



# Invitation

## DANISH SPRING March 24th-26th 2023



### Allerød OK

OK Øst Birkerød, Allerød OK and Farum OK welcome competitors to DANISH SPRING – an international orienteering weekend. DANISH SPRING 2023 will take place in North Zealand in some of the best places: The city of Frederikssund and Tisvilde Forest. The weekend starts on Friday with a sprint in Frederikssund followed by the Long distance on Saturday, which will be shortened for Women Elite and Men Elite. The last competition is the middle distance on Sunday. All three Events are IOF World Ranking Events for Women Elite and Men Elite. For Danish runners, it is also part of the Danish junior and senior rankings

### DANISH SPRING 2023 highlights:

- The Sprint competition in interesting Frederikssund, which has not previously been used for major races.
- Two intensive races in attractive terrain in beautiful springtime Tisvilde Forest
- Compete against many of the best runners in the World
- DANISH SPRING is part of WRE and includes classes for all ages and levels.
- Prizes in all Classes
- Get a taste of Skovlyst Ellebryg
- Get ready for the competitions in the relevant training during the days before the races



**Organizers** Farum OK, OK Øst and Allerød OK

**Event page** <http://www.danishspring.dk/>

**Date** 24th – 26th March 2023

### Event Program

<b>Friday 24th March 2023</b>	
14:00 – 18:00	Event Information Centre is open
15:30	First start DANISH SPRING Sprint
16.30 - 17:00	Open courses put'n'run
~17:00	Prize ceremony
<b>Saturday 25th March 2023</b>	
09:00 - 16:00	Event Information Centre is open
10:00 -	First start DANISH SPRING Long
10:30 - 12:00	Open courses put'n'run
~15:00	Prize ceremony
<b>Sunday 26th March 2023</b>	
09:00 -15:00	Event Information Centre is open
10:00 -	First start DANISH SPRING Middle
10:30 - 12:00	Open courses put'n'run
~14:00	Prize ceremony
<i>Times may be subject to change</i>	



**Competition area and Embargoed area** City of Frederikssund and Tisvilde Forest  
Competitors in the WRE classes are not permitted to visit the competition area the city of Frederikssund and Tisvilde Hegn until the competition is finished.

**Terrain description** **City of Frederikssund**  
Classic Danish city center consisting of pedestrian streets with associated backyards, paved paths alternating with residential areas. The area also has a large grassy area, which is often used for events and festivals.

#### **Tisvilde Forest**

Most of the forest consists of young and old pine forest, some areas however old foliage. Hilly forest with predominately good passage and a detailed contour line. New felled area with some undergrowth.

The eastern part is slightly hilly. The western part is flat. Between the two types of terrain is a steep slope.

#### **Maps**

##### **City of Frederikssund**

Frederikssund by, 1:4.000, 1:3.000 for classes W/M50 -

Contour: 2.5 m

Newly drawn: 2023

Map maker: Mads K. Larsen

Map controller: Mogens Hansen

##### **Tisvilde Hegn**

Tisvilde Hegn, 1:15.000, 1:10.000 og 1:7500

Contour 2.5 m

Revised 2022. Previous maps from Tisvilde Hegn OK have been used.

Map maker: Erik Sørensen

Map controller: Rolf Andersen

The maps are approved by a Map consultant

For all 4 elite classes the maps will be Offset printing on water- and tear-resistant paper. Laser printed for other classes in plastic pockets.

#### **Classes**

##### **Friday 24th March 2023, Sprint distance**

<b>Classes</b>	<b>Difficulty</b>	<b>Winning time</b>
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
W16	Difficult	12-15 min
W17-20	Difficult	12-15 min
W21-49	Difficult	12-15 min
W50-59	Difficult	12-15 min
W60-69	Difficult	12-15 min
W70	Difficult	12-15 min
M16	Difficult	12-15 min
M17-20	Difficult	12-15 min
M21-49	Difficult	12-15 min
M50-59	Difficult	12-15 min
M60-69	Difficult	12-15 min
M70	Difficult	12-15 min

##### **Saturday 25th March 2023, Long distance**

(Shorter for Women Elite and Men Elite)

<b>Classes</b>	<b>Difficulty</b>	<b>Winning time/ distance</b>
Women Elite WRE	Difficult	60-70 min
Men Elite WRE	Difficult	80-90 min
Women Elite Junior	Difficult	55 min
Men Elite Junior	Difficult	60-70 min
W10	Beginner	Approx. 3,0 km
W12	Easy	Approx. 3,5 km



W14	Medium Difficult	Approx. 4,5 km
W16	Difficult	Approx. 5,5 km
W17-20A	Difficult	Approx. 6,0 km
W15-20B	Medium Difficult	Approx. 4,5 km
W21A	Difficult	Approx. 7,5 km
W21B	Medium Difficult	Approx. 4,5 km
W35	Difficult	Approx. 7,5 km
W40	Difficult	Approx. 7,0 km
W45	Difficult	Approx. 7,0 km
W50	Difficult	Approx. 5,5 km
W55	Difficult	Approx. 5,5 km
W60	Difficult	Approx. 4,5 km
W65	Difficult	Approx. 4,5 km
W70	Difficult, blue	Approx. 3,5 km
W75	Difficult, blue	Approx. 3,5 km
W80	Difficult, blue	Approx. 2,5 km
W85	Difficult, blue	Approx. 2,5 km
W90	Difficult, blue	Approx. 2,5 km
M10	Beginner	Approx. 3,0 km
M12	Easy	Approx. 3,5 km
M14	Medium Difficult	Approx. 5,5 km
M16	Difficult	Approx. 8,0 km
M17-20A	Difficult	Approx. 9 km
M15-20B	Medium Difficult	Approx. 5,5 km
M21A	Difficult	Approx. 11 km
M21B	Medium Difficult	Approx. 5,5 km
M35	Difficult	Approx. 11 km
M40	Difficult	Approx. 10 km
M45	Difficult	Approx. 9 km
M50	Difficult	Approx. 8 km
M55	Difficult	Approx. 7,5 km
M60	Difficult	Approx. 6,5 km
M65	Difficult	Approx. 6,5 km
M70	Difficult, blue	Approx. 5,0 km
M75	Difficult, blue	Approx. 5,0 km
M80	Difficult, blue	Approx. 3,0 km
M85	Difficult, blue	Approx. 2,5 km
M90	Difficult, blue	Approx. 2,5 km
Begynder	Beginner	Approx. 3,0 km

#### Sunday 26th March 2023, Middle distance

Classes	Difficulty	Winning time/ distance
Women Elite WRE	Difficult	30-35 min
Men Elite WRE	Difficult	30-35 min
Women Elite Junior	Difficult	20-25 min
Men Elite Junior	Difficult	20-25 min
W10	Beginner	Approx. 3,0 km
W12	Easy	Approx. 3,0 km
W14	Medium Difficult	Approx. 4,0 km
W16	Difficult	Approx. 4,0 km
W17-20A	Difficult	Approx. 4,0 km
W15-20B	Medium Difficult	Approx. 4,0 km
W21A	Difficult	Approx. 4,5 km
W21B	Medium Difficult	Approx. 4,0 km
W35	Difficult	Approx. 4,5 km
W40	Difficult	Approx. 4,5 km
W45	Difficult	Approx. 4,5 km
W50	Difficult	Approx. 4,0 km
W55	Difficult	Approx. 4,0 km
W60	Difficult	Approx. 4,0 km
W65	Difficult	Approx. 4,0 km



W70	Difficult, blue	Approx. 3,0 km
W75	Difficult, blue	Approx. 3,0 km
W80	Difficult, blue	Approx. 2,5 km
W85	Difficult, blue	Approx. 2,5 km
W90	Difficult, blue	Approx. 2,5 km
M10	Beginner	Approx. 3,0 km
M12	Easy	Approx. 3,0 km
M14	Medium Difficult	Approx. 4,0 km
M16	Difficult	Approx. 5,0 km
M17-20A	Difficult	Approx. 4,5 km
M15-20B	Medium Difficult	Approx. 4,0 km
M21A	Difficult	Approx. 5,5 km
M21B	Medium Difficult	Approx. 4,0 km
M35	Difficult	Approx. 5,5 km
M40	Difficult	Approx. 5,5 km
M45	Difficult	Approx. 4,5 km
M50	Difficult	Approx. 4,5 km
M55	Difficult	Approx. 4,5 km
M60	Difficult	Approx. 4,0 km
M65	Difficult	Approx. 4,0 km
M70	Difficult, blue	Approx. 3,5 km
M75	Difficult, blue	Approx. 3,5 km
M80	Difficult, blue	Approx. 2,5 km
M85	Difficult, blue	Approx. 2,5 km
M90	Difficult, blue	Approx. 2,5 km
Begynder	Beginner	Approx. 3,0 km

### Open/Direct courses

We offer Open/Direct courses all 3 days  
See under the program when open/Direct courses can start.

#### Friday 24 March 2023, Sprint distance

Classes	Difficulty	Winning time/ distance
Open 1	Difficult	12-15 min
Open 2	Easy	12-15 min

#### Saturday 25 March 2023, Long distance

Classes	Difficulty	Winning time/ distance
Open 1	Difficult	Approx. 8 km
Open 2	Difficult	Approx. 6 km
Open 3	Difficult	Approx. 4 km
Open 4	Medium Difficult	Approx. 4 km
Open 5	Easy	Approx. 3 km

#### Sunday 26 March 2023, Middle distance

Classes	Difficulty	Winning time/ distance
Open 1	Difficult	Approx. 6 km
Open 2	Difficult	Approx. 4 km
Open 3	Medium Difficult	Approx. 4 km
Open 4	Easy	Approx. 3 km

### Distances

#### City of Frederikssund, Friday

From Parking to Event area: 900 meters  
Event area to start: 50 meters

#### Tisvilde Forest, Saturday

Parking at the Event area  
Event area to start: 1400 meters



**Tisvilde Forest, Søndag**  
Parking at the Event area  
Event area to start: 900 meters

## Parking

**City of Frederikssund**  
Kalvøvej, Vikingelandsbyen  
GPS: 55.831288, 12.059250

**Tisvilde Forest, both days**  
Asserbo Slotsruin, Bisp Absalonsvej 28, 3300 Frederiksværk  
GPS: 56.024097, 12.052596

## Event area

The event areas are in the race area, so it suits both runners and spectators. The entire event will be covered live with speaking and/or streaming, online results and photographers. At the sprint there is a tent with a competition office, there is no kiosk. Please refer to the nearby cafes and shops.

The other days there are tents at the event site with competition office and kiosk, where you can buy delicious hot and cold food plus something to drink and something sweet.

## Entries

### Regular entries

Online entries:

- Participants in WRE (all in M/W Elite WRE): [eventor.orienteering.org](http://eventor.orienteering.org). All fees must be paid via <https://danishspring.nemtilmeld.dk/series/danish-spring-2023/>
- All other participants from outside Denmark: <https://danishspring.nemtilmeld.dk/series/danish-spring-2023/>
- All participants, who run for a Danish club: [O-service](#)

The regular entries and payment are due on **10. marts 2023 kl. 23:59**

### Late entry and changes

Late entries and payment are due on **20. marts 2023 kl. 23:59**.

Additionally: <21 year: +DKK 50 per Start, >21 year: +DKK 70 per start.

Pre-registration for Open courses can be done via the various online registrations and registration will be closed on **20 March 2023**. Then we refer to the purchase of Open courses at the event sites with a surcharge of DKK 20.

Changes to entries (e.g name or class) can be made until the start at the Event information desk at the arena.

More information on [Entry - Danish Spring](#)

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.

### 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

## Entry fees

### Regular entry fees

Classes	Sprint	Middle	Long
Elite WRE	DKK 135	DKK 170	DKK 170
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 <21 years: +DKK 50 per Start, >21 years: +DKK 70 per start



- Prize-giving ceremony** In all youth, elite and junior classes there are prizes for the first three for each of the distances as well as the winners in the other classes – sponsored by Skovlyst
- Control system** Sportident – all versions. The same SI can be used for all three races. Touch-free SI devices are used. Rental SI's are handed out at the start and will not be touch-free, so here you must stamp directly in the device at each entry. Runners who are not registered with their own SI are assigned a rental SI, which is without touch-free function, see the start list.
- Start** Individual start. First start Friday at 15:30, Saturday and Sunday at 10:00.
- Children's sprint courses** Free of charge from the event arena Saturday from 10:00 to 15.00 and Sunday from 10:00 to 14:00. There are not Children's sprint courses on Friday.
- Toilet and shower** There are no changing or bathing facilities, but club tents can be set up at the event area. There are toilets at the event area and at the start on Saturday and Sunday.
- 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 in the terrain is small.
- Insurance** Insurance is the responsibility of the individual participant. All participation is at your own risk.
- 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** Various training options will be offered – [link](#)
- Visa** We kindly direct you to [New to Denmark \(nyidanmark.dk\)](http://nyidanmark.dk)
- Competitions rules** IOF's competition rules for international foot orienteering events 2022 (the WRE relevant part) supplemented by DOF's rules 2023 §§ 1.14 (Embargoed areas), 2.6 (Shadowing), 2.10 (Start rights) covering conditions not covered by the IOF rules, plus special rules for participation.

**Event officials**

Event Director Sprint	Kai Beck-Andersen, Farum OK
Event Directors Long and middle	Jytte Olander og Charlotte Bergmann, Allerød OK
Course planner Sprint	Helge Lang Pedersen, Farum OK
Course planner Lang og Mellem	Erik Sørensen, Allerød OK
IOF Event Adviser and Event controller	Betty Folino, FIF Hillerød
Course controller Sprint	Mads K. Larsen, FIF Hillerød
Course controller Lang og Mellem	Peter Sørensen, PI København
Maps controller	Mogens Hansen (sprint) Rolf Andersen (mellem, Lang)
Jury	Betty Folino, FIF Hillerød (Chairman) 3 jury members are pointed by the IOF Event Adviser and Event Directors jointly among the participants, when the starting list is available.

**Event contact info**

Phone: +45 24 60 39 03  
 E-Mail: [danishspring@gmail.com](mailto:danishspring@gmail.com)  
 Web: [www.danishspring.dk](http://www.danishspring.dk)  
 Facebook: <https://www.facebook.com/danishspring/>