

Bulletin 2 - DANISH SPRING March 24th -26th 2023



Welcome to DANISH SPRING 2023

Once again, we are excited to welcome you to North Zealand and to some of this region's best terrains: Frederikssund City Center and Tisvilde Hegn.

In the first part of this bulletin, you will find some general and practical information about the Danish Spring event.

This will be followed by more detailed information regarding the sprint race in Frederikssund (Sprint) and the races in Tisvilde Hegn (long and middle distance). 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.

We encourage carpooling to the event areas.




General information for the three events

Organizers	Farum OK, OK Øst Birkerød og Allerød OK	
Event page	DANISH SPRING	
Classification	****	
Date	24th – 26th March 2023	
Event Programme	Friday 24th March 2023, Sprint distance	
	14:00 – 18:30	Event Information Centre is open
	15:30	First start DANISH SPRING Sprint, elite classes
	~16:45	Prize ceremony, elite classes
	16.15 - 17:45	Start Other classes, Open courses
	~18:10	Prize ceremony, other classes

	Saturday 25th March 2023, Long distance	
	09:00 - 15:30	Event Information Centre is open
	10:00 -	First start DANISH SPRING Long
	10:30 - 12:00	Open courses put'n'run
	~14:30	Prize ceremony, for youth (<21years) and elite classes Prize for 1st places in the adult classes is picked up at the Event Information Centre
	Sunday 26th March 2023, Middel distance	
	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
	~13:30	Prize ceremony, for youth (<21years) and elite classes Prize for 1st places in the adult classes is picked up at the Event Information Centre
	<i>Times may be subject to change</i>	
Control System	Sportident – all versions. The same SI-pin can be used for all three races. Touch-free SI devices are used. Rental SI-pins are handed out at the start and will not be touch-free, so here you must stamp directly in the device at each control. Runners who are not registered with their own SI-pin are assigned a rental SI, which is without touch-free function, see the start list.	
Start procedure	The start procedure commences 4 minutes before start time. When the clock in the waiting area shows the runner's start time, he/she enters the first starting booth. Start box 1 - 4 minutes before start: Start officials will control name and SI-pin. Check of SI-pin is carried out. Start box 2 - 3 minutes before start: Control descriptions are available if runner carries a description holder. Map samples will be hung in the box. Start box 3 - 2 minutes before start: Runners in the Beginners, M10, M12, W10 and W12 will get their competition map and will be offered assistance. Map samples will be hung in the box. Start box 4 - 1 minute before start: Assistance will be offered to runners in the Beginners class, M10, M12, W10 and W12. Other runners go to their respective map boxes, take out their map, check that it is the correct class and place the map on the ground, facing downwards. Upon start signal you can pick up the map and run. At the Sprint, Friday, some classes have map flip. Participants with put&run must remember to use the start control. All instructions from the officials must be followed. Bring your rental SI pin from the competition from the day before. Other rental SI-pins will be at start. Runners who miss their start time must contact the officials and will be given instructions for start time.	
Bib numbers	Bib numbers must be worn by competitors in all 4 elite classes and by competitors in M/W-16 classes. The bib numbers will be prepared for self-service pick up at the start area. To limit the climate footprint – we encourage you to hand over the safety pins to the Event Information Centre.	
First Aid Service	First aid service including defibrillator will be on the arenas.	
Prizes	In all youth (<21 year) and elite classes there are prizes for the first three for each of the distances as well as the winners in the other classes. See the time of Prize ceremony in the program.	
Results	Results will be shown on info screens at the arena. Results are also available here: Sprint: https://liveresultat.orientering.se/followfull.php?comp=25375&lang=sv	

	<p>Long : https://liveresultat.orientering.se/followfull.php?comp=25068&lang=sv Middle: https://liveresultat.orientering.se/followfull.php?comp=25069&lang=sv</p> <p>The results will also be published on Winsplit and O-result. Furthermore, you can upload your own track on O-track.dk. https://o-track.dk/</p>																																																
Number of participants	<p>At the ordinary registration deadline, the following number is registered.</p> <table><tr><th>Sprint</th><th></th><th>Long</th><th></th><th>Mellem</th><th></th></tr><tr><th>Klasse</th><th>Antal</th><th>Klasse</th><th>Antal</th><th>Klasse</th><th>Antal</th></tr><tr><td>Men Elite WRE</td><td>42</td><td>Men Elite WRE</td><td>51</td><td>Men Elite WRE</td><td>59</td></tr><tr><td>Women Elite WRE</td><td>25</td><td>Women Elite WRE</td><td>29</td><td>Women Elite WRE</td><td>30</td></tr><tr><td>Men Elite Jun</td><td>13</td><td>Men Elite Jun</td><td>15</td><td>Men Elite Jun</td><td>15</td></tr><tr><td>Women Elite Jun</td><td>16</td><td>Women Elite Jun</td><td>16</td><td>Women Elite Jun</td><td>18</td></tr><tr><td>Other</td><td>301</td><td>Other</td><td>423</td><td>Other</td><td>440</td></tr><tr><td>Total</td><td>397</td><td>Total</td><td>534</td><td>Total</td><td>562</td></tr></table>	Sprint		Long		Mellem		Klasse	Antal	Klasse	Antal	Klasse	Antal	Men Elite WRE	42	Men Elite WRE	51	Men Elite WRE	59	Women Elite WRE	25	Women Elite WRE	29	Women Elite WRE	30	Men Elite Jun	13	Men Elite Jun	15	Men Elite Jun	15	Women Elite Jun	16	Women Elite Jun	16	Women Elite Jun	18	Other	301	Other	423	Other	440	Total	397	Total	534	Total	562
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Rules of conduct	<p>Participants must always be familiar with the rules applicable for traffic and stay on both private and public areas.</p> <p>Participants must comply with the instructions that appear in the event's instruction.</p> <p>Dogs are not allowed in the terrain during the competition and must always be on a leash.</p> <p>Smoking is prohibited in the arena and competition area.</p> <p>Participants must unconditionally respect all prohibited areas, passages, and routes, which are indicated on the map by the mapper with a signature or drawn by the course setter with violet track color on the map</p>																																																
Complaints and protest	<p>A complaint can be filed orally or in writing to the event director by contacting the event office. A complaint must be lodged as early as possible and at the latest at the end of the event. This means 30 minutes after the last finish or the expiry of the maximum time for the last starter in the competition.</p> <p>Protests against a decision made by the event director in a complaint case must be submitted to the jury chairman by contacting the event office.</p> <p>A protest can only be filed by the participant(s) who is directly affected by the event director's decision. The protest should be submitted in writing to the jury. The protest must be submitted no later than 30 minutes after notification of a complaint's decision.</p>																																																
Jury	<p>Chairman: Betty Folino, FIF Hillerød (Cell no. +45 24609643)</p> <p>Other jury members</p> <p>Sprint Friday 24th March 2023: Camilla Spile (Odense OK) Torkil Hansen (PI) Jan Thomsen (OKPan)</p> <p>Long, Saturday 25th March 2023: Camilla Spile (Odense OK) Mads Mikkelsen (Horsens OK) Morten Ploug (Ballerup OK)</p> <p>Middel, Sunday 26th March 2023 Camilla Spile (Odense OK) Allan Hougaard (Århus 1900) Rolf Lund (HSOK)</p>																																																

Instruction Sprint i Frederikssund City, Friday March 24th 2023																																																																																										
Event area/Parkering	Frederikssund City Kalvøvej 26, Vikingelandsbyen GPS: 55.831288, 12.059250 There are good connections by train and by bus to Frederikssund station – use public transport, it is more environmentally friendly Participants coming to Frederikssund from the west should be aware that the bridge in Frederikssund over Roskilde Fjord is closed. Detour over the new bridge - Crown Princess Mary's Bridge																																																																																									
Event arena	The event arena is located in the competition area, which is suitable for both competitors and spectators. The entire event will be covered live with speaking, online results and by photographers. The event office is situated on the event arena. It is possible to set up club tents and club stands. There is no kiosk at the arena – please visit cafes and shops nearby. There will not be offered water/liquids at the finish or on the event arena. Please bring your own liquids. There is no access to showers or closed changing rooms. It is allowed to warm up on the grass area adjacent to the event site, but not on surrounding roads and not in the parking spaces in the area beyond access to the toilets.																																																																																									
Overview map																																																																																										
Distances and marking colors	Parking to event arena: 1000 m, follow the blue tape. From the station (S-trains and buses) to event arena: 700 meters, follow the blue tape. Start is in the event arena																																																																																									
Classes and course lengths	<table><tr><th>Classes</th><th>Difficulty</th><th>Scale</th><th>length (m)</th><th>Controls</th><th>Start</th></tr><tr><td>Men Elite WRE</td><td>Svær</td><td>1:4000</td><td>4110</td><td>24</td><td>1</td></tr><tr><td>Women Elite WRE</td><td>Svær</td><td>1:4000</td><td>3250</td><td>20</td><td>1</td></tr><tr><td>Men Elite Junior</td><td>Svær</td><td>1:4000</td><td>3250</td><td>20</td><td>1</td></tr><tr><td>Women Elite Junior</td><td>Svær</td><td>1:4000</td><td>3240</td><td>20</td><td>1</td></tr><tr><td>W16</td><td>Svær</td><td>1:4000</td><td>2720</td><td>16</td><td>1</td></tr><tr><td>W17-20</td><td>Svær</td><td>1:4000</td><td>2590</td><td>15</td><td>1</td></tr><tr><td>W21-49</td><td>Svær</td><td>1:4000</td><td>2590</td><td>15</td><td>1</td></tr><tr><td>W50-59</td><td>Svær</td><td>1:3000</td><td>2170</td><td>14</td><td>1</td></tr><tr><td>W60-69</td><td>Svær</td><td>1:3000</td><td>2090</td><td>15</td><td>1</td></tr><tr><td>W70</td><td>Svær</td><td>1:3000</td><td>1740</td><td>13</td><td>1</td></tr><tr><td>M16</td><td>Svær</td><td>1:4000</td><td>3240</td><td>20</td><td>1</td></tr><tr><td>M17-20</td><td>Svær</td><td>1:4000</td><td>3180</td><td>17</td><td>1</td></tr><tr><td>M21-49</td><td>Svær</td><td>1:4000</td><td>3180</td><td>17</td><td>1</td></tr></table>						Classes	Difficulty	Scale	length (m)	Controls	Start	Men Elite WRE	Svær	1:4000	4110	24	1	Women Elite WRE	Svær	1:4000	3250	20	1	Men Elite Junior	Svær	1:4000	3250	20	1	Women Elite Junior	Svær	1:4000	3240	20	1	W16	Svær	1:4000	2720	16	1	W17-20	Svær	1:4000	2590	15	1	W21-49	Svær	1:4000	2590	15	1	W50-59	Svær	1:3000	2170	14	1	W60-69	Svær	1:3000	2090	15	1	W70	Svær	1:3000	1740	13	1	M16	Svær	1:4000	3240	20	1	M17-20	Svær	1:4000	3180	17	1	M21-49	Svær	1:4000	3180	17	1
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Map	<p>City of Frederikssund</p> <p>Frederikssund by, 1:4.000, 1:3.000 for classes W/M50 -</p> <p>Contour: 2.5 m</p> <p>Newly drawn: 2023</p> <p>Map creator: Mads K. Larsen</p> <p>Map controller: Mogens Hansen</p>																		
Terrain description	<p>City of Frederikssund</p> <p>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.</p> <p>Prohibited passages that may be difficult to see in the terrain are blocked with unbroken black-and-yellow tape to clarify that passage is not allowed. A passage near the event site is marked on the map as follows:</p>  <p>The marking indicates that black-and-yellow tape has been set up along the road and that passage is allowed north of the tape, while it is forbidden to run on the road south of the tape. NOTE that the tape is broken in the terrain to allow cars to pass to and from parking areas north of the road. The passage is visible from the heating area shown on the heating card, which is handed out at the Event Information Center.</p> <p>Passable fences, which can be passed but are difficult to see and could potentially damage runners, are clarified with white marking tape.</p> <p>The race area is not closed to traffic, but only slow-moving cars are expected in the area. Participants are encouraged to look out for themselves and take care of themselves and each other.</p> <p>To avoid collisions: Never run closer to a house corner than 1 meter.</p>																		
Control descriptions	Control descriptions will be printed on the map and prepared for self-service at start.																		
Open courses	<p>We offer 2 open courses. Courses can be purchased from 16:30 – 17:00.</p> <p>Price: 100 kr</p> <p>Rental SI-pin: + 20 kr</p> <table><tr><th>Classes</th><th>Difficulty</th><th>Scale</th><th>length (m)</th><th>Controls</th><th>Start</th></tr><tr><td>Open 1</td><td>Svær</td><td>1:4000</td><td>3980</td><td>19</td><td>1</td></tr><tr><td>Open 2</td><td>Let</td><td>1:4000</td><td>2030</td><td>20</td><td>1</td></tr></table>	Classes	Difficulty	Scale	length (m)	Controls	Start	Open 1	Svær	1:4000	3980	19	1	Open 2	Let	1:4000	2030	20	1
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Open 1	Svær	1:4000	3980	19	1														
Open 2	Let	1:4000	2030	20	1														
Spectator courses	<p>There are 2 spectator courses without SI control, but with clippers.</p> <p>A children's course of approx. 1 km around the Event Arena.</p> <p>An easy course of approx. 2 km near the Event Arena.</p> <p>Participation in spectator courses is free.</p> <p>Participants in the competition may not run spectator courses before their own run.</p> <p>The spectator courses have their own start and their own finish line.</p>																		
Start	<p>Individual start. First start kl.15:30.</p> <p>Please find the procedure under 'General information for all 3 stages. The stretch from card delivery to starting point is marked with large, clear signs.</p>																		

Finish	<p>Punching in finish control is not touch-free and will thus have to be punched physically old school.</p> <p>After passing the finish line, follow the taped path for handing in the maps in club bags and register the SI-pin at the event arena.</p> <p>There is no liquid after the finish.</p> <p>Club bags with maps can be picked up at the Event office after the last elite start.</p>	
Max time	50 minutes	
Items left at start	There will be no transport of items left at start	
Event officials	Event Director	Kai Beck-Andersen, Farum OK kaibeckandersen@gmail.com Cell no : +45 21450151
	Course planner	Helge Lang Pedersen, Farum OK
	IOF Event Adviser, Event controller and chairman	Betty Folino, FIF Hillerød
	Course controller	Mads K. Larsen, FIF Hillerød
	Map consultant	Mogens Hansen

Instruction for Saturday March 24th and Sunday 25 th 2023	
Arena/Parkering	Tisvilde Hegn Asserbo Slotsruin, Bisp Absalonsvej 28, 3300 Frederiksværk GPS: 56.024097, 12.052596
Public transport	Bus 320 (Chr. E. Bartholdys Allé (Helsingevej)) is the nearest bus stop – from here it is approx. 1000 m to the arena Plan your trip via Rejseplanen.dk
Event arena	Same arena for both days. At the arena there will be: Event office Kiosk Bulletin board Finish Childrens sprint course Toilets Sales of sports equipment
Overview map <ol style="list-style-type: none"> 1. Kiosk 2. Event office and open courses 3. First aid 4. Shops 5. Results 6. Water 7. Time-registering trailer 8. Speaker 9. Prize ceremony scene 10. Clothes left at start 11. Vaccination bus 	
Kiosk	At the arena there is a well-stocked kiosk with pasta salad/buns, a selection of cakes, sweets, chocolate, and fruit as well as coffee, tea, beer, and water. Bring your own mug and get the coffee or tea cheaper. You can either pay in cash (DKK) or by MobilePay.
Bath, changing room and toilet	There is no changing or shower facilities, but you can set up club tents at the arena. There will be toilets at the arena and at start areas.
Childrens sprint course	Free of charge for all children. Follow small pink flags from the event arena approx. 50 m. Available Saturday from 10:00 to 14.30 and Sunday from 10:00 to 13:30.
Distances and marking colors.	The event arena is located right beside the parking area. Saturday: From event arena to both start 1 and 2: 1.400 m. Sunday: From event arena to both start 1 and 2: 900 m. Small "Danish Spring" flags will guide you from the event arena to the two starts, which are located close to each other. The forest along the road to the starts is

	competition area and thus closed for the competitors. There will be signs guiding you to the starts.					
Class and course lengths *For classes W10, M10 and Beginners, the track between control 6 and 7 is marked with red-white tape, as the path is indistinct.	Saturday 25th March 2023, Long distance (Shorter for Women Elite and Men Elite)					
	Classes	Difficulty	Scale	Lengthkm	Number of controls	Liquid after km
	Women Elite WRE	Difficult	1:15.00 0	10,7	19	2-5-8
	Men Elite WRE	Difficult	1:15.00 0	15,7	31	5-9-13
	Women Elite Junior	Difficult	1:15.00 0	8,9	16	5-7
	Men Elite Junior	Difficult	1:15.00 0	12,0	24	4-6-10
	W 10 *	Beginner	1:10.00 0	3,2	13	
	W 12	Easy	1:10.00 0	3,1	12	
	W 14	M-difficult	1:10.00 0	4,5	11	2
	W 15-20B	M-difficult	1:10.00 0	4,5	11	2
	W 16	Difficult	1:10.00 0	5,3	15	3
	W 17-20A	Difficult	1:10.00 0	6,4	14	4
	W 21A	Difficult	1:10.00 0	7,7	15	3
	W 21B	M-difficult	1:10.00 0	4,5	11	2
	W 35	Difficult	1:10.00 0	7,7	15	3
	W 40	Difficult	1:10.00 0	7,1	15	3
	W 45	Difficult	1:10.00 0	7,1	15	3
	W 50	Difficult	1:10.00 0	5,3	15	3
	W 55	Difficult	1:10.00 0	5,3	15	3
	W 60	Difficult	1:7.500	4,9	11	3
	W 65	Difficult	1:7.500	4,8	12	
	W 70	Difficult	1:7.500	3,7	13	
	W 75	Difficult	1:7.500	3,7	13	
	W 80	Difficult	1:7.500	2,6	10	
	W 85	Difficult	1:7.500	2,6	10	
	W 90	Difficult	1:7.500	2,6	10	
	M 10 *	Beginner	1:10.00 0	3,2	13	
	M 12	Easy	1:10.00 0	3,1	12	
	M 14	M-difficult	1:10.00 0	5,3	15	2
	M 15-20B	M-difficult	1:10.00 0	5,3	15	2
	M 16	Difficult	1:10.00 0	8,4	13	4

M 17-20A	Difficult	1:10.00 0	9,2	16	5	1
M 21A	Difficult	1:10.00 0	10,9	18	2-4-9	1
M 21B	M-difficult	1:10.00 0	5,3	15	2	2
M 35	Difficult	1:10.00 0	10,9	18	2-4-9	1
M 40	Difficult	1:10.00 0	10,0	20	5	1
M 45	Difficult	1:10.00 0	9,2	16	5	1
M 50	Difficult	1:10.00 0	8,4	13	4	1
M 55	Difficult	1:10.00 0	7,7	15	3	1
M 60	Difficult	1:7.500	6,4	14	4	1
M 65	Difficult	1:7.500	6,4	14	4	1
M 70	Difficult	1:7.500	4,9	11	3	2
M 75	Difficult	1:7.500	4,8	12		2
M 80	Difficult	1:7.500	3,7	13		2
M 85	Difficult	1:7.500	2,6	10		2
M 90	Difficult	1:7.500	2,6	10		2
Beginners *	Beginner	1:10.00 0	3,2	13		2

Sunday 26th March 2023, Middle distance

Classes	Difficulty	Scale	Length in km	Number of controls	Start
Women Elite WRE	Difficult	1:10.000	5,4	19	1
Men Elite WRE	Difficult	1:10.000	6,6	21	1
Women Elite Junior	Difficult	1:10.000	4,1	15	1
Men Elite Junior	Difficult	1:10.000	4,6	16	1
W 10	Beginner	1:10.000	3,0	13	2
W 12	Easy	1:10.000	3,2	12	2
W 14	M-difficult	1:10.000	3,9	16	2
W 15-20B	M-difficult	1:10.000	3,9	16	2
W 16	Difficult	1:10.000	4,1	15	1
W 17-20A	Difficult	1:10.000	4,1	15	1
W 21A	Difficult	1:10.000	4,8	18	1
W 21B	M-difficult	1:10.000	3,9	16	2
W 35	Difficult	1:10.000	4,8	18	1
W 40	Difficult	1:10.000	4,8	18	1
W 45	Difficult	1:10.000	4,8	18	1
W 50	Difficult	1:7.500	4,0	16	1
W 55	Difficult	1:7.500	4,0	16	1
W 60	Difficult	1:7.500	4,0	16	1
W 65	Difficult	1:7.500	4,0	16	1
W 70	Difficult	1:7.500	3,1	14	1
W 75	Difficult	1:7.500	3,1	14	1
W 80	Difficult	1:7.500	2,6	12	1
W 85	Difficult	1:7.500	2,6	12	1

	W 90	Difficult	1:7.500	2,6	12	1
	M 10	Beginner	1:10.000	3,0	13	2
	M 12	Easy	1:10.000	3,2	12	2
	M 14	M-difficult	1:10.000	4,1	16	2
	M 15-20B	M-difficult	1:10.000	4,1	16	2
	M 16	Difficult	1:10.000	5,1	19	1
	M 17-20A	Difficult	1:10.000	4,8	18	1
	M 21A	Difficult	1:10.000	5,6	16	1
	M 21B	M-difficult	1:10.000	4,1	16	2
	M 35	Difficult	1:10.000	5,6	16	1
	M 40	Difficult	1:10.000	5,6	16	1
	M 45	Difficult	1:10.000	5,1	19	1
	M 50	Difficult	1:7.500	4,7	16	1
	M 55	Difficult	1:7.500	4,6	18	1
	M 60	Difficult	1:7.500	3,9	19	1
	M 65	Difficult	1:7.500	3,9	19	1
	M 70	Difficult	1:7.500	3,6	16	1
	M 75	Difficult	1:7.500	3,6	16	1
	M 80	Difficult	1:7.500	2,6	12	1
	M 85	Difficult	1:7.500	2,6	12	1
	M 90	Difficult	1:7.500	2,6	12	1
	Beginners	Beginner	1:10.000	3,0	13	2
	Map	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. The maps will be printed digitally on synthetic waterproof paper.				
Terrain description	Most of Tisvilde Hegn consists of young and old pine forest, some areas however old foliage. The eastern part is slightly hilly. The western part is flat with a weak contour line. Between the two types of terrain is a steep slope. Mostly good running conditions. There has been heavy thinning this winter in areas with spruce, and here there are quite a few branches at the bottom of the forest. Along the forest roads are many stacks of wood. They are not drawn on the map. Be aware that there is a MTB trail in large parts of the forest.					
Control descriptions	Control descriptions will be printed on the map and prepared for self-service at start.					
Open /Direct courses	We offer open/direct courses both days from 10:30 - 12:00. Price: 110 kr, Rental of SI-pin: + 20 kr Saturday 25 March 2023, Long distance					
	Classes	Difficulty	Scale	Length km	Controls	Liquid after km
	Open 1	Difficult	1:10.000	7,9	15	3
	Open 2	Difficult	1:10.000	6,0	14	
	Open 3	Difficult	1:7.500	4,0	13	

	Open 4	M-difficult	1:10.000	4,0	12	2
	Open 5	Easy	1:10.000	3,1	12	2
	Sunday 26 March 2023, Middle distance					
	Classes	Difficulty	Scale	Length km	Controls	Start
	Open 1	Difficult	1:10.000	6,4	16	2
	Open 2	Difficult	1:7.500	4,0	14	2
	Open 3	M-difficult	1:10.000	4,0	15	2
	Open 4	Easy	1:10.000	3,2	12	2
Start	<p>First start both days is 10:00.</p> <p>For participants in the classes Beginners, M10, M12, W10 and W12 will have free start between 10:00 and 12:00 both Saturday and Sunday.</p> <p>Please find the procedure in the "General Information for all three events"</p>					
Finish	<p>Punching in finish control is not touch-free and will thus have to be punched physically old school.</p> <p>After passing the finish line, follow the taped path for handing in the maps in club bags and register the SI-pin at the Time-registering trailer.</p> <p>Club bags with maps can be picked up at the Event office after the last elite start (around 12:30).</p> <p>There will be liquid after finish.</p> <p>In order to accommodate measures for sustainable events, participants are encouraged to bring their own mug or drinking bottle.</p>					
Max time	Saturday: 2,5 hours , Sunday: 2 hours.					
Items left at start	Both days there will be transport of items left at start back to the arena.					
Danish Doctors Vaccination Service	<p>On Saturday 25 March, you have the opportunity to be vaccinated against TBE and tetanus, as the Danish Doctors Vaccination Service will participate with their mobile vaccination clinic throughout the day.</p> <p>DOF's members and other orientation stakeholders move around a lot in nature and are thus more exposed to ticks. TBE is transmitted from ticks, and we are therefore pleased to be able to contribute with easier access to vaccination and health advice. On the occasion of Danish Spring, the Danish Doctors Vaccination Service offers a 10% discount on both vaccines as well as a discount on the consultation fee.</p> <p>The Danish Doctors Vaccination Service has 39 nationwide clinics where you will have the opportunity to get follow-up vaccination at the same prices.</p> <p>Prices of TBE and Tetanus vaccination: TBE vaccine: DKK 445.50 per dose (Normal price DKK 495 per dose) Tetanus vaccine: DKK 283.50 per dose (Normal price DKK 315 per dose) Consultation fee: DKK 100 (Normal price DKK 160)</p>					
Event officials	Event Directors Long and Middle	Jytte Olander og Charlotte Bergmann, Allerød OK Jytte.olander@gmail.com / lotte_bergmann@hotmail.com Cell 61166650 / 51513521				
	Course setter Long and Middle	Erik Sørensen, Allerød OK				
	IOF Event Adviser, Event and chairman	Betty Folino, FIF Hillerød				
	Course controller Long and middle	Peter Sørensen, PI København				
	Map controller	Rolf Andersen				