

Bulletin 2 - DANISH SPRING March 23th -23th 2024

  Allerød OK	<p>Welcome to DANISH SPRING 2024</p> <p>Once again, we are delighted to welcome you to North Zealand and Store Dyrehave, one of the region's finest terrains.</p> <p>The first part of this instruction contains some general and practical information about Danish Spring. Following that, specific instructions about the Long Distance and Middle Distance races in Store Dyrehave.</p> <p>Both races are IOF World Ranking Events for Women Elite and Men Elite. For Danish senior elite runners, the races are part of the Trimtex Cup.</p> <p>We encourage carpooling to the event parking lot.</p>
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General information for both events

Organizers	OK ØST Birkerød and Allerød OK																				
Event page	DANISH SPRING																				
Classification	****																				
Date	23th – 24th March 2024																				
Program	<table border="1"> <tr> <th colspan="2">Saturday 23th March 2024 – Long distance</th> </tr> <tr> <td>09:00 - 16:00</td> <td>Event Information Centre is open</td> </tr> <tr> <td>10:00 -</td> <td>First start DANISH SPRING Long</td> </tr> <tr> <td>10:30 - 12:00</td> <td>Open courses put'n'run</td> </tr> <tr> <td>~15:00</td> <td>Prize ceremony, for youth (<21years) and elite classes Prize for 1st places in the adult classes is picked up at the Event Information Centre</td> </tr> <tr> <th colspan="2">Sunday 24th March 2024</th> </tr> <tr> <td>09:00 -15:00</td> <td>Event Information Centre is open</td> </tr> <tr> <td>10:00 -</td> <td>First start DANISH SPRING Middle</td> </tr> <tr> <td>10:30 - 12:00</td> <td>Open courses put'n'run</td> </tr> <tr> <td>~14:00</td> <td>Prize ceremony, for youth (<21years) and elite classes</td> </tr> </table>	Saturday 23th March 2024 – Long distance		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, for youth (<21years) and elite classes Prize for 1st places in the adult classes is picked up at the Event Information Centre	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, for youth (<21years) and elite classes
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	<p>Prize for 1st places in the adult classes is picked up at the Event Information Centre</p> <p><i>Times may be subject to change</i></p>
<p>Control System</p>	<p>Sportident – all versions. The same SI-pin can be used for both races.</p> <p>Touch-free SI devices are used.</p> <p>Rental SI-pins are handed out at the event center and will not be touch-free, so here you must stamp directly in the device at each control.</p> <p>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.</p>
<p>Start procedure</p>	<p>The starting procedure begins 4 minutes before the start time. When the clock in the waiting area displays the runner's start time, they step into the first starting box.</p> <p>Starting box 1 - 4 minutes before the start: The starting personnel checks the name and SI chip.</p> <p>Starting box 2 - 3 minutes before the start: Loose control descriptions are offered to runners who bring definition holders.</p> <p>Starting box 3 - 2 minutes before the start: Runners in the classes Beginner, M10, M12, W10, and W12 receive their race maps and receive starting assistance if desired.</p> <p>Starting box 4 - 1 minute before the start: Starting assistance is provided to runners in the classes M10, M12, W10, W12. Other participants proceed to the map box for their class, take the map, check that it is the correct class, and place it with the back facing upwards on the ground in front of them. The map may be lifted at the start moment.</p> <p>All instructions from the starting personnel must be followed.</p> <p>Rental chips are distributed at the event information, so REMEMBER to collect your chip before heading to the start. On Sunday, the same rental chip as on Saturday must be used.</p> <p>Late-starting runners should approach the starting personnel and start according to the starting personnel's instructions.</p>
<p>Number bibs</p>	<p>Number bibs must be worn in the 4 elite classes and the 2 youth classes M/W16. These will hang at start.</p>
<p>First aid</p>	<p>There is first aid with a defibrillator at the event site. Otherwise, please refer to the Emergency Department at North Zealand Hospital - Hillerød Dyrehavevej 29 3400 Hillerød, approximately 1 km away.</p>
<p>Prizes</p>	<p>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.</p> <p>See the time of Prize ceremony in the program.</p>
<p>Results</p>	<p>Results will be shown on info screens at the arena.</p> <p>Results are also available here:</p> <p>Long distance: https://liveresultat.orientering.se/followfull.php?comp=28919&lang=sv</p> <p>Middle distance: https://liveresultat.orientering.se/followfull.php?comp=28920&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>
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> <ul style="list-style-type: none"> • Mads Mikkelsen, Horsens OK • Lena Wraa Hansen, Tisvilde Hegn OK • Will be announced

Instruction for Saturday March 23th and Sunday 24th 2024	
Arena/Parkering	<p>Store Dyrehave</p> <p>Regionsgården, Kongens Vænge 2, 3400 Hillerød</p> <p>Entrance from Overdrevsvejen, 3400 Hillerød</p> <p>GPS Koordinater: 55.929128, 12.346633</p> <p>The distance to the event site is approximately 1000 meters. A busy road needs to be crossed.</p> <p>Parking is free and at a paved area.</p>
Public transport	<p>The bus routes 301, 302 and 375R drive close to the event centre; names and distances from nearest bus stops are:</p> <p>Bus 375R: Centervænget (Kongens Vænge) ca. 300 meter to event centre, 3 min</p> <p>Bus 301: Kongens Vænge (Østervang) ca. 500 meter to event centre, 6 min.</p> <p>Bus 302: Ved Egedam (Fredskovhellet) ca. 1000 meter to event centre, 12 min.</p> <p>Travel planner via Rejseplanen.dk</p>
Event arena	<p>It is the same event arena both days.</p> <p>At the event site, you will find:</p> <ul style="list-style-type: none"> Event office Kiosk Information board Finish line Results Children's sprint course Toilets Sale of sports equipment - Løberministeriet by Jakob Albahn SportIdent service by Mogens Jørgensen
<p>Overview map</p> <ul style="list-style-type: none"> 1 Event office/info 2 Kiosk 3 Skovlyst non-alcoholic beer 4 Results 5 Speaker's tent 6 Calculations (trailer) 7 Children's course 8 First aid 9 Løberministeriet/SI (SportIdent) 10 Depot 11 Toilets 12 Vaccination service 	
Kiosk	<p>At the event site, there is a well-stocked kiosk offering hot meals, sandwiches with toppings, cake, as well as coffee, tea, and hot chocolate.</p> <p>Payments can be made in cash (DKK) or via MobilePay.</p>
Bath, changing room and toilet	<p>There is no changing or shower facilities, but you can set up club tents at the arena.</p> <p>There will be toilets at the arena.</p>

Childrens sprint course	<p>Free of charge for all children. Follow the yellow/blue tape from the event arena approx. 50 m.</p> <p>Available Saturday from 10:00 to 14.30 and Sunday from 10:00 to 13:30.</p>																																																																																																																																																																																																				
Distances and markings	<p>Approximately 1000 meters from Parking to the Event Arena.</p> <p>Saturday, long distance:</p> <p>Event Site to both Start 1 and 2: Approximately 300 meters. The starts are located a bit apart from each other.</p> <p>Sunday, middle distance:</p> <p>Event Site to both Start 1 and 2: 200 meters. The starts are located close to each other.</p> <p>Danish Spring flags will guide the way from the event site to the starts, which are located close to each other. The forest along the roads to the starts is part of the competition area and therefore closed off to participants.</p> <p>Signs will indicate the way to the individual start locations.</p>																																																																																																																																																																																																				
<p>Class and course lengths</p> <p>*For the classes W10, M10, and Beginners, a section of the course is marked with snitzling, passing by a fallen tree.</p>	<p>Saturday 23th March, Long distance (shorter for Women Elite and Men Elite)</p> <table border="1" data-bbox="603 819 1487 2150"> <thead> <tr> <th>Classes</th> <th>Difficulty</th> <th>Scale</th> <th>Lenght km</th> <th>Number of controls</th> <th>Liquid, number</th> <th>Start_Long</th> </tr> </thead> <tbody> <tr><td>Women Elite WRE</td><td>Difficult</td><td>1:15.000</td><td>10,2</td><td>22</td><td>4</td><td>1</td></tr> <tr><td>Men Elite WRE</td><td>Difficult</td><td>1:15.000</td><td>15,1</td><td>34</td><td>4</td><td>1</td></tr> <tr><td>Women Elite Junior</td><td>Difficult</td><td>1:15.000</td><td>8,8</td><td>21</td><td>3</td><td>1</td></tr> <tr><td>Men Elite Junior</td><td>Difficult</td><td>1:15.000</td><td>11,5</td><td>23</td><td>4</td><td>1</td></tr> <tr><td>W 10 *</td><td>Beginner</td><td>1:10.000</td><td>3,1</td><td>16</td><td></td><td>2</td></tr> <tr><td>W 12</td><td>Easy</td><td>1:10.000</td><td>3,0</td><td>12</td><td></td><td>2</td></tr> <tr><td>W 14</td><td>M-Difficult</td><td>1:10.000</td><td>4,6</td><td>12</td><td></td><td>2</td></tr> <tr><td>W 15-20B</td><td>M-Difficult</td><td>1:10.000</td><td>4,6</td><td>12</td><td></td><td>2</td></tr> <tr><td>W 16</td><td>Difficult</td><td>1:10.000</td><td>4,8</td><td>12</td><td>1</td><td>2</td></tr> <tr><td>W 17-20A</td><td>Difficult</td><td>1:10.000</td><td>6,0</td><td>13</td><td>2</td><td>1</td></tr> <tr><td>W 21A</td><td>Difficult</td><td>1:10.000</td><td>8,0</td><td>19</td><td>2</td><td>1</td></tr> <tr><td>W 21B</td><td>M-Difficult</td><td>1:10.000</td><td>4,6</td><td>12</td><td></td><td>2</td></tr> <tr><td>W 35</td><td>Difficult</td><td>1:10.000</td><td>8,0</td><td>19</td><td>2</td><td>1</td></tr> <tr><td>W 40</td><td>Difficult</td><td>1:10.000</td><td>6,7</td><td>16</td><td>1</td><td>1</td></tr> <tr><td>W 45</td><td>Difficult</td><td>1:10.000</td><td>6,7</td><td>16</td><td>1</td><td>1</td></tr> <tr><td>W 50</td><td>Difficult</td><td>1:10.000</td><td>4,8</td><td>12</td><td>1</td><td>2</td></tr> <tr><td>W 55</td><td>Difficult</td><td>1:10.000</td><td>4,8</td><td>12</td><td>1</td><td>2</td></tr> <tr><td>W 60</td><td>Difficult</td><td>1:7.500</td><td>4,8</td><td>12</td><td>1</td><td>2</td></tr> <tr><td>W 65</td><td>Difficult</td><td>1:7.500</td><td>4,4</td><td>12</td><td>1</td><td>2</td></tr> <tr><td>W 70</td><td>Difficult</td><td>1:7.500</td><td>3,8</td><td>10</td><td></td><td>2</td></tr> <tr><td>W 75</td><td>Difficult</td><td>1:7.500</td><td>3,8</td><td>10</td><td></td><td>2</td></tr> <tr><td>W 80</td><td>Difficult</td><td>1:7.500</td><td>2,7</td><td>8</td><td></td><td>2</td></tr> <tr><td>W 85</td><td>Difficult</td><td>1:7.500</td><td>2,7</td><td>8</td><td></td><td>2</td></tr> <tr><td>W 90</td><td>Difficult</td><td>1:7.500</td><td>2,7</td><td>8</td><td></td><td>2</td></tr> <tr><td>M 10 *</td><td>Beginner</td><td>1:10.000</td><td>3,1</td><td>16</td><td></td><td>2</td></tr> <tr><td>M 12</td><td>Easy</td><td>1:10.000</td><td>3,0</td><td>12</td><td></td><td>2</td></tr> <tr><td>M 14</td><td>M-Difficult</td><td>1:10.000</td><td>5,5</td><td>14</td><td></td><td>2</td></tr> </tbody> </table>	Classes	Difficulty	Scale	Lenght km	Number of controls	Liquid, number	Start_Long	Women Elite WRE	Difficult	1:15.000	10,2	22	4	1	Men Elite WRE	Difficult	1:15.000	15,1	34	4	1	Women Elite Junior	Difficult	1:15.000	8,8	21	3	1	Men Elite Junior	Difficult	1:15.000	11,5	23	4	1	W 10 *	Beginner	1:10.000	3,1	16		2	W 12	Easy	1:10.000	3,0	12		2	W 14	M-Difficult	1:10.000	4,6	12		2	W 15-20B	M-Difficult	1:10.000	4,6	12		2	W 16	Difficult	1:10.000	4,8	12	1	2	W 17-20A	Difficult	1:10.000	6,0	13	2	1	W 21A	Difficult	1:10.000	8,0	19	2	1	W 21B	M-Difficult	1:10.000	4,6	12		2	W 35	Difficult	1:10.000	8,0	19	2	1	W 40	Difficult	1:10.000	6,7	16	1	1	W 45	Difficult	1:10.000	6,7	16	1	1	W 50	Difficult	1:10.000	4,8	12	1	2	W 55	Difficult	1:10.000	4,8	12	1	2	W 60	Difficult	1:7.500	4,8	12	1	2	W 65	Difficult	1:7.500	4,4	12	1	2	W 70	Difficult	1:7.500	3,8	10		2	W 75	Difficult	1:7.500	3,8	10		2	W 80	Difficult	1:7.500	2,7	8		2	W 85	Difficult	1:7.500	2,7	8		2	W 90	Difficult	1:7.500	2,7	8		2	M 10 *	Beginner	1:10.000	3,1	16		2	M 12	Easy	1:10.000	3,0	12		2	M 14	M-Difficult	1:10.000	5,5	14		2
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M 21A	Difficult	1:10.000	10,3	25	4	1
M 21B	M-Difficult	1:10.000	5,5	14	2	2
M 35	Difficult	1:10.000	10,3	25	4	1
M 40	Difficult	1:10.000	9,8	18	3	1
M 45	Difficult	1:10.000	9,4	18	3	1
M 50	Difficult	1:10.000	8,2	19	3	1
M 55	Difficult	1:10.000	8,0	19	2	1
M 60	Difficult	1:7.500	6,0	13	2	1
M 65	Difficult	1:7.500	6,0	13	2	1
M 70	Difficult	1:7.500	4,8	12	1	2
M 75	Difficult	1:7.500	4,4	12	1	2
M 80	Difficult	1:7.500	3,8	10		2
M 85	Difficult	1:7.500	2,7	8		2
M 90	Difficult	1:7.500	2,7	8		2
Beginners *	Easy	1:10.000	3,1	16		2

Sunday 24th March, Middle distance

Classes	Difficulty	Scale	Length. km	Number of controls	Start
Women Elite WRE	Difficult	1:10.000	5,7	19	1
Men Elite WRE	Difficult	1:10.000	6,9	23	1
Women Elite Junior	Difficult	1:10.000	4,1	15	1
Men Elite Junior	Difficult	1:10.000	4,6	15	1
W 10	Beginner	1:10.000	3,1	12	2
W 12	Easy	1:10.000	2,9	10	2
W 14	M-Difficult	1:10.000	3,9	13	1
W 15-20B	M-Difficult	1:10.000	3,9	13	1
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	4,7	15	1
W 21B	M-Difficult	1:10.000	3,9	13	1
W 35	Difficult	1:10.000	4,7	15	1
W 40	Difficult	1:10.000	4,7	15	1
W 45	Difficult	1:10.000	4,7	15	1
W 50	Difficult	1:7.500	4,0	15	1
W 55	Difficult	1:7.500	4,0	15	1
W 60	Difficult	1:7.500	4,0	15	1
W 65	Difficult	1:7.500	4,0	15	1
W 70	Difficult	1:7.500	3,1	11	1
W 75	Difficult	1:7.500	3,1	11	1
W 80	Difficult	1:7.500	2,7	10	1
W 85	Difficult	1:7.500	2,7	10	1
W 90	Difficult	1:7.500	2,7	10	1
M 10	Beginner	1:10.000	3,1	12	2
M 12	Easy	1:10.000	2,9	10	2
M 14	M-Difficult	1:10.000	3,9	13	1

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	Beginners	Beginner	1:10.000	3,1	12	2																																																						
Map	<p>Store Dyrehave, 1:15.000, 1:10.000 og 1:7500 Equidistance 2.5 meters.</p> <p>Revised in 2023 with corrections in 2024. The map is provided by FIF Hillerød.</p> <p>Map drawing: Gediminas Trimaks, Bo Simonsen, and Ulrik Staugaard.</p> <p>Mapping consultant: Mogens Hansen.</p> <p>The map has been approved by the mapping consultant.</p> <p>The map is digitally printed on synthetic waterproof paper.</p>																																																											
Terrain description	<p>North Zealand mixed forest with moderate curve image. Well-developed roads and paths. Generally good passability. The marshes are often quite wet and slow to cross due to rain. A number of trees have been felled in the forest quite close to the course, lying on the ground, but not included on the map.</p>																																																											
Control descriptions	<p>Control descriptions will be printed on the map and prepared for self-service at start.</p>																																																											
Open /Direct courses	<p>We offer open/direct courses both days from 10:30 - 12:00. Price: 110 DKK, Rental of SI-pin: + 20 DKK</p> <p>Saturday 23th March 2024, Long distance</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Difficulty</th> <th>Scale</th> <th>Length, km</th> <th>Number of controls</th> <th>Liquid, number</th> <th>Start</th> </tr> </thead> <tbody> <tr> <td>Open 1</td> <td>Difficult</td> <td>1:10.000</td> <td>6,5</td> <td>12</td> <td>2</td> <td>2</td> </tr> <tr> <td>Open 2</td> <td>Difficult</td> <td>1:10.000</td> <td>5,7</td> <td>15</td> <td>1</td> <td>2</td> </tr> <tr> <td>Open 3</td> <td>Difficult</td> <td>1:7.500</td> <td>4,3</td> <td>11</td> <td>1</td> <td>2</td> </tr> <tr> <td>Open 4</td> <td>M-Difficult</td> <td>1:10.000</td> <td>4,4</td> <td>12</td> <td></td> <td>2</td> </tr> <tr> <td>Open 5</td> <td>Easy</td> <td>1:10.000</td> <td>3,0</td> <td>12</td> <td></td> <td>2</td> </tr> </tbody> </table> <p>Sunday 24th March 2024, Middle distance</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Difficulty</th> <th>Scale</th> <th>Length, km</th> <th>Number of controls</th> <th>Start</th> </tr> </thead> <tbody> <tr> <td>Open 1</td> <td>Difficult</td> <td>1:10.000</td> <td>6,1</td> <td>18</td> <td>2</td> </tr> </tbody> </table>						Classes	Difficulty	Scale	Length, km	Number of controls	Liquid, number	Start	Open 1	Difficult	1:10.000	6,5	12	2	2	Open 2	Difficult	1:10.000	5,7	15	1	2	Open 3	Difficult	1:7.500	4,3	11	1	2	Open 4	M-Difficult	1:10.000	4,4	12		2	Open 5	Easy	1:10.000	3,0	12		2	Classes	Difficulty	Scale	Length, km	Number of controls	Start	Open 1	Difficult	1:10.000	6,1	18	2
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	Open 4	Easy	1:10.000	2,9	10	2
Start	<p>The first start both days is at 10:00 AM.</p> <p>Refer to the procedure under "General information for both days."</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 start.</p>					
Water	<p>There will be water in a tank 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	<p>Saturday-Long distance: 2,5 hours</p> <p>Sunday-Middle distance: 2 hours</p>					
Items left at start	<p>Both days there will no transport of items left at start back to the arena, due to the short distance to start.</p>					
Pre training	<p>In the days before and after Danish Spring 2024, it is possible to participate in OTØ regular trainings in these forests:</p> <p>Tokkekøb Hegn</p> <p>https://o-teknik.dk/dl/d0a5f4/s/d0965a/r/59IlyasGTiuiMDTF89nG-A</p> <p>Rude Skov</p> <p>https://o-teknik.dk/dl/d0a5f4/s/d0965a/r/P.yKMAw7QpaHUFiYP8X-kg</p> <p>Aggebo-Græsted</p> <p>https://o-teknik.dk/dl/d0a5f4/s/d0965a/r/Q8CRjVezQHaE.vpE3LOUQQ</p> <p>You print the maps for the trainings yourself.</p> <p>The price is 35 DKK per participant per run, payable in the event office.</p>					
Danish Doctors' Vaccination Service	<p>On Saturday, March 23rd, you have the opportunity to get vaccinated against TBE, as the Danish Doctors' Vaccination Service will be participating with their mobile vaccination clinic all day.</p> <p>DOF's members and other orienteering enthusiasts spend a lot of time in nature and are thus more exposed to ticks. TBE is transmitted by ticks, and we are therefore pleased to contribute to easier access to vaccination as well as healthcare advice. In celebration of Danish Spring, the Danish Doctors' Vaccination Service is offering a 10% discount on the vaccine and no consultation fee.</p> <p>The Danish Doctors' Vaccination Service has 40 nationwide clinics where you will have the opportunity to receive follow-up vaccinations at the same prices, albeit with a consultation fee of 175 DKK at the clinics.</p> <p>Prices for TBE and Tetanus vaccinations:</p> <p>TBE vaccine: 472.50 DKK per dose (Normal price 525 DKK per dose) - Adult</p> <p>TBE vaccine: 445.50 DKK per dose (Normal price 495 DKK per dose) - Child</p>					
Event officials	Event Directors Long and Middle		Birgitte Halland og Jan Jakobsen, OK ØST Birkerød birgitte.halland@gmail.com / jj@niras.dk Cell.: 5129 5212 / 2966 8991			

	Course setter Long	Henrik Steen Andersen, OK ØST Birkerød
	Course setter Middle	Erik Øhlenschläger, OK ØST Birkerød
	IOF Event Adviser, Event and chairman	Betty Folino, FIF Hillerød
	Course controller Long	Michael Graae, Søllerød OK
	Course controller Middle	Thomas Greve Jensen, Tisvilde Hegn OK
	Map controller	Mogens Hansen