



**Invitation to**

**Pre-training for  
DM Long-distance Championship  
2020**

**Saturday 12<sup>th</sup> September 2020  
From 12 p.m. to 3 p.m.**



<b>Classification</b>	Open course arranged as a Put & Run. Informal pre-training for DM Long-distance Championship 2020.
<b>Organizer</b>	OK Syd
<b>Competition area</b>	Gråsten skov
<b>Competition homepage</b>	<a href="https://oksyd.dk/arrangementer/2020/dm-lang-fortraening.html">https://oksyd.dk/arrangementer/2020/dm-lang-fortraening.html</a> Here you will find invitation, instructions and results
<b>Parking and meeting place</b>	Parking and meeting place: Johs Kochsvej, 6300 Gråsten. Coordinates: <a href="#">54.919002</a> , <a href="#">9.585192</a>
<b>Start and finish</b>	Parking to venue area: 0 - 100 meters Finish on the venue area Venue area - start: approx. 300 meter
<b>Driving directions</b>	Take the highway towards Sønderborg and take exit 14 towards Gråsten. There will be marking from Gråsten castle to the venue on Johs. Kochs Vej 6300 Gråsten.
<b>Map</b>	Gråsten skov. 1:7.500, 1:10.000 and 1:15.000 with 5m equidistance. Drawn 2015 with updates 2016, 2018 and 2020 The maps are printed on water- and reinforce paper.
<b>Control descriptions</b>	IOF-symbols. There will be loose control descriptions available. The control descriptions are also printed on the maps.
<b>Terrain description and race area</b>	Typical east Jutlandic deciduous forest with a few areas of conifers. The terrain have a well-developed network of paths, roads, and ditches. The area varies from moderate to strong slopes.
<b>Event office</b>	Setup as Put og Run with no announcement of results, no water and no kiosk. Limited number of sales of open courses on the day. There will be water by the longest courses but not on the venue.



<b>Courses and classes</b>	<table border="1"> <thead> <tr> <th>Class</th> <th>Difficulty</th> <th>Length</th> <th>Scale</th> </tr> </thead> <tbody> <tr> <td>Bane 1</td> <td>Difficult</td> <td>8,5 km</td> <td>1:15.000</td> </tr> <tr> <td>Bane 2</td> <td>Difficult</td> <td>7,0 km</td> <td>1:10.000</td> </tr> <tr> <td>Bane 3</td> <td>Difficult</td> <td>5,5 km</td> <td>1:7.500</td> </tr> <tr> <td>Bane 4</td> <td>Difficult</td> <td>3,5 km</td> <td>1:7.500</td> </tr> <tr> <td>Bane 5</td> <td>Medium</td> <td>4,0 km</td> <td>1:10.000</td> </tr> <tr> <td>Bane 6</td> <td>Easy</td> <td>3,0 km</td> <td>1:10.000</td> </tr> </tbody> </table>	Class	Difficulty	Length	Scale	Bane 1	Difficult	8,5 km	1:15.000	Bane 2	Difficult	7,0 km	1:10.000	Bane 3	Difficult	5,5 km	1:7.500	Bane 4	Difficult	3,5 km	1:7.500	Bane 5	Medium	4,0 km	1:10.000	Bane 6	Easy	3,0 km	1:10.000
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<b>Punching system</b>	<p>Sport Ident (SI) is used.</p> <p>Runners using own SI-number must provide the card number at the entry. A rental SI-card can be provide at an additional fee of kr 20 (3 EUR).</p> <p>Rental SI-cards are handed out at start and must be returned at the finish. Not returned rental SI-card will be charged 500 kr (70 EUR) after the race.</p>																												
<b>Results</b>	<p>No results announcement at the venue. Individual stretch times are delivered in goal.</p> <p>Please use O-track (<a href="http://www.o-track.dk">www.o-track.dk</a>) to upload GPS tracking or this venue homepage.</p>																												
<b>Start</b>	<p>Put and run between 12:00 and 15:00. Ca. 1 minute start interval on each track. SI Start device must be stamped at the start moment. Follow the instructions of the staff.</p> <p>Runners on course 6 can have the map handed out 2 minutes before the start and offered starting help.</p> <p>Expect some of the classes have queues at certain times in the beginning.</p> <p>Rental SI-cards are handed out at start.</p> <p>Printed maps cards are taken at the start of the race.</p> <p>At the start, there are extra loose post definitions for the runners who can show a holder for these.</p> <p>Checks - including SI-cards - must be cleared and checked before starting.</p> <p>Clearing station have been set up for this purpose at the starting point.</p>																												
<b>Entry fee</b>	<p>All runners: 50 kr (7 EUR). Rental SI-card: 20 kr (3 EUR).</p> <p>Foreign participants can pay via this account</p> <p>Account owner: Orienteringsklubben OK Syd  Bank: Sydbank A/S, Danmark  IBAN: DK7780100007302525  BIC/Swift: SYBKDK22</p> <p>Please specify this is for "Pre-training DM-long"</p>																												



<b>Registration</b>	Foreign participants can also register to Rasmus Ejlersen <a href="mailto:r.ejlersen@gmail.com">r.ejlersen@gmail.com</a>
<b>Late entry/ on the day</b>	To a certain extent there will be printed extra maps to be sold on the day with a supplement of DKK 50 excl. SI-card. Registration and payment at the venue.
<b>Changing facilities and showers</b>	Dressing on the venue. No bath available.
<b>Children's course &amp; childcare</b>	Not offered.
<b>Toilets</b>	There are toilets on the venue.
<b>Start lists</b>	List of all pre-registered members will be published the day before the race on the website: <a href="https://oksyd.dk/arrangementer/2020/dm-lang-fortraening.html">https://oksyd.dk/arrangementer/2020/dm-lang-fortraening.html</a>
<b>Event director and map drawers</b>	Event responsible: John Bargmeyer, OK Syd. Tlf. 5171-8294. Email: <a href="mailto:brombjerg49@gmail.com">brombjerg49@gmail.com</a> Course planner: Bjarne Johannsen, OK Syd

Best regards **OK SYD**