

SØLLERØD DM 2022

Bulletin 2

DM Long

11 September 2022

Paradisbakkerne Bornholm

Søllerød Orienteringsklub welcomes you to DM Lang on Bornholm in fantastic terrains that are rarely used for the Danish national championships.

DM Lang in Paradisbakkerne is the final competition in the DM-weekend.

Host club Søllerød Orienteringsklub

Event information <http://dm22.sollerodok.dk/>

<https://www.facebook.com/DM-2022-orientering-Bornholm-104593038001915/>

Classification DM-Lang is a 4-start A competition.

Date Sunday 11 September 2022

Programme	08.30	Event Centre, Event Information, and café open.
	09.30	Children's course and sale of open courses open.
	09:30	First start DM Lang.
	10.30	First start open courses.
	11.30	Sale open courses closes.
	12.00	Last start open courses.

Parking On *Klintebyvejen*, 3730 Nexø. 55.07876234311292, 15.100655947245825
Access from East from the intersection *Klinteby Kirkevej/Klintebyvejen* and from West from the intersection *Slamrebjergvej/Klintebyvejen*.
Parking along the roadside following the directions given by the parking officials.
Busses shall be parked in a courtyard accessible from *Klintebyvejen*.



Any clubs arriving by bus are requested to give preliminary notice to the event's email (dm22@sollerodok.dk)

Distances Parking to event centre: 400-800 m. Follow the directions from the parking officials. The route is marked with sign boards and red/yellow strips.

Event centre to **Start 1: 1.200 m**. The route is marked with small orange flags on metal sticks.

Event centre to **Start 2: 500 m**. The route is marked with blue/white strips.
All open courses start from Start 2.

The finish is at the event centre.

Event centre The event centre is on a grass field with plenty of space for club tents.

Quarantine area There is no quarantine area.

Competition area Paradisbakkerne
The competition area is shown on the event's homepage and link below. Access closed for participants and their coaches according to DOF Regulations 2021.
<http://dm22.sollerodok.dk/skovlukning/>

Terrain description Paradisbakkerne were formerly covered by heather, but nowadays the major part is forest with vegetation varying between deciduous trees and conifers. The terrain is varied with hilly parts and long rift valleys, but also with flatter areas in other parts of the forest. Some areas are rich on stones and cliff walls with rocky ground, whereas the ground in other areas is covered with blueberries and tall grass.
The runnability is generally good with some dense parts. The visibility is reduced in some places.
There are few paths in some areas, mainly bigger paths and minor tracks.

Remember to check for ticks when finished.

Map

Paradisbakkerne

Map scales 1:15.000, 1:10.000 and 1:7500.

Contour interval 5 meter.

Map norm ISOM 2017-2.

Drawn 2022. Base material from MapMagic.

Mapper: Gediminas Trimakas, GT-Maps.

The maps are approved by a map consultant and are printed on water- and tear-proof material by Grafisk Forum, who is an IOF certified printing house.

The size of the 1:15.000 map for the elite classes is 23,4x19,4cm.

Special signatures:

Big distinct tree roots above 1,5 m are indicated with green crosses.

Big overturned trees hindering the running are indicated with the signature for dense vegetation (ISOM 2017-2 signature 410 - not a special signature).



Warm up

At the event centre and on the route to start. At Start 2, there is a little space for warming up in the terrain, whereas participants at Start 1 are requested to warm up at the marked route to start in consideration of the land owner.

**Competition
information**

The controls are placed closely in several areas.

The control stands are SPORTident lightweight stands.

The controls have SI devices which support both traditional and touch-free cards. Control numbers are located horizontally at the top of the SI device. The participants must staple the map manually with the punching device on the stand in case an SI device is failing.

Note: The SI device at the finish is not touch free and must be punched in the traditional way

Several dangerous areas and objects are marked with intermittent yellow/black tape in the terrain and are not shown on the map.

The courses for D10, H10, D12 og H12 includes a marked section where a broad path is a little difficult to follow. The marking is shown on the map and with white strips hanging in the terrain.

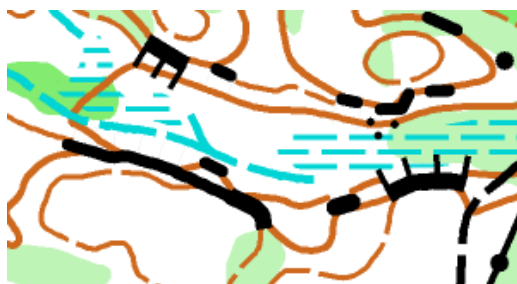
There are several low fences that are passable through the marked gates or by jumping over or rolling under the wires. There will be sheep in the fenced areas.



Many participants will have controls at rock faces. Generally, these controls are located at the foot of the rocks. As an example, control no. 35 below is located at the end of a rock (and also at the foot of it) that is 1 meter tall.

1	34		mm	2,5	L
2	35	↓	mm	1	→

The rock faces are mostly shown without tags for improved map readability, for instance in narrow rift valleys. Still, some bigger rock formations are shown with tags for quicker and better understanding of the terrain.



As a service we remind the participants that the difference between a passable and impassable rock is indicated by the width of the black line, and not by whether

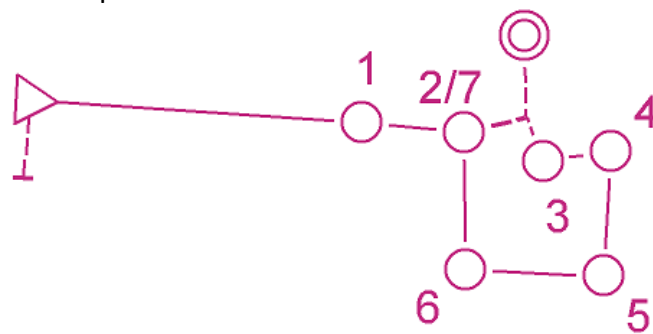
the rock has tags or not. It is permitted to pass an impassable rock face, but it is not recommended by reason of safety. Refer signatures 201 and 202 in the map norm ISOM 2017-2:

https://do-f.dk/images/Kort/DK_kortnorm_ISOM_2017.pdf

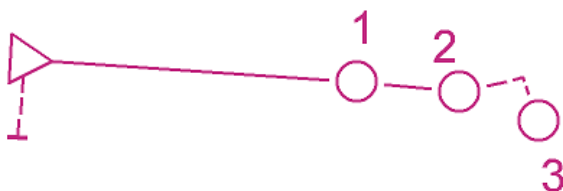
The elite classes (D18/D20, H18/H20, D21/H21) pass the arena during the course. Participants passing the arena shall keep right and participants going for the finish shall keep left. There will be water at the passage. It is possible to inspect the passage before going to start.

Furthermore, the maps for the elite classes are double-sided and the participants must turn the map over at the arena passage. Refer the example below. From control no. "2/7" the participants shall follow a marked route that splits into two routes to control no. 3 and the finish respectively.

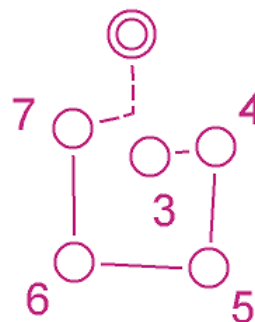
The complete course:



Part 1, shown on the front side of the map:



Part 2, shown on the back side of the map:



Courses and classes Individual championship classes:

Class	Difficulty	Map scale	Distance (m)	No. controls	Climb (m)	Water	2-sided map	Start no.
D10	Green - Beginner	1:10.000	3200	7	75	0		2
D12	White - Easy	1:10.000	3500	16	105	0		2
D14	Yellow – Medium difficult	1:10.000	4100	10	160	0		2
D16	Black - Difficult	1:10.000	4800	9	100	1		1
D18*	Black - Difficult	1:15.000	7600	17	185	2	Yes	1
D20*	Black - Difficult	1:15.000	7600	17	185	2	Yes	1
D21	Black - Difficult	1:15.000	10100	20	265	2	Yes	1
D35	Black - Difficult	1:10.000	5800	12	155	1		1
D40	Black - Difficult	1:10.000	5300	10	95	1		1
D45	Black - Difficult	1:10.000	4800	9	100	1		1
D50	Black - Difficult	1:10.000	4700	9	115	1		1
D55	Black - Difficult	1:10.000	4200	11	105	1		2
D60	Black - Difficult	1:7500	3600	9	90	1		2
D65	Black - Difficult	1:7500	3400	9	100	1		2
D70	Blue - Difficult	1:7500	2900	8	60	1		2
D75	Blue - Difficult	1:7500	2200	8	40	0		2
D80	Blue - Difficult	1:7500	2000	7	40	0		2
D85	Blue - Difficult	1:7500	2000	7	40	0		2
D/H90	Blue - Difficult	1:7500	2000	7	40	0		2
H10	Green - Beginner	1:10.000	3200	16	75	0		2
H12	White – Easy	1:10.000	4200	17	125	0		2

H14	Yellow – Medium Difficult	1:10.000	5300	13	155	0		2
H16	Black - Difficult	1:10.000	6700	14	205	2		1
H18*	Black - Difficult	1:15.000	11600	23	280	4	Yes	1
H20*	Black - Difficult	1:15.000	11600	23	280	4	Yes	1
H21	Black - Difficult	1:15.000	15300	27	415	3	Yes	1
H35	Black - Difficult	1:10.000	10200	19	265	3		1
H40	Black - Difficult	1:10.000	9600	16	235	1		1
H45	Black - Difficult	1:10.000	9100	15	240	2		1
H50	Black - Difficult	1:10.000	8100	15	235	1		1
H55	Black - Difficult	1:10.000	6900	14	225	2		1
H60	Black - Difficult	1:7500	5800	12	155	1		1
H65	Black - Difficult	1:7500	5300	10	95	2		1
H70	Blue - Difficult	1:7500	4100	11	105	0		2
H75	Blue - Difficult	1:7500	3600	9	85	0		2
H80	Blue - Difficult	1:7500	2900	8	60	0		2
H85	Blue - Difficult	1:7500	2200	8	40	0		2
H/D 90	Blue - Difficult	1:7500	2000	7	40	0		2

* Because DM Lang is a Løberen junior ranking event, there is one common course for D18/D20 and for H18/H20 respectively.

Seeding is made for the elite classes with reference to DOF Regulations 2021 and the World Ranking List.

BIBs Participants in the elite classes D/H18, D/H20 and D/H21 shall wear BIBs. They are available at the Start.

Control definitions IOF symbols are printed on the map. Loose definitions are available at the start and require a proper holder.

Size of loose definitions:

H21	4,85cm x 20,5cm
D21	4,85cm x 16,5cm
H18/H20	4,85cm x 18,1cm
D18/D20	4,85cm x 14,5cm

Start

First start at 09.30.

Start from Start 1 or Start 2 as listed under "Courses and classes".

Open courses start from start 2.

Start lists will be published at the event's home page no later than 8 September.
Furthermore, updated start lists will be published at the event centre.

The start intervals are in accordance with DOF Regulations 2021, section 3.8.

Start procedure begins 4 minutes before start time. When the clock in the waiting area shows your start time enter the first box.

Box 1 - 4 minutes before start:

Official controls name and SI-card.

Box 2 - 3 minutes before start:

Loose definitions offered. Requires proper holder.

Maps without courses hang in the box.

Box 3 - 2 minutes before start:

D/H 10 and D/H 12 receive map and are offered start help if desired.

Maps without course hang in the box.

Box 4 - 1 minute before start:

Start help D/H 10 and D/H 12.

Other classes: maps are placed in boxes marked with class name. The participants stand next to the boxes according to their class.

Follow the directions by the start officials.

Participants shall "re-use" SI cards rented for DM Stafet. Rental SI-cards are handed out to participants who have not participated in DM Stafet.

Late starters: Contact officials for help.

Start procedure Open Classes:

See "Open courses" for allowed start times

Open courses have own box, where maps are delivered.

On the start line there is a SI device marked START. This is used to start your time.

Finish

Use the SI-device at the finish line. This is not Touch-free!

Continue through the finish area to read-off, print and return of rental SI card. All participants must report at finish with their SI card.

Maps are collected at the finish and are placed in bags marked with the name of the participant's club. The bags can be collected at the event office after the start of the last participant and is announced by the speaker.

Late starters

Contact start officials for help.

Max. time

3 hours for women's classes. 4 hours for men's classes.

Cover clothes

There is no transport of cover clothes from the start.

Open courses

Open Courses are offered in the same competition area as the championship courses. Open Courses are sold on the day of the event from the event office. A receipt is given that shall be handed over to the officials at Start 2.

Maps and rental SI-cards for pre-registered open courses available at Start 2.

Participation in or shadowing another participant on an Open Course is not allowed prior to participation in a championship course.

Start intervals:

Open 1, 2 and 3: 10.30 to 12.00

Open 4: 10:50 to 12.00

Open 5 and 6: 11:40 to 12:00

Loose control definitions are available at the start.

Course	Difficulty	Map scale	Distance (m)	No. controls	Climb (m)	Water	Start no.
Open 1	Black - Difficult	1:10.000	8.100	16	215	1	2
Open 2	Black - Difficult	1:10.000	5.200	10	165	1	2
Open 3	Blue - Difficult	1:7500	3.600	7	95	1	2
Open 4	Yellow – Medium Difficult	1:10.000	4.000	9	170	0	2
Open 5	White - Let	1:10.000	3.500	14	105	0	2
Open 6	Green - Beginner	1:10.000	3.200	16	75	0	2

Participants	Every member of a club under DOF (Danish Orienteering Federation) or IOF on the day of the competition is granted access to the competition classes.
Results	Results, including live-results are published at dm22.sollerodok.dk
Complaints/ protests	<p>Complaints are given orally or in writing to an event director (see below) or in written form to the event office. The event director will respond by sms or e-mail. Complaints must be turned in as early as possible and at the latest 30 minutes after the end of max time for the latest starting participant.</p> <p>Protests against the decision of the event director or protests on event errors are sent by sms or e-mail to the jury or turned in to the event office in written form. Protests must be turned in at the latest 15 minutes after the event director's decision is made public.</p>
Prizes	<p>Only runners who are members of a Danish club under the Danish Orienteering Federation and are 1) Danish citizens or 2) have a Danish cpr-number on the day of competition can receive prizes in this Danish Championship.</p> <p>Please hand in trophies won at last year's DM to the event office.</p> <p>The prize giving ceremony will be held around 13.30 at the event centre. The speaker will announce any change of time.</p>
Punching System	<p>The control stands are SportIdent lightweight stands. Controls have SI devices which support both traditional and touch-free cards. Control numbers are located horizontally at the top of the SI device.</p> <p>It is the participant's responsibility to make sure there is a sound or blink at contact from either the SI unit or the touch-free card. If this is not the case the participant must staple the map manually with the punching device on the stand.</p>
Childrens' course	A free childrens' course is offered close to the event centre.
Childcare	Childcare is not offered.
Café / kiosk	<p>The kiosk at the event centre offers sandwiches, salads (also vegetarian), grilled sausages with bread. In addition, fruit, candies, chocolate, and assorted cakes, including vegetarian and vegan variants. And not to forget, we are offering the traditional Danish desert, a refreshing "rødgrød med fløde".</p> <p>Beverages offered are coffee, tea, sodas and the local Svaneke draft beer. We encourage you to bring your own coffee or tea mug. They are also available for DKK 2. Payment with MobilePay or cash.</p>
First aid	At the event centre, where there also will be a defibrillator.
Toilets and showers	Toilets are found at the event centre. Note that there are no toilets in the start areas, but all participants pass the toilets on their way to start.

Showers are not offered.

Organisation

Event directors

Troels Christiansen, Søllerød OK, Mobile 5184 8393
Anne Kaae-Nielsen, Søllerød OK, Mobile 7436 9957

Course planners

Steen Piil, Søllerød OK
Simon Thrane Hansen, Søllerød OK

IOF Event Advisor and head of the Jury

Bo Simonsen, FIF Hillerød Orientering

Course controller

Helge Lang Pedersen, Farum OK

Map consultant

Troels Christiansen, Søllerød OK

Jury

Chairman Bo Simonsen (IOF Event Advisor)

Astrid Ank Jørgensen, Horsens OK
Flemming Jørgensen, Snab Vejle
Charlotte Bergmann, Allerød OK

The jury may be contacted through the event office. Potential complaints and protests are handled in accordance with IOF Regulation 2021 paragraphs 7.8 to 7.11

**Event
information**

<http://dm22.sollerodok.dk/>



**Dansk
Orienterings-Forbund**

