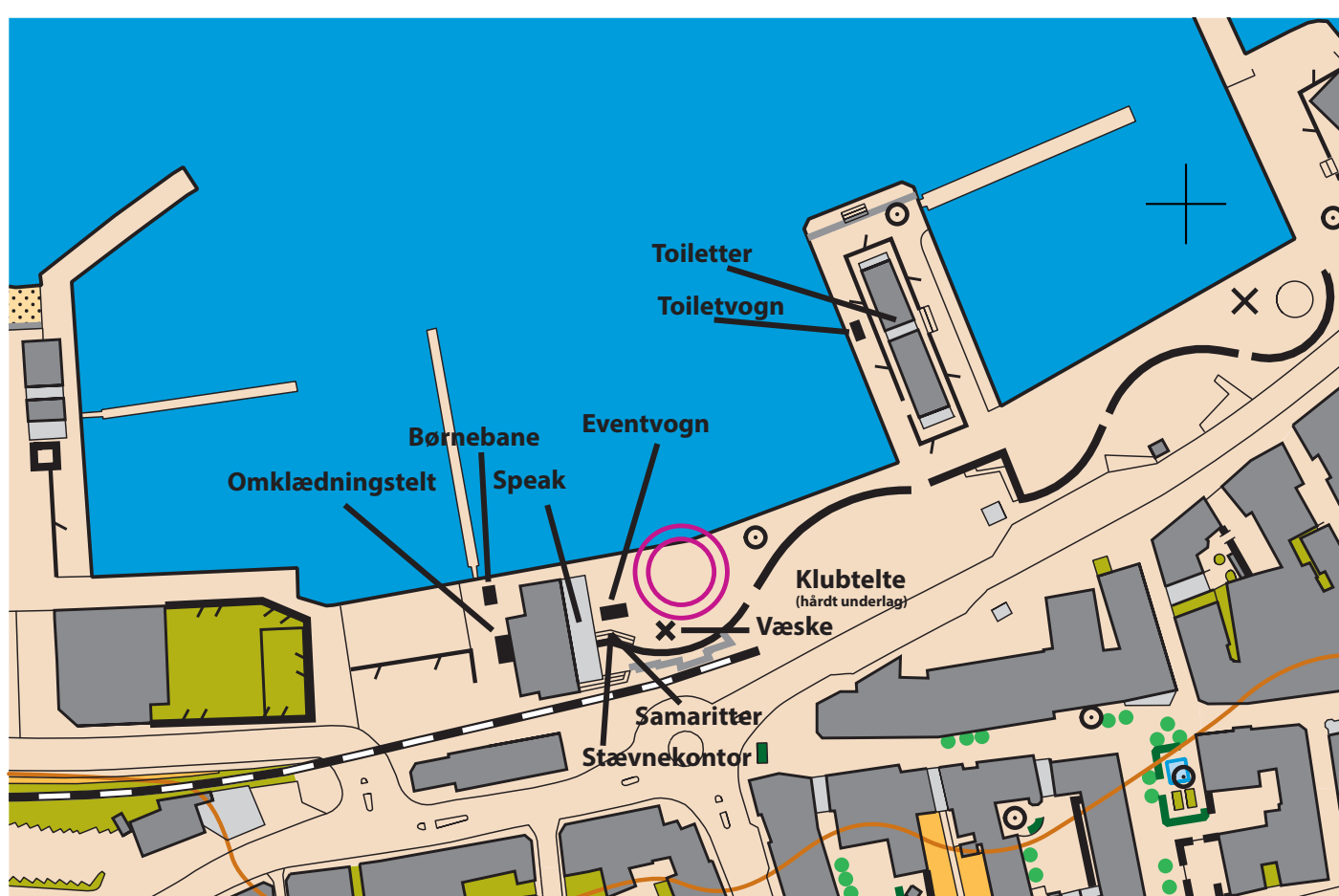


Danish Sprint Championships Final Details

Saturday 26th April 2014

- Organiser:** Vestjysk Orienteringsklub
Classification: A **** event / World Ranking Event
Changing & showers: Lemtorpskolen, Nissumvej 10, Lemvig. Signed from the Fabjergvej/Nissumvej cross-roads (route 565). <http://map.krak.dk/m/1N2oB>
For map see
Arena: Lemvig Harbour. Signed from the Rinkøbingvej/Lemvigvej cross-roads (route 28) and from the Fabjergvej/Nissumvej cross-roads (route 565).
 There are good toilet facilities – permanent toilets in the harbour buildings and a mobile toilet wagon.
 There is a changing marquee in the arena.
 There are several restaurants and cafés in the harbour area, so there will be no event food stall.
 The arena has a hard surface and tent pegs cannot be used.
 The Event Office will be open from 12.00.
- Terrain:** Lemvig is an almost 800-year-old market town situated at the end of Lem Vig in the western part of Lim Fjord. The Ice Age has created the characteristic landscape of the town and its surroundings, with steep slopes that encircle the town. Amongst other things this means that there are paths and roads in the town with slopes as steep as 15%. The competition area is largely a built-up area with many back yards, passages and alleyways. There are a few green and park-like areas and blocks of flats. A steep hill side cuts across the whole of the competition area from north-west towards south. Surfaces are very largely asphalt or paving stones, with a few areas of grass or gravel.
 Flower beds marked on the map with olive green are strictly out-of-bounds and must not be crossed or hopped over. In places where there might be doubt about access, tapes will be used which must not be crossed. Additionally, one or two gates in fences or beside buildings that must not be passed through or crossed will be taped as forbidden for passage.
- Note:** The centre of Lemvig will not be closed off for traffic, so runners must watch out for moving vehicles. From the last control to the finish, traffic will be regulated by the Home Guard.



- Distances:**
 Changing – parking: 2000 metres
 Changing – arena (on foot): 2000 metres
 Parking – arena: 500 metres
 Arena – start: 500 metres
 Arena – children’s courses: 200 metres
 Signs will be used to mark all the routes. The marked routes MUST BE FOLLOWED. Anyone found off the marked routes will be disqualified.
 (Note: all runners need to go to the arena, because hired EMIT bricks, EMIT back-up cards and start numbers will be issued in club bags from the Event Office).
 Any change in brick number must be reported at the Event Office before going to the start.

- Classes/course lengths/
no. of controls:**
- | | | | |
|-----------|------------------------------|------------------------------------|------------------------------|
| Course 1 | H-20, H21 | 2.57 km (4.11 km by optimum route) | 21 controls, 50 metres climb |
| Course 2 | D-20, D21 | 2.19 km (3.80 km by optimum route) | 22 controls, 50 metres climb |
| Course 3 | H-16, H35 | 2.30 km | 21 controls |
| Course 4 | D-16, D35 | 2.03 km | 16 controls |
| Course 5 | H40, H45 | 2.12 km | 20 controls |
| Course 6 | D40, D45 | 1.96 km | 18 controls |
| Course 7 | H50, H55 | 1.81 km | 18 controls |
| Course 8 | D50, D55 | 1.71 km | 15 controls |
| Course 9 | H60, H65 | 1.69 km | 18 controls |
| Course 10 | D60, D65 | 1.62 km | 15 controls |
| Course 11 | H70, H75, H80, H85, D70, D75 | 1.48 km | 16 controls |
| Course 12 | D-14, H-14 | 1.90 km | 15 controls |
| Course 13 | H-12, D-12 | 1.71 km | 16 controls |

- Open courses:** The H21 and D21 courses will be offered as open courses after the last Championships start. Enter at the Event Office. Cost: up to 20 years old, 100 kroner, others 140 kroner.
 Cost to hire an EMIT brick: 25 kroner.
 All courses will have a radio control.

- Map:** Lemvig Centrum. 1:4,000, contour interval 2.5 m. Newly drawn in 2014 based on material from COWI and Lemvig Kommune.
 Survey and drawing: Bjarne Olsen. Map Consultant: Kell Sønnichsen.
 The map is offset-printed on tear- and water-proof paper. It has been awarded the Danish Orienteering Federation’s Quality Mark.
 Control descriptions are printed on the map. Loose copies can be obtained at the start.
 Special symbol: play equipment, marked with x.

- Start and finish:** There is a marked-out warming-up area and drinks at the start. Toilets at the start for elite runners; all others, please use toilets at the arena.
 Competitors in the elite classes must be in the start area by 13.50 at the latest.
 EMIT bricks will be checked at the entrance to the start area.
 Selected runners will carry tracking equipment to be collected at the start. The tracking will be displayed with a delay in order not to prejudice the fairness of the competition. Tracking equipment must be handed in at the finish.
 Runners will be called into the first start box 4 minutes ahead of start time.
 D-12 and H-12 runners get their maps 2 minutes before their start time. All other runners take their maps at the start time.
 The competition map without controls will be displayed in the start box between 3 and 2 minutes before the start.
 Any late starters must make themselves known to a start official.
 There is no clothing transfer to the finish.

- Maximum time is 50 minutes.
 After the finish, maps must be dropped in a box. After the last start, new maps will be issued in club bags from the Event Office.
 Any runner who retires must report to the finish.

There are drinks provided at the finish.

- Awards:** There are medals for 1st, 2nd and 3rd places in all classes.
 The winners of D21- and H21- receive Danish Sports Council medals.
 All class winners will receive a souvenir gift from Lemvig Kommune.
 The prize-giving for elite classes will take place when the results are confirmed. The Awards Ceremony for all other classes will be held when the competition is over.

- Children’s courses:** There will be free-of-charge children’s courses with the start at the arena at Lemvig Harbour.

- Organising team:**
Organiser: Lars Rask Vendelbjerg, Vestjysk OK, lars@vendelbjerg.dk, telephone (45) 4098 3499
Course Planner: Jesper Lundsgaard, Vestjysk OK
Course Controller: Jess Rasmussen, Viborg OK
Mapper: Bjarne Olsen, Vestjysk OK
Time-keeping and Results: Lars Ole Kopp, Vestjysk OK
Start: Jørgen Damtoft, Vestjysk OK
Arena: Silas Hargaard, Vestjysk OK
Commentary: Lars Klode, Herning OK
Event Office and facilities: Niels Henrik Olesen, Vestjysk OK
First aid: Lizzie Olesen, Vestjysk OK
Children’s courses: Anette Hebsgaard, Vestjysk OK

- Jury** (contact via Event Office):
 Erik Bobach, Silkeborg OK (IOF Event Adviser)
 Kaj Ø Laursen, Aalborg OK
 Birgitte Birck, Allerød OK
 Eskil Schønning, OK West