

Invitation - Bulletin 1

DANISH SPRING

weekend 21th – 23th March 2014

OK Øst Birkerød and Helsingør SOK welcomes you to DANISH SPRING an international orienteering weekend. DANISH SPRING offers all participants preliminary training, sprint, middle distance and long distance.

DANISH SPRING 2014 takes place in North Zealand in some of the region's best terrains, Konventum in Helsingør and Tisvilde Hegn. The weekend starts Friday with sprint in Helsingør followed by the individual middle distance on Saturday. On Sunday the races are individual long distance. All three races are IOF World Ranking Event for Women and Men Elite.

DANISH SPRING 2014 highlights

- Sprint Friday in Helsingør
- Two intensive races in the attractive 'Tisvilde Hegn' terrain
- Test yourself against the world's best orienteers. The Norwegian and Danish national team have already announced their arrival
- DANISH SPRING include WRE and classes for all ages and levels
- Exciting assembly area in Tisvilde Hegn close to parking
- Attractive prize money for the winners of Women and Men Elite
- Reduced entry fees in all classes
- Snow-free or snowless terrain
- Options for preliminary training before the weekend



TRIMTEX
TECHNICAL TEAMWEAR

Event Programme

Friday 21 March 2014

- 14:00 – 18:00 Open of event arena and kiosk
- 15:00 – First start DANISH SPRING
Sprint - Elite classes
- 16:30 – First start DANISH SPRING
Sprint – non Elite classes
- ~17:00 Prize ceremony

Saturday 22 March 2014

- 11:00 - 17:00 Event information and kiosk
open in the event arena
- 13:00 - First start DANISH SPRING
middle distance
- 14:00 - 15:00 Direct courses put'n'run
~16:00 Prize ceremony

Sunday 23 March 2014

- 08:00 -15:00 Event information and kiosk
open in the event arena
- 09:30 - First start DANISH SPRING
long distance
- 09:45 - 11:30 Direct courses put'n'run
~14:00 Prize ceremony

Times may be subject to change



www.danishspring.dk

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

DANISH SPRING sprint distance Friday 21 March 2014

Type of competition

DANISH SPRING fridag is an individual sprint distance race. The race is an IOF World Ranking Event (WRE) for Men og Women Elite and 1st part of the Danish Senior and Junior Ranking series 2014.

Competition area

Konventum, Helsingør, scale 1:4.000 offset-printed and revised in 2014.
Contour interval 2.5 m.

Sprint distance classes and courses

Classes	Difficulty	Winning time
Men Elite WRE	Difficult	12-15 min
Women Elite WRE	Difficult	12-15 min
Men Junior	Difficult	12-15 min
Women Junior	Difficult	12-15 min
D-16	Difficult	18-21 min
D17-20	Difficult	18-21 min
D21-49	Difficult	18-21 min
D 50-	Difficult	18-21 min
H-16	Difficult	18-21 min
H17-20	Difficult	18-21 min
H21-49	Difficult	18-21 min
H50-	Difficult	18-21 min
Easy	Easy	18-21 min

Description of the terrain

Varied area with park, residential, lawns, complicated building complex and a little forrest. 80-90% of the course will take place on soft ground. The rest at hard surfaces like roads and slippery flagged paths.

Event classification

Danish classification. Friday: C *****

Start

First start from 15:00 for Elite classes and from 16:30 for other classes.

Prizes

Prizes for the winner of Junior and Senior Elite classes.

Direct/Open courses

Open courses are offered from 16:30, and will be the same as for the Elite classes. Running as a team or shadowing of runners is allowed in Open courses. Maps laser printed. Entry on the day at the Event information desk.

Entry fees

Elite WRE / Junior: DKK 130,- / 90,-*
W/M -20: DKK 50,-* (not Junior Elite courses)
W/M -21: DKK 70,-* (not Senior Elite courses)
Open courses Senior: DKK 90,-
Open courses Junior: DKK 70,-
Rent of SI-card: DKK 20,-
*: Until 1. marts 2014. Late fee + DKK 50,-

Embargoed area

Competitors in the elite Senior and Junior classes are not allowed to visit the competition area Helsingør by before DANISH SPRING 2014 - see below the shaded area.



Venue and how to get there

Gl. Hellebækvej 63, Helsingør. Parking at Helsingørhallen. There will be approx. 400m from parking area to the event areas and from event area to shower approx. 400 m.

Training

Training in connection with sprint are offered close by the event area

Shower facilities are offered nearby

DANISH SPRING middle distance Saturday 22 March 2014

Type of competition

DANISH SPRING Saturday is an individual middle distance race. The race is an IOF World Ranking Event (WRE) for Men og Women Elite and 2nd part of the Danish Senior and Junior Ranking series 2014.

Competition area

Tisvilde Hegn, scale 1:10.000 offset-printed for Elite WRE and Junior elite classes and laser-printed scale 1:10.000 for other classes, revised 2014, and contour interval 2.5 m. Samples of previous maps on page 4 and on www.danishspring.dk.

Middle distance classes and courses

Classes	Difficulty	Winning time/ course
Men Elite WRE	Difficult	32 min /7,0 km
Women Elite WRE	Difficult	32 min /5,5 km
Men Junior	Difficult	32 min /7,0 km
Women Junior	Difficult	32 min /5,5 km
Beginners	Beginners	2,5 km
D/H10	Beginners	2,5 km
D/H12	Easy	3,0 km
D/H14	Medium	4,0 km
D/H14B	Easy	3,0 km
D/H16	Difficult	4,0/ 5,0 km
D/H17-20A	Difficult	4,0/ 4,5 km
D/H21A	Difficult	4,5 km
D/H21B	Medium	4,0 km
D/H21C	Easy	3,0 km
D/H35-	Difficult	4,5/ 5,5 km
D/H40-	Difficult	4,5/ 5,5 km
D/H45-	Difficult	4,5/ 5,5 km
D/H50-	Difficult	4,0/ 5,0 km
D/H55-	Difficult	4,0/ 5,0 km
D/H60-	Difficult	4,0 km
D/H65-	Difficult	4,0 km
D/H70-	Difficult	3,0/ 4,0 km
D/H75-	Difficult	3 km
H80-	Difficult	3 km
H85-	Difficult	3 km

Start

First start from 13:00

Prizes

Prize money DKK 1.000 for the winners of Senior and Junior Elite classes. Prizes for the no. 1, 2 and 3 placed in all Junior classes.

Trimtex and Løberen awards prizes to the best Dane in the ranking classes.

Direct/Open courses

Open courses are offered from 13:00. Individual put'n'run at 14:00 - 15:00. Running as a team or shadowing of runners is allowed in Open courses. Maps laser printed. Entry on the day at the Event information desk.

Classes	Difficulty	Course
Open 1	Difficult	7,0 km
Open 2	Difficult	4,5 km
Open 3	Medium	4,0 km
Open 4	Easy	3,0 km

Entry fees

Elite WRE / Junior: DKK 140,- / 100,-*

W/M -20: DKK 60,-* (not Junior Elite courses)

W/M -21: DKK 80,-* (not Senior Elite courses)

Open courses Senior: DKK 100,-

Open courses Junior: DKK 80,-

Rent of SI-card: DKK 20,-

*: Until 1. marts 2014. Late fee + DKK 50,-

Embargoed area

Competitors in the elite and junior classes are not allowed to visit the competition area Tisvilde Hegn before DANISH SPRING 2014.



DANISH SPRING long distance Sunday 23 March 2014

Type of competition

DANISH SPRING Sunday is an individual long distance race. The race is an IOF World Ranking Event (WRE) for Men og Women Elite and 3rd part of the Danish Senior and Junior Ranking series 2014.

Competition area and map

Tisvilde Hegn, scale 1:15.000 offset-printed for Elite WRE and Junior elite classes and laser-printed scale 1:10.000 for other classes, revised 2014, and contour interval 2.5 m. Samples of previous maps on page 4 and on www.danishspring.dk.

Long distance classes and courses

Classes	Difficulty	Winning time/course
Men Elite WRE	Difficult	90 min/ 18 km
Women Elite WRE	Difficult	75 min/ 12 km
Men Junior	Difficult	65 min/ 12 km
Women Junior	Difficult	50 min/ 8,0 km
Beginners	Beginners	3,5 km
D/H10	Beginners	3,0/3,0 km
D/H12	Easy	3,5 km
D/H14	Medium	4,5/ 5,5 km
D/H14B	Easy	3,5/ 4,0 km
D/H16	Difficult	5,5/ 8,0 km
H16AK	Difficult	6,5 km
D/H16B	Medium	4,0/ 5,5 km
D/H17-20A	Difficult	6,0/ 9,0 km
D/H17-20B	Medium	4,5/ 5,5 km
D/H17-20C	Easy	4,0/ 4,0 km
D/H21A	Difficult	7,5/ 13 km
H21AK	Difficult	5,5/ 9,5 km
D/H21B	Medium	4,5/ 5,5 km
D/H21C	Easy	4,0/ 4,0 km
D/H35-	Difficult	7,5/ 12 km
D35B	Medium	4,5/ 5,5 km
D/H40-	Difficult	7,0/10,5 km
D/H45-	Difficult	7,0/ 9,5 km
H45-AK	Difficult	5,0 km
D/H50-	Difficult	5,5/ 8,5 km
D/H55-	Difficult	5,5/ 7,5 km
H55-AK	Difficult	4,0 km
D/H60-	Difficult	4,5/ 6,5 km
D/H65-	Difficult	4,5/ 6,5 km
D/H70-	Difficult	3,5/ 5,0 km
D/H75-	Difficult	3,5/ 5,0 km
H80-	Difficult	4,0 km
H85-	Difficult	3,0 km

Start

First start at 09:30

Prizes

Prize money DKK 1.000 for the winners of Senior and Junior Elite classes. Prizes for the no. 1, 2 and 3 placed in all Junior classes
Trimtex and Løberen awards prizes to the best Dane in the ranking classes.

Direct/Open courses

Open courses are offered from 09:30. Individual put'n'run at 09:45 - 11:30. Running as a team or shadowing of runners is allowed in Open courses. Maps laser printed. Entry on the day at the Event information desk.

Classes	Difficulty	Course
Open 1	Difficult	7,0 km
Open 2	Difficult	6,0 km
Open 3	Difficult	3,5 km
Open 4	Medium	5,0 km
Open 5	Easy	3,0 km

Entry fees

Elite WRE / Junior: DKK 160,- / 100,-*
W/M -20: DKK 80,-* (not Junior Elite courses)
W/M -21: DKK 90,-* (not Senior Elite courses)
Open courses Senior: DKK 100,-
Open courses Junior: DKK 80,-
Rent of SI-card: DKK 20,-
*: Until 1. marts 2014. Late fee + DKK 50,-



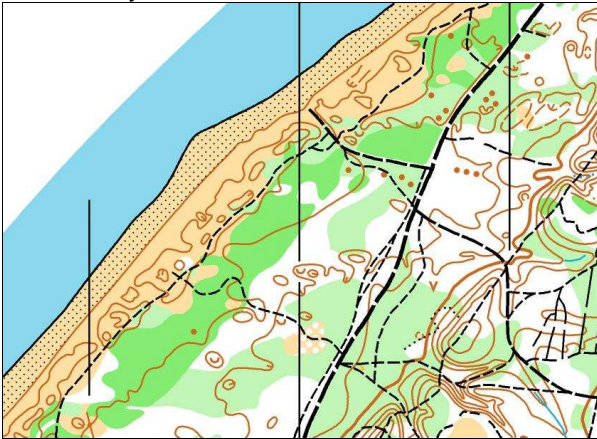
General information; Saturday and Sunday

Event classification

Danish classification. Saturday: C *****, Sunday: A *****

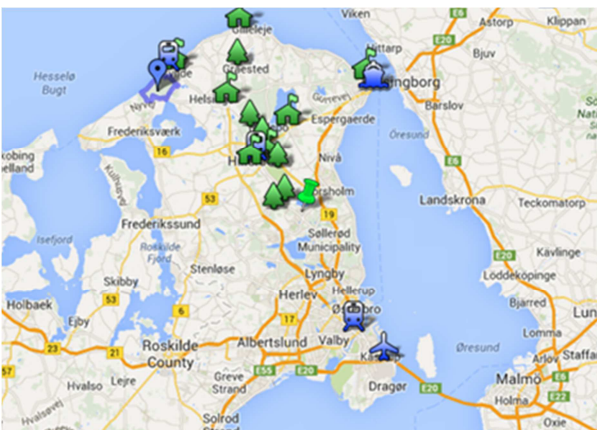
Description of the terrain

A highly diversified forest with well developed paths, ranging from light to medium undulating, with a detail rich graphical representation and vague run-through options. This chosen forest represents almost all terrain types in Denmark, ranging from flat plantations and open dunes to relative hilly, deciduous forest.



Venue - and how to get there

Directions from road no. 267, which runs through Tisvildeleje, Hovedgaden and ends at the parking lot at the beach, 25 km north of Hillerød and 60 km north of Copenhagen. Transportation by private cars, train or buses.



Event arena

The arena is within the competition area and provides a unique experience for runners and spectators. The complete event is covered by commentary, online results

The Event arena tents contains the Event information desk and kiosk with tasty small hot and cold dishes as well as beverages and sweets.

General information all 3 days

Punching system

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

Children's course

For all children, free of charge, Saturday from 13.00 to 15.30 and Sunday from 9:30 to 12:00.

Accommodation and shower facilities

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

Shower facilities on Friday and Sunday afternoon will be offered within a short driving distance of the event.

Training

From Tuesday 18th March is offered more attractive training opportunities in the nearby woods. The trainings is with different challenges and course lengths. All controls has reflectors, so courses can also be run as a night training. More info coming on www.danishspring.dk.

Climate

Denmark has a mild climate with no extremes. In March, day temperatures average 6 degrees C, average rainfall is 39 mm and sunshine averages 150 hours for the 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. Do not leave valuables in the tents. Danish Spring does not accept any responsibility for either accidents or for lost or stolen property.

Visa

We kindly direct you to www.newtodenmark.dk.

Competition rules

IOF's international competition rules for foot orienteering event 2014 (the WRE relevant part) supplemented by DOF's rules 2013 §§ 2.6 (Shadowing), 2.8 (Embargoed areas), 2.10 (Start rights), 3.2 (Event Classification), 3.10 (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 a preliminary list of competitors will be on www.danishspring.dk from 8 March 2014. Start lists will be announced on 14 March 2014.

Entries and payment

Regular entries

Entries must be received by DANISH SPRING no later than 1 March 2014 and the entry fees (via bank transfer) no later than 1 March 2013.

Entries should be made online via the link from www.danishspring.dk. A club can create one, and only one, account. Entries on the club's account on 1 March 2014 are binding.

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

Late entries, changes and vacant starts

Late entries at an extra charge of DKK 50 per start can be made via the online entry system until 18 March 2014 at 14:00 – and during the event as long as vacant starts are available. The entry fee for late entries must be paid (via bank transfer) no later than 18 March 2014 and an electronic receipt must be sent to danishspring@gmail.com.

Direct courses are offered during the Event

Changing of an entry (e.g. name or class) can be done until the start at the Event informa

tion desk in the arena at an extra charge of DKK 50 per start.

Entering and changing of SI-card numbers can be done online until 18 March 2014 at 14.00. Competitors without an SI-card number at that time will be assigned a rental SI-card.

In case of trouble with online entries/changes, an e-mail can be sent to danishspring@gmail.com. Always enter the club name in the subject line. State the club, nationality, name, race, class, SI-card number and possible IOF world ranking ID in the body of the e-mail. 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

E-Mail: danishspring@gmail.com

Web: www.danishspring.dk

Organisers

DANISH SPRING weekend 2014 is organised by "OK Øst Birkerød", a member of the Danish Orienteering Federation.

Event Director	Susanne Vestergaard
Course Coordinator	Erik Simonsen
Saturday and Sunday	OK Øst Birkerød danishspring@gmail.com
Course planner, Saturday	Erik Øhlenschlæger, OK Øst Birkerød
Course controller, Saturday	Steen Skytte Kirkegaard, Tisvilde Hegn OK
Course planner, Sunday	Rasmus Ødum, OK Øst Birkerød
Course controller, Sunday	Bjarne Topp, OK Øst Birkerød

Event Director Friday	Bjarne B Jensen HSOK bjje@dsboresund.dk
Course planner Friday	Rolf Lund HSOK rolflund@stofanet.dk
Course controller, Friday	Bente Madsen Johnsen, THOK

IOF Event Adviser and Event controller	Torben Kristensen, Herlufsholm OK
--	--------------------------------------

Invitation english 2014 – rev. 18. Jan 2014