

## Bulletin 1 - Invitation

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<b>Organiser</b>	Danish Orienteering Federation (DOF)
<b>Event names and Classification</b>	Danish WOC-testraces 2023 – short distance, middle distance and long distance Danish Classification: Open event **
<b>Dates</b>	12.05.2023 – 14.05.2023
<b>Event areas</b>	<b>Short distance:</b> Bot Fiena Trin <b>Middle distance:</b> Crestasee <b>Long distance:</b> Arosa  The competition areas shown <a href="#">here</a> are embargoed area according to DOF's regulation §2.8
<b>Locations</b>	<b>Short distance:</b> Bot Fiena, Trin, Switzerland <b>Middle distance:</b> Crestasee, Flims, Switzerland <b>Long distance:</b> Arosa, Switzerland
<b>Venues</b>	At the arenas, there will be a finish area, and information desk, to pick up rental SIAC and warm-up map. There will be a board with bulletin 2 and startlists. There will be a marked area where you can safely put your bag while running.  There will be no kiosk and no club tents will be set up. Public toilet will be available only at the middle distance.
<b>Maps</b>	<b>Short distance:</b> Bot Fiena Trin. 1:10.000. The map is from 2022 by cartographer Urs Steiner. Contour interval 5 m.  <b>Middle distance:</b> Crestasee. 1:10.000. The map is from 2022 by cartographer Urs Steiner. Contour interval 5 m.  <b>Long distance:</b> Arosa. 1:15.000. The map is from 2021 by cartographer Urs Steiner. Contour interval 5 m.  All maps will be printed. All maps are sealed in a plastic bag. The map is drawn according to the ISOM2017-2 standard.  <b>Short distance:</b> <a href="#">Link to previous map and course from the area</a> <b>Middle distance:</b> <a href="#">Link to previous map and course from the area</a> <b>Long distance:</b> <a href="#">Link to previous map and course from the area</a> , <a href="#">link to previous map and course from the area</a>

## Terrain description race areas

**Short distance:** Orienteering terrain between 700-1000 m above sea level. Mixture of coniferous and deciduous forest. Moderate to very hilly, rich in contour and rock details. Some paths and roads, and also areas of open meadows and a town area. Runnability and visibility vary from poor to good.

**Middle distance:** Orienteering terrain between 800-1100 m above sea level. Mixture of coniferous and deciduous forest. Moderate to very hilly, rich in contour and rock details. Few paths and roads, lot of undergrowth and rocky ground. Runnability and visibility vary from very poor to good.

**Long distance:** Orienteering terrain between 1600 and 2100 m above sea level. Mixture of coniferous and semi-open to open alpine pasture. Hill sides with moderate to steeper slopes. Only few paths, hardly any vegetation on the ground, rich in contour and rock details. Also areas of open meadows and a town area. Runnability and visibility mostly good, but can be reduced in semi-open areas.

## Courses

	Class	Estimated course lengths	Estimated winning time
<b>Short distance</b>	Women	3,0 km	Appr. 25 min.
	Men	3,7 km	Appr. 25 min.
<b>Middle distance</b>	Women	3,4 km	Appr. 35 min.
	Men	4,1 km	Appr. 35 min.
<b>Long distance</b>	Women	9,1 km	Appr. 85 min.
	Men	12,5 km	Appr. 100 min.

The final course lengths, number of controls and climb will be published in Bulletin 2.

## Prizes

No prizes

## Punching system

The competitions will use SportIdent Air.  
Runners using own SIAC must provide the card number at time of entry.

For runners without own SIAC a rental SIAC will be provided at an additional fee of DKK 20 / EURO 2,5

Rental SIAC have to be picked up at the information desk at the arena at the short distance and must be returned at the finish after the long distance.

A not returned rental SIAC must be replaced by DKK 500.

## Start

Individual start.

**Short distance:** 2 minutes start interval. First start at 11:00

**Middle distance:** 2 or 3 minutes start interval. First start at 11:00

**Long distance:** 3 or 4 minutes start interval. First start at 11:00

The runner is called forward 3 min. before starting.

## Distances

**Short distance:** Parking to Arena: 0-100 m

**Middle distance:** Parking to Arena: 0-100 m

**Long distance:** Parking to Arena: 550 m

## Open and children's course

There is no open courses or children's course

**Accommodation**

The organizers offer any Danish runners to stay with the Danish National Team at Juhui Lenzerheide during the competitions and take part of the open trainings leading up to the competition. Latest entry 5<sup>th</sup> February 2023. Read more at: <https://do-f.dk/diverse/landsholdet/information>

**Registration**

Entries in O-service for Danish Runners and by email to Tue Lassen ([tul@do-f.dk](mailto:tul@do-f.dk)) for foreign runners, no later than Monday 24<sup>th</sup> April 2023.

Late entries are not possible.

**Late Entries****Entry Fees**

Men/Women for each competition:	DKK 150 / EURO 20
SIAC hire for each competition:	DKK 20 / EURO 2,5

Entry fees payable simultaneously with the registration to DOF's bank account in Spar Nord Bank:  
Account Number: 9385 1465756639  
IBAN: DK9890151465756639  
BIC: SPNODK22

**Bulletin 2 and Start Lists**

Available in <https://do-f.dk/diverse/landsholdet/information> latest by Tuesday 9th May 2023.

**Event Organiser**

Tue Lassen, Danish Orienteering Federation (DOF)  
Lynggårdsvænget 10  
8600 Silkeborg  
+45 2278 0338 / [tul@do-f.dk](mailto:tul@do-f.dk)

**Course planner**

Tue Lassen, Danish Orienteering Federation

**Event and course controller**

Jeppe Ruud, Danish Orienteering Federation

**Cartographer**

Urs Steiner

**Judge**

Anders Hav Bachhausen, Danish Orienteering Federation