



Invitation

DANISH SPRING March 23th-24th 2024



Allerød OK

OK ØST Birkerød and Allerød OK welcome you to DANISH SPRING – an international orienteering weekend. DANISH SPRING 2024 will take place in North Zealand, featuring one of the region's best terrains: Store Dyrehave. The weekend kicks off on Friday with the Danish Championship Night event in Annebjerg Skov in West Zealand. Foreign runners are also welcome to participate. The night event is organized by OK Roskilde. Saturday is dedicated to the Long Distance race, which will be shortened for Women Elite and Men Elite categories. We finish off Sunday with the Middle Distance race. Both the Long Distance and Middle Distance races are IOF World Ranking Events for Women Elite and Men Elite.

DANISH SPRING 2024 highlights:

- Danish Championship Night in West Zealand on Friday, March 22 – organized as a separate race. See the invitation here: https://www.okr.dk/loeb/dm_nat24/dmnat2024.htm
- Two intensive races in the beautiful terrain of Store Dyrehave
- Test yourself against some of the world's best
- DANISH SPRING is part of the WRE (World Ranking Event) world ranking list, but there are courses for all skill levels
- Prizes in all classes
- Great chance for a snow-free spring start
- Get fully prepared for the weekend with relevant pre-training
- Get a taste of Skovlyst



Organizers OK Øst and Allerød OK

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

Date 23th – 24th March 2024

Event Program

Saturday 23th March 2024	
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
Sunday 24th March 2024	
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 Store Dyrehave
Competitors in the WRE classes are not permitted to enter the embargoed area in Store Dyrehave until the competition is finished (see embargoed area on the event page).

Terrain description **Store Dyrehave**
The terrain consists predominantly of mixed open deciduous forest and pine forest. Well-developed path system. The forest is moderately hilly.

Maps **Store Dyrehave**
Store Dyrehave, 1:15.000, 1:10.000 og 1:7500
Contour 2.5 m
Revised 2023.

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 by an approved printing company for other classes in water resistant paper.

Classes **Saturday March 23rd 2024, Long distance (Shorter for Women Elite and Men Elite)**

Classes	Difficulty	Winning time/ distance
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 March 2024 24th, 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 both days
See when open/Direct courses can start in the program.

Saturday March 23rd 2024, 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 March 2024 24th, 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

Store Dyrehave, Saturday

Parking to the Event area: 1000 meters

Event area to start: 600 meters.

Store Dyrehave, Sunday

Parking to the Event area: 1000 meters

Event area to start: 500 meters.

Parking

Store Dyrehave, both days

Regionsgården, Kongens Vænge 2, 3400 Hillerød

Enter from Overdrevsvejen, 3400 Hillerød.

GPS: 55.929128, 12.346633 – Parking is free of charge and at a paved area

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.

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. All fees must be paid via <https://danishspring.nemtilmeld.dk/series/danish-spring-2024/>
- All other participants from outside Denmark: <https://danishspring.nemtilmeld.dk/series/danish-spring-2024/>
- All participants, who run for a Danish club: [O-service](#)

The regular entries and payment are due on **March 8th 2024 kl. 23:59**

Late entry and changes

Late entries and payment are due on **March 18th 2024 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 **March 18th 2024**. 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 www.danishspring.dk/da/tilmelding/

In case of trouble with online entries/changes, do not hesitate to contact us danishspring@gmail.com.

Changes are only valid after the organizers have confirmed.

Payment (if online payment unsuccessful)

Jyske Bank - Allerød
Frederiksborgvej 27, DK-3450 Allerød



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	Middle	Long
Elite WRE	DKK 190*	DKK 190*
Elite Junior	DKK 110	DKK 110
W/M -20 (Elite excl.)	DKK 90	DKK 90
W/M 21- (WRE excl.)	DKK 120	DKK 120
Open courses	DKK 90	DKK 90

*Incl. IOF WRE fee of 3 €

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 control.

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 Saturday and Sunday at 10:00.

Children's sprint courses

Free of charge from the event area Saturday from 10:00 to 15.00 and Sunday from 10:00 to 14:00.

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

We offer training by "Østkredsens O-teknik baner" – see more here: [O-Teknik](#)

Visa

We kindly direct you to [New to Denmark \(nyidanmark.dk\)](#)

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 Directors Long and Middle	Birgitte Halland and Jan Jakobsen, OK ØST Birkerød
Course planner Long	Henrik Steen Andersen, OK ØST Birkerød
Course planner Middle	Erik Øhlenschlæger, OK ØST Birkerød



IOF Event Adviser and Event controller	Betty Folino, FIF Hillerød
Course controller Lang og Mellem	Will be announced
Jury	Betty Folino, FIF Hillerød (Chairman) 3 jury members will be appointed by the IOF Event Advisor and Event Directors jointly among the participants, when the starting list is available.

**Event contact
info**

Phone: +45 29 66 89 91

E-Mail: danishspring@gmail.com

Web: www.danishspring.dk

Facebook: www.facebook.com/danishspring/