Open Danish Championship in Biathlon Orienteering

Instruction for Middle distance Sunday

Terrain   The terrain consists of coniferous forest including some open moor land in between. Inland sand dunes form the contour lines of the terrain. The sand dunes vary from being rather insignificant in some flatter parts to being significant with height differences around 5-10 meters in larger parts, but also between 20-40 meters in the most hilly part. The ground is generally solid making fast running possible. Most vegetation is open giving good visibility, but some scattered thicker parts has low visibility and allows slower speed only.

A special and rare natural phenomenon is the 7-years lakes in the centre of the terrain. The name has been given due to the shift from being dry land to being lakes every seventh year. At the moment the lake area is mainly dry and easy crossable almost everywhere due to a rather solid ground.

Due to an increasing traffic of tourists in the lake area there can be some extra tracks not necessarily marked on the map.

Maps   Free orienteering:

Frederikshåb, scale: 1:10.000, contour interval: 2,5 m, updated 2014.

The map is printed on waterproof paper. All 3 loops are printed on the same paper but as 3 individual maps.

Toilets   Toilets are available at the assembly area.

Tents   Nations can put up their own tents at the assembly area.

Embargoed Areas   All terrain surrounding the shooting range is competition or safety area and out of bounds. Warm-up can be done on the paths connecting the shooting range and the parking area. The old runway (the parking area) may also be used.

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Time system   Electronic Emit is used for punching. Between location orienteering and free orienteering there will be a unit, which has to be punched.

Number bibs   Number bibs will not be used for this competition.

Refreshments   Water will be available at the shooting range.

Competition sequence   Start -> Prone shooting (5) -> Penalty loops (if relevant) -> Free orienteering #1
-> Prone shooting (5) -> Penalty loops (if relevant) -> Free orienteering #2
-> Standing shooting (5) -> Penalty loops (if relevant) -> Free orienteering #3
-> Standing shooting (5) -> Penalty loops (if relevant) -> Finish line.

M/W-12 will only run one free orienteering loop and do prone shooting with support.

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Classes   The schedule below shows the distances and loops for each class.

Classes	Free orienteering	Free-o loops
M/W12	2,8 km	1
W20	5,7 km	3
W21	6,9 km	3
W50	4,4 km	3
M20	7,4 km	3
M21	8,6 km	3
M40	6,9 km	3
M50	5,7 km	3
M60	4,9 km	3

Control description   Control description will be available 2 minutes before start. The description is also printed on the front page of the map.

Start procedure   The runners will be called up 4 minutes before start. There are 4 boxes. In the first box the emit card will be checked. In the third box control descriptions will be offered. In the last box the emit card must be put into the zeroing unit 5 seconds before start when the start signal starts the count down. At the last signal the runners lift the emit card and his/her time will start.

- 4 min.	- 3 min.	- 2 min.	- 1 min.
Check of Emit card	→	Control descriptions	→

Instruction for Classic race Saturday

Shooting   From the start runners must follow a marked path to the weapon area, pick up their weapon and bring it to the shooting line to fire 5 shots in prone position. Secondly the runners deliver the weapon back to the weapon point and proceed either to the penalty loop or directly on a marked route to the start of 1st orienteering loop if all 5 targets were hit.

All shootings will follow the same procedure (except M/W12 who will be given a special instruction).

Finish   After completing the last shooting (and penalty loops if needed) runners must follow the marked route to the finish line.

Weapon safety   For safety reasons, when moving with weapons, it is important that the runners carry them with a hand on the barrel so that the barrel is pointing straight upwards. A safety look must be inserted in the weapon at all times except when shooting.