

Instruction

Tversted Klitplantage – Medium distance

Nordjysk 2-Dages Sunday March 11 2012

Notice:

If correction of runners' names or e-card numbers are necessary, please do so before the event by mail to: info2012@nordjysk2dages.dk . There is a separate instruction for beginners for runners who have optional start time.

Organizer: OK Vendelboerne

Classification: C-event **** with elite courses

How to get there: Sunday March 11 2012

Distances Cars. Parking to assembly area: 800m

Coaches. Parking lot by Tverstedsoerne. Parking to assembly area: 1400m

Start 100m from assembly area. Follow white and orange tape.

Finish at assembly area.

Assembly area: In the middle of Tversted Klitplantage

Parking: Plantørvej, Tversted. Signs.

Event center: None

Event office: Tent on assembly area.

Open Sunday from 7.30 am.

Correction of runners' names and e-card numbers.

Settling of outstanding accounts

NB: There are no club bags.

Start: First start at 8.30 am

Optional time: First start 8.00 am

Map: Tversted Klitplantage . Printed maps in plastic bags with printed control descriptions.

Revised 2011.

Contours 2,5m. Scale 1:10,000

Control descriptions: IOF symbols. Loose control descriptions at start which **must** be kept in a

holder so that they are not lost in the forest. Control descriptions are printed on the maps as well.

- Toilets: At the assembly area. No toilets at start.
- Showers: BTI clubhouse on Fælledvej by Tversted. Signs for road 597 east of Tversted.
- Childrens' activities: In workmen's hut at assembly area. Open Saturday from 11.00 to 17.00. If you have booked this service, please notify us if you do not need it after all.
- Children's courses: Follow signs, app 50m from assembly area. Instruction by the tent. Open 8.30 – 11.30 am
- Open courses: Open 1 app. 6 km difficult
Open 2 app. 2,8 km difficult
Open 3 app. 3,2 km medium
Open 4 app. 2,4 km easy
Open 5 app. 2 km beginner
- Fees: D/H-20 90DKK, and D/H 21- 120DKK per run. Renting of E-card 15DKK per run.
- Sold from 12 to 14 in the big tent (signed)
- Start lists: On assembly area
- Course lengths, number of controls and e-card numbers on start lists.
- Also to be found on the event internet site.
- Water: None.
- At finish water and thinned juice. You may drink even before start.
- Electronic punching: By the event office there will be a test control with light signal, for the testing of EMIT-cards. If there is no light signal you **must** go to the event office and get a new EMIT-card.
- Start procedure: When the clock shows your start time, you enter the first start box.
- This is where you get your back-up-card and rented e-card (if you do not have your own.)
- The runner puts his back-up-card on the e-card.
- If you have forgotten your e-card or if it is defect you can rent one in the event office for 15 DKK per run.

In box number 2 it is possible to get loose control descriptions for your own case or holder. Self service- and getting the right course is your own responsibility.

In box 3 your start time is checked.

1 minute before start time the runner goes to the map box on which the the runner's class is marked, takes his map, goes to the nearest free Emit start unit and puts the map on the ground in front of him, face down.

At the first beep 5 seconds before start the e-card must be placed on the unit and then lifted after the long beep. Now you have started. Don't forget your map.

If this procedure is not followed, the runner may be disqualified.

The runner is responsible for getting the right map. In case you have taken the wrong map or more than one, turn to one of the officials. Do not return the map to the box yourself.

If you are late for start, there is a separate box for you.

Electronic punching:	It is vital that the EMIT-card is pushed right down on the unit.
Over clothing:	No transport due to the short distance between start and finish.
Max. time	2½ hours for all runners
Finish:	<p>Finish time will be registered when the e-card is placed on the control unit at the finishing line. After this the runner follows the string to the where his e-card is read and he gets a slip with his lap times.</p> <p>If you are running on Sunday as well, keep your rented e-card. Take good care of it. If you lose it you will have to pay 400DKK.</p> <p>You may keep your map after finish, but you must not show it to anyone who has not yet started.</p> <p>We encourage everybody to show fairness.</p>
Runners who do not finish:	Must go through finish and register their e-card in the unit at the finishing line.
Results:	Continuously on notice board on assembly area and on www.nordjysk2dages2012.dk shortly after the event.
Club results:	From the event office before you leave.
Image files with courses:	After the event on the event site.
Disqualification:	In the case of disqualification you can find out why by turning to the event office. If the disqualification has been unjust the error will be mended and the

runner will appear on the result list. The decision will be made according to DOF's rules about the use of EMIT at orienteering events.

- Prizes: Both Saturday and Sunday there will be 1st, 2nd and 3rd prizes in all classes for youngster until D/H -16 (incl). Besides there will be small prizes for all children with optional start time.
- There are no prizes for other classes.
- Prizes will be handed out at the assembly area soon after the results are known for the various classes.
- Prizes will not be forwarded to your home address.*
- Refreshments: In a large tent on the assembly area there will be a shop with a large assortment.
- Complaints/protests: In case of any complaints they should be made at the event office according to DOF rules.
- Event organiser and referee can be seen by turning to the event office.
- Change of name/e-card: At the event office well in advance of start.
- Training Friday: Find instruction and directions on the event site.
- Smoking: Smoking is prohibited on assembly area, in the forest and in changing rooms.
- Beginners instruction: Separate beginners instruction (optional start time)
- Course distances: There is a separate list of classes, course distances and number of controls. In some areas the controls are very close.
- There are some uprooted trees. You will have to run around them. Large areas with uprooted trees are marked as slow run and the areas can be passed through.
- First aid: In the event that first aid is needed contact first-aider in the refreshment tent. AED in refreshment tent. If an ambulance is required, give Plantørvej 1, Tversted 9881 Bindslev as address. Notify event office.
- Organisers: Kjeld Arildsen and Mogens Christensen, OK Vendelboerne
- Event control: Helle and Kirsten Bobach, Aalborg OK
- Referee: Jørgen Jensen, Skagen OK
- Course planner: Kjeld Arildsen and Åse Møll, OK Vendelboerne
- Course control: Svend Brøns Pedersen, OK Vendelboerne

Enjoy your run!

