



## **Instruction sprint competition**

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 threes 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 1:7.500 for all classes, equidistance 2,5 m, map from 2017, updated 2018.</p> <p>First and second orienteering loop are 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>Distance to start of orienteering is 200 m.</p>
Toilets	<p>Toilets are available at the assembly area.</p>
Tents	<p>Nations and teams can put up their own tents in the assembly area.</p>

Embargoed Area All terrain around the assembly area is competition area and out of bounds. Warm up is only allowed in the assembly area.

Time system Electronic Emit is used for punching. Organizer provides Emit cards.

Number bibs All participants have to wear a number bibs, attached to the chest. Number bibs are found in the bags.

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

Water Water will be available at the assembly/shooting area

Classes

<b>Sprint</b>					
<b>Class</b>	<b>Length (m)</b>	<b>Controls</b>	<b>Scale</b>	<b>Water Stations</b>	<b>Map Size</b>
W16	2,320	10	1:7.500	At shooting range	A4
W20	2,530	11	1:7.500	At shooting range	A4
W21	2,700	11	1:7.500	At shooting range	A4
W21B	2,530	11	1:7.500	At shooting range	A4
W35	2,530	11	1:7.500	At shooting range	A4
W40	2,530	11	1:7.500	At shooting range	A4
W45	2,320	10	1:7.500	At shooting range	A4
W50	2,320	10	1:7.500	At shooting range	A4
W55	1,950	9	1:7.500	At shooting range	A4
W60	1,660	10	1:7.500	At shooting range	A4
W65	1,660	10	1:7.500	At shooting range	A4
W70	1,660	10	1:7.500	At shooting range	A4
M16	2,530	11	1:7.500	At shooting range	A4
M20	2,980	13	1:7.500	At shooting range	A4
M21	3,400	13	1:7.500	At shooting range	A4
M21B	2,700	11	1:7.500	At shooting range	A4
M35	2,980	13	1:7.500	At shooting range	A4
M40	2,700	11	1:7.500	At shooting range	A4
M45	2,700	11	1:7.500	At shooting range	A4
M50	2,530	11	1:7.500	At shooting range	A4
M55	2,530	11	1:7.500	At shooting range	A4
M60	2,320	10	1:7.500	At shooting range	A4
M65	1,950	9	1:7.500	At shooting range	A4
M70	1,660	10	1:7.500	At shooting range	A4

Control description Control description will be available 2 minutes before start. The description is also printed on both maps. Loose descriptions must

be in a holder. No loose descriptions in hand or pocket!

- Start procedures      The runners will be called in 3 minutes before start. There are 3 boxes. In the first box the Emit card will be checked. In the second box control descriptions will be offered. In the last box the emit card must be put into the reset 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. There are prestart, so the runner shall follow a marked route to the start point before beginning orienteering.
- Shooting              From the last control of the free orienteering, the runners will follow a marked route into the shooting range. First the runners pick up their weapon from the weapon point 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 run penalty rounds, if any. Then the runner must follow the marked route out of the shooting range and run the second loop of orienteering. Back at the weapon point the runners pick up their weapon again and bring it to the shooting line to fire 5 shots in standing position. After shooting the runners deliver the weapon back to the weapon point and proceed either to run penalty loops or proceed to the finish line. The route to be followed is shown on the drawing beneath. At the finish line the runner shall punch the emit unit. 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.

