



Invitation to

# SPRINT RELAY

Sunday 31. MAY 2015

Organiser	Orienteringsklubben Roskilde
Classification	Sprint Relay
Date and time	Sunday May 31 2015, the arena opens at 9.00
Competition area	The former "Roskilde Ring" and nearby areas. The area is closed to the participants of DM sprint, which takes place the day before. The embargoed area is published at the event website: <a href="http://www.okr.dk">www.okr.dk</a>
Event Centre	Kinder garden "Reden", Eriksvej, 4000 Roskilde Parking at Bankernes EDB center, (BEC) Havsteensvej 4
Changing and showers	Østervangsskolen, Astersvej. Open 9.00 - 13.30
Map	Roskilde Ring, printed, 2015, scale: 1:4000, contour interval 2,5 m
Terrain	Roskilde Ring was until the late 60's a racetrack, where Formula 1 races have been settled. The racetrack is now converted into a recreational area. It slopes sharply towards the bottom of the former racetrack, where playgrounds are located. The slopes are grown over and the area is traversed by paths. Close to Roskilde Ring you will find Roskilde Town Hall located in a large green area with lakes, vegetation, parking lots and trails.
Classes	<p>The Relay is arranged according to the following concept:</p> <p>4 classes:</p> <ul style="list-style-type: none"> <li>• M/W -14 (moderate)</li> <li>• M/W 15-44 (difficult)</li> <li>• M/W 45-59 (difficult)</li> <li>• M/W 60 – (difficult)</li> </ul> <p>Each team runs four legs, expected winning time per leg is 15 minutes.</p> <p>Each team consists of 2-4 runners, i.e. a runner is allowed to run two legs; there must be a changed between each leg, i.e. the same runner can't run two legs in a row.</p> <p>There must be at least one lady on a team.</p> <p>You will need different SI-card at each leg. Runners who run more than one leg can rent a SI-card.</p>

	<p>The legs are divided as follows: W-M-W-M</p> <p>Women may as well run 2nd and 4th leg, men must only run 2nd and 4th leg i.e. on a team with only one lady - she must run two legs accordantly (1st &amp; 3rd leg).</p> <p>A team can supplement with runners from other clubs.</p> <p>Teams with runners from other clubs and / or where one runner runs several legs, must inform the organiser about the team setting, by e-mail to kentpihl@gmail.com</p>
Punching system	SportIdent. Runners who do not declare a SI card no. by entry, will automatically be assigned a rental SI card
Prizes	Prizes to the winners in each class, however, 2 <sup>nd</sup> and 3th position in M/W -14 will also be honored.
Entry on the day	<p>2 courses are sold at the event center between 9.30 -10.30 start from 10.15 – 11.00.</p> <ul style="list-style-type: none"> <li>• moderate</li> <li>• difficult</li> </ul> <p>Fee: M/W-20: DKK 50, M/W21- DKK 80 Rent a SI card: DKK 15.</p>
Start	Start at 10.00
Distances	Changing and showers – parking: 1400 m, parking – event center: 800 m, start at the event center
Children's course	Free children's course 9.30 – 11.00
Accommodation	Please check the web: <a href="#">Accommodation</a>
Entries	<p>For Danish entries, via O-service</p> <p>Non-Danish competitors can enter by sending an e-mail to: <a href="mailto:anders@laagekragh.dk">anders@laagekragh.dk</a> with name, club name, age and class.</p> <p>Ordinary registration deadline: 22. May 2015 at 24.00 No late registration, please see "entry on the day" courses</p>
Entry fee	<p>Entry fee:</p> <ul style="list-style-type: none"> <li>• M/W -14: 200 DKK</li> <li>• M/W 15-44: 320 DKK</li> <li>• M/W 45-59: 320 DKK</li> <li>• M/W 60-: 320 DKK</li> </ul> <p>Rent a SI card: 15 DKK</p> <p>Entry fee must be paid at the same time as the registration to:</p> <p>OK Roskilde v/ Asger Jensen, reg: 0525 konto: 0000243556</p>

	<p>Swedish participants can pay to: Skandiabanken.se, Michael Leth Jess: 9150-752.065-6</p> <p>Entry fee for foreign participants shall include a banking fee DKK 50 per transfer.</p> <p>Payment to:</p> <p>OK Roskilde v/ Asger Jensen, reg: 0525 konto: 0000243556 IBAN-nummer: DK6605250000243556 BIC-kode/SWIFT-adresse: SWESDK22</p> <p>You can make a total payment of DM sprint and sprint relay entry fees, at the same time!</p>
Event Organisers	<p>Event Coordinator: Anders Laage Kragh <a href="mailto:anders@laagekragh.dk">anders@laagekragh.dk</a>, +4523236250, Course Planner: Andreas Hougaard Boesen, OK Roskilde. Course Controller: Morten Jensen, OK Roskilde Event Controller: Finn Blom Christensen, Lyngby OK Mapper: Asger Jensen, OK Roskilde Referee: Finn Skouenborg, OK Øst</p>

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