Instruction – Sprint distance November 1st 2026

Maps:

Vrøgum East and West, scale 1:7.500 for all classes. Equidistance 2,5 m, updated Autum 2026, maps are printed on waterproofed paper.

Distance:

Starting point approx. 900 meters from competition center.

Control system:

Sport Ident is used for punching (no touch free). Runners who rent a SI-unit, will get their rental at the competition office.

Restricted areas:

Marked route from parking area must be followed. Warm up at the marked route from parking area. Warm up can only take place at the forest road.

Start numbers:

All participants have to wear a starting number on the chest. Starting numbers will have to be pick up at the competition office. Starting numbers according to the starting list.

Refreshment:

Water will be available at the finish line.

Start:

The competitors will be called in 3 minutes before start. There are three boxes in the first box your SI card number will be checked. In the second box control descriptions will be handed out to competitors with a holder. In the last box the start unit and boxes with maps is placed. It is the runners own responsible to take the right map.

Orienteering competition:

Free orienteering – prone shooting – penalty loop (if any) - free orienteering – standing shooting - penalty loop (if any) – Finish line.

Courses and Classes:

Course	Class	Length	Controls	Difficulties
1	M21	4100	15	Black
2	M35	3200	11	Black
3	M45, W21	3200	12	Black
4	W20, M50, M55	2700	11	Black
5	W45, M60, M65	2500	9	Black
6	M75, W60	2200	9	Black

Shooting range procedure:

In case of queuing at the shooting range a 'Wait-Start Unit' and 'Wait-End Unit' must be punched, it will be announced by the Shooting commander.

First the runner picks up the weapon from the weapon point and brings it to the shooting line to fire 5 shots in prone position. Then the runner returns the weapon to the weapon point and continue to the marked route for penalty loop (if any) and free orienteering.

After the free orienteering the runner picks up the weapon at the weapon point and brings it to the shooting line to fire 5 shots in standing position. After shooting the runner returns the weapon back to the weapon point and proceeds to the marked route for penalty loop (if any) or to the finish line.

Please notice: It is not allowed to run when you are carrying your weapon!

Security procedures:

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

According to the Danish Civilian rules for shooting training and competition a safety lock must be present in the weapon when you are not shooting.

It is only allowed to insert the magazines and load the weapon at the shooting line.

Finish line:

At the finish line the runner punch the SI unit and proceed to the point for reading the SI unit.