



**Dansk
Orienterings-Forbund**



INTERNATIONAL ORIENTEERING FEDERATION

Bulletin 1

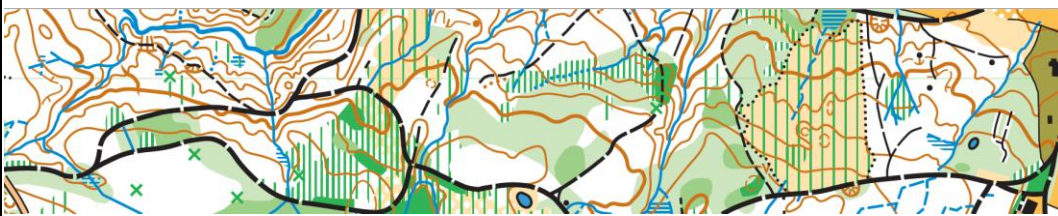
Danish Championship Long Distance 2020.

IOF World Ranking Event

Løberen League 2020 and Trimtex Cup 2020

Sunday 13th September 2020



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| Classification | A-competition class **** Danish Championship Long Distance WRE elite event |
| Organizer | OK Syd |
| Competition area | Hjelm Skov, Årup Skov, Aabenraa Sønderskov |
| Closed areas | Please refer to the competition homepage |
| Competition homepage | https://oksyd.dk/arrangementer/2020/dm-lang.html Here you will find: Bulletins, starting lists, result, pictures etc. |
| Parking and meeting place | Meeting place and parking: Entry by the road Solbæk, from Rugkobbøl, route 24. GPS coordinates and map link: 55.022750, 9.415126 Parking will be on a private parking area owned by Sydbank. If parking is required for buses, please inform Event Director. |
| Venue area | On grass field located between Årup Skovvej and Sønderskovvej. Please follow the marking from the parking area. |
| Distances | Parking to venue area ca. 500 m Venue areas to start ca. 1.900 m. Finish will be on venue area. |
| Map | Aabenraa Syd. 5m equidistance. Map is drawn 2020 based on ISOM2017 H18, D18, H20 og D20, D21 (W21) og H21 (M21) scale: 1:15.000 – offset printed. All other classes either 1:7.500 or 1:10.000 according to DOF regulations. High quality laser printed. Waterproof, reinforced paper. The map is the quality marked by DOF. |
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| Control descriptions | IOF-symbols. Loose control descriptions will be available at start on condition that fixation is possible. |



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| Terrain description and race area | <p>The terrain consists predominantly of mixed open deciduous forest with few areas of coniferous forest.</p> <p>There is an extensive network of paths, roads and ditches. The area varies with moderate to strong slopes, and with diverse runnability. In general, the forest is relatively open with a good deal of blackberry growing in dense groups and some undergrowth.</p> <p>The Northern part is intersected by a busy road.</p> <p>The high degree of variation makes it a challenging and intriguing terrain for orienteering.</p> |
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Courses and classes

In accordance with the regulations of The Danish Orienteering Federation, 2019 §4.1.2.1.

| Class | Difficulty | Wiining time |
|-------|------------|--------------|
| D10 | Beginner | 20 |
| D12 | Easy | 25 |
| D14 | Medium | 35 |
| D16 | Difficult | 40 |
| D18 | Difficult | 55 |
| D20 | Difficult | 55 |
| D21 * | Difficult | 70-80 |
| D35 | Difficult | 55 |
| D40 | Difficult | 50 |
| D45 | Difficult | 45 |
| D50 | Difficult | 45 |
| D55 | Difficult | 45 |
| D60 | Difficult | 45 |
| D65 | Difficult | 45 |
| D70 | Difficult | 45 |
| D75 | Difficult | 45 |
| D80 | Difficult | 45 |
| D85 | Difficult | 45 |
| D/H90 | Difficult | 45 |
| H10 | Beginner | 20 |
| H12 | Easy | 25 |
| H14 | Medium | 35 |
| H16 | Difficult | 45 |
| H18 | Difficult | 70 |
| H20 | Difficult | 70 |
| H21 * | Difficult | 90-100 |
| H35 | Difficult | 70 |
| H40 | Difficult | 65 |
| H45 | Difficult | 60 |
| H50 | Difficult | 55 |
| H55 | Difficult | 50 |
| H60 | Difficult | 50 |
| H65 | Difficult | 50 |
| H70 | Difficult | 50 |
| H75 | Difficult | 50 |
| H80 | Difficult | 50 |
| H85 | Difficult | 50 |
| D/H90 | Difficult | 45 |

*) D21=W21 og H21=M21 for WRE



| <p>Open courses</p> | <p>The following open courses are offered:</p> <table border="1" data-bbox="555 479 1390 725"> <thead> <tr> <th>Class</th> <th>Difficulty</th> <th>Length</th> </tr> </thead> <tbody> <tr> <td>Åben 1 / Open 1</td> <td>Difficult</td> <td>7,0 – 8,0 km</td> </tr> <tr> <td>Åben 2 / Open 2</td> <td>Difficult</td> <td>5,0 – 6,0 km</td> </tr> <tr> <td>Åben 3 / Open 3</td> <td>Difficult</td> <td>ca. 3,5 km</td> </tr> <tr> <td>Åben 4 / Open 4</td> <td>Medium</td> <td>ca. 4,0 km</td> </tr> <tr> <td>Åben 5 / Open 5</td> <td>Easy</td> <td>ca. 3,5 km</td> </tr> <tr> <td>Åben 6 / Open 6</td> <td>Beginner</td> <td>ca. 3,0 km</td> </tr> </tbody> </table> <p>Open courses are sold on the day from the Event Office in the hours 09.30 - 11.30 according to first-come, first-serve policy, as the number of maps is limited.</p> <p>Start for open courses will be put-and-run in the hours 10:00 – 12:00.</p> <p>The entry fee for open courses is identical to the ordinary on-time entry fee. Si card hire: 20 DKK.</p> <p>There will be no vacant spots, we refer to late entries and open classes.</p> | Class | Difficulty | Length | Åben 1 / Open 1 | Difficult | 7,0 – 8,0 km | Åben 2 / Open 2 | Difficult | 5,0 – 6,0 km | Åben 3 / Open 3 | Difficult | ca. 3,5 km | Åben 4 / Open 4 | Medium | ca. 4,0 km | Åben 5 / Open 5 | Easy | ca. 3,5 km | Åben 6 / Open 6 | Beginner | ca. 3,0 km |
|-------------------------------|---|--------------|------------|--------|-----------------|-----------|--------------|-----------------|-----------|--------------|-----------------|-----------|------------|-----------------|--------|------------|-----------------|------|------------|-----------------|----------|------------|
| Class | Difficulty | Length | | | | | | | | | | | | | | | | | | | | |
| Åben 1 / Open 1 | Difficult | 7,0 – 8,0 km | | | | | | | | | | | | | | | | | | | | |
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| Åben 3 / Open 3 | Difficult | ca. 3,5 km | | | | | | | | | | | | | | | | | | | | |
| Åben 4 / Open 4 | Medium | ca. 4,0 km | | | | | | | | | | | | | | | | | | | | |
| Åben 5 / Open 5 | Easy | ca. 3,5 km | | | | | | | | | | | | | | | | | | | | |
| Åben 6 / Open 6 | Beginner | ca. 3,0 km | | | | | | | | | | | | | | | | | | | | |
| <p>Seeding</p> | <p>The classes D20, H20, D21 and H21 will be seeded according to the Danish Orienteering Federation (DOF) regulations 2019 and the World Ranking listing per August 23rd, 2020.</p> | | | | | | | | | | | | | | | | | | | | | |
| <p>Medals</p> | <p>No. 1 in the classes D21 and H21 will receive DIF's championship medal.</p> <p>No. 2 and 3 in D21 and H21 will receive DOF's championship medal, respectively in silver and bronze.</p> <p>No. 1, 2 and 3 in the other championship classes will receive DOFs championship medal in respectively gold, silver and bronze.</p> <p>Medals are awarded to the participants that have completed regardless of the number of participants in the class. Medals are only awarded to persons who are a member of a club under the Danish Orienteering Federation and a Danish citizen or on the day of the event is signed up with the Danish population register.</p> | | | | | | | | | | | | | | | | | | | | | |
| <p>Punching system</p> | <p>Sport Ident (SI) is used.</p> <p>Runners using own SI-card must provide the card number at time of entry. A rental SI-card will be provided at an additional fee of 20 DKK.</p> <p>Rental SI cards are handed out at the start and must be returned at the finish. Rental SI-card not returned after the race will be charged 500 DKK.</p> | | | | | | | | | | | | | | | | | | | | | |



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| Start | <p>First start at kl. 10.00.</p> <p>Interval of start: minimum 1 min.</p> <p>Call up will be 4 min. before start.</p> <p>Participants in classes with difficulty green (beginner) and white (easy) will have the map handed out 2 min. before start and will be offered help with the start from a start-official.</p> <p>Open courses have put-and-run start in the hours 10:00 - 12:00.</p> |
| Entry fee | <p>D/H-20: 140 DKK. Late entry, raised fee: 280 kr.</p> <p>D/H21-: 170 DKK. Late entry, raised fee: 340 kr.</p> <p>To this please add optional SI rent.</p> <p>Entry fees payable to OK Syd's bank account at Sydbank. Account number: 8010-7302525.</p> <p>Foreign participants pay by transfer to the following account:</p> <p>Account owner: Orienteringsklubben OK Syd Bank: Sydbank A/S, Danmark IBAN: DK7780100007302525 BIC/Swift: SYBKDK22</p> |
| Registration | <p>Club entries (DK) should preferably be through O-service via the nominated Club Administrator, no later than Sunday, August 30th, 2020.</p> <p>If no SI-card number is stated, a rental SI card will be assigned.</p> <p>Elite runners, Danish and foreign, who wishes to participate in the World Ranking Event, WRE classes: D21 (W21) and H21 (M21) <u>must</u> register through IOF Eventor.</p> <p>Other foreign runners must register by e-mail to: Kristian Toustrup. Email: toustrup@post3.tele.dk</p> |
| Late entry | Until Wednesday, September 9 th , 2020 before 10:00 at a raised fee. |
| Visa | Please refer to https://applyvisa.um.dk/ |
| Final details and start lists | To be published at the competition homepage not later than Thursday, September 10 th , 2020. |
| Showers | Showers and facilities for changing will be available at: Aabenraa Stadion, Vestvejen 25, 6200 Aabenraa . App. 1,8 km from the venue area / parking. |
| Accommodation | We refer to Aabenraa Tourist Agency: http://www.visitaabenraa.dk/ Phone: 7462-3500 |
| Toilets | There are toilets in the venue area and on the way to start. |



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| Kiosk | The event offers a well-stocked kiosk with reasonable prices. |
| Event office | At the venue area. Open from 09:00 |
| Children's Course | There is a taped children's course, free of charge, for younger children. All children completing the course will be get a small prize. Available at the venue area between hours 9:45 – 12:30. |
| Childcare | Not available. |
| Pre-training | Saturday, September 12th between 12:00 and 15:00 there will be a pre-training event in Gråsten Skov with free start (put & run). Please refer to the separate bulletin and information found on the event homepage: https://www.oksyd.dk/arrangementer/2020/dm-lang-fortraening.html |
| Map drawers | <ul style="list-style-type: none"> • Bent Petersen, OK Syd • Mogens Thomsen, OK Syd • Bjarne Bang Christensen, OK Syd |
| Event organisation | <ul style="list-style-type: none"> • Event Directors: Michael Termansen and Peter Pallesen, OK Syd • Course Planner: Bent Pedersen, OK Syd • Event Controller, WRE Adviser: Lars Thestrup, OK Melfar • Course Controller: Jesper Lundsgaard, Vestjysk Orienteringsklub • Jury Chairman: Lars Thestrup, OK Melfar • Jury members: Three members are appointed when all entries are available. |
| Event Directors and contacts | Event Director, Michael Termansen. Phone: +45-5151-2817 Event Director, Peter Pallesen. Phone: +45-5121-3863 Email: DMLang@oksyd.dk |

Best regards **OK SYD**

LØBEREN

TRIMTEX

 **ABENA**

ENGINEERING
TOMORROW

Danfoss