



Instruction classic competition

Terrain	<p>The forest is characterized by larger flat areas with some ditches. The flat areas are interrupted by stripes of hilly dunes with pines. Generally there is a lot of paths and roads but some areas have almost no paths.</p> <p>The vegetation is pines varied from small parts with dense forest to an open forest with old trees. In some areas all the trees have been cut and other areas are dunes without trees.</p> <p>Generally good run ability.</p>
Maps	<p>Tvorup, scale 1:10,000 and 1:7,500. See under classes which scale are used in the different classes, equidistance 2.5 m, map is from 2018.</p> <p>Maps for location orienteering will be in scale 1:7,500</p>
Distance to start	<p>Distance to start location orienteering is 750m.</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 areas	<p>Assembly area; all terrain north of the assembly area is competition area and out of bounds.</p> <p>Start area; out of bounds area will be marked with signs</p>
Time system	<p>Electronic Emit is used for punching. Organizer provides Emit cards. Between location orienteering and free orienteering there will be a unit, which have to be punched</p>
Number bibs	<p>All participants have to wear a number bibs, attached to the chest. Number bibs are given in the bags.</p>
Competition procedure	<p>Local orienteering – free orienteering – prone shooting - running loop – standing shooting – finish line</p>
Water	<p>Water will be available at the assembly area and in the change zone between location orienteering and free orienteering and in</p>

the forest during the competition, see under classes

Classes

Classic					
Class	Length (m)	Controls	Scale	Water Stations	Map Size
W16	3,860	13	1:7.500	2	A3
W20	6,430	19	1:10.000	3	A3
W21	6,980	20	1:10.000	3	A3
W21B	4,980	15	1:7.500	2	A3
W35	6,430	19	1:10.000	3	A3
W40	6.120	15	1:10.000	3	A3
W45	6.120	15	1:10.000	3	A3
W50	4,980	15	1:7.500	2	A3
W55	4,980	15	1:7.500	2	A3
W60	4,450	16	1:7.500	2	A3
W65	3,860	13	1:7.500	2	A3
W70	3,450	12	1:7.500	1	A3
M16	4,980	15	1:7.500	2	A3
M20	6,980	20	1:10.000	3	A3
M21	8,450	22	1:10.000	3	A3
M21B	6.120	15	1:10.000	3	A3
M35	6,980	20	1:10.000	3	A3
M40	6,430	19	1:10.000	3	A3
M45	6,430	19	1:10.000	3	A3
M50	6.120	15	1:10.000	3	A3
M55	6.120	15	1:10.000	3	A3
M60	4,980	15	1:7.500	2	A3
M65	4,450	16	1:7.500	2	A3
M70	3,860	13	1:7.500	2	A3

Location Orienteering The route is marked with red/white/green/yellow stripes.

Control description Control description will be available 2 minutes before start. The description is also printed on the front page of the map. The description must be carried in a holder. No loose descriptions in hand or pocket are permitted!

Competition: Location orienteering – Orienteering - Prone Shooting - running sequence loop – Standing shooting – Finish

Start procedures	The runners will be called up 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 map will be handed out, and 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.
First change procedure	At the end of the location orienteering route the runners proceed into a long box marked with stripes. First; the runners drop their map from the location orienteering in a box. Second; the runners punch an emit unit. Third; the runners passes the refreshment point and can choose to drink water. Next the runners take their map for the free orienteering. All maps are placed in boxes marked with classes, it is the runners own responsible for taking the correct map! The runners proceed to the starting point marked with an orange/white orienteering flag.
Second change procedure	From the last control of the free orienteering the runners will follow a marked route into the shooting range.
Shooting Procedure	First the runners pick up their weapon from the weapon point and bring it to the shooting line to fire 10 shots in prone position. Second; the runners deliver the weapon back to the weapon point and proceed on a marked route of approximately 120 meters. Back at the weapon point the runners pick up their weapon again and bring it to the shooting line to fire 10 shots in standing position. The runners deliver the weapon back to the weapon point and proceed to the finish line. The route to be followed is shown on the drawing beneath. 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.

