



MTBO CAMP

Northern Sealand, Denmark 2020

22.-26. April 2020

Bulletin #1

DANISH MTBO CAMP



ABEL-NIELSEN
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1. Welcome

The MTBO-camp organizing team warmly welcomes you to 2020 edition of “Danish MTBO camp”. It has become a tradition with a season-opening training camp in Denmark offering mapping and course-setting of the highest standard. The 2020-event will not let you down!

Moreover, this event will give you a unique opportunity to optimize your training before the European MTBO Championships in Portugal 11-16 May.

On behalf of the organizing team,

Tove Andersen & Jan Eg Pedersen, Event directors

2. Organization | Officials

Event Directors | Point of Contact

Tove Andersen, OK Øst Birkerød - eventdirector@mtbocamp.dk

Jan Eg Pedersen, OK Øst Birkerød - competitiondirector@mtbocamp.dk



3. Venue | Event center

The event center is situated at SANKT HELENE HOLIDAY CENTER.

Address:

Sankt Helene Holiday Center

Bygmarken 30

DK-3220 Tisvildeleje

www.helene.dk

Phone: +45 48709850

Sankt Helene Holiday Center is easily accessible by car and public transport.

Within a short distance you will find restaurants and some shops. In the event center you will find free wi-fi, bike wash facilities, bike storage etc.



4. Rules / Doping

Riding off track

- Riding off the tracks is strictly forbidden.
- Violation of this rule may, if done deliberately, result in exclusion from the camp without compensation.

Doping is strictly prohibited.

The organizers will not be liable for any health insurance for participants. It is recommended that all participants arrange their own personal health insurance. Participation is at own risk.

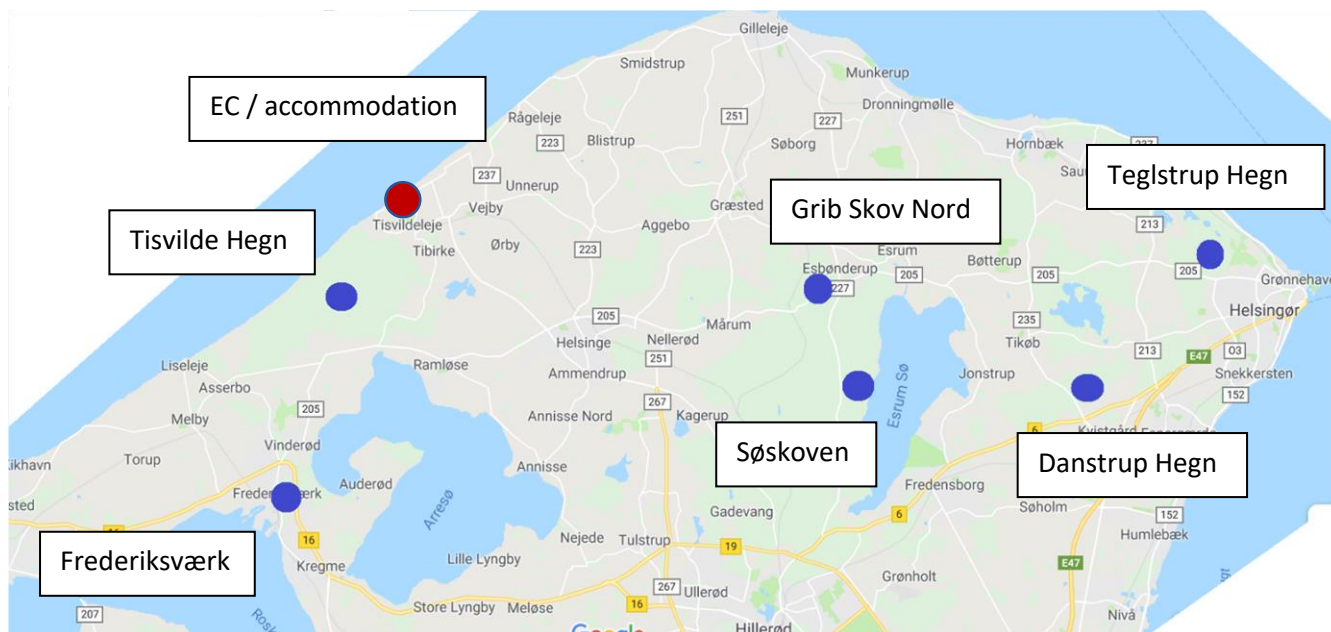
Sales of any kind are not allowed at the competitions or at the Event Center unless you have made an agreement with the organizers.



5. Program (preliminary)

Date	Terrain/Location	Distance from EC
Wednesday, April 22th First start 16:30	Frederiksværk, sprint	15 km
Thursday, April 23th	Morning: Tisvilde Hegn, long distance <i>(Young Guns Series, World Masters Series)</i> Afternoon: Søskoven, technical training	0 km 25 km
Friday, April 24th	Morning: Teglstруп Hegn and Nyrup Hegn, middle distance <i>(Young Guns Series, World Masters Series)</i> Afternoon: Danstrup Krogenberg, technical training	40 km 30 km*
Saturday, April 25th	Tisvilde Hegn and around, ultra long distance "høker" Evening: Banquet	0 km
Sunday, April 26th	Grib North, middle distance	20 km

*) Close to Teglstруп Hegn. You don't have to go back to EC between the morning race and the afternoon training





6. Classes

Classes	
ME	WE
MW-11	
M14	W14
M17	W17
M20	W20
M35	W35
M40	W40
M45	W45
M50	W50
M55	W55
M60	W60
M65	W65
M70	W70
M75	W75
M80	W80
M85	W85

These classes apply for the five ordinary competitions and your entry applies for all these competitions. You cannot change from one class to another during the Camp. For the two technical trainings (Thursday and Friday afternoon) there will three different courses with free choice on the day.

7. Competition information

TBA

8. Maps

The maps are produced in accordance with the International Standard for Mountain Bike Orienteering Maps ISMTBOM 2010 and later amendments.

9. Time keeping system

SPORTident touch free short range will be used in all competitions.

All competitors will have to use an ActiveCard (SIAC). Old school SI Cards is also usable, but you will be slower in the forest. SIAC rental will be possible.



10. Entries and entry fees

All participants (also Danish participants) have to make their entry on the event website:

<http://mtbocamp.dk/mtbo-camp-2020/signup/>

Fill in the required information. Entries are published on the website immediately.

Entries will be opened October 2019.

Number of participants is limited to 300.

1 day entries will not be offered except from participation in Young Guns and World Masters Series – see below.

Young Guns and World Masters Series

Camp fee includes participation in Young Guns and World Masters Series Thursday and Friday morning.

1 day entries is possible if you don't want to participate in the Camp, but you still want to participate in the Young Guns or World Masters Series. In this case make your entry by email. Entry fee for 1 day entry is EUR 20 per day for Young Guns and EUR 30 per day for Masters. After 29th February only full program registration will be accepted.

Entry fees and deadlines

	M/W-14	M/W-20	M/W 21-
Entry fee until 31th of December 2019 Per person/participant	EUR 25 DKK 190	EUR 80 DKK 600	EUR 110 DKK 825
Entry fee until 29th of February Per person/participant	EUR 25 DKK 190	EUR 95 DKK 710	EUR 125 DKK 940
Late entry after 29th of February Per person/participant	EUR 25 DKK 190	EUR 110 DKK 825	EUR 145 DKK 1090
SI card – rental for all competitions	EUR 20 DKK 150	EUR 20 DKK 150	EUR 20 DKK 150

Full payment must be made in connection to the entries. **Entries are only valid if payment has been made.**

Payment details for foreign entries:

IBAN: DK92 5028 0001 3341 72
Account holder: OK Øst Birkerød
Address: Vesterbrogade 9, 1780 København
SWIFT/BIC: JYBADKKK
Bank: Jyske Bank



Participants pay the fee to own bank. Organizers pay the fee to organizer's bank (included in entry fee).

Payment details for Danish entries:

Reg nr. 5028

Konto nr. 0001334172

Withdrawals

Withdrawals will be accepted as follow:

- Until 29th of February withdrawals receive a 50 % refund. No refund to M/W-14.
- After 29th of February withdrawals will not be accepted.

11. Accommodation

Accommodation is not included in the camp entry fee. However, the organizers have made an agreement with Sankt Helene Holiday Center – same location as the Event Center. We have prebooked all apartments until 15th January. That is, if you don't make your booking before 15th January you might have find accommodation somewhere else.

Accommodation at the Event Center (EC):

Type – see details below	Price per room, whole camp*	Number of beds
1: Family room – no kitchen	DKK 2700	Max 5
2: Holiday apartment 4 people	DKK 3690	Max 4
3: Holiday apartment 6 people	DKK 4580	Max 7
4: Cabins	DKK 2300	Max 5

*) *Whole camp: arrival 22nd April, departure 26th April*

Bike storage allowed in rooms/apartments. Bike wash available

Type 1:

4 separate beds (one of them 1½ bed). Shower and toilet, no kitchen. Shared kitchen in separate building.

Type 2:

One room apartment. 1 double sofa bed in the living room, 2 separate beds on the loft. TV, shower and toilet, small kitchen, refrigerator, oven, hotplates.

Type 3:

Two rooms apartment. Bedroom with 2 separate beds, 2 separate beds on the loft, 1 bed and 1 double sofa bed in the living room. TV, shower and toilet, small kitchen, refrigerator, oven, hotplates.



Type 4:

Cabins. 1 separate bed, 2 x 1½ bed (one of them on the loft). Shower, toilet and shared kitchen in separate building.

For accommodation booking contact Sankt Helene Holiday Center on email: booking@helene.dk or by phone: +45 48709850. The organizers have prebooked all apartment to special MTBO-camp-prices, so remember to inform you are participants in the MTBO-camp when you do your booking.

For other kinds of accommodation see www.visitnorthsealand.com.

Camping

Camping and mobile homes are not allowed at the Event Center, but the organizers have made an agreement with a nearby camping site (5 km from EC, shorter if you go by bike):

Tisvildeleje Camping
Rågelejevej 37B
3210 Vejby
Phone: +45 24893773 or +45 40353037

Price for one mobile home with 2 people: DKK 180 per day

Food

All apartments have kitchen or shared kitchen but Sankt Helene Holiday Center offer breakfast, lunch packet and dinner. You can order when you do your booking or you can order until 2 weeks before the camp.

Breakfast is served from 7 to 10. The price is DKK 85 per person.

The price for a sandwich lunch packet is DKK 70 per person.

Two course dinner is served from 18 to 21. The price is DKK 195 per person. Water is included. Beverages can be bought.

There will be a banquet Saturday night at 18 o'clock. The price for the banquet is DKK 295, beverages not included.

Socializing

We encourage to socialize with your MTBO-friends and discuss the daily races in a shared living room with fireplace open until 23 every day.

12. Transportation

The organizers do not offer transportation during the Camp. Competitors/participants must arrange own transportation.



13. Entry permits (Visas)

Denmark is a full Schengen member state. Non-Schengen residents may have to apply for a short stay visa. Read more here:

<http://um.dk/en/travel-and-residence/short-stay-visas/>