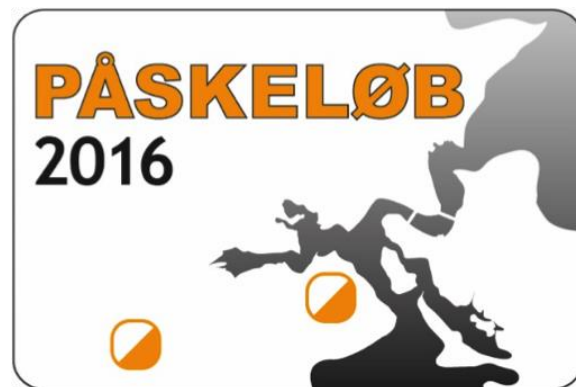


# INSTRUCTION – PÅSKEØB 2016

Kolding Orienterings Klub and OK Melfar arrange Påskeløb 2016 the 24<sup>th</sup>-26<sup>th</sup> of March in the forests around Kolding. The event is ranked as a C\*\*\*\*\*-event.



## Area

- Stage 1: Fovslet  
Stage 2: Stenderup Midtskov  
Stage 3: Stenderup Midt- og Nørreskov

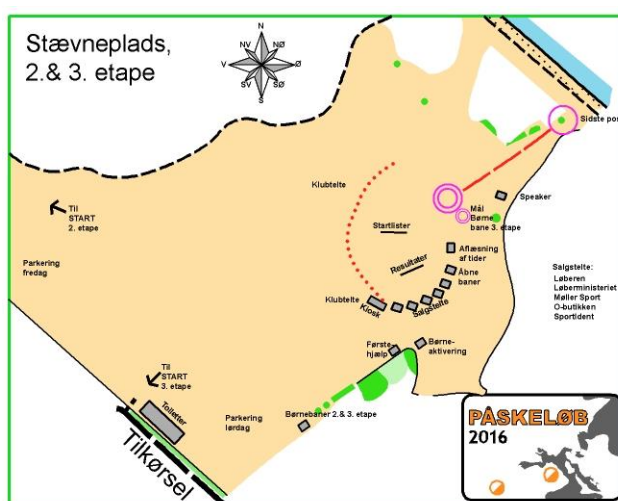
### Venue – driving information

Stage 1 is marked from Hjarup (road 25) between Kolding and Vamdrup.  
GPS: 55.449585, 9.367721

Stage 2 and 3 are marked from Stenderupvej in the roundabout in Sdr. Stenderup.  
GPS: 55.460747, 9.613093

## Event Center

Event Office open every day at 9 am at the event area.



## Distances

Stage 1: Parking to event area: 400-700 m. Event area to start: 1200 m  
Stage 2 and 3: Parking to event area: 0-200 m. Event area to start: 600 and 1000 m

Event area to changing and shower: 16-18 km

### Course lengths and number of controls

Final length and number of controls can be seen at the web-site.  
Stage 2 is middle distance.

## Refreshments points

Stage 1: Refreshment control with water is available for the courses 1, 2, 3, 4 and 5.  
Stage 2: Refreshment control with water is available for the courses 1, 2, 3 and 7.  
Stage 3: Refreshment points along the road are passed by the courses 1-6.

Please use the bins next to the water controls/stations.

## Event Office

The Event Office at the Event Area open every day at 9 am.

At the Event Office you can:

- Pick up club bags with SIAC-cards and bibs
- Buy open courses
- Change name etc.
- Pay missing fees
- Inlet/outlet for missing stuff

## Open Classes

Open classes are offered I different difficulty and lengths. These start slots are sold at the Event Office at the event area.

	Opening hour	Start interval
Stage 1	10.00 – 12.00	11.00 – 13.30
Stage 2	09.00 – 11.00	10.00 – 12.30
Stage 3	09.00 – 11.00	10.00 – 12.00

Prices: DKK 110 for D/H-20 and DKK 140 for D/H21-.

SIAC-card is rented for free. Not returned SIAC-cards are charged with DKK 600.

## Punching system

The punch type is SportIdent Touchfree for all stages. **EVERYONE NEEDS TO USE A RENTED CARD.**

Rental SIAC-cards are handed out at the Event Office – in club package.

Not returned SIAC-cards are charged with DKK 600.

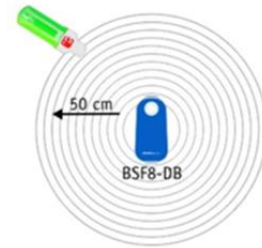
## Sportident Touchfree - SIAC - INSTRUCTION

SIAC-card is active 'touchfree', this means the card can register the control station up till 50 cm from the control.

The control is registered by:

- Lead the card over the control station in a distance of max. 50 cm from the control or
- Punching the station directly

If the registration is done properly the SIAC-card makes a visible and acoustic sign.



*Does the SIAC-card not make a visible or an acoustic signal then pu for registration.*

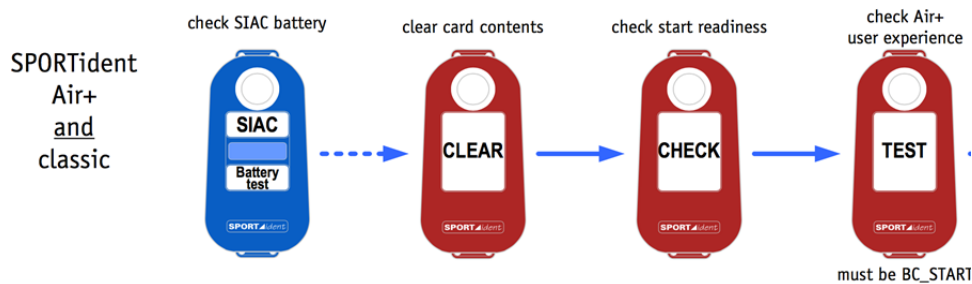
### RED/BLUE START - Before start:

BATTERY TEST – To check your battery level

CLEAR – Clear the card from previous event

CHECK – Activate the card (if the card is not cleared it cannot be activated)

TEST – Your control for your card is active (if the card is not checked it cannot be activated)



### GREY START - Before start:

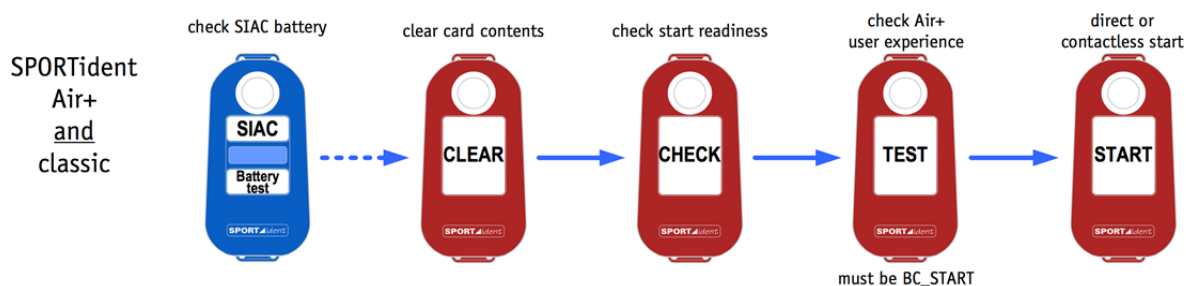
BATTERY TEST – To check your battery level

CLEAR – Clear the card from previous event

CHECK – Activate the card (if the card is not cleared it cannot be activated)

TEST – Your control for your card is active (if the card is not checked it cannot be activated)

START – Starts your time for classes with free start (put&run). *This is handled touchfree – you don't need to punch the START-station. Follow the advice from the starting personal.*



### FINISH

In finish the card is registered by transponders at the finish line.

## Number Bibs

All competitors must wear the same bib at all days. The bib is printed with name, starting time and SIAC-number. Bibs are handed out together with the SIAC-cards in club package from the Event Office at the Event Area.

For the chasing start on stage 3, the 10 first starting runners in each class have to use a new bib this is handed out at the start.

## Maps

All maps are new drawn and updated to event date according to the DOF's map specification.

Map scale 1:10.000 and 1:7.500 for D/H 60-.

2.5 m contour.

Maps are offset printed on tear and water resistant paper.

The maps are prepared after the map specification with a few special signatures::

- Tre roots are withdrawn as a green X, if the root has a high over 3 meter.
- Single trees/bushes which differ from the surroundings are withdrawn as a green O.
- Tracks are divided in two categories. Tracks which are visible and easy to use are drawn as NARROW RIDE and tracks which are visible but difficult to use are drawn as a NARROW RIDE with a green line beneath.

### SPECIAL SIGNATURE

When we draw the maps we found it necessary to make a deviation from the three well known guidelines **PATH**, **INDISTINCT PATH** and **NARROW RIDE**.

We have divided the three well known signatures into **PATH** and **TRACK** as described below:

**A PATH** shall bear a clear sign of frequent use and signs of wear.

The signature is as a path use to be.



**A TRACK** is a visible passage which can be followed because of an opening in the vegetation, it is an old tractor track or the under vegetation differ.



**TRACKS** are divided into two categories:

Tracks which are visible and easy to use.

The signature is like NARROW RIDE use to be.



Tracks which are visible but difficult to use.

The signature is as NARROW RIDE but with a green line underneath.



**The signature "indistinct path" is deleted.**

The signatures can be combined.

### Stage 1:

The map 'Fovslet' is new drawn in 2014 with changes up till the event 2015/2016.

### Stage 2 and 3:

Stenderup Nørre- og Midtskov is new drawn in 2015/2016.

## Control Description

Control descriptions are printed on the maps. Loose descriptions are available if you wear a holder.

## Terrain

### Stage 1

Fovslet Skov is an approx. 320 ha state and private forest. The private part are seldom used for orienteering but for this event almost used for all competitors.

The forest is:

- a flat nature forest which are allowed to care for it selves
- varied in vegetation and run ability
- with relatively dense undergrowth many places which in the early spring is less significant as in summer time
- with a lot of details but few paths and offer exciting fine orienteering
- with many narrow rides

New work tracks can occur without being drawn on the map.

In some minor areas there are wind felled trees, this are drawn as dense 3 on the map and may NOT be passed.

### Stage 2 og 3

Stenderupskovene is an approx. 680 ha forest, divided in Midtskoven (stage 2) and Nørreskoven (stage 3).

The forests are

- mainly flat with steep slopes against Lillebælt and Kolding Fjord. The slopes contain a lot of curve details
- structured by a clear net of long plain paths. There are not that many paths but a lot of tracks from former work in the forest. The tracks are seen as openings in the vegetation, as old tractor tracks or a different undergrowth
- mainly open forest with high trees planted on a clayed ground. The ground is drained by many minor water channels
- in some areas quite open with undergrowth but this is less widespread in early spring

## Speciel topics for the single stages

### Stage 1

Prohibited area:

There are more prohibited areas in the forest these are marked by vertical hatching on the map but not tapped in the terrain. The prohibited areas may NOT be passed.

Courses and controls:

There are many controls in the terrain. In some areas they are places very close especially around start and finish. Be aware of checking the control numbers to avoid disqualification.

### *SPECIAL INSTRUCTION FOR STAGE 1*

Marked paths or marked routes:

In the classes D14B, H14B, D20C, H20C, D21C and H21C the route between control 14 and 15 is marked in the terrain with red/white marks.

In the classes D12A and H12A the routes between control 6 and 7 and between control 16 and 17 are marked in the terrain with red/white marks. The route between control 6 and 7 are also drawn on the map by a dotted line as a path.

### Stage 2

Prohibited area:

There are more prohibited areas in the forest for the animals and they are marked on the map by vertical hatching but not tapped in the terrain. The prohibited area along the road to the Event Area will be fully

marked along the road and 20 m into the forest and again in the SØ corner. The prohibited areas may NOT be passed.

Courses and controls:

There are many controls in the forest. We recommend the competitors to be aware and check the control numbers to avoid disqualification.

The course is a middle distance.

### Stage 3

Prohibited area:

There are more prohibited areas in the forest these are marked by vertical hatching on the map but not tapped in the terrain. The prohibited areas may NOT be passed.

Courses and controls:

There are many controls in the forest. We recommend the competitors to be aware and check the control numbers to avoid disqualification.

### **First start**

Stage 1 at 11 am

Stage 2 at 10 am

Stage 3 at 10 am

On stage 1 and 2 the start is individual start with fixed interval.

On stage 3 the start is chasing start for all classes except for beginners and easy courses.

Start is marked by red band from event area.

### **Start procedure**

There is only one start each day but the start is split into three boxes colored by grey (grå), red (rød) and blue (blå). The color of the number bib refers to the color of the start you have to enter. Grey start are for competitors in the beginner or easy difficulty category with free start (put&run), see special starting procedure for this start.

It is a quiet start.

The competitor is responsible for using the right SIAC-card. The number can be found on the bib.

### Stage 1 and 2

On stage 1 and 2 the competitor enters the first start box 4 minutes before their start time. See instruction at start or in 'SportIdent instruction' above.

There are a small differens between RED/BLUE start and GREY start. In RED/BLUE start the start time is fixed while in the GREY start it starts by passing the START-station.

### Stage 3 – CHASING START – only start red and blue

REMARK – ENTER THE START BOX 5 MINUTES BEFORE START TIME!

Classes starting from red and blue start do as follow:

1) Pick up a new bib if you are in top-10 in your class. The bibs are placed at the start. All other competitors have to use the bib from stage 1 and 2.

2) Enter the start when our starting time is shown on the clock (5 minutes before). If your start time is 10.42.56, you enter the start when the clock shows 10.42.00. it is quiet start.

- 3) Receive a START CARD by the table in the tent
- 4) Immediately proceed and pick up a control description
- 5) Proceed and take the map and fold it
- 6) Proceed
  - CLEAR the SIAC-card
  - CHECK the SIAC-card
  - TEST the card for 'touchfree'
- 7) Find your right place and hold your start card visible when you proceed
- 8) When you start throw the start card in the trash

#### FREE START (put&run) – grey start box

Beginner and easy courses have free start (put&run) all three days and wear the same bib every day.

Free start is open:

Stage 1        11:00-13:30

Stage 2 & 3   10:00-12:30.

Competitors must contact the starting personal and follow their advices. They speak English and German. See instruction at start or in 'SportIdent instruction' above.

Competitors in B- and beginner-classes must be followed (shadowed) by others. Competitors in A-classes must only be helped by the starting personal and can NOT be followed in the forest.

#### To late starters

To late starters must contact the starting personal and follow their advices.

#### Start Point

The starting point is marked by a flag.

#### **Toilets**

Toilets are available at the Event Area and close to the start.

#### **Coveralls**

There is no transportation of coveralls.

#### **Finish**

Finish are registered 'touchfree' when passing the finish line. Follow the marked route for read out.

When passing the finish line the active part of the SIAC-card is turned off and will after that only work manual.

The result after the Chasing start is decided on the finish line.

After finish the runners can keep the map but we appeal for fairness so do not show the course to runners which have not been in the forest yet.

Max. time is 150 minutes for all classes. Runners passing this limit will be noted as dismissed.

All runners MUST pass finish.

#### **Starting lists**

Starting lists can be seen on the web-site.

For stage 3 – chasing start – the fix-time can be seen on the web-site.

## **Results**

Results will be shown at the Event Area.

The results will not be on the internet before after the event due to very bad mobile coverage.

## **Prices**

### Prices Stage 1 and 2:

Prices for top 3 A-youth classes up to D/H16 and for the winners in B-youth classes up to D/H16.

### Stage 3:

Prices for overall top 3 in all A-classes and for the all winners in B and C-classes.

Price giving will be a running process and is announced by the speaker.

## **Changing and shower**

Changing and shower is offered at Bøgelund, Bramdrup Skovvej 40, 6000 Kolding.

## **Children's course**

Children's courses are offered every day for free, starting from the event area. A small price is given to each participant.

Opening hours:

Stage 1: 10.30-15.00

Stage 2: 09.30-14.00

Stage 3: 09.30-14.00

## **Childcare**

Childcare facilities are offered for free for all pre???? Childcare opens half an hour before start and close one hour after the last starting time.

## **Food and drinks**

A large cafeteria with sandwiches, snacks and drinks is at event area.

## **Pre-race training 22<sup>nd</sup> and 23<sup>rd</sup> of Marts**

Tuesday 22<sup>nd</sup> – 1pm to 3 pm, Put&run, in Marielund, [Bramdrup Skovvej 40, 6000 Kolding](#)

Wednesday 23<sup>rd</sup> – 11am to 1pm in Hindsgavl, Naturparken, [Galsklintvej 2, 5500 Middelfart](#)

A limited number of maps are sold at the start. Fee DKK 50.

The training is on printed maps and with SportIdent Touchfree

## **Ordensregler**

Rygning er forbudt alle steder på stævneplads og i omklædningsfaciliteter.

## **Event Organization**

### Event planners:

Susanne Højholt, +45 2242 4039, [hojholt@mail.tele.dk](mailto:hojholt@mail.tele.dk)

Per Eg Pedersen, +45 2083 7456, [per@eg-net.dk](mailto:per@eg-net.dk)

Helle Sørensen, +45 2685 1797, [ht.soerensen@gmail.com](mailto:ht.soerensen@gmail.com)

### Event controller:

Per Filskov, Odense OK



Course setters:

Stage 1: Thomas Uhlemann, Kolding Orienterings Klub

Stage 2: Peter Knudsen and Søren Mikkelsen, OK Melfar

Stage 3: Steen Sig and Klaus Staugaard, Kolding Orienterings Klub

Jury:

Ebbe Møller Nielsen, OK Pan

Jurymembers:

Syd: Kaj Isaksen, OK SNAB

Nord: Tage Baun, Horsens OK

Øst: Dorthe Skovlyst, FIF Hillerød

