



Instruction to

Pre-training for

DM Long-distance Championship

2020

Saturday 12th September 2020

From 12 p.m. to 3 p.m.



Classification	Open course arranged as a Put & Run. Informal pre-training for DM Long-distance Championship 2020.
Organizer	OK Syd
Competition area	Gråsten skov
Competition homepage	https://oksyd.dk/arrangementer/2020/dm-lang.html Here you will find invitation, instructions, control descriptions and results
Parking and meeting place	Parking and meeting place: Johs Kochsvej, 6300 Gråsten. Coordinates: 54.919002, 9.585192
Start and finish	Parking to venue area: 0 - 100 meters Finish on the venue area Venue area - start: approx. 300 meter. Follow the Red/White sign.
Driving directions	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.
Map	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.
Control descriptions	IOF-symbols. There will be no control descriptions available please download from the homepage. The control descriptions are also printed on the maps.
Liquid	There is no liquid. Remember to bring liquid by yourself.
Terrain description and race area	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.
Event office	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. Notice a change to the invitation that there will be no water by the longest courses. Car keys can be handover to the official at the venue in a plastic bag.



Courses and classes	<table border="1"> <thead> <tr> <th>Class</th> <th>Difficulty</th> <th>Length</th> <th>Scale</th> <th>Controls</th> </tr> </thead> <tbody> <tr> <td>Bane 1</td> <td>Difficult</td> <td>8,7 km</td> <td>1:15.000</td> <td>18</td> </tr> <tr> <td>Bane 2</td> <td>Difficult</td> <td>7,4 km</td> <td>1:10.000</td> <td>14</td> </tr> <tr> <td>Bane 3</td> <td>Difficult</td> <td>5,3 km</td> <td>1:7.500</td> <td>15</td> </tr> <tr> <td>Bane 4</td> <td>Difficult</td> <td>3,6 km</td> <td>1:7.500</td> <td>13</td> </tr> <tr> <td>Bane 5</td> <td>Medium</td> <td>4,4 km</td> <td>1:10.000</td> <td>12</td> </tr> <tr> <td>Bane 6</td> <td>Easy</td> <td>3,2 km</td> <td>1:10.000</td> <td>10</td> </tr> </tbody> </table>	Class	Difficulty	Length	Scale	Controls	Bane 1	Difficult	8,7 km	1:15.000	18	Bane 2	Difficult	7,4 km	1:10.000	14	Bane 3	Difficult	5,3 km	1:7.500	15	Bane 4	Difficult	3,6 km	1:7.500	13	Bane 5	Medium	4,4 km	1:10.000	12	Bane 6	Easy	3,2 km	1:10.000	10
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Punching system	<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>																																			
Results	<p>No results announcement at the venue. Individual stretch times are delivered in goal.</p> <p>Please use O-track (www.o-track.dk) to upload GPS tracking or this venue homepage.</p>																																			
Start	<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>There will be no control descriptions available please download from the homepage</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>																																			
Late entry/ on the day	<p>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.</p> <p>Registration and payment at the venue.</p>																																			
Changing facilities and showers	<p>Dressing on the venue. No bath available.</p>																																			



Children's course & childcare	Not offered.
Max time	150 min. All runners must register in finish.
Toilets	There are toilets on the venue.
Start lists	List of all pre-registered members will be published the day before the race on the website.
Event director and map drawers	Event responsible: John Bargmeyer, OK Syd. Tlf. 5171-8294. Email: brombjerg49@gmail.com Course planner: Bjarne Johannsen, OK Syd

Best regards **OK SYD**