



## Bulletin 3

### MTB Orienteering World Cup 2014 round 1

### 15. – 18. May 2014

Danish Orienteering Federation and OK Øst Birkerød welcome you to MTB Orienteering World Cup in North Zealand.

#### Organizers

Danish Orienteering Federation

OK Øst Birkerød

Event Director: Jan Eg Pedersen

IOF Event Advisor: Tibor Erdélyi, Hungary

Course setter: Lasse Brun Pedersen

National controller, Sprint: Jan Hausner

National controller, Long distance: Nicolai Kliem

National controller, Relay: Jan Hausner

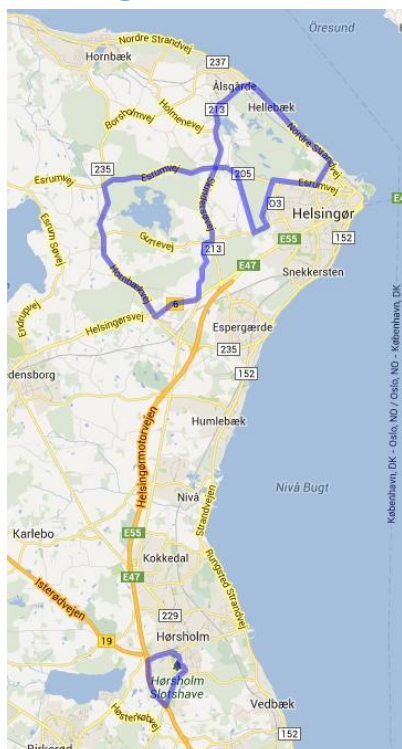
#### Contact information

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Website : [www.okoest.dk/wc2014](http://www.okoest.dk/wc2014)

#### Embargoed areas



The marked areas are embargoed from 16. October 2012 and until the end of the competitions 18. May. For details see <http://goo.gl/maps/JSmgn>.



## Program

Thursday 15. May: Model event, Teglstrup Hegn South

Friday 16. May: Sprint, Forskerparken

Saturday 17. May: Long distance mass start, Teglstrup Hegn North

Sunday 18. May: Mixed relay, Gurre/Krogenberg

## Detailed program

Day	Time	Agenda
Thursday 15. May	10-13	Event centre open
	14	Final name entry and entry for allocation of start groups, sprint
	13-15	Model Event, Teglstrup Hegn South
	17-18	Opening Ceremony
	18-20	Event centre open
	18.30 – 19.30	Team leaders' meeting
	19	Dinner
Friday 16. May	10-13	Event centre open
	13-15	Sprint, Forskerparken
	15.30	Prize giving ceremony, finish area
	16.30	Final name entry, long distance
	16-20	Event centre open
	18.30 – 19.30	Team leaders' meeting
	19	Dinner
Saturday 17. May	10-12	Long distance mass start, Teglstrup Hegn North
	12.30	Prize giving ceremony, finish area
	14	Final name entry, mixed relay
	18.30 – 19.30	Team leaders' meeting
	19	Dinner
Sunday 18. May	10-12	Mixed relay, Gurre Vang/Krogenberg
	12.30	Prize giving ceremony, finish area

## Event centre

The event centre is located with the accommodation at Helsingør Ferieby (Elsinore Holiday Village) about 50 km north of Copenhagen and 70 km from Copenhagen Airport. Distances from competition areas: See under 'Transport'.

See more details about the event centre under 'Accommodation'.



## Accommodation

Attractive and affordable accommodation for all participants is offered at Helsingør Ferieby (Elsinore Holiday Village) situated in a parkland at the Long distance competition area. The individual holiday homes sleep up to 4 persons (optionally 6) in are fully equipped with bathroom and a small kitchen. Full board (2 meals and packed lunch) is offered in the common area, which also houses the Event Centre. See more details and Online booking under 'Accommodation' on the organizers website: <http://okoest.dk/wc2014/>

Accommodation is an issue between the participating countries and "Folkeferie.dk", running Helsingør Ferieby. The organizers are not involved in the accommodation except from having made a pre booking running out 15<sup>th</sup> February 2014.

## Bike wash, bike storage

There will be bike wash at the accommodation. There will be no bike storage, but you are allowed to take your clean bike inside the holiday homes.

## Classes and participation restrictions

The maximum entry per member federation per individual competition is 6 men and 6 women. In the mixed relay there is a maximum of 4 teams of 3 riders per member federation. Each team must include at least one woman.

## Entries

Nation	Men	Women	Relay teams
Austria	6	3	3
Czech Republic	6	4	3
Denmark	6	6	4
Estonia	5		
Finland	6	6	4
France	6	4	3
Germany	1	2	1
Great Britain	1	1	
Italy	4	1	1
Latvia	2	1	1
Lithuania	6	3	2
Norway	1		
Poland	2	2	1
Portugal	5		
Russia	6	6	4



Spain	1	0	0
Sweden	6	3	3
Switzerland	1	2	1
<b>Total</b>	<b>71</b>	<b>44</b>	<b>31</b>

## Competition Rules

Round 1 of the World Cup 2014 will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events as published by the IOF and valid from 1. January 2014, the Special Rules for the 2014 World Cup in MTB Orienteering and the IOF Anti-Doping Rules valid from 1. February, 2010. All competition rules can be found on the IOF web site: [www.orienteeering.org](http://www.orienteeering.org)  
Riding off the roads, tracks and trails marked on the map is not allowed in the long distance and in the relay. In the sprint you are allowed to ride everywhere except for areas marked forbidden on the map.

## Start interval

The start interval in the sprint will be one minute which is approved by the event advisor.

## Time keeping system

SPORTident will be used at all competitions.

## Doping

Doping is strictly forbidden, and the organizers of the World Cup 2014 in Denmark are dedicated to support the anti-doping authorities in their work.

## Entry

World Cup competitors may only be entered by their federation.

Preliminary entry by 15. January 2014 using **entry form A** giving:

- country
- number of competitors of each gender
- number of relay teams
- number of team officials
- team manager's name, address and email address, telephone number

Final entry by 20. March 2014 using **entry form B** giving:

- country
- final number of competitors in each discipline and gender
- family name and first name of the team officials



- information on whether the competitor will use his/her own SI-card or wants to rent an SI-card from the organizers
- information on whether the competitors and team officials will use organizer's transport to the sprint and to the relay

See bank details in the **entry form B**.

Name entry by 20. April 2014 using the **name entry form** giving:

- country
- each competitor's family name and first name, year of birth, gender and class
- family name and first name of the team officials

### Entry fees

Participating: DKK 350 per competitor (approximately 47 €)

Sprint distance: DKK 350 per competitor (approximately 47 €)

Long distance: DKK 350 per competitor (approximately 47 €)

Mixed relay: DKK 1050 per team (approximately 141 €)

Team officials: -

### Transport

Distances:

Copenhagen Central Station – Event Centre: 48 km

Copenhagen Airport – Event Centre: 70 km

Helsingør train station – Event Centre: 3 km

Public trains are running regularly from Copenhagen Airport and Copenhagen Central Station to Helsingør train station.

Event Centre – Model Event, Teglstrup Hegn South: 3 km

Event Centre – Sprint, Forskerparken, Hørsholm: 25 km

Event Centre – Long distance, Teglstrup Hegn North: 1 km

Event Centre – Mixed Relay, Gurre: 11 km

Transportation for athletes, officials, bikes etc. from the event centre to the competitions can be arranged. Use entry form B to order transportation and see the prices.

### Weather conditions

The average day time temperature in May is about 19 C, average number of rainy days in May is 9.



## Maps

A copy of the most recent version of previous maps can be found on the organizer's web page under 'Maps'.

## Courses

Competition	Estimated winning time	Distance		Number of controls		Number of refreshment	
		Men	Women	Men	Women	Men	Women
Sprint	20-25 min.	5,8 km	5,1 km	30	26	0	0
Long distance	105-105 min.	27,0 km	22,6 km	48	41	1	1
Mixed relay	135-150 min.	11,7 km		20/21		1	1

The distance is measured as the direct line. The most sensible route is a 10-20% add on. The total climb is very limited.

## Terrain description

### Sprint

Urban area with generally paved tracks. A mix between streets, park terrain and forest. There are no residential homes in the area. The buildings are offices and as the sprint will take place on a Danish holiday there will be very limited traffic and people. Still, riders have to obey traffic rules. The area will not be closed for traffic. Riding off tracks is allowed on the sprint.



### Long distance

Flat area with high density of roads, tracks and trails. There is a MTB-track running through the area, so you might meet other riders during the race. The rideability of the tracks is generally good, however weather condition in the days before the competition is decisive.



### Mixed relay

Flat area with lower density of roads, tracks and trails compared to the long distance area. The rideability of the tracks is generally good, however weather condition in the days before the competition is decisive.





### **Training opportunities**

The traditional Danish MTBO Camp is on the island Bornholm from 11. April to 15. April 2014. See details on <http://www.mtbocamp.dk/2014/>. The terrain on Bornholm is quite comparable to North Zealand but training more close to the competition areas can be organized.

### **Visas**

If you wish to visit Denmark for a short period of time, you must obtain a visa prior to entry if you come from a country with a visa requirement for entering Denmark. See the list of countries whose citizens need a visa to enter Denmark and the guidelines to obtain visas here:

[https://www.nyidanmark.dk/en-us/coming\\_to\\_dk/visa/visa.htm](https://www.nyidanmark.dk/en-us/coming_to_dk/visa/visa.htm)

### **Media**

We welcome all media representatives to the World Cup 2014 in Denmark. Please contact the organizers.

### **Deadlines**

15. January 2014	Preliminary entries (entry form A)
15. February 2014	Accommodation booking
20. March 2014	Final entry of teams (entry form B) and entry fee payment
20. April 2014	Name entry and final payment of accommodation