



Final Details

Easter 3-days Denmark

March 28-30 - 2024

☆☆☆☆☆ event

- Organizing Club:** OK Snab
- Meeting Point:** **Stage 1:** Arena will be at [Tirsbæk Gods](#). Parking will take place in a field or along the roadside of Tirsbækvej. Please follow directions given by the staff. Arrival by car must take place from the Northeast via the town [Assendrup](#) (crossing: Juelsmindevej/Tirsbækvej) from where the route will be marked. **No access to Tirsbæk Gods by car!**
Stage 2 and 3: Arena will be at [Kildebjerget Bo- og Beskæftigelsescenter](#). Parking in a field at the arena. Access to the field is at [Sanatorievej 4](#), 7140 Stouby.
- Parking:** There will be a parking fee of DKK 20 per vehicle per day. The fee can be paid on site using cash or credit card at the event office or in advance using this payment link: <https://buy.stripe.com/eVaaFT3Gi4KSfO8aEL> For users of MobilePay, the number is 9238EN. We encourage car pooling.
It is not allowed to park overnight at the arena.
For arrival with busses and other heavy vehicles (over 3.5 T), please contact us in advance and before 26-March. Contact person: Martin Busch; phone no +45 2922 8757; Email address mabu.busch@gmail.com
- Arenas:** Arena sketches are available on the [website](#).
On **stage 1**, the arena is situated in a courtyard on hard ground. It is not allowed (and not possible) to set up club tents and beach flags using pegs and similar devices that go into the ground. There will instead be access to a large building, the North wing of the court, which may be used for storage and/or shelter. Here, there will also be screened off areas to be used for changing.
On **stage 2 and 3**, the arena is in a sporting ground/field. Club tents and flags may be set up in a designated area.
- Event Office:** The Event Office can be found on all days at the arena. The office opens 9:30 Am (day 1) and 8:30 Am (day 2 and 3).

Toilets: There are toilet facilities at both arenas. On all three days, toilets will also be placed on the way to Start 1 and close to Start 2.

Shower: Shower facilities are not available.

Café: Forget the lunch pack! There will be a very well assorted café at the arenas, offering a variety of cold and hot plates, incl. dishes to meet various dietarian demands (vegetarian, glute and/or lactose allergy). The menu includes e.g. sandwiches, warm plate (Chili sin Carne), and freshly grilled burgers and sausages. Also, of course, various beverages, coffee/tea, cakes, fruit, snacks, and sweets.

We are working to reduce plastic waste! Therefore, plastic cups at the café will cost DKK 5. We encourage you to bring your own coffee mug and water bottle.

The café accepts credit cards, cash (Danish Kroners) and MobilePay.

Children's Activities: There will be children's courses and other fun orienteering activities at the arena all days. Participating children receive a small prize. On day 1 in Tirsbæk, there will also be a small demonstration of Trail-O. Opening hours all activities: **Stage 1:** 11.00 – 15.00, **stage 2:** 10.00-14.00 and **stage 3:** 09.30-13.30.

First aid: There will be a first aid station at the arena, manned with a doctor at all times. Staff disposes over a heart starter and other equipment. In case of emergency situations or rescue in the race area, contact the event's emergency phone number and, if deemed necessary, 112. The emergency number, **2324 7910**, is printed on the front of all maps.

Distances:

	Stage 1	Stage 2	Stage 3
Parking – Arena	700-1700 m	150 m	150 m
Arena – Start 1	600 m	1000 m	1900 m
Arena – Start 2	1100 m**/**	1500 m**	1500m**

* The route climbs approx. 60 m. and runs across fields/soft ground.

** **Transport to start** is offered to runners aged 80+ years. Transport shall be booked in this [google form](#) no later than 27-March, 18.00 H (early bookings are appreciated). A schedule of the transport will be displayed at the event office on all race days. Other runners with a need of this service, please contact the event office on site or per email in advance.

NB: on **stage 2 and 3**, the route to both starting points follows lightly trafficked public roads. Runners **must** keep to the left side of the road. Traffic along the road happens at the runner's own risk. There will be signs warning cars about ongoing race event, but no reduction in speed limits.

The route to some starts crosses or follows agricultural fields. We kindly ask everyone to strictly stay on the marked route and only cross the fields where it is clearly indicated.

Signs: The route from parking to the arena is marked with signs.
The route from the arena to Start 1 is marked with little *yellow* flags.
The route from the arena to Start 2 is marked with little *blue* flags.

Club Bags:

Club bags containing bibs, pins, rental chips and club start lists can be picked up from the event office on day 1.

Time Keeping:

We use SportIdent, not touch free. Runners in M21 must use an SI card that can hold 30+ controls (SI cards 9, 10 and SIAC). It is the responsibility of the runner to make sure the SI card is functioning. Missing rental chips are invoiced at DKK 550.

Questions concerning mispunches etc. should be directed to the event office.

Classes, Course Lengths etc.:

Class	Stage 1		Stage 2		Stage 3		Map scale	Start point		Fix time stage 3
	km	Controls	km	Controls	km	Controls		Stage 1 and 2	Stage 3	
W-Beg	2,2	15	2,4	12	3,3	16	1:10.000	2	2	Free start
W10	2,2	15	2,4	12	3,3	16	1:10.000	2	2	Free start
W12	2,6	13	3,5	14	3,4	15	1:10.000	2	2	Free start
W12B	2,2	15	2,4	12	3,3	16	1:10.000	2	2	Free start
W14	3,6	14	4,3	13	4,2	12	1:10.000	1	1	10:59
W14B	2,6	13	3,5	14	3,4	15	1:10.000	2	2	Free start
W16	3,9	17	5,1	14	5,0	18	1:10.000	2	1	10:17
W16B	3,6	14	4,3	13	4,2	12	1:10.000	1	1	10:29
W18	4,5	19	5,4	14	5,5	19	1:10.000	1	1	10:59
W20	4,8	21	6,5	17	6,3	23	1:10.000	1	1	10:03
W20AK	3,9	17	5,1	14	5,0	18	1:10.000	2	1	10:12
W20B	3,5	17	4,0	15	3,6	12	1:10.000	1	1	10:30
W21	5,3	21	7,9	21	7,5	25	1:10.000	1	1	10:27
W21AM	4,5	19	5,4	14	5,5	19	1:10.000	1	1	10:11
W21AK	3,9	17	5,1	14	5,0	18	1:10.000	2	1	10:36
W21B	3,6	14	4,3	13	4,2	12	1:10.000	1	1	10:41
W21C	2,6	13	3,3	15	3,4	14	1:7.500	2	2	Free start
W35	4,8	21	6,5	17	6,3	23	1:10.000	1	1	10:11
W35B	3,6	14	4,3	13	4,2	12	1:10.000	1	1	10:47
W40	4,5	19	5,4	14	5,5	19	1:10.000	1	1	10:23
W45	4,5	19	5,4	14	5,5	19	1:10.000	1	1	10:47
W45AK	3,6	15	4,2	14	4,0	14	1:10.000	2	1	10:57
W45B	3,5	17	4,0	15	3,6	12	1:10.000	1	1	11:00
W50	3,8	16	4,2	14	4,4	19	1:7.500	2	1	10:24
W55	3,8	16	4,2	14	4,4	19	1:7.500	2	1	10:48
W55AK	2,7	14	3,4	11	3,5	14	1:7.500	2	1	10:50
W60	3,1	15	4,2	15	4,0	12	1:7.500	2	1	10:10
W65	2,7	14	3,4	11	3,5	14	1:7.500	2	1	10:20
W70	2,5	12	3,0	11	3,0	13	1:7.500	2	2	10:26
W75	2,5	12	3,0	11	3,0	13	1:7.500	2	2	10:14
W80	1,8	12	2,3	7	2,3	9	1:7.500	2	2	10:27
W85	1,4	10	1,9	7	1,9	9	1:7.500	2	2	10:17

Class	Stage 1		Stage 2		Stage 3		Map scale	Start point		Fix time Stage 3
	Km	Controls	km	Controls	km	Controls		Stage 1 and 2	Stage 3	
M-Beg	2,2	15	2,4	12	3,3	16	1:10.000	2	2	Free start
M10	2,2	15	2,4	12	3,3	16	1:10.000	2	2	Free start
M12	2,6	13	3,5	14	3,4	15	1:10.000	2	2	Free start
M12B	2,2	15	2,4	12	3,3	16	1:10.000	2	2	Free start
M14	3,6	14	4,3	13	4,2	12	1:10.000	1	1	10:05
M14B	2,6	13	3,5	14	3,4	15	1:10.000	2	2	Free start
M16	4,8	21	6,5	17	6,3	23	1:10.000	1	1	10:35
M16B	3,6	14	4,3	13	4,2	12	1:10.000	1	1	10:17
M18	5,3	21	7,9	21	7,5	25	1:10.000	1	1	10:19
M20	5,8	23	9,0	25	8,3	28	1:10.000	1	1	10:40
M20AK	5,0	16	6,0	17	5,6	20	1:10.000	1	1	10:59
M20B	3,4	17	4,6	14	4,7	13	1:10.000	1	1	10:23
M21	7,4	27	10,0	27	8,7	31	1:10.000	1	1	10:58
M21AM	5,3	21	7,9	21	7,5	25	1:10.000	1	1	10:43
M21AK	5,0	16	6,0	17	5,6	20	1:10.000	1	1	10:51
M21B	3,5	15	5,6	18	5,2	17	1:10.000	1	1	10:11
M21C	2,6	13	3,3	15	3,4	14	1:7.500	2	2	Free start
M35	5,8	23	9,0	25	8,3	28	1:10.000	1	1	10:10
M35B	3,4	17	4,6	14	4,7	13	1:10.000	1	1	10:35
M40	5,8	22	7,9	23	7,3	23	1:10.000	1	1	10:50
M45	5,8	22	7,9	23	7,3	23	1:10.000	1	1	10:20
M45AK	3,9	17	5,1	14	5,0	18	1:10.000	2	1	11:00
M45B	3,4	17	4,6	14	4,7	13	1:10.000	1	1	10:53
M50	5,2	20	6,1	16	6,1	22	1:7.500	1	1	11:00
M55	5,2	20	6,1	16	6,1	22	1:7.500	1	1	10:30
M55AK	3,1	15	4,2	15	4,0	12	1:7.500	2	1	10:40
M60	4,5	20	5,6	13	5,8	22	1:7.500	1	1	10:37
M65	4,1	18	5,0	12	4,8	19	1:7.500	1	1	10:35
M70	4,0	16	3,9	12	3,9	13	1:7.500	2	2	10:07
M75	2,9	14	3,4	10	3,5	13	1:7.500	2	2	10:38
M80	2,5	12	3,0	11	3,0	13	1:7.500	2	2	10:02
M85	1,8	12	2,3	7	2,3	9	1:7.500	2	2	09:57
Open 1	5,4	22	8,0	20	7,8	25	1:10.000	1	1	Free start
Open 2	4,1	18	5,7	17	5,3	17	1:7.500	1	1	Free start
Open 3	2,7	13	3,6	12	3,4	15	1:7.500	2	2	Free start
Open 4	3,3	15	4,1	13	3,8	15	1:7.500	1	1	Free start
Open 5	2,7	13	3,3	15	3,4	15	1:7.500	2	2	Free start
Open 6	2,2	15	2,4	12	3,3	16	1:10.000	2	2	Free start

- Open Courses:** Open courses are available on all stages. On race days, open courses can be purchased from the event office, no pre-entry necessary. Prices are:
W/M -20 DKK 110 (15 €), W/M21- 150 DKK (20 €), rental SI-card DKK 25 (3,5 €).
The Event Office accepts credit cards, cash (Danish kroners) and MobilePay.
All open courses have free start. Please read paragraphs on 'start procedure' and 'start intervals' under the section "Start". When entering on race days, the runner receives a bib and, similar to all other free starters, picks a start time to his/her preference at the event office.
- Wind jackets:** On all three days, wind jackets etc. are transported from **Start 2** back to the arena. On stage 3, wind jackets are also transported from **Start 1** to the arena.
- Speakning:** There will be speaking on all stages. Primary focus will be on youth classes.
- Bibs:** All runners shall carry a bib attached to the front of the shirt on all three stages. Bibs and safety pins are handed out in the club bags.
On stage 3, the leading 10 runners in the chase will receive a new bib. Numbers correspond to the starting order. These bibs will be hanging at the start for self service. **Please observe:** Bring your own safety pins on stage 3.
- Maps:** Stage 1: Tirsbæk Forest, drawn 2023-2024. Contour interval 2.5 m. Mapper: Henning Schou, Ok Snab.
Stage 2: Rosenvold Forest, drawn 2023, revised 2024. Contour interval 5 m. Mapper: Gediminas Trimakas, GT Maps.
Stage 3: Grund Forest, drawn 2023, revised 2024. Contour intervals 5 m. Mapper: Gediminas Trimakas, GT Maps.
The maps are printed on water resistant paper by Grafisk Forum A/S.
Special signaturer: × rootstock >2 m
 ○ Camp fire place
- Control Descriptions:** Control descriptions are printed on the maps. In addition, separate control descriptions are available in start box 2.
- Start and Start Procedures:** Before entering start box 1, remember to clear and check your SI Card. Clear/check unit are available outside the start.
Box 1: enter box 1 when the start clock shows your starting time (4 minutes before start). The start personel will confirm your registration.
Box 2: separate control descriptions are available, provided you bring a suitable description holder.
Box 3: runners entered in the classes 'beginner' and 'easy', may pick up their map and study it. Start personel will offer start aid. This may also be provided by a 'shadow' if the runner has one.
Box 4: at the start moment, the runner may take his map from the box. It is not allowed to pick up the map anytime before this. The class is printed on the back of the map and will be visible while the map is in the box. Runners with 'free start' must punch the start control when starting.

All classes except 'beginner' and 'easy' classes, may have hidden start. In these cases, the route to the starting point will be marked with unbroken white tape, which must be followed all the way to the starting point. The starting point is always marked with a control flag.

Assigning start times for runner with free start:

In order to avoid queues and waiting time at the start, runners with free start must pick a start time at the event office. The runner chooses freely between available start times presented on paper slips. At the start, the slip is handed to the start personnel (box 1). The start time may be booked at any time, e.g. in the morning or directly before setting off to the start.

Enter start box 1, when the start clock shows your starting time. From here, follow the same procedure (box 1-4) as described above.

Start times must be booked all three days.

Start intervals for runners with free start:

Stage 1: 11.00 – 13:30

Stage 2: 10.00 – 12:30

Stage 3: 09.30 – 12:00

Procedure for chasing start:

The fix time is shown in the course information scheme and indicates the start time of the first runner in each class on Stage 3.

Runners who, after the first two stages, are more than **60 minutes** behind the leading runner, are given fixed start times in the interval 9:30 - 10:30. The start procedure for these runners is the same as described below for runners in the chase:

- SI-card must be cleared and checked before entering the start boxes.
- Enter the first start box exactly 4 minutes before your start time (e.g. if your start time is 10.42.56, you enter the box when the clock shows 10.42.56). The start is quiet.
- In box 1 you will be registered and separate control descriptions are available. From here, enter the corridor marked with your class. The staff will help line up runners in the correct order.
- Before start, the runner picks up his/her map from boxes placed at the corridors. Fold the paper so as not to look at the map. The map cannot be unfolded until the exact start moment.
- A member of staff will send you off when your time is up.

Terrain Description: See [invitation](#).

70+ years (blue) courses: On some stages, the terrain can be steep at places. For classes W/M70 and older (blue courses), efforts have been made to avoid the very steepest areas, but for practical and logistical reasons, this has not been entirely possible in all places.

Out-of-bounds areas: Out-of-bounds areas are marked on the maps with purple cross-hatching. In special cases, areas will also be blocked in the terrain with red/white plastic tape. Areas marked on the map with an olive green colour or with a vertical, black shading, are, according to ISOM2017, always out of bounds.

- Road Crossings:** On **stage 2**, the longest courses will cross Rosenvoldvej, a medium trafficked public road. There is a 40 km/h speed limit, but in some places a limited view. This road will not be guarded – **look out when crossing!**
- Similarly, on **stage 2**, all classes will cross a smaller public road, Fakkegravvej. This road will be guarded in places where 'beginner' and 'easy' classes (W/M10, W/M12B, W/M-Beg, Open 6, W/M12, W/M14B, W/M21C, Open 5) cross. Even so, safe crossing is still the runner's own responsibility.
- All runners must follow directions given by the guards.
- On **stage 3**, some of the difficult courses will cross Sanatorievej, a public road with light traffic. Due to limited view, however, the crossing should take place carefully.
- Marked Routes:** On **stage 1**, all 'beginner' courses (W/M10, W/M12B, W/M-Beg, Open 6) must follow a 150 m long marked route between two controls.
- On **stage 2**, all 'easy' courses (W/M12, W/M14B, W/M21C, Open 5) must follow a 200 m long, marked route between two controls. Furthermore, classes W/M21C and Open 5 have an additional 75 m long, marked route between two controls.
- Shadowing and Start Help:** Shadowing and start help is allowed in all classes with difficulty 'beginner' and 'easy' (W/M Beg, W/M10, W/M12, W/M12B, W/M14B, W/M21C, Open 5 and Open 6).
- Refreshment:** There will be refreshment (water) in the forest on **stage 2 and 3**. On **stage 2**, the refreshment stations are placed along forest roads. On **stage 3**, refreshment will be at a control point.
- Finish:** At the finish line, punch the control and proceed to read-out. On stage 3, rental SI cards are handed in.
- W/M80, W/M85, and W/M90:** On stage 2 and 3, the time stops recording at the last control before finish for these classes. Then, after punching the last control, there is no need to rush through the run-in. Proceed across the finish line and on to read-out. It is not necessary to punch the SI unit at the finish line.
- Runners may keep the map. Please observe fairplay.
- In the finish area, water is available for self-service from a large tank. In order to reduce plastic waste, there will not be plastic cups by the tank. **Please bring your own water bottle.**
- Maximum Time:** Maximum time is 2.5 hours for all classes. All runners must report at the Finish.
- Results:** Results for all classes will be displayed at the arena and will continuously be uploaded to <https://liveresultat.orientering.se/>
- After the race, results can be found on the [event website](#), and split times will be available on [Winsplits Online](#).
- Maps and courses will be accessible in [O-track](#) and [LiveloX](#) immediately after the start of the last runner.

Prizes: On **stage 1 and 2**, prizes are awarded to the best three runners in all youth classes (W/M -16). On **stage 3**, in the youth classes (W/M -16), prizes are given to the best three runners in the *overall* competition. In classes above W/M16, prizes are given to the winner of the overall competition. There are no prizes in open classes. In addition to the traditional prizes, a few prizes will be lotted out during the event. More information on how to participate, will be available at the arena.

On **stage 1 and 2**, the prize giving ceremony will take place during the race as the youth classes finish. After stage 3, there will be a larger, joint prize giving ceremony when the results of the chasing starts are ready. The speaker will announce the ceremony. Expected time approx. 12:30.

Prizes will not be sent to the winners after the event.

Rules of Conduct: Smoking and open fires are prohibited all over the event area. Please respect directions given by event officials.

Links: Easter 3-days website: <http://paaskelob-2024.ok-snab.dk>

Easter 3-days Facebook page: <https://www.facebook.com/Paaskelob>

Contact email: paaskelob2024@gmail.com

Organization:	Administration:	Dorthe Bloch Rosenvinge (tlf. +45 6130 0402)
	Infrastruktur:	Per Filskov (tlf. +45 2126 2837)
	Services:	Linda Fenger-Grøn (tlf. +45 2533 3211)
	competition:	Flemming Jørgensen (tlf. +45 2177 7769)
	Event controller:	Poul Mouritsen, Silkeborg OK
	Jury:	Dorthe Hansen, Silkeborg OK
	Course setters, stage 1:	Thomas og Kristian Blok
	Course setters, stage 2:	Inge Skovgaard Jakobsen/Flemming Rosenvinge
	Course setters, stage 3:	Viktor og Peter Gammeljord
	Course control, stage 1:	Jesper Fenger-Grøn
	Course control, stage 2:	Troels Nielsen, Horsens OK
	Course control, stage 3:	Claus Grøn Lyngby, OK Gorm
	Emergency number:	+45 2324 7910

