



Instruction Relay competition

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|-------------------|---|
| Terrain | <p>The area offers a magnificent glacial landscape with many interesting, unique and varying orientation challenges. The landscape is sculpted by the intense pressure of the ice masses and the erosion of the meltwater during the last Ice Age. Together these have created distinctive tunnel valleys, lakes, dead-ice kettles in a terrain with hilly slopes and nutrient-poor heathland on sandy sediment.</p> <p>The forest consists mainly of conifers. In the eastern part of the area is a typical central Jutland plantation with a detailed curve image and rapid changing visibility and run ability created by either fallen trees from hurricanes or from intense forestry. Some areas are with many paths and trails, but also large areas without proper lead lines. The western parts of the area is used as military training ground and have open heather and grass areas but also areas with open sand created by tracked vehicles. The dead-ice kettles appear either as deep lakes or marshes.</p> |
| Maps | <p>Finderup, Scale 1:10.000 000 all classes, equidistance 2,5 m, map from 2017, updated 2018.</p> <p>First and second orienteering loop is printed at each side of the paper. It is the runners own responsible to run the loops in correct order. The control numbers is printed continuously.</p> |
| Distance to start | <p>Startpoint is at the assembly area.</p> |
| Toilets | <p>Toilets are available at the assembly area</p> |
| Tents | <p>Nations and teams can put up their own tents at the assembly area.</p> |
| Embargoed Area | <p>Assembly area; all terrain around the assembly area is competition area and out of bounds. Warm up can only be done in the assembly area.</p> |
| Time system | <p>Electronic Emit is used for punching. Organizer provides Emit</p> |

cards.

Number bibs All participants have to wear a number bibs, attached to the chest. Number bibs will be available at assembly Sunday morning

Competition procedure Free orienteering – prone shooting – free orienteering - standing shooting – change over/finish line

Water Water will be available at the assembly area/shooting range.

Classes

| Relay | | | | | |
|--------------|-------------------|-----------------|--------------|-----------------------|-----------------|
| Class | Length (m) | Controls | Scale | Water Stations | Map Size |
| W16 | 3,840 – 3,890 | 17 | 1:10.000 | At shooting range | A4 |
| W20 | 4,670 – 4,740 | 18 | 1:10.000 | At shooting range | A4 |
| W21 | 5,220 – 5,280 | 21 | 1:10.000 | At shooting range | A4 |
| W21B | 3,840 – 3,890 | 17 | 1:10.000 | At shooting range | A4 |
| W70 | 4,670 – 4,740 | 18 | 1:10.000 | At shooting range | A4 |
| W95 | 3,840 – 3,890 | 17 | 1:10.000 | At shooting range | A4 |
| W120 | 3,300 – 3,410 | 13 | 1:10.000 | At shooting range | A4 |
| M16 | 3,840 – 3,890 | 17 | 1:10.000 | At shooting range | A4 |
| M20 | 5,220 – 5,280 | 21 | 1:10.000 | At shooting range | A4 |
| M21 | 5,710 – 5,800 | 18 - 21 | 1:10.000 | At shooting range | A4 |
| M21B | 4,670 – 4,740 | 18 | 1:10.000 | At shooting range | A4 |
| M70 | 5,220 – 5,280 | 21 | 1:10.000 | At shooting range | A4 |
| M95 | 4,670 – 4,740 | 18 | 1:10.000 | At shooting range | A4 |
| M120 | 3,840 – 3,890 | 17 | 1:10.000 | At shooting range | A4 |
| Mix | 4,670 – 4,740 | 18 | 1:10.000 | At shooting range | A4 |

Control The Control description is printed respectively on both maps.

Start Procedures The runners will start in 6 groups

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|---------------------|-------|
| M 21 | 10.00 |
| W 21 | 10.05 |
| M16, W20, W70 | 10.10 |
| W95, M20, M70, W120 | 10.15 |
| M95 | 10.30 |
| M120, Mix | 10.40 |

Procedure for the competition First there is a normal orienteering round, and back from forest the runners pick up their weapon from the weapon point and bring it to the shooting line to hit 5 targets with maximum 8 rounds in prone position. Secondly the runners deliver the weapon back to the weapon point and if needed run penalty rounds. Back from the forest the runners pick up their weapon from the weapon point and bring it to the shooting line to hit 5 targets with maximum 8 rounds in standing position. The runners deliver the weapon back to the weapon point and finish the penalty rounds, if any, before throwing the map in a box and take the map for the next runner. Then proceeds to the finish line. The route to be followed is shown on the drawing beneath.

Change From the last control of the free orienteering the runners will follow a marked route into the shooting range. 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.

Rules The competition rules are according to IBOF regulation.

