



Invitation to Sydvestjysk 5-Days 10th-14th August 2010

Registration- Final details – Start lists – Results – Split times

Organisers	OK West and OK Esbjerg in collaboration with the Danish Forestry Commission, Blåvandshuk and the Danish Orienteering Federation (DOF).																																																																
Event classification	Summer event with ****. Free choice of course and class, therefore classified as a C event.																																																																
Dates Venues Formats	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">Date</th> <th style="width: 20%;">Start period</th> <th style="width: 25%;">Venue</th> <th style="width: 20%;">Format</th> <th style="width: 20%;"></th> </tr> </thead> <tbody> <tr> <td>Tuesday 10th</td> <td>14.00-16.00</td> <td>Gøddel Bjerge</td> <td>Middle distance</td> <td></td> </tr> <tr> <td>Wednesday 11th</td> <td>18.00-20.00</td> <td>Varde town</td> <td>Sprint</td> <td></td> </tr> <tr> <td>Thursday 12th</td> <td>14.00-16.00</td> <td>Kærgård</td> <td>Middle distance</td> <td></td> </tr> <tr> <td>Friday 13th</td> <td>10.00-12.00</td> <td>Blåbjerg</td> <td>Long distance</td> <td></td> </tr> <tr> <td>Saturday 14th</td> <td>14.00-16.00</td> <td>Nyminde</td> <td>Middle distance</td> <td></td> </tr> </tbody> </table>					Date	Start period	Venue	Format		Tuesday 10th	14.00-16.00	Gøddel Bjerge	Middle distance		Wednesday 11th	18.00-20.00	Varde town	Sprint		Thursday 12th	14.00-16.00	Kærgård	Middle distance		Friday 13th	10.00-12.00	Blåbjerg	Long distance		Saturday 14th	14.00-16.00	Nyminde	Middle distance																															
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Event Centre	Nymindegab Camp. Race site information and distances for each day will be given in the final details.																																																																
Maps	Scale 1:10,000 except for Sprint 1:5,000. Contour interval 2.5 m. All newly drawn or revised in 2010.																																																																
Terrain description	4 days on typical sand dune terrain with a varied path network and variable forest runnability, together with open sand dunes and heath. The town Sprint will take place in Varde's narrow streets and park areas.																																																																
Courses Difficulty (Black = difficult Yellow = medium White = easy) Approx. lengths (km.)	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Course</th> <th style="width: 15%;">Gøddel</th> <th style="width: 15%;">Varde Town</th> <th style="width: 15%;">Kærgård</th> <th style="width: 15%;">Blåbjerg</th> <th style="width: 15%;">Nyminde</th> </tr> </thead> <tbody> <tr><td>1</td><td>5.5</td><td>3.7</td><td>5.5</td><td>10.0</td><td>5.5</td></tr> <tr><td>2</td><td>5.0</td><td>3.5</td><td>5.0</td><td>8.0</td><td>5.0</td></tr> <tr><td>3</td><td>4.5</td><td>3.1</td><td>4.5</td><td>7.0</td><td>4.5</td></tr> <tr><td>4</td><td>4.0</td><td>2.7</td><td>4.0</td><td>6.0</td><td>4.0</td></tr> <tr><td>5</td><td>3.5</td><td>2.5</td><td>3.5</td><td>5.0</td><td>3.5</td></tr> <tr><td>6</td><td>3.5</td><td>2.1</td><td>3.5</td><td>4.0</td><td>3.5</td></tr> <tr><td>7</td><td>3.0</td><td>2.0</td><td>3.0</td><td>3.0</td><td>3.0</td></tr> <tr style="background-color: yellow;"><td>8</td><td>3.0</td><td>1.8</td><td>3.0</td><td>4.0</td><td>3.0</td></tr> <tr><td>9</td><td>2.0</td><td>1.8</td><td>2.0</td><td>2.5</td><td>2.0</td></tr> </tbody> </table>					Course	Gøddel	Varde Town	Kærgård	Blåbjerg	Nyminde	1	5.5	3.7	5.5	10.0	5.5	2	5.0	3.5	5.0	8.0	5.0	3	4.5	3.1	4.5	7.0	4.5	4	4.0	2.7	4.0	6.0	4.0	5	3.5	2.5	3.5	5.0	3.5	6	3.5	2.1	3.5	4.0	3.5	7	3.0	2.0	3.0	3.0	3.0	8	3.0	1.8	3.0	4.0	3.0	9	2.0	1.8	2.0	2.5	2.0
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Punching system	EMIT – hire of brick 10 Dkr. per start.																																																																
Starts	The start each day will be with free choice of start time within a period of 2 hours. Start interval 1 minute on all courses.																																																																
Distances at race sites	Will be stated in the final details.																																																																
Children's courses	Yes, free of charge																																																																

Creche facilities	None																				
Changing/showers	The North Sea, or at the Event Centre if you are accommodated there.																				
Toilets	In assembly areas.																				
Food service	In assembly areas.																				
Accommodation and board	<p>The event offers accommodation at Nymindegab Camp as follows:</p> <table border="1"> <thead> <tr> <th></th> <th>Bed & Breakfast</th> <th>Double room</th> <th>Single room</th> </tr> </thead> <tbody> <tr> <td>No. of beds per room</td> <td>6-10 in dormitory</td> <td>2 beds, **, hotel standard</td> <td>1 bed, **, Hotelstandard</td> </tr> <tr> <td>Price including bed linen and breakfast</td> <td>800 Dkr. per person for 4 nights with arrival on 10th and departure on 14th August</td> <td>1.200 Dkr. per person for 4 nights with arrival on 10th and departure on 14th August</td> <td>1.600 Dkr. per person for 4 nights with arrival on 10th and departure on 14th August</td> </tr> <tr> <td>Price for extra night before and/or after</td> <td>200 Dkr. per person per extra night</td> <td>300 Dkr. per person per extra night</td> <td>400 Dkr. per person per extra night</td> </tr> <tr> <td>Price for cooked evening meal</td> <td>120 Dkr. per person per day</td> <td>120 Dkr. per person per day</td> <td>120 Dkr. per person per day</td> </tr> </tbody> </table> <p>Members of Danish O-clubs must book their accommodation and meals via O-service. All others should use this Excel-form. The final deadline accommodation and board is Monday 28th June 2010, 19.00</p>		Bed & Breakfast	Double room	Single room	No. of beds per room	6-10 in dormitory	2 beds, **, hotel standard	1 bed, **, Hotelstandard	Price including bed linen and breakfast	800 Dkr. per person for 4 nights with arrival on 10th and departure on 14th August	1.200 Dkr. per person for 4 nights with arrival on 10th and departure on 14th August	1.600 Dkr. per person for 4 nights with arrival on 10th and departure on 14th August	Price for extra night before and/or after	200 Dkr. per person per extra night	300 Dkr. per person per extra night	400 Dkr. per person per extra night	Price for cooked evening meal	120 Dkr. per person per day	120 Dkr. per person per day	120 Dkr. per person per day
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Drinks	At the finish and on courses longer than 6 km.																				
Prizes	<p>Medals each day to the first three in the classes listed below:</p> <table border="1"> <thead> <tr> <th colspan="2">Class, course</th> <th colspan="2">Class, course</th> </tr> </thead> <tbody> <tr> <td>H -10, course 9</td> <td>H -14, course 8</td> <td>D -10, course 9</td> <td>D -14, course 8</td> </tr> <tr> <td>H -12, course 9</td> <td>H -16, course 2</td> <td>D -12, course 9</td> <td>D -16, course 6</td> </tr> </tbody> </table>	Class, course		Class, course		H -10, course 9	H -14, course 8	D -10, course 9	D -14, course 8	H -12, course 9	H -16, course 2	D -12, course 9	D -16, course 6								
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Entry details Entry fees On-the-day entry	<p>Members of Danish clubs enter via O-service. A discount is offered for early entry and/or entry for all days as a package.</p> <p>The first deadline is Friday 16th April 2010, 19.00. Fees before then are: H/D 21- Dkr. 90 per start, or a package price of Dkr. 400 for all 5 days. H/D -20 Dkr. 70 per start, or a package price of Dkr. 300 for all 5 days.</p> <p>The final deadline is Monday 19th July 2010, 19.00. Fees in this period are: H/D 21- Dkr. 100 per start, or a package price of Dkr. 450 for all 5 days. H/D -20 Dkr. 80 per start, or a package price of Dkr. 350 for all 5 days.</p> <p>There are no late entries, but entries will be taken on the day, every day and for all courses as long as maps are available, at an extra cost of Dkr. 10.</p> <p>For all – hire of EMIT brick Dkr. 10 per start.</p>																				
Payment	Peter Gammelvind, peter@gammelvind.dk, +45 75 22 21 32. Reg.no. 7637, account no. 1005620, Handelsbanken, Stormgade 65, DK-																				

	6700 Esbjerg, together with your entry. Remember to state club name.		
Event Directors	Ulrik Lorenzen, Sven Wodschow, and Peter Gammelvind, all OK West together with Poul Larsen and Preben Schmidt, OK Esbjerg. Contact – psc@efol2010.dk, +45 22 96 08 47		
Course planners Controllers	Venue	Course planner	Controller
	Gøddel Bjerge	Lars Nissen OK Esbjerg	
	Varde By	Emil Thorsen OK Pan	Kell Sønnichsen OK Pan
	Kærgård	Per Bovien Christensen OK West	Kent Lodberg OK Pan
	Blåbjerg	Henrik B. Thomsen OK Esbjerg	Rudolf Sørensen OK Esbjerg
	Nyminde	Ole Gadsbølle, OK Farum Thomas Gadsbølle OK Esbjerg	Lars Nielsen OK Esbjerg
Mappers Map control	Map	Mapper	Control
	Gøddel Bjerge	Asger Kristensen Herning OK	Jens A Sørensen OK West
	Varde By	Erling Nielsen, OK West Kell Sønnichsen, OK Pan	Jens A Sørensen OK West
	Kærgård	Erling Nielsen Palle Cavan OK West	Flemming Nørgaard DOF
	Blåbjerg	Louis Sørensen Børge Madsen OK Esbjerg	Jens A Sørensen OK West
	Nyminde	Jens A. Sørensen OK West	Flemming Nørgaard DOF

