



MTBO CAMP

Northern Sealand, Denmark 2020

22.-26. April 2020

Bulletin #1 v1.1

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.

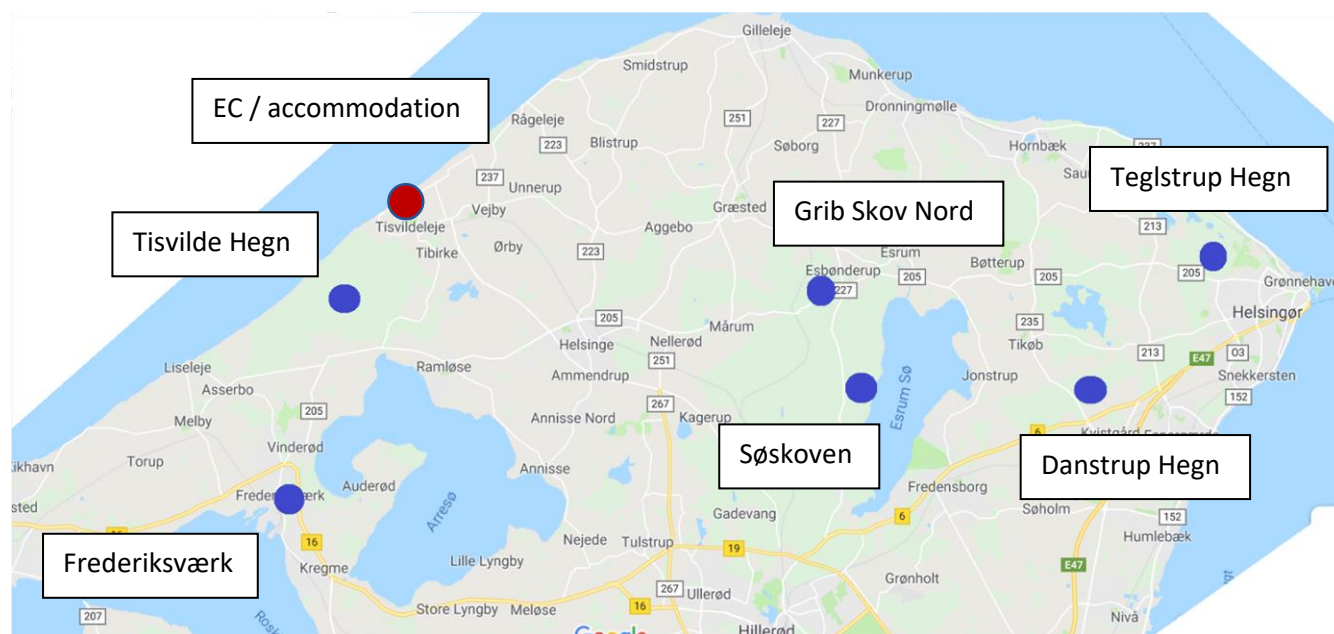
Sales of any kind are not allowed at the competitions or at the Event Center unless you have made an agreement with the organizers.



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, WRE (M/W 21)</i>)	0 km
	Afternoon: Søskoven, technical training	25 km
Friday, April 24th	Morning: Teglstруп Hegn and Nyrup Hegn, middle distance (<i>Young Guns Series, World Masters Series, WRE (M/W 21)</i>)	40 km
	Afternoon: Danstrup Krogenberg, technical training	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 be three different courses with free choice on the day.

7. Competition information

Races Thursday, 23 of April (long distance Tisvilde) and Friday, 24 of April (middle distance Teglstrup/Nyrup) will be WRE races, as well as part of Young Guns and Masters Series.

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 in the complete camp (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.

Registration period expires at the 31st of March at 12.00 p.m.

Number of participants is limited to 300.

The Camp Fee includes participation in all five races, 2 training sessions and “Crying Mile”, but banquet must be ordered and paid for separately.

Single day entries

1-day entries will be offered, for participation in Young Guns, World Masters Series and WRE races.

If you don't want to participate in the whole camp, but you still want to participate in single Young Guns, World Masters Series or WRE races, please make your entry by email to competitiondirector@mtbocamp.dk, including all the information's given in the normal registration form.

Hence: only use the registration form on the website (<https://mtbocamp.dk/mtbo-camp-2020/signup/>) if you participate in the complete Camp.

Entry fee for 1-day entry is EUR 20 per day for Young Guns and EUR 30 per day for Masters and WRE participants.

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



For M/W 11 participating is for free.

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/>