



Edited 04.03.2024, corrections in red

## Invitation Danish Easter 3-Days

### 28-30 March 2024

**Organiser:** OK Snab

**Competition areas:** 1<sup>st</sup> stage: 28 March in Tirsbæk Forest, 2<sup>nd</sup> stage: 29 March in Rosenvold Forest, and 3<sup>rd</sup> stage: 30 March in Grund Forest.

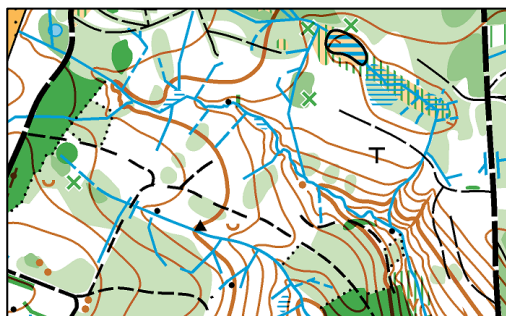
**Venues and arenas:** 1<sup>st</sup> stage at Tirsbæk Slot, 2<sup>nd</sup> and 3<sup>rd</sup> stage at the Kildebjerget Bo- og Beskæftigelsescenter ([link](#)).

**Parking:** 1<sup>st</sup> stage: 300-1400 m from the arena, 2<sup>nd</sup> and 3<sup>rd</sup> stage: 0-200 m from the arena.

**Event Office:** Event Office at the arenas.

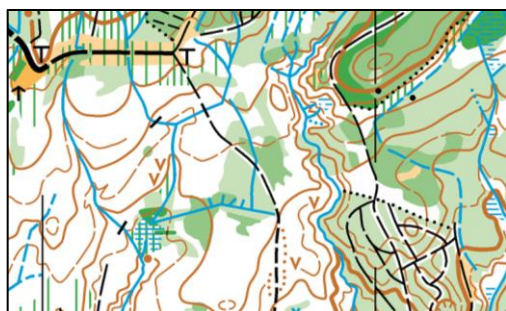
**Maps:** Tirsbæk Forest, Rosenvold and Grund Forest are all drawn in 2022-2024 with some revisions in 2023-2024. Map scale 1:10,000 for classes up to and including W/M 45. **As the only exception from this, W/M21C will run on 1:7,500.** Classes W/M 50 and older will run on 1:7,500. Contour interval is 2.5 m in Tirsbæk Forest and 5 m in Rosenvold and Grund Forest. The competition maps are printed on waterproof paper at Grafisk Forum A/S.

## Terrain descriptions:



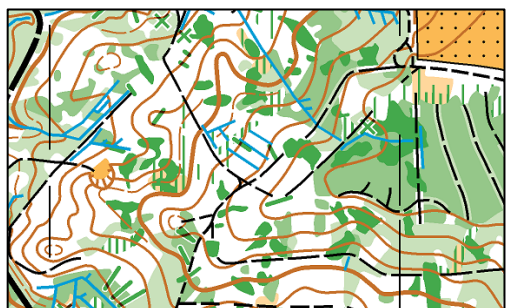
### *Tirsbæk Forest*

Hilly terrain with some deep valleys and isolated hills. In the northern part, the terrain is flat. Varied vegetation mainly consisting of deciduous forest. There are areas of undergrowth, but the runnability is generally good during spring. Well-developed road and path network. The majority of the forest is owned by the Tirsbæk Estate. The forest has not been used for open orienteering races since 2017.



### *Rosenvold*

Overall hilly terrain dissected by several deep valleys, isolated hills, and gently dipping slopes. There are also flat or slightly hilly parts, and in many places a detailed contour image occurs. Varied vegetation mainly consisting of deciduous forest. There are areas of undergrowth, but the runnability is generally good during spring. The majority of the forest is owned by the Rosenvold Estate, and the forest is only rarely used for orienteering events. It is a real treat. In 2023, the Danish Long-Distance Championships were held in the Eastern part of the forest with great success. The Easter race will make use primarily of the Western part, which means the forest will be a new experience to most participants.



### *Grund Skov*

Hilly terrain with several deep valleys and gently dipping slopes often with intricate contour details. Varied vegetation, generally consisting of deciduous forest. In several areas, fallen beech trees occur in the forest floor. The runnability is generally good in springtime. The character of the forest has changed in recent years due to nature-based forestry. In the middle part of the forest, owned by Hotel Vejlefjord, there is a very well - developed path and track network. The remaining parts of the forest are publicly owned, and here the path network is less well developed. However, some forest roads also dissect these parts.

**Classes:**

| <b>WOMEN</b> |                   |                    | <b>MEN</b>   |                   |                    |
|--------------|-------------------|--------------------|--------------|-------------------|--------------------|
| <b>Class</b> | <b>Difficulty</b> | <b>App. length</b> | <b>Class</b> | <b>Difficulty</b> | <b>App. length</b> |
| W-Beg*       | Beginner          | 2,7                | M-Beg*       | Beginner          | 2,7                |
| W10*         | Beginner          | 2,7                | M10*         | Beginner          | 2,7                |
| W12*         | Easy              | 3,5                | M12*         | Easy              | 3,5                |
| W12B*        | Beginner          | 2,7                | M12B*        | Beginner          | 2,7                |
| W14          | Intermediate      | 4,2                | M14          | Intermediate      | 4,5                |
| W14B*        | Easy              | 3,5                | M14B*        | Easy              | 3,5                |
| W16          | Difficult         | 5,0                | M16          | Difficult         | 6,5                |
| W16B         | Intermediate      | 4,2                | M16B         | Intermediate      | 4,2                |
| W18          | Difficult         | 5,3                | M18          | Difficult         | 8,0                |
| W20          | Difficult         | 6,5                | M20          | Difficult         | 9,0                |
| W20AK        | Difficult         | 5,0                | M20AK        | Difficult         | 6,0                |
| W20B         | Intermediate      | 3,7                | M20B         | Intermediate      | 4,5                |
| W21          | Difficult         | 8,0                | M21          | Difficult         | 10,0               |
| W21AM        | Difficult         | 5,3                | M21AM        | Difficult         | 8,0                |
| W21AK        | Difficult         | 5,0                | M21AK        | Difficult         | 6,0                |
| W21B         | Intermediate      | 4,2                | M21B         | Intermediate      | 5,5                |
| W21C*        | Easy              | 3,5                | M21C*        | Easy              | 3,5                |
| W35          | Difficult         | 6,5                | M35          | Difficult         | 9,0                |
| W35B         | Intermediate      | 4,2                | M35B         | Intermediate      | 4,5                |
| W40          | Difficult         | 5,3                | M40          | Difficult         | 8,0                |
| W45          | Difficult         | 5,3                | M45          | Difficult         | 8,0                |
| W45AK        | Difficult         | 4,0                | M45AK        | Difficult         | 5,0                |
| W45B         | Intermediate      | 3,7                | M45B         | Intermediate      | 4,5                |
| W50          | Difficult         | 4,4                | M50          | Difficult         | 6,4                |
| W55          | Difficult         | 4,4                | M55          | Difficult         | 6,4                |
| W55AK        | Difficult         | 3,6                | M55AK        | Difficult         | 3,9                |
| W60          | Difficult         | 3,9                | M60          | Difficult         | 5,5                |
| W65          | Difficult         | 3,6                | M65          | Difficult         | 5,0                |
| W70          | Difficult         | 3,0                | M70          | Difficult         | 3,9                |
| W75          | Difficult         | 3,0                | M75          | Difficult         | 3,4                |
| W80          | Difficult         | 2,3                | M80          | Difficult         | 2,8                |
| W85          | Difficult         | 1,8                | M85          | Difficult         | 2,3                |
| W90          | Difficult         | 1,8                | M90          | Difficult         | 1,8                |

\* Free start time

Shadowing is allowed on beginner and easy courses.

Blue colour coding indicates difficult orienteering, but courses that are physically less challenging.

Course lengths are indicated for 2<sup>nd</sup> and 3<sup>rd</sup> stage. The course lengths on the 1<sup>st</sup> stage will be 10-30 % shorter.

**Open classes:** Open classes are offered on all three stages.

| <i><b>Class</b></i> | <i><b>Difficulty</b></i> | <i><b>App. length</b></i> |
|---------------------|--------------------------|---------------------------|
| Open 1              | Difficult                | 8                         |
| Open 2              | Difficult                | 6                         |
| Open 3              | Difficult                | 3,7                       |
| Open 4              | Intermediate             | 4                         |
| Open 5              | Easy                     | 3,5                       |
| Open 6              | Beginner                 | 2,7                       |

**Open 2, 3, 4 and 5** use map scale 1:7,500, the remaining open classes use 1:10,000. Course lengths are indicated for 2<sup>nd</sup> and 3<sup>rd</sup> stage. The course lengths on the 1<sup>st</sup> stage will be 10-30 % shorter.

**Prizes:** On the 1st and 2nd stage, there are prizes for the first three in all youth classes (up to D/H-16). On stage 3, prizes are given to the three best in the overall rank in all youth classes. There will also be a prize for the overall winner in all other classes. There are no prizes in open classes.

**Training opportunities:** March 26 in Sønderskoven (Vejle)  
March 27 at the "Great Water Divide".

Open both days 10 am - 3 pm. Price per person/training DKK 50 (7 €). More information on training opportunities will follow on the website.

**Punching system:** SportIdent is used. The chip number should be provided to the organiser upon registration. If no chip number is indicated, a rental chip will automatically be assigned. The rent price is DKK 75 (10 €) for all three races. Chips not returned after the competition, will be invoiced DKK 550.

**Start:** 1st stage from 11.00  
2nd stage from 10.00  
3rd stage from 09.30

For beginner and easy classes, there are free start times on all three stages. Other classes have chasing start on stage 3.

Open courses have free start times during the following intervals: Stage 1: 11.00-13.30, stage 2: 10.00-12.30 and stage 3: 9.30-12:00.

**Children's courses:** There will be a children's course and other activities for children on all arenas. All participating children receive a small prize. The children's courses will be open stage 1: 11.00-15.00, stage 2: 10.00-14.00 and stage 3: 09.30-13.00.

**Kiosk:** There will be a well-stocked kiosk/cafeteria with a varied assortment of drinks and snacks as well as hot and cold foods. The menu will include vegetarian dishes and also take into account various allergies.

**Means of payment:** Credit cards or MobilePay (Danish service) are accepted at all arenas (kiosk and event office).

**Stores:** Stalls selling equipment for orienteering and running, will be present at the arenas.

**Accommodation:** Please refer to [www.visitvejle.dk](http://www.visitvejle.dk)

**Entries:** Entry deadline is **Thursday, March 14, 2024**. Late entry is possible until **Wednesday March 20<sup>th</sup>** at an extra fee. After this deadline, we refer to open classes, which can be bought from the Event Office on race days.

Danish runners register in O-Service. Entry manager: Jens Liengard, Jens@liengard.dk/ tel. +45 2627 6497.

Foreign runners may sign up online via [orienteeringonline.net](http://orienteeringonline.net) or on the Easter 3-days website. Payment can take place either via bank transfer or with credit card. Find more details on the website.

*Bank details:*

OK Snab, account in Danske Bank

IBAN: DK8130000007256361

SWIFT: DABADKKK

Please observe: Payer must accept all charges! Please add as many details to the bank transfer as possible to make identification easier.

If you have questions or experience trouble signing up, please contact [paaskeloeb2024@gmail.com](mailto:paaskeloeb2024@gmail.com)

**Entry fees:**

|              |             |                  |
|--------------|-------------|------------------|
| All 3 stages | D/H -20:    | DKK 325 (€ 44)   |
|              | D/H 21-:    | DKK 450 (€ 60)   |
|              | Late entry: | + DKK 150 (€ 20) |

It is not possible to enter single stages. This can only be done for open classes.

Price for open classes per stage: D/H -20 DKK 110 (€ 15), D/H 21- DKK 150 (20 €). Rental of Sport Indent chip DKK 25 (3.5 €).

Late entry for open classes is not possible, but open classes can be purchased on race days **at the same price as beforehand.**

**Links:**

Easter 3 day's website: <http://paaskeloeb-2024.ok-snab.dk>

OK Snab's website: <http://ok-snab.dk/>

Easter 3 day's Facebook Page: <https://www.facebook.com/Paaskelob>

**Contact:**

[paaskeloeb2024@gmail.com](mailto:paaskeloeb2024@gmail.com)

**Organisation:**

|                          |                                                                                                                                   |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Event managers:          | Dorthe Bloch Rosenvinge, Administration<br>Per Filskov, Infrastructure<br>Linda Fenger-Grøn, Service<br>Flemming Jørgensen, Sport |
| Event adviser:           | Poul Mouritsen, Silkeborg OK                                                                                                      |
| Course setters 1. etape: | Thomas og Kristian Blok                                                                                                           |
| Course setters 2. etape: | Inge Skovgaard Knudsen og Flemming Rosenvinge                                                                                     |
| Course setters 3. etape: | Viktor og Peter Gammeljord                                                                                                        |
| Mapping:                 | Gediminas Trimakas og Henning Schou                                                                                               |

