



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


**UPDATED ACCORDING TO COVID-19
REGULATIONS**



COVID-19 regulations	<p>The Corona rules from the Danish authorities have been updated and as a consequence of this the championship is divided into independent event:</p> <ul style="list-style-type: none"> • “DM Young” with start in the morning from 10:00 for the classes up to and including W/M50. • “DM Senior” with start in the afternoon from app. 14:00 for the classes from and including W/M55 and older. <p>It will be possible to pre-register for open courses in both events. No courses will be on sale on the day of the event.</p> <p>Other changes:</p> <ul style="list-style-type: none"> • No club tents are allowed on the venue and there will be no kiosk. • Only online results will be available. • No children’ s courses. • Water will be available in the finish area in bottles which are handed out by officials. • Due to the restrictions against assembling, the orienteers are encouraged to go directly from the parking area to the Start shortly before the start time, and again leave the venue shortly after finish line. • Persons driving together should as far as possible spend waiting time in the car both before start as well as after finish. <p>Further details can be fund in this document and in the final bulletin.</p>
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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 busses, please inform Event Director.



Venue area	On grass field located between Årup Skovvej and Sønderskovvej.
Distances	Parking area to start app. 1.300. Please go directly to the start! Finish will be on venue area. Venue areas to parking area app. 500 m.
Map	<p>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.</p> <p>All other classes either 1:7.500 or 1:10.000 according to DOF regulations. High quality laser printed.</p> <p>Waterproof, reinforced paper.</p> <p>The map is quality marked by DOF.</p> 
Control descriptions	<p>IOF-symbols. Loose control descriptions will be available at start on condition that fixation is possible. Officials will hand out the descriptions.</p> <p>Control descriptions are also printed on the map.</p>
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>



Courses and classes

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

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

*) D21=W21 og H21=M21 for WRE



<p>Open courses</p>	<p>The following open courses are offered:</p> <table border="1" data-bbox="571 479 1406 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>It is only possible to pre-register for open courses. No courses will be on sale on the day of the event.</p> <p>Open courses will be available both for the morning and afternoon event. Starting times will be assigned after the ordinary DM classes. The exact first starting time will be published in the final bulletin.</p> <p>The entry fee for open courses is identical to the ordinary on-time entry fee. Si card hire: 20 DKK. Deadline for entry is September 9th.</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
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<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 DOF's 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>Medals and other prizes are not expected to be handed out on the day. Further information will be in the final bulletin.</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>																					



Start	<p>All participants are requested to go directly from the parking area to the start so that the waiting time at start is minimized. Expect app. 10-minute walk from the parking area to start.</p> <p>As the championship is split into two events, there will be individual starts either in the morning or afternoon, depending on the selected class.</p> <p>Starting interval: 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 an official.</p> <p>Open courses are started after the ordinary DM classes in the morning and afternoon, respectively.</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>Open classes: 170 DKK. (no late entry).</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. For open courses the deadline is September 9th.</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	<p>Until Wednesday, September 9th, 2020 before 10:00 at a raised fee for DM classes.</p>
Final details and start lists	<p>To be published at the competition homepage not later than Thursday, September 10th, 2020.</p>
Visa	<p>Please refer to https://applyvisa.um.dk/</p>



DK COVID-19 regulations	For information on the COVID-19 regulations for non-Danish participants, please refer to the Danish Foreign Ministry: https://um.dk/en/travel-and-residence/coronavirus-covid-19/ and for further information: https://politi.dk/en/coronavirus-in-denmark/travelling-in-or-out-of-denmark/entry-into-denmark
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 parking area and on the way to start.
Kiosk	Not available.
Info office	On the way from the parking area to start. Open from 09:00
Children's Course	Not available.
Childcare	Not available.
Model event	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



Aabenraa
Kommune

