


## Bulletin 2

# Fynsk Sprint Cup 2019

|                                   |   |
|-----------------------------------|---|
| <b>Rules and responsibilities</b> | <p>The race areas are not blocked off for public traffic, therefore ordinary traffic must be considered.</p> <p>It is <b>not</b> allowed to race in spike shoes.</p>  |
| <b>Parking</b>                    | <p>There is no common event parking.<br/>If you arrive by car, we advise you to park south of Odense river. Meeting point is Kronprinsensgade no. 7</p> <p>Please calculate some time for parking. Especially at Saturday the parking lots will be full.<br/>Below we have shown a couple of recommended parking lots.</p>  <p>The map shows a section of Odense with the Odense River flowing through it. A red circle marks a meeting point on Kronprinsensgade. Three red 'P' symbols indicate recommended parking areas: one near Jagtvej, one near the intersection of Kronprinsensgade and Albanigade, and one near Albanigade.</p> |
| <b>Event center</b>               | <p>The arena will be the same Saturday and Sunday. The arena is sited on an open area south of Odense cathedral.<br/>The address is Klingenberg 19, 5000 Odense.</p>  |



|                             |   |
|-----------------------------|---|
| <b>Bath and changing</b>    | Bath and changing facilities are not available.   |
| <b>Clubtents</b>            | If needed club tents can be raised at the arena. The tents have to be taken down during the night between Saturday and Sunday.  |
| <b>Kiosk</b>                | There is no shop at the arena.<br>Near by the arena there is an outdoor café.<br>In Albanigade, south east of the arena there is a supermarket called <i>Superbrugsen</i> .   |
| <b>Toilet</b>               | There are toilets at the arena.<br>NB: There are NO toilets at the start areas.   |
| <b>Map</b>                  | New sprint map, 1:4000, equi.dist. 2,5 m.<br>Reconnoitre and drawing by WOC map creator Gediminas Trimakas.<br>Adjustments by Odense OK.<br>The maps are offset printed on waterproof paper in A4 format.   |
| <b>Control descriptions</b> | Control descriptions with IOF-symbols are printed on the map.<br>Loose descriptions will be available at start for runners who carry appropriate holders.   |
| <b>Controls</b>             | There is one control unit per control.  |
| <b>Prizes</b>               | <b>Saturday:</b><br>There will be prizes for winners of the day in W/M 10-16.<br><br><b>The Cup:</b><br>There will be prizes for each class winner of Fynsk Sprint Cup.<br>The prize ceremony will take place on Sunday just after the last race is finished. |



**Start  
Prologue and  
final saturday.  
Prologue  
sonday.**

Start method is Put 'n Run. Time calculation is based on SI card time.

Before starting, the runners will be registered and then enter a queue for each course. Here the SI card is cleared and checked.

There will be 3 start boxes with 30 seconds start interval.  
(M21 and W21 – here we ask the runners themselves to secure a 1 minute interval to the preceeding runner in the class).

At the entrance of box 1 control descriptions will available.

In box 2 there is an example of the race map.

In box 3 the runners take the map and they check it is the correct course / class. Here after the map is held folded until start.

**Remember: START CONTROL** has to be punched when you start. Here time starts.

W/M-10 and W/M-12 make take their map in start box 2, 1 minute before start.



|                                      |   |
|--------------------------------------|---|
| <p><b>Chase start<br/>sunday</b></p> | <p>After leg 3 a result list for the first 3 legs will be computed. Based on the result list a chase startlist will be printed and published at the arena.</p> <p>To simplify rembering the chase start starttime, we will print a start time notice for each runner. It will hang on a string next to the startlists. The notice will be sorted after class and runner name, and will contain class, name and starttime.</p> <p>Runners will keep the start time notice until actually starting the race.</p> <p>There will be chase start for runners being up to 15 minutes after the leading runner. All other runners with be attending an 'after start' with a 30 seconds interval.</p> <p>W/M10, W/M12 and courses sold at the race day will start in put'n'run.</p> <p>There will be three queue's:</p> <ul style="list-style-type: none"> <li>Queue 1 - chase start</li> <li>Queue 2 - after start (more than 15 minutes after the leading runner)</li> <li>Queue 3 - put'n'run for WM10, WM12 and entry at race day</li> </ul> <p>Within the queues 3 watches will tell the starttime delayed with 3 min, 8 min and 13 min, which we hope will enable the runners to finde their own position in the queues. 3 minutes before start time the runners will be checked and if needed helped into correct order by the start officials.</p> <p>Please be at the chase start queue 13 minutes before your start time.</p> <p>Please help each other to get into the correct place in the queue by showing your start time notice.</p> |
| <p><b>Finish</b></p>                 | <p>Max time is 45 minutes.</p> <p>Runners that do not complete the race must must registre at finish.</p> <p>Rented SI Cards must be delivered back.</p> <p>Water is available in the finish area, by self service.</p> <p>Results are available at the arena.</p> <p>Results will be published at: <a href="http://www.fynksprintcup.dk">http://www.fynksprintcup.dk</a> after each race day.</p>  |



# Fynsk Sprint Cup

18- 19. May 2019

|                          |  |
|--------------------------|--|
| <b>The Cup</b>           | Runners that participate in all 4 legs are joining the Cup.<br><br>Result of the Cup, is computed as the total time of the 4 legs.   |
| <b>Entry at race day</b> | Each day it is possible to buy a course as long as we have spare maps.<br>Entry can be made at the event office.<br>Saturday, prologue : 11.00 - 12.00. Final: until 13.30<br>Sunday, prologue : 09.00 - 10.00. Final: until 11.30<br>Entry fee: DKK 70 for junior (W/M-20), and DKK 95 for senior (from W/M21- ).<br>Rental of SI card: DKK 15 per day, or for all 4 legs DKK 30. |
| <b>Jury</b>              | Helge Søgaard, Rold Skov OK  |



Class, Length and controls: (length in km)

| Class | 18/5 Prologue Saturday |          | 18/5 Final Saturday |          | 19/5 Prologue Sunday |          | 19/5 Chase start Sunday |          |        |
|-------|------------------------|----------|---------------------|----------|----------------------|----------|-------------------------|----------|--------|
|       | Length                 | Controls | Length              | Controls | Length               | Controls | Length                  | Controls | St.grp |
| W10   | 1,8                    | 16       | 1,8                 | 19       | 1,8                  | 16       | 1,8                     | 17       | -      |
| W12   | 1,8                    | 16       | 1,8                 | 19       | 1,8                  | 16       | 1,8                     | 17       | -      |
| W14   | 2,0                    | 15       | 2,0                 | 12       | 2,0                  | 13       | 2,6                     | 11       | 1      |
| W16   | 2,1                    | 14       | 2,1                 | 11       | 2,3                  | 9        | 2,4                     | 10       | 1      |
| W20   | 2,7                    | 19       | 2,8                 | 18       | 2,9                  | 14       | 2,7                     | 15       | 2      |
| W21   | 2,7                    | 19       | 2,8                 | 18       | 2,9                  | 14       | 2,7                     | 15       | 1      |
| W35   | 2,7                    | 19       | 2,8                 | 18       | 2,9                  | 14       | 2,7                     | 15       | 1      |
| W40   | 2,5                    | 15       | 2,4                 | 16       | 2,5                  | 10       | 2,6                     | 13       | 1      |
| W45   | 2,5                    | 15       | 2,4                 | 16       | 2,5                  | 10       | 2,6                     | 13       | 2      |
| W50   | 2,1                    | 14       | 2,1                 | 11       | 2,3                  | 9        | 2,4                     | 10       | 4      |
| W55   | 2,1                    | 14       | 2,1                 | 11       | 2,3                  | 9        | 2,4                     | 10       | 3      |
| W60   | 2,0                    | 14       | 2,0                 | 12       | 1,9                  | 10       | 2,1                     | 9        | 4      |
| W65   | 2,0                    | 14       | 2,0                 | 12       | 1,9                  | 10       | 2,1                     | 9        | 1      |
| W70   | 2,0                    | 14       | 2,0                 | 12       | 1,9                  | 10       | 2,1                     | 9        | 2      |
| W75   | 2,0                    | 14       | 2,0                 | 12       | 1,9                  | 10       | 2,1                     | 9        | 2      |
| W80   | 2,0                    | 14       | 2,0                 | 12       | 1,9                  | 10       | 2,1                     | 9        | 1      |
| M10   | 1,8                    | 16       | 1,8                 | 19       | 1,8                  | 16       | 1,8                     | 17       | -      |
| M12   | 1,8                    | 16       | 1,8                 | 19       | 1,8                  | 16       | 1,8                     | 17       | -      |
| M14   | 2,0                    | 15       | 2,0                 | 12       | 2,0                  | 13       | 2,0                     | 11       | 2      |
| M16   | 2,7                    | 19       | 2,8                 | 18       | 2,9                  | 14       | 2,7                     | 15       | 4      |
| M20   | 3,3                    | 21       | 3,3                 | 20       | 3,1                  | 14       | 3,4                     | 14       | 2      |
| M21   | 3,3                    | 21       | 3,3                 | 20       | 3,1                  | 14       | 3,4                     | 14       | 1      |
| M35   | 3,3                    | 21       | 3,3                 | 20       | 3,1                  | 14       | 3,4                     | 14       | 3      |
| M40   | 2,7                    | 19       | 2,8                 | 18       | 2,9                  | 14       | 2,7                     | 15       | 4      |
| M45   | 2,7                    | 19       | 2,8                 | 18       | 2,9                  | 14       | 2,7                     | 15       | 3      |
| M50   | 2,5                    | 15       | 2,4                 | 16       | 2,5                  | 10       | 2,6                     | 13       | 2      |
| M55   | 2,5                    | 15       | 2,4                 | 16       | 2,5                  | 10       | 2,6                     | 13       | 3      |
| M60   | 2,5                    | 15       | 2,4                 | 16       | 2,5                  | 10       | 2,6                     | 13       | 4      |
| M65   | 2,1                    | 14       | 2,1                 | 11       | 2,3                  | 9        | 2,4                     | 10       | 3      |
| M70   | 2,0                    | 14       | 2,0                 | 12       | 1,9                  | 10       | 2,1                     | 9        | 4      |
| M75   | 2,0                    | 14       | 2,0                 | 12       | 1,9                  | 10       | 2,1                     | 9        | 3      |
| M80   | 2,0                    | 14       | 2,0                 | 12       | 1,9                  | 10       | 2,1                     | 9        | 1      |
| M85   | 2,0                    | 14       | 2,0                 | 12       | 1,9                  | 10       | 2,1                     | 9        | 1      |
| W/M90 | 2,0                    | 14       | 2,0                 | 12       | 1,9                  | 10       | 2,1                     | 9        | 1      |

Course length is the shortest possible route choice.

St.grp: Runners in same start group have the same fix time for the chase start.



## Saturday 18/5

|                        |  |
|------------------------|--|
| <b>Distances</b>       | Distance to start - Prologue is 1300 m. (NO toilets at start)<br>Distance to start - Final is 250 m.   |
| <b>Warm up</b>         | On the arena or along the marked route to start.   |
| <b>Start</b>           | BLUE marking from arena to start at the prologue.<br>ORANGE marking from the arena to start at the final.<br><br>First start at the prologue is 12:00<br>M/W21 is also starting Put'n'Run<br>Last start at the prologue is 13:00<br>First start in the final – as soon as possible after 14:00 |
| <b>Finish</b>          | Is on the arena.   |
| <b>Course planners</b> | Helge Lang Pedersen, Farum OK, and Kasper Tofte, Odense OK   |



## Sunday 19/5

|                        |  |
|------------------------|--|
| <b>Distances</b>       | Distance to start of the prologue- 1300 m. (NO toilets at start)<br>Chase start at the Final is close to the arena.  |
| <b>Warm up</b>         | On the arena or along the marked route to start.   |
| <b>Start prolog</b>    | BLUE marking from arena to start at the prologue.<br><br>Chase start close to the arena.<br><br>First start in the prologue: 10:00<br>Last start in the prologue: 11:00<br><br>First start in the chase start is expected to be as soon as possible after 13:00  |
| <b>Chasing start</b>   | Before starting at 4 <sup>th</sup> leg you must pick up your start time notice where the start lists are posted.<br><br>Enter the chase start queue first 13 minutes before your start time.<br><br>Please ask runners in the queue about their start time to get into the right position. Do also show your start time notice to other runners entering the queue.<br><br>Bring your start time notice and keep it until you start. |
| <b>Finish</b>          | Is on the arena.   |
| <b>Course planners</b> | Helge Lang Pedersen, Farum OK, og Allan Grundsøe, Odense OK.   |

