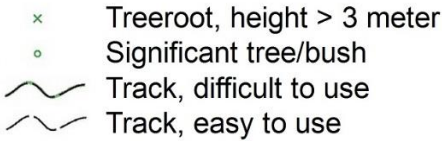


Instruction classic distance - Saturday

Distances	Parking – Assembly area: 800m Assembly area – Shooting range: 100m Assembly area – Start: 600m
Maps	Location orienteering: Stenderup, scale: 1:7.500, contour interval: 2,5 m, updated 2017. The map is laminated and waterproof. Free orienteering: Stenderup, scale: 1:10.000, contour interval: 2,5 m, updated 2017. The map is printed on waterproof paper. Special feature on the maps:  <ul style="list-style-type: none">× Treeroot, height > 3 metero Significant tree/bush~ Track, difficult to use~ Track, easy to use <hr/>
	Tracks difficult to use have a green colour underneath. The track is usually significant in the terrain, but slow to use due to poor condition, for example undergrowth or very muddy. Impassable vegetation (IOF no. 411) comprehend trees and in some cases undergrowth or clusters of storm fallen trees.
Clothing transport	Clothing brought by the runners to the start area will be returned to the finish area.
Toilets	Toilets are available at the assembly area, but not in the start area.
Tents	Teams can put up their own tents at the assembly area. There are no tents available at the start.
Embargoed Areas	Marked route from parking area to assembly area must be followed. See info-board regarding embargoed areas at the assembly/shooting areas. At the start out-of-bounds area will be marked.
Time system	SportIdent is used for punching. Between location orienteering and free orienteering there will be a unit, which has to be punched. In case of queueing at the shooting range a <i>wait-start</i> unit and <i>wait-end</i> unit must be punched. <i>Some classes will need a high capacity SI card. Pls. see the updated starting list at the info-board. Competitors who will receive an SI-card at the start are highlighted.</i>
Number bibs	For all participants, self-service at Start (Sunday at Info board). Note: Different bibs every day. Please re-use your safety pins given Saturday
Refreshments	Water will be available at the changeover from location orienteering to free orienteering and at the finish area.

Instruction classic distance - Saturday

Classes

The schedule below shows the distances and controls for each class.

Classes	Location orienteering	Free orienteering	Controls
M21	3,1	8,1	26
M20	3,1	7,3	24
W21	3,1	6,8	22
M40	3,1	6,8	22
M45	3,1	6,8	22
W20	3,1	5,3	18
M16	3,1	5,3	18
M50	3,1	5,3	18
W45	3,1	4,5	17
M55	3,1	4,5	17
M60	3,1	4,5	17
W50	3,1	4,1	15
M65	3,1	4,1	15
Intro 1	3,1	4,1	15
W14	3,1	4,0	11
M14	3,1	4,0	11
W12	3,1	2,7	11
M12	3,1	2,7	11

Location orienteering

The route is marked with white/blue/yellow stripes.

Intro/MW12,14,16 will receive a map with a marked corridor and must register the blue and yellow controls according to normal rules.

Control description

Control description will be available 3 minutes before start. Sizes are 5 mm for W21, M20 and M21. 6 mm for other classes. The description is also printed on the front page of the map (6 mm for all classes).

Start procedure

The runners will be called up 4 minutes before start. There are 4 boxes. In the first box the SI card will visually checked (SI handout for rentals). Clear & Check your SI card before moving to next box. In the second box control descriptions will be offered. In box three you can get focused. In the last box you receive your map with face down. At the last signal of the count down, runners time will start.

- 4 min.	- 3 min.	- 2 min.	- 1 min.
Visual check of SI card. Clear & Check	Control descriptions		Ready for start on signal

Instruction classic distance - Saturday

First change procedure At the end of the location orienteering route the runners proceed into a long box marked with stripes. Firstly, the runners drop their map from the location orienteering in a box. Secondly the runners punch an SI unit. Thirdly the runners pass the refreshment point and can choose to drink water. Next the runners take their map for the free orienteering. All maps are marked with the start number and the **runners are responsible for taking the correct map!** Eventually the runners proceed to the start point marked with an orange/white orienteering flag.

→	→	→	→	→
Dropping map from location orienteering	Punch of SI unit	Water refreshment (optional)	Taking map for free orienteering	Start point free orienteering

Second change procedure From the last control of the free orienteering the runners will follow a marked route into the shooting range.

Shooting procedure Firstly the runners pick up their weapon from the weapon point and bring it to the shooting line to fire 10 shots in prone position. Secondly the runners deliver the weapon back to the weapon point and proceed on a marked route of approximately 300 meters. Back at the weapon point the runners pick up their weapon again and bring it to the shooting line to fire 10 shots in standing position. Eventually the runners deliver the weapon back to the weapon point and proceed to the finish line. The route to be followed is shown on Info-board at the assembly area.

Exceptions
Intro class: Only prone shooting at large targets. Support is allowed.
M/W12: Only prone shooting at large targets. Support is allowed.
M/W14: Only prone shooting at small targets. Support is allowed.
Classes M/W16: Only prone shooting at small/large targets.

(Intro/MW12-14 may be supported by coach)

Safety



For safety reasons, when moving with weapons, it is important that the runners carry them with a hand on the barrel so that the barrel is pointing straight upwards.

Safety Look must be used when not shooting the weapon.

Demo will be done after adjustment shooting

Instruction classic distance - Saturday

