

Invitation – Bulletin 1

DANISH SPRING – Chase & Relay weekend

16th – 17th of March 2013

OK Øst Birkerød welcomes you to the international DANISH SPRING – Chase & Relay weekend; the new race format offering all participants 1, 2 or even 3 competitions with real relay atmosphere in only 24 hours.

DANISH SPRING 2013 takes place north of Copenhagen in some of the best terrain of the region, "Gribskov Mårum and Midt". The races begin Saturday afternoon with DANISH SPRING Chase, the individual middle distance mass start race, including the IOF World Ranking Event for Women and Men Elite. The Chase is followed by the Double-Relay, now also including MW16 and all senior classes in the night relay. The Double-Relay format is a great challenge for everybody and the optimal preparation for 10Mila and Jukola, as the clubs can test their runners on both a night and day relay-course.

DANISH SPRING 2013 highlights

- 3 intense races in Gribskov's attractive terrain.
- DANISH SPRING Chase including WRE and new classes for all ages.
- Double-Relay Night and Day now for all classes (MW14 excepted).
- Spectacular "360°"-event arena in the centre of the competition area providing start, passing and finish for almost all classes in all three races.
- Attractive money prizes for the winners of Women and Men Open in DANISH SPRING Relay.
- Entry fee cuts in all youth classes, Chase senior classes and all direct courses.
- Now also direct courses Saturday evening.
- More time for recovery between the races.
- Snowfree or snowless terrain.

The compact 24-hour format and North Zealand's central location makes it easy to participate in DANISH SPRING from all of Denmark, Nordic countries and Middle Europe.

Event Programme

Saturday 16 March 2013

10:00 - 22:30	Event information and cafeteria open on the event arena
13:00	DANISH SPRING Chase
13:30 - 14:30	DANISH SPRING Chase Junior and Elite WRE
13:45 - 14:30	Open Chase /Direct courses
15:00	Prize ceremony
20:00 - 21:30	DANISH SPRING Relay Night
20:15 - 21:00	Direct courses put'n'run

Sunday 17 March 2013

08:30 - 15:00	Event information and cafeteria open on the event arena
10:00 - 13:30	DANISH SPRING Relay Day
10:45 - 13:00	Direct courses put'n'run
14:00	Prize ceremony

Times may be subject to change



RE-ENJOY DANISH SPRING 2012
ON DS LIVE, YOUTUBE AND BAMBUSER

www.danishspring.dk

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

DANISH SPRING Chase Saturday 16 March 2013

Type of competition

DANISH SPRING Chase is a individual middle distance race with mass start, varied forkings and map change. The race is a IOF World Ranking Event (WRE) for Men og Women Elite and part of the danish Senior and Junior Ranking series.



Competition area and map

Gribskov Mårum, offset printed map, revised 2012, scale 1:10.000 and contour interval 2,5 m. Samples of previous maps on page 4 and on www.danishspring.dk.

Chase classes and courses

Class	Difficulty	Winning time/course
Men Elite WRE	Difficult	35 min /7,5 km
Women Elite WRE	Difficult	35 min /6,0 km
Men Junior	Difficult	25 min /6,0 km
Women Junior	Difficult	25 min /5,0 km
W10	Beginners (no forkings)	2,5 km
W12	Easy (no forkings)	3,0 km
W14	Medium	3,5 km
W16	Difficult	3,5 km
W40	Difficult	5,0 km
W50	Difficult	3,5 km
W60	Difficult	3,5 km
M10	Beginners (no forkings)	2,5 km
M12	Easy (no forkings)	3,0 km
M14	Medium	3,5 km
M16	Difficult	5,0 km
M40	Difficult	5,0 km
M50	Difficult	5,0 km
M60	Difficult	3,5 km

Start

General classes start from 13:00

Elite WRE and Junior classes start from 13:30

Prizes

Prizes for no. 1, 2 and 3 in all classes.

Direct courses

Open Chase offers participation in the mass start or individual put'n'run at 13:45 - 14:30. Running as a team or shadowing of runners is allowed in Open Chase. Maps are offset or laser printed.

Entry on the day at the event information desk.

Class	Difficulty	Course
Open Chase 1	Difficult	7,5 km
Open Chase 2	Difficult	5,0 km
Open Chase 3	Difficult	3,5 km
Open Chase 4	Easy	3,0 km

Entry fees

W/M-16: DKK 60,-

W/M 40- : DKK 100,-

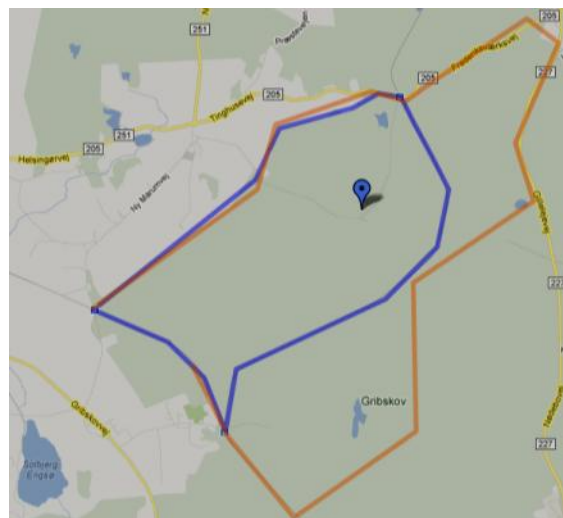
Open Chase (W/M-20 / W/M 21-): DKK 60,- / 80,-

Elite WRE / Junior: DKK 160,- / 100,-

Rent of SI-card: DKK 20,-

Embargoed area

Competitors in the elite and junior classes are not allowed to visit the competition area, within the blue line below, before DANISH SPRING Chase 2013. The area is limited by the railways north of Kagerup Station and road no. 205.





DANISH SPRING Relay Saturday-Sunday 16-17 March 2013

Type of competition

Double-relay, comprising the Relay Night Saturday and Relay Day Sunday. Mass start night and day and running times add up the final result. NEW! For clubs having more teams in one class, the fastest team in the Relay Night add up with the fastest team in the Relay Day etc. Every competitor may run one leg in both the Relay Night and Day. Teams are also welcome to enter either the Relay Night or Day.

Competition area and map

Gribskov Mårum and Midt, offset printed map, revised 2012, scale 1:10.000 and contour interval 2,5 m. Samples of previous maps on page 4 and on www.danishspring.dk.

Relay classes and courses

Class	Leg	Course
Men Open - see team restrictions below	Night 1	5 km (difficult)
	Night 2	5 km -
	Night 3	5 km -
	Day 1	10 km -
	Day 2	10 km -
	Day 3	8 km -
	Day 4	14 km -
Women Open - see team restrictions below	Night 1	5 km -
	Night 2	5 km -
	Day 1	8 km -
	Day 2	6 km -
	Day 3	8 km -
MW16 - Max W/M16 and min one M14 or W16 in the day legs.	Night 1	3,5 km -
	Night 2	5 km -
	Day 1	5 km -
	Day 2	4 km (medium, no forkings)
	Day 3	5 km (difficult)
MW14 - Max W/M14 and min one W/M12 - All 3 legs unforked	Day 1	3 km (easy)
	Day 2	3 km (beginners)
	Day 3	4 km (medium)
Masters50 - Average age min 50 years in both the night and day legs.	Night 1	3,5 km (difficult)
	Night 2	5 km -
	Day 1	5 km -
	Day 2	5 km -
	Day 3	6 km -

Class	Leg	Course
Open mix - No restrictions	Night 1	3,5 km (difficult)
	Night 2	5 km -
	Day 1	5 km -
	Day 2	4 km (medium, no forkings)
	Day 3	5 km (difficult)

Restrictions in Women and Men Open classes:

- Women may participate in men's teams. Mixed teams with runners from more than one club can be set according to the specific rules of the home country. Mixed teams from different countries are not accepted. In every single national team, which is not a club team or a national club-combination, only one of the runners can be in WR Top100 for respectively women and men as per 1st of January of the event year.

Start

First start Saturday at 20:00 and Sunday at 10:00. Mass start in all classes both Night and Day.

Prizes

Money prizes respectively DKK 5000 and 7000 to the overall winning teams of DANISH SPRING Relay in Women and Men Open. Prizes for the overall rank no. 1, 2 and 3 in all classes and in addition a number of special prizes.

Direct courses

Open Night and Day are individual courses with free start (put'n'run) Saturday at 20:15 – 21:00 and Sunday at 10:45-13:00. Running as a team or shadowing of runners is allowed. Maps are offset or laser printed.

Entry on the day at the event information desk.

Open Night 1	5 km (difficult)
Open Night 2	3,5 km (difficult)
Open Day 1	8 km (difficult)
Open Day 2	5 km (difficult)
Open Day 3	4 km (medium)
Open Day 4	3 km (easy)
Open Day 5	3 km (beginners)

Entry fees

MW16 and MW14: DKK 80,- per leg
Masters50 and Open Mix: DKK 120,- per leg
Men Open and Women Open: DKK 190,- per leg
Direct courses (W/M-20 / 21-): DKK 60,- / 80,-
Rent of SI-card: DKK 20,- per leg

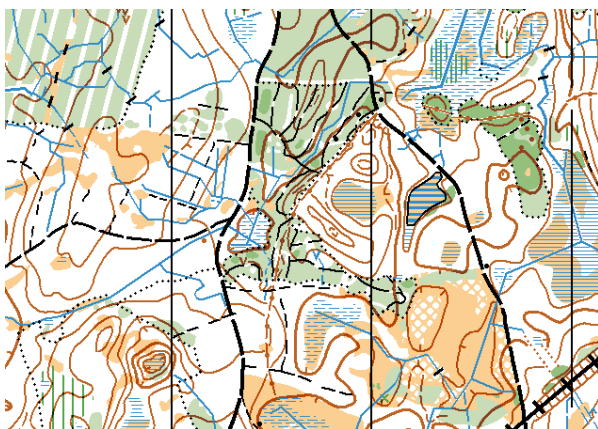
General information

Event classification

Danish classification: C *****

Description of the terrain

The terrain is typical for North Zealand, comprising regular areas of soft- and hardwood and open areas as well. In March the terrain is mainly easy runnable with a good sight, but also with more dense sections. A wet winter will make the ground soft. The forest has a regular network of forest roads, but fewer tracks than other terrains of this region. Map sample below.

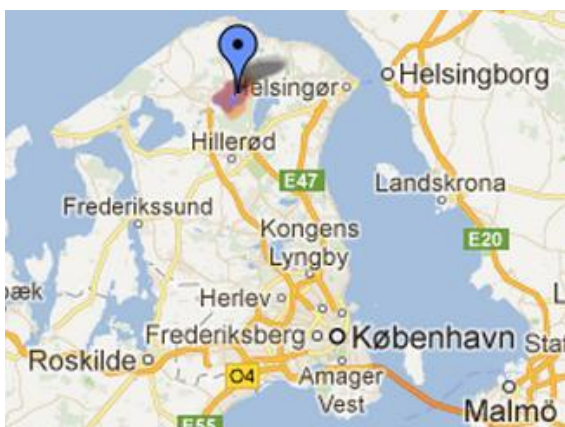


Punching system

Sportident – all card versions. The same SI-card can be used at all three races.

Venue - and how to get there

Directions from road no. 205, near Mårum Station, Frederiksværksvej, 3230 Græsted, 15 km north of Hillerød and 50 km north of Copenhagen. Transportation by private cars and buses, if you are arriving in buses for more than 8 passengers, please write us at danishspring@gmail.com.



Event arena

Located within the competition area the arena provides unique experiences for runners and spectators. The complete event is covered by speaker, Livestreaming and GPS-tracking.

The big tent rooms the event information desk and cafeteria with tastysmall hot and cold dishes as well as beverages and sweets.

Accommodation and shower facilities

You find links to a number of hostels, cabins, hotels etc. on the website. Reservation in due time is recommended. DANISH SPRING cannot offer accommodation.

Showers facilities Sunday after the Relay on a school, within short driving distance from the event.

Training

The surrounding forest provide a number of options for training. www.danishspring.dk will inform about the options.

Climate

Denmark has a mild climate with no extremes. The averages for March are day temperatures at 6 degrees Celcius, 39 mm of rain and 150 hours of sun shine. Risk of snow in the terrain is small.

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 neither accidents nor lost or stolen property.

Visa

We kindly direct you to www.newtodenmark.dk.

Ticks

In 2009 a few ticks with TBE-virus (Tick Borne Encephalitis) were found in North Zealand. Runners that regularly visit the affected areas can consider vaccination.

Competition rules

IOF's international competition rules for foot orienteering event 2013 (the WRE relevant part) supplemented by DOF's rules 2011 §§ 2.6 (Shadowing), 2.8 (Embargoed areas), 2.10 (Start rights), 3.2 (Event Classification), 3.10 ((night) controls) og 6.1 (C-events) covering conditions not covered by the IOF rules, plus special rules for participation.



Instruction/Bulletin 2 and start lists

Bulletin 2 and preliminary list of competitors will be on www.danishspring.dk from 8 March 2013. Startlists will be announced 14 March 2013.

Children's course

For all children, free of charge, Saturday at 12.00 to 15.30 and Sunday at 9:00 to 14:00.

Entries and payment

Regular entries

Entries must be received by DANISH SPRING no later than 23 February 2013 and the entry fees (via bank transfer) no later than 1 March 2013.

Entries are carried out online via link from www.danishspring.dk. A club can create one, and only one, account. Entries on the account on 23 February 2012 are binding for the club.

Joint entries must be done for each club by its representative.

Late entries and changes

Late entries at an extra charge of DKK 50 per start via the online entry system until 13 March 2013 at 14:00 – and during the event as long as vacant starts are available. The entry fee for late entries is paid (via bank transfer) no later than 13 March 2013 and electronic receipt shall be sent to danishspring@gmail.com.

During the event direct courses are offered too - at only DKK 60-80 per start.

Changing of an entry (e.g. name or class) can be done until start at the event information desk on the arena at an extra charge of DKK 50 per start.

Teams in the Relay may be changed until Saturday at 16:00 without charge.

Entering and changing of SI-card numbers can be done online until 13 March 2013 at 14.00. Competitors without a SI-card number hereafter will be assigned a rental SI-card.

In case of trouble with online entries or changes an e-mail can be sent to danishspring@gmail.com. Always enter the club name in the subject. For entries state the club, nationality, name, race, class, SI-card number and possible IOF world ranking ID. E-mail entries/changes must always be confirmed by DANISH SPRING.

Payment

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

When paying from outside Denmark please add DKK 30 to cover Jyske Bank's fee for accepting foreign payments.

Event contact information

DANISH SPRING 2013
Skovhjørnet 2
DK-3460 Birkerød

Telefon: +45 45816847 – bedst ma-fre kl. 19-21

E-Mail: danishspring@gmail.com

Web: www.danishspring.dk

Organisers

DANISH SPRING Chase & Relay weekend 2013 is organised by "OK Øst Birkerød", a member of "Dansk Orienterings-Forbund".

Event Director	Gunner Sie, OK Øst Birkerød gunnersie@gmail.com
Course setters, Chase WRE	Søren Larsen and Rasmus Ødum, OK Øst Birkerød
Course controller, Chase WRE	Helge Lang Petersen, Farum OK
Course setters, Relay	Jan Hausner, OK SG and Asger Nielsen, OK Øst Birkerød
Course controller, Relay	Erik Sørensen, Allerød OK

IOF Event Advisor og Event controller	Finn Blom Christensen, Lyngby OK
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Invitation english 2013 – rev. 24 October 2012

