is named and payment is received (Remember to include your name and club name by the payment). Entries from IOF Eventor on 4 March 2015 are binding. Late entries at an extra charge of DKK 70 per start with the possibility of taking part in the seeding can be made via the IOF Eventor until 10 March 2016 at 14:00. Late entries without taking part in the seeding can be done until 15 March at 14:00. The entry fee for late entries must be paid (via bank transfer) no later than 15 March 2015 and an electronic receipt must be sent to danishspring@gmail.com . Up to first start on the day, vacancies (limited numbers) are sold at an extra charge of DKK 70.			
Entries non Danish runners (excl. WRE 21-)	Registration deadline is 4 March. Entries must be made online via the link from www.danishspring.dk . A club can create one, and only one, account. Entries on the club's account on 4 March 2016 are binding. Further information on the online-system. Late entries at an extra charge of DKK 70 per start can be made via the online entry system until 15 March 2016 at 14:00 and during the event as long as vacancies are available. The entry fee for late entries must be paid (via bank transfer) no later than 15 March 2016 and an electronic receipt must be sent to danishspring@gmail.com .			
Entries Danish runners (excl. WRE 21-)	Registration deadline is 4 March. Entries should be made via O-service. Late entries at an extra charge of DKK 70 per start can be made via the online entry system at www.danishspring.dk until 15 March 2016 at 14:00 – and during the event as long as vacancies are available. The entry fee for late entries must be paid (via bank transfer) no later than 15 March 2016 and an electronic receipt must be sent to danishspring@gmail.com . Late entries are not possible via O-service.			
Entry fees	Classes	Sprint	Middle	Long
	Elite Junior	DKK 90,-	DKK 100,-	DKK 100,-
	Elite WRE	DKK 130,-	DKK 140,-	DKK 160,-
	D/H -20: (non junior elite classes)	DKK 60,-	DKK 60,-	DKK 80,-
	D/H 21-: (non senior elite classes)	DKK 80,-	DKK 80,-	DKK 90,-
	Direct courses junior	DKK 80,-	DKK 80,-	DKK 80,-
	Direct courses senior	DKK 100,-	DKK 100,-	DKK 100,-



	Rental of SI-card: DKK 20,- per race.														
Payment	<p>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</p> <p><i>When paying from outside Denmark please add DKK 30 to cover Jyske Bank's fee for accepting foreign payments.</i></p> <p>The entry fee must be paid (via bank transfer) no later than 15 March 2016 and an electronic receipt must be sent to danishspring@gmail.com. No payment = no start!</p>														
Entries, other information	<p>Changing of an entry (e.g. name or class) can be done until the start at the Event information desk in the arena at an extra charge of DKK 70 per start.</p> <p>Entering and changing of SI-card numbers can be done online until 15 March 2016 at 14.00. Competitors without an SI-card number, at that time, will be assigned a rental SI-card.</p> <p>In case of trouble with online entries/changes, an e-mail can be sent to danishspring@gmail.com. Always enter the club name in the subject line. State the club, nationality, name, race, class, SI-card number and possible IOF world ranking ID in the body of the e-mail. E-mail entries/ changes must always be confirmed by DANISH SPRING.</p>														
Organisation of the Event	<table border="0"> <tr> <td>Event Director Sprint</td> <td>Emil Ruud Torp, HSOK</td> </tr> <tr> <td>Event Director Middle</td> <td>Mette and Gert Steffensen, OK Øst Birkerød</td> </tr> <tr> <td>Course Coordinator</td> <td>Erik Simonsen, OK Øst Birkerød</td> </tr> <tr> <td>Marketing</td> <td>Helle Holm Clausen, OK Øst Birkerød</td> </tr> <tr> <td>Event Director Long</td> <td>Mette and Gert Steffensen, OK Øst Birkerød</td> </tr> <tr> <td>Course Coordinator</td> <td>Erik Simonsen, OK Øst Birkerød, danishspring@gmail.com</td> </tr> <tr> <td>Marketing</td> <td>Helle Holm Clausen, OK Øst Birkerød</td> </tr> </table>	Event Director Sprint	Emil Ruud Torp, HSOK	Event Director Middle	Mette and Gert Steffensen, OK Øst Birkerød	Course Coordinator	Erik Simonsen, OK Øst Birkerød	Marketing	Helle Holm Clausen, OK Øst Birkerød	Event Director Long	Mette and Gert Steffensen, OK Øst Birkerød	Course Coordinator	Erik Simonsen, OK Øst Birkerød, danishspring@gmail.com	Marketing	Helle Holm Clausen, OK Øst Birkerød
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Course planner	<table border="0"> <tr> <td>Sprint</td> <td>Rolf Lund, HSOK</td> </tr> <tr> <td>Middle</td> <td>Erik Øhlenschlæger, OK Øst Birkerød</td> </tr> <tr> <td>Long</td> <td>Rasmus Ødum, OK Øst Birkerød</td> </tr> </table>	Sprint	Rolf Lund, HSOK	Middle	Erik Øhlenschlæger, OK Øst Birkerød	Long	Rasmus Ødum, OK Øst Birkerød								
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IOF Event Adviser/ Event controller	Finn Blom, Lyngby OK														
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 either accidents or for lost or stolen property.														
VISA	We kindly direct you to www.newtodenmark.dk .														
Competition rules	IOF's international competition rules for foot orienteering event 2016 (the WRE relevant part) supplemented by DOF's rules 2015 §§ 2.6 (Shadowing), 2.8 (Embargoed areas), 2.10 (Start rights), 3.2 (A-Event Classification), 3.10 (controls) and 6.1 (C-events) covering conditions not covered by the IOF rules, plus special rules for participation.														



Climate	Denmark has a mild climate with no extremes. In March, day temperatures average 6 degrees C, average rainfall is 39 mm and sunshine averages 150 hours for the month. The risk of snow in the terrain is minimal.
Course controller	Sprint: Keld Johnsen, Tisvilde Hegn OK Middle: Bjarke Sucksdorff, Allerød OK Long: To be confirmed



www.danishspring.dk

Scan with your smartphone. Use a QR-reader-app from AppStore or Android market