



**Dansk  
Orienterings-Forbund**



INTERNATIONAL ORIENTEERING FEDERATION

## **Bulletin 2**

# **Danish Championship Long Distance 2020.**

## **IOF World Ranking Event**

**Løberen League 2020 and Trimtex Cup 2020**

**Sunday 13<sup>th</sup> September 2020**

**UPDATED ACCORDING TO COVID-19  
REGULATIONS**



## Revision history:

Revision:	Published:	Changes:
19.1	10/9-2020	Initially published version
20.2	10/9-2020	Chapter "Medals", page 9: Note regarding distribution of trophies etc.



<p><b>COVID-19 regulations</b></p>	<p>The Corona rules from the Danish authorities have been updated and as a consequence of this the championship is divided into two events:</p> <ul style="list-style-type: none"> <li>• “<b>DM Young</b>” with start in the morning for the classes up to and including <b>D/H50</b>.</li> <li>• “<b>DM Senior</b>” with start in the afternoon for the classes from and including <b>D/H55</b> and older.</li> </ul> <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"> <li>• No club tents are allowed on the venue and there will be no kiosk.</li> <li>• Only online results will be available.</li> <li>• No event office – but an information office at the parking area.</li> <li>• No children’ s courses.</li> <li>• Water bottles will be handed out by officials on courses longer than 6 km and in the finish areas.</li> <li>• No medal ceremony except for junior and senior elite classes.</li> <li>• Persons driving together should as far as possible spend waiting time in the car both before start as well as after finish.</li> </ul> <p>Due to the restrictions against assembling, the orienteers are encouraged to go directly from the parking area to the start shortly before their starting time, and leave the venue area shortly after finish line.</p>
<p><b>Classification</b></p>	<p>A-competition class **** Danish Championship Long Distance WRE elite event</p>
<p><b>Organizer</b></p>	<p>OK Syd</p>
<p><b>Competition area</b></p>	<p>Hjelm Skov, Årup Skov, Aabenraa Sønderskov</p>
<p><b>Closed areas</b></p>	<p>Please refer to the competition homepage</p>
<p><b>Competition homepage</b></p>	<p><a href="https://oksyd.dk/arrangementer/2020/dm-lang.html">https://oksyd.dk/arrangementer/2020/dm-lang.html</a> Here you will find: Bulletins, starting lists, results, pictures etc.</p>





**Parking and meeting place**

Meeting place and parking: Entry by the road Solbæk, from Rugkobbel, route 24.

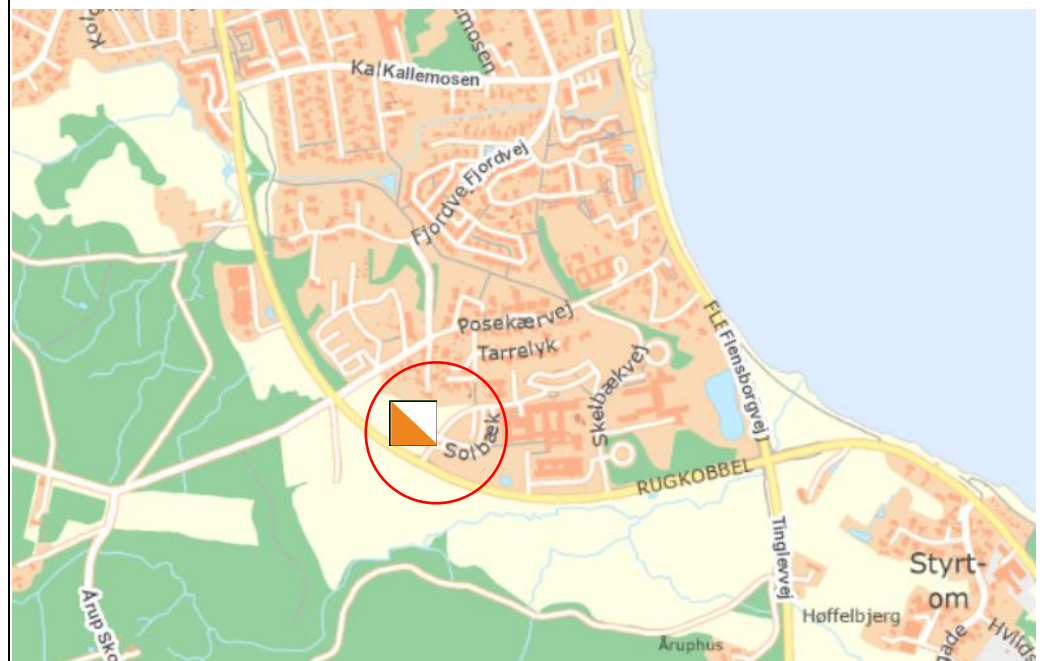
GPS coordinates: [55.022750, 9.415126](https://www.google.com/maps/place/55.022750,9.415126). GPS address: Solbæk 7, 6200 Aabenraa.

Parking will be on a private parking area owned by Sydbank. If parking is required for busses, please inform the Event Director.

Please note that Sydbank has several parking areas but only the one at the road Solbæk must be used.

Access to and from the parking area must be via Solbæk to Rugkobbel (route 24). It is strictly forbidden to go near or around Sydbank.

Overview of meeting place and parking area:






<p><b>Venue area</b></p>	<p>On grass field located between Årup Skovvej and Sønderskovvej. Please note that staying at the venue area must be kept to a minimum!</p> <div style="text-align: center;"> <p><b>Event Arena</b> <b>1 : 1500</b></p> </div>
<p><b>Information office</b></p>	<p>Placed close to the parking area on the way to start. Opening hours: From 9:00 until 30 minutes after last competitor has reported at the finish. Last minute change and rent of SI Card can be done here. Tracking units must be picked up here (for those in H21 and D21 who are assigned to have GPS tracking). Car keys can be kept at the information office at your own risk.</p>
<p><b>Distances</b></p>	<p>Parking area to start app. 1.300 m. Please go directly to the start by following the red/white tape. When leaving the parking area it <i>must</i> be done by following the road Solbæk to Rugkobbel. Please use the left (northern) sidewalk of Rugkobbel to the traffic lights before crossing the road. Finish will be on the venue area. Venue areas to parking area app. 500 m. Follow the blue/yellow/red/white tape.</p>





<p><b>Map</b></p>	<p>Aabenraa Syd. 5m equidistance. Map is drawn 2020 based on ISOM2017 H18, D18, H20 og D20, D21 and H21 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 is used.</p> <p>The map is quality marked by DOF.</p> <p>Water points are marked on the map. At one control where a trafficked road is crossed, the control with water point is marked in the control description. In the morning there will be three water points, and one in the afternoon race. All water points are manned by officials.</p> <p>On the courses for D10, D12, H10 and H12 a part of the route will be marked with tape.</p> <p>D10, D12, H10 and H12 will cross minor paved roads will little traffic.</p> <p>Map samples will <i>not</i> be available on start due to COVID-19 regulations.</p> 
<p><b>Control descriptions</b></p>	<p>IOF-symbols. Loose control descriptions will be available at start on condition that a suitable holder is used. Officials will hand out the descriptions.</p> <p>Control descriptions are also printed on the map.</p>
<p><b>Terrain description and race area</b></p>	<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. Smaller dense areas of blackberry will be marked as very difficult to run on the map.</p> <p>The Northern part is intersected by a busy road which will be passed by the longest courses. Officials will be controlling the traffic and their directions must be followed.</p> <p>In the north-western part of the running area (1:15000) several mountain bike tracks can be found. They are marked as small paths. Please observe any cyclist on the paths.</p> <p>It is not allowed to enter the designated running area before start. Please respect the signs.</p> <p>Running along the edges of open land is prohibited.</p>



<b>Forced crossings</b>	<p>The classes: D21, H18, H20 and H21 will have to cross a busy road twice. The forced crossing must be respected and directions from officials must be followed.</p> <p>The classes: H18, H20, H35, H40, D18, D20 and D21 will have a forced crossing of the venue area.</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	Length	Controls	Scale	Start
D10	Beginner	3.6 km	18 Poster	1:10.000	Morning
D12	Easy	3.3 km	16 Poster	1:10.000	Morning
D14	Medium	4.6 km	15 Poster	1:10.000	Morning
D16	Difficult	5.3 km	14 Poster	1:10.000	Morning
D18	Difficult	8.4 km	22 Poster	1:15.000	Morning
D20	Difficult	8.4 km	22 Poster	1:15.000	Morning
D21 *	Difficult	11.5 km	30 Poster	1:15.000	Morning
D35	Difficult	6.4 km	15 Poster	1:10.000	Morning
D40	Difficult	5.7 km	14 Poster	1:10.000	Morning
D45	Difficult	5.3 km	14 Poster	1:10.000	Morning
D50	Difficult	4.6 km	11 Poster	1:10.000	Morning
D55	Difficult	4.6 km	12 Poster	1:10.000	Afternoon
D60	Difficult	4.2 km	11 Poster	1:7.500	Afternoon
D65	Difficult	3.8 km	12 Poster	1:7.500	Afternoon
D70	Difficult	3.5 km	12 Poster	1:7.500	Afternoon
D75	Difficult	3.5 km	12 Poster	1:7.500	Afternoon
D80	Difficult	2.2 km	8 Poster	1:7.500	Afternoon
D85	Difficult	2.2 km	8 Poster	1:7.500	Afternoon
D/H90	Difficult	2.2 km	8 Poster	1:7.500	Afternoon
D18 and D20 share the same course					
H10	Beginner	3.6 km	18 Poster	1:10.000	Morning
H12	Easy	4.0 km	18 Poster	1:10.000	Morning
H14	Medium	5.8 km	17 Poster	1:10.000	Morning
H16	Difficult	6.4 km	15 Poster	1:10.000	Morning
H18	Difficult	12.6 km	29 Poster	1:15.000	Morning
H20	Difficult	12.6 km	29 Poster	1:15.000	Morning
H21 *	Difficult	17.2 km	42 Poster	1:15.000	Morning
H35	Difficult	11.3 km	27 Poster	1:10.000	Morning
H40	Difficult	9.8 km	24 Poster	1:10.000	Morning
H45	Difficult	8.9 km	18 Poster	1:10.000	Morning
H50	Difficult	7.9 km	16 Poster	1:10.000	Morning
H55	Difficult	7.0 km	15 Poster	1:10.000	Afternoon
H60	Difficult	6.5 km	14 Poster	1:7.500	Afternoon
H65	Difficult	5.2 km	14 Poster	1:7.500	Afternoon
H70	Difficult	4.7 km	13 Poster	1:7.500	Afternoon
H75	Difficult	4.1 km	12 Poster	1:7.500	Afternoon
H80	Difficult	3.5 km	12 Poster	1:7.500	Afternoon
H85	Difficult	3.5 km	12 Poster	1:7.500	Afternoon
D/H90	Difficult	2.2 km	8 Poster	1:7.500	Afternoon
D18 and D20 share the same course					

\*) D21=W21 og H21=M21 for WRE





<b>Open courses</b>	<p>The following open courses are offered:</p> <table border="1" data-bbox="461 432 1484 678"> <thead> <tr> <th>Class</th> <th>Difficulty</th> <th>Length</th> <th>Controls</th> <th>Scale</th> </tr> </thead> <tbody> <tr> <td>Open 1</td> <td>Difficult</td> <td>7,5 km</td> <td>13</td> <td>1:10.000</td> </tr> <tr> <td>Open 2</td> <td>Difficult</td> <td>5,8 km</td> <td>14</td> <td>1:10.000</td> </tr> <tr> <td>Open 3</td> <td>Difficult</td> <td>3,5 km</td> <td>11</td> <td>1:10.000</td> </tr> <tr> <td>Open 4</td> <td>Medium</td> <td>4,1 km</td> <td>13</td> <td>1:10.000</td> </tr> <tr> <td>Open 5</td> <td>Easy</td> <td>3,3 km</td> <td>16</td> <td>1:10.000</td> </tr> <tr> <td>Open 6</td> <td>Beginner</td> <td>3,0 km</td> <td>16</td> <td>1:10.000</td> </tr> </tbody> </table> <p>Open courses must pre-registered and all competitors will be assigned a fixed starting time.</p> <p><b>No courses will be on sale on the day of the event.</b></p>	Class	Difficulty	Length	Controls	Scale	Open 1	Difficult	7,5 km	13	1:10.000	Open 2	Difficult	5,8 km	14	1:10.000	Open 3	Difficult	3,5 km	11	1:10.000	Open 4	Medium	4,1 km	13	1:10.000	Open 5	Easy	3,3 km	16	1:10.000	Open 6	Beginner	3,0 km	16	1:10.000
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<b>Max time</b>	<p>3 hours for women's courses and 4 hours for men's courses.</p> <p>Unmanned radio controls are used.</p>																																			
<b>Medals</b>	<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 in the classes D20, D21, H20 and H21 will be awarded by a representative of DOF as soon as the classes are completed. Expected time will around 14:00. Spectators are requested to follow the ceremony on the internet. It will not be possible to watch the event at venue area.</p> <p>The winner of the remaining classes will receive their medals after the event.</p> <p>Any other prizes, trophies etc. must be sent directly to the winners according to individual agreements. It is not possible for the organizer to take part in the distribution.</p>																																			
<b>Seeding</b>	<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 23<sup>rd</sup>, 2020.</p>																																			



<p><b>GPS tracking</b></p>	<p>A list of runners in D21 and H21 who are assigned to be GPS tracked will be available at the event homepage and at the info-office.</p> <p>GPS tracking units and carrying-vests must be picked up at the info-office. It is the responsibility of the runners to collect the tracking units in due time. The units must be returned right after passing the finish.</p>
<p><b>Punching system</b></p>	<p>Sportident (SI) is used.</p> <p>Beware! The SI card used for the class H21 must be able to hold a minimum of 45 punches. For the classes H18, H28 and D21 the SI cards used must have a capacity of minimum 35 punches. It is the responsibility of the runners to use an appropriate SI card.</p> <p>For all other classes any type of SI-cards can be used. Touch-free cards must be punched directly in the control units.</p> <p>Runners are responsible for clearing and checking the SI card and verify the punching by either the flashing light or beep of the control. In case the control does not react, or the SI Card is defect, the backup punching system must be used on the R1 to R3 fields placed on the map. Please inform officials of this at the finish.</p> <p>Clear and check units are placed at start.</p> <p>Runners using their own SI-card must submit 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> <p>Control numbers are located on top of the SI control units.</p>





## Start

Runners are requested to go directly to the start as late as possible in order to minimize the waiting time at start. Allow app. 15 minutes' walk from parking area to start (app. 1300 m).

On the way to start there will be checkpoints which must not be passed earlier than 30 and 15 minutes before your start time, respectively.

Due to COVID-19 regulations runners should arrive at the start in short time before their starting time. Exempted from this rule are families with children running in the classes D10, D12, H10 and H12 who needs to be accompanied to the start.

The start will be grouped into two slots:

- "DM Young" with start in the morning from app. 10:00 for the classes up to and including D/H50.
- "DM Senior" with start in the afternoon from app. 13:30 for the classes from and including D/H55 and older.

If needed late entries will be assigned a starting time earlier than the times mentioned above.

A warm-up area will be available at start. It is prohibited to enter the terrain. Toilets will be available close to start.

Start lists will be published at the event homepage only.

Hand-disinfection stations will be available at start. Please use them!

Runners are called at 4 minutes prior to their assigned start time:

- 4 minutes before start: First start box is entered, and optional rental cards are handed out
- 3 minutes before start: Runners are offered a separate control definition if a suitable holder is used.
- 2 minutes before start: Runners in in green-beginner and white-easy courses (D10, D12, H10 and H12) are given their map by an officials who may also assist at the start. Runners are responsible for verifying that the correct map is received.
- 1 minute before start: The runner locates the box with the appropriate map. An official will hand out the map, and the runner may verify that the correct map is received – but no further examination of the map is allowed until the start-signal. Runners must stay at their map-box until the start signal sounds.

For runners in the classes D10, D12, H10 and H12 the last start box will be extended to the starting point, so 1 minute before start they must walk to the starting point and await the start signal.

- When the start signal sounds the runners may leave the start.

The starting point is shifted 60m from the starting line – except for the classes D10, D12, H10 and H12. The route to the starting point is marked by tape where a control marker is placed – which shall not be punched.

Late starters must present themselves to the officials at the start and will be assisted through the start boxes.


Tailing is only allowed on open courses. Runners who have been tailing can not start in DM classes.



<b>Start lists</b>	To be published at the competition homepage not later than Thursday, September 10 <sup>th</sup> , 2020.
<b>Finish</b>	<p>Runners must punch the control at the finish line and the map is collected by an officials.</p> <p>Hands should be disinfected before the SI card is read-out and returned if rented.</p> <p>Runners with GPS tracking must return the tracking units and any borrowed carrying vest.</p> <p>In case of disqualification the runner is offered an explanation.</p> <p>Please keep the que and distances when entering the finish.</p>
<b>Non finishing</b>	Non-finishing runners must present themselves at the finish to read-out the Sportident card.
<b>Results, streaming and announcing</b>	<p>Results will not be published, and no announcing will be done at the venue area.</p> <p>However, preliminary live results will be available online at: <a href="https://liveresultat.orientering.se/">https://liveresultat.orientering.se/</a></p> <p>Live transmission from the event will be streamed to a YouTube channel. A link will be available at the event homepage. Live video and sound will be transmitted from start, venue area and the forest.</p> <p>Fairness: No competitor is allowed to follow the transmission before after completing their own course.</p> <p>Finals results will be published as soon as possible at the event homepage.</p>
<b>Maps. O-track og Livelox</b>	<p>The map is collected at the finish. All maps will be available at the event homepage shortly after the last competitor has entered finish.</p> <p>At this time the courses will also be made available through O-track og Livelox.</p>
<b>Toilets</b>	Toilets will be placed at start and on the way from venue area to the parking area.
<b>Staying at the venue area</b>	<p>Due to COVID-10 regulations all runners must leave the venue area shortly after arriving at finish.</p> <p>Runners driving together should preferably wait in the car both before start and after completing the course.</p>
<b>Water</b>	<p>Water will be offered in bottles by officials after the finish. Empty bottles must be placed in the garbage bags.</p> <p>Water bottles will be handed out by officials on courses longer than 6 km and in the finish areas. The empty bottles must be left at the control.</p>





<b>Showers</b>	Showers and facilities for changing will be available at: <a href="#">Aabenraa Stadion, Vestvejen 25, 6200 Aabenraa</a> . App. 1800 m from the venue area / parking.
 <b>First-aid</b>	<p>A first-aid tent can be found at the venue area. If not manned please contact the officials at the finish.</p> <p>A defibrillator is located here.</p> <p>On-call GP (doctor): Phone +45 7011-0707</p> <p>Emergency treatment service: Sygehus Sønderjylland, Kresten Philipsens Vej 15, 6200 Aabenraa.</p> <p>In case of an accident please call 112 – and contact the standby emergency team through:</p> <ul style="list-style-type: none"> <li>• The info-office: Jørn H. Klausen, Phone +45 5152-4795. or</li> <li>• Event director: Peter Pallesen Phone +45 5121-3863 / Michael Termansen Phone +45 5151-2817</li> </ul>
<b>Club tents</b>	Not allowed.
<b>Transport of clothes</b>	Not available
<b>Kiosk</b>	Not available
<b>Children's Course</b>	Not available
<b>Childcare</b>	Not available
<b>Bibs</b>	Not used.
<b>Rules og conducts</b>	<p>Smoking is prohibited.</p> <p>Garbage, including empty water bottles, must be disposed in the garbage bins available.</p>



<p><b>Protests &amp; complaints</b></p>	<p>Complaints may be submitted in one of three ways:</p> <ul style="list-style-type: none"> <li>• At the info-office within the opening hours.</li> <li>• By Email to: <a href="mailto:dmlang@oksyd.dk">dmlang@oksyd.dk</a></li> <li>• By SMS to the event directors: Phone +45 5121-3863 or +45 5151-2817.</li> </ul> <p>Complaints must be filed as early as possible and no later than 30 minutes after max. time for the last starting runner.</p> <p>The Event Director will conduct a part-hearing and announce his decision in writing or on request by Email or SMS.</p> <p>Protests against the Event Director´s decision or against errors in the event must be submitted in the following ways:</p> <ul style="list-style-type: none"> <li>• At the info-office within the opening hours.</li> <li>• By Email to: <a href="mailto:lars.thestrup@dlgmail.dk">lars.thestrup@dlgmail.dk</a></li> <li>• By SMS to the chairman of the jury: Phone +45 2330-0898</li> </ul> <p>Protests must be submitted no lather 15 minutes after the announcement of a decision to a complaint. The chairman of the jury announces his decision in writing or on request by Email or SMS.</p> <p>Protests against the result lists must be submitted no later than 7 days after the final list is published on the event home page.</p> <p>If a complaint or protest is submitted by Email or SMS, please notify the recipient by phone or direct contact, to verify it has been received and acted upon.</p>
<p><b>Exemptions</b></p>	<p>The following exemptions have been granted by DOF:</p> <ul style="list-style-type: none"> <li>• Water is handed out in bottles as described.</li> <li>• Control descriptions are handed out by officials in start</li> <li>• Complaints and protests can be submitted at the info-office.</li> </ul>
<p><b>Corrections to Bulletin 1</b></p>	<p>No changes</p>
<p><b>Map drawers</b></p>	<ul style="list-style-type: none"> <li>• Bent Petersen, OK Syd</li> <li>• Mogens Thomsen, OK Syd</li> <li>• Bjarne Bang Christensen, OK Syd</li> </ul>
<p><b>Event organisation</b></p>	<ul style="list-style-type: none"> <li>• Event Directors: Michael Termansen and Peter Pallesen, OK Syd</li> <li>• Couse Planner: Bent Pedersen, OK Syd</li> <li>• Event Controller, WRE Adviser: Lars Thestrup, OK Melfar</li> <li>• Course Controller: Jesper Lundsgaard, Vestjysk Orienteringsklub</li> <li>• Jury Chairman: Lars Thestrup, OK Melfar</li> </ul>
<p><b>Jury members DM Young (morning)</b></p>	<ul style="list-style-type: none"> <li>• Andreas Bock Bjørnsen, OK Pan</li> <li>• Pernille Buch, OK Gorm</li> <li>• Iben Maag, Søllerød OK</li> </ul>





<b>Jury members DM Senior (afternoon)</b>	<ul style="list-style-type: none"> <li>• Torben Kristensen, OK Snab</li> <li>• Susanne Gasbjerg, Silkeborg OK</li> <li>• Gunnar Grue-Sørensen, Køge OK</li> </ul>
<b>Event Directors and contacts</b>	Event Director, Michael Termansen. Phone: +45-5151-2817 Event Director, Peter Pallesen. Phone: +45-5121-3863 Email: <a href="mailto:DMLang@oksyd.dk">DMLang@oksyd.dk</a>

Best regards **OK SYD**

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