



MTBO CAMP

Northern Zeeland

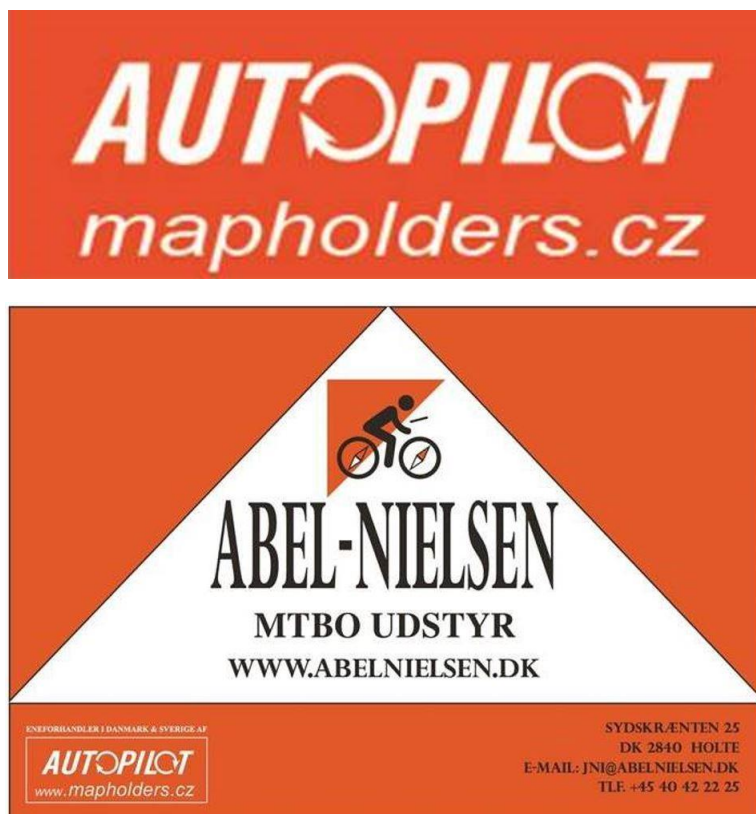
8 – 13 April 2022

Bulletin #2-3

DANISH MTBO CAMP



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Contents

1. Welcome	5
2. Organization Officials.....	5
3. Venue Event center	5
4. Event Center & opening hours	7
5. Rules / Doping	7
6. Program (provisional)	8
7. Classes	9
8. Competition information.....	9
9. Maps	10
10. Time keeping system	14
11. Entries and entry fees	14
Withdrawals.....	16
12. Accommodation.....	16
Socializing	16
13. Transportation	16
14. Entry permits (Visas).....	16
15. Covid 19	16



1. Welcome

The MTBO-camp organizing team warmly welcomes you to 2022 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 2022-event will not let you down! Moreover, this event will give you a unique opportunity to optimize your training before the next WRE races and European MTBO Championships May 2022. 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.

You will also within a short distance find the “Danish Riviera” with miles of sandy beaches. The weather in Tisvilde in early April is mostly dry; April is the month with least rain. Average temperatures are 10 degrees in daytime, 3 during night, and an average of 6-8 hours of sunshine daily. However weather may shift with short notice, and days with subzero temperatures and snow has occurred, although rare.



Sankt Helene Center



“Danish Riviera”



4. Event Center & opening hours

OBS. You have to register at the event center, get your bib no. and start packet, before starting.

Friday 8/4 2022:

Event center opens at Sankt Helene: 15-20

Saturday 9/4 2022:

Sankt Helene 8-9 & 14-16

Sunday 10/4 2022:

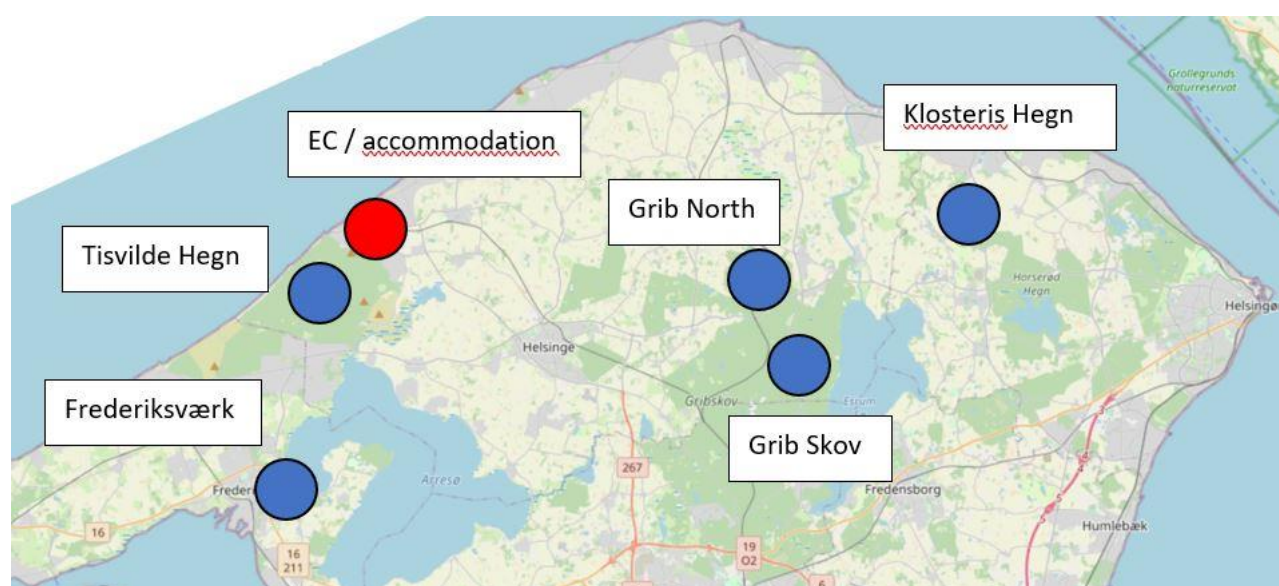
Sankt Helene 8-9 & 20-21

Monday 11/4 2022:

Sankt Helene 16-17

Tuesday 12/4 2022:

Sankt Helene from 13-14.30



5. Rules / Doping

The MTBO CAMP 2022 will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events, valid from 1 of January 2019.

Competition Rules for IOF MTBO are available here:

<http://www.mtbo-commission.com/uploads/1/5/9/9/15996872/iof-mtb-orienteering-rules-jan-2019.pdf>

- Riding off the tracks is generally forbidden.



- Riding off tracks in areas with symbol 839, open land (orange) or 839-3 forested area (black dots) is permitted.
- MTB tracks may be mapped with grey/black. If MTB tracks are unidirectional, riding direction is marked with purple arrow. One way direction must be respected.
- Violation of the rules may, if done deliberately, results 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.

6. Program (provisional)

Date	Stage	Race format	Forest	Location	Distance from EC	Comment	First start
April 8 th		Welcome Sprint. Training	Sankt Helene	Sankt Helene	0 Km	No time recording	16-20
April 9 th	1	Long	Tisvilde Hegn	Tisvildeleje	4 Km	Camp race 1 WRE+MS+YG.	10
April 9 th	2	Crying Mile	Tisvilde Hegn	Tisvildeleje	4 Km	Camp race 2 Put & Ride	15:30-17
April 10 th	3	Middle	Klosterris Hegn	Hornbæk	30 Km	Camp race 3 WRE+MS+YG.	10
April 10 th	4	Sprint	Frederiksvaerk skovene	Frederiksvaerk	14 Km	Camp race 4	15-17
April 11 th	5	Ultra long	Grib Skov	Esbønderup	23 Km	Camp race 5	9:30
April 11 th		Banquet		Event Center	0 Km		18:00 *
April 12 th	6	Short middle	Grib North	Esbønderup	23 Km	Camp race 6	10-12
April 12 th		Training	Grib Skov Søskoven	Nødebo	28 km	No time recording	14-17

*) **IMPORTANT**, registration for the banquet shall be made not later than February 28 via Camp web site or mail. Payment for the banquet preferably at registration.

If you want some MTBO training in the days following the MTBO Camp the organizers can provide usynligo.no maps (maps and courses, but no controls in the terrain). If you want to take advantage of this opportunity please contact Tove S. Andersen on eventdirector@mtbocamp.dk before 1. April. The price for a map is 5€.



7. Classes

Classes	
ME	WE
MW-12	
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

8. Competition information

For participation in MTBO-Camp 2022 there are the following options:

Short Camp: Only race 1 + 3, no trainings

Full Camp: All 6 races and trainings.

Races Saturday, 9 of April (long distance Tisvilde) and Sunday 10 of April (middle distance Horserød Hegn etc.) will be WRE races, as well as part of Young Guns and Masters Series. We will try to adapt the length of Camp race 1, 2, 3, 4 and 6 in accordance with the IOF recommendations (<https://orienteering.sport/mtbo/competition-rules/>).

For the ultra-long (UL) distance there will be 5 courses (guiding course lengths):

Age class	length
Class M/W 12	7-9 km easy
lass W14, M14	9-14 km easy
Class W17, W60 +, M17, M70+	20-30 km middle



Class W20, W35-55, M40-65	30-40 difficult
Class W21, M20, M21, M35	> 40 km difficult

If you wish to do the ultralong in a different class than your age group/ or registered age class, please indicate it on the registration (see entry p.14).

There will be separate results for all Camp races. However, there are no official results or prizes for the overall camp competition.

There will be sponsor gifts and lottery prizes. The lottery will take place at Monday the 11th of April at 8.00 – 8.30 p.m. (after the banquet). Participants not taking part in the banquet are welcome at this time.

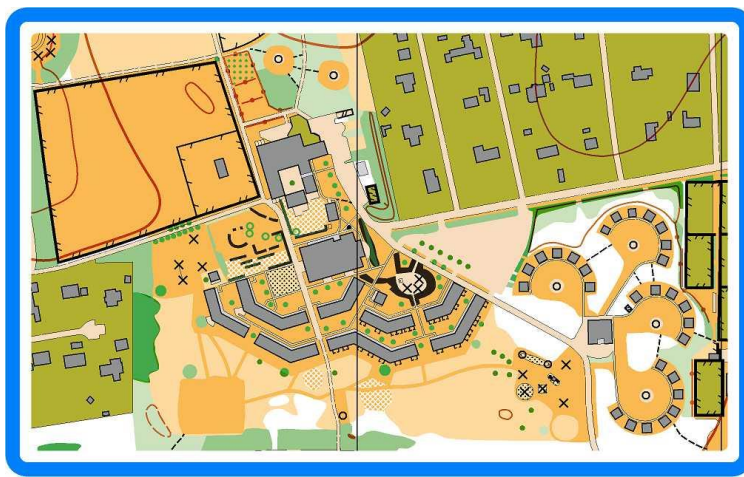
9. Maps

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

Welcome training: 8/4 2022, Sankt Helene Holiday Center, Tisvilde

A short training/welcome sprint on the premises of Sankt Helene

Map 1: 4.000, contour 2,5 m



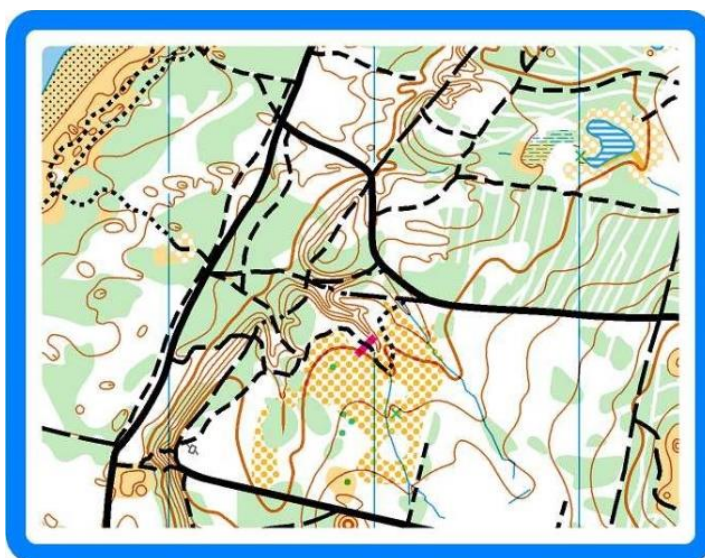


Camp Race 1: 9/4 2022, WRE: World Masters and Young Guns Series. Long distance, 9/4 2022

Map: Tisvilde Hegn, revised 2022

Map scale 1: 10.000 & 1: 15.000 contour: 2, 5 m:

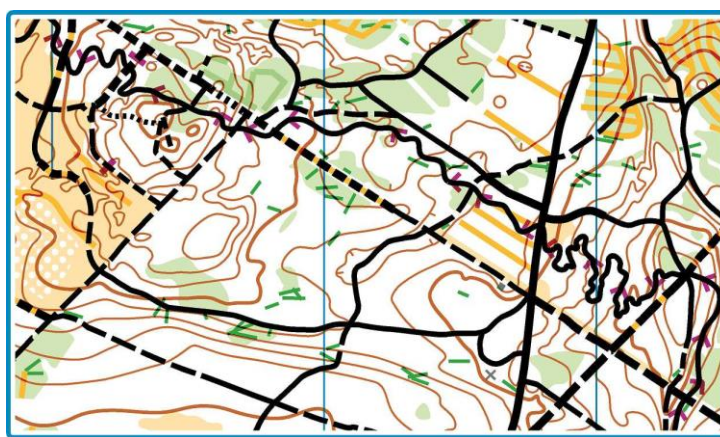
Terrain is moderately hilly with mixed forest and a network of paths and tracks. The surface is sandy, making some tracks heavy to ride, but tracks are mostly dry and fast. There is an MTB track marked with grey/black. Parts of the track may be marked as unidirectional on the map using violet arrows. This must be respected.



Camp race 2: 9/4 2022: Crying Mile, Tisvilde Hegn North.

Map: Tisvilde Hegn North revised 2022. 1: 5.000, contour 2,5 m

Hilly area with an abundance of small to medium sized tracks and paths, some are unidirectional.



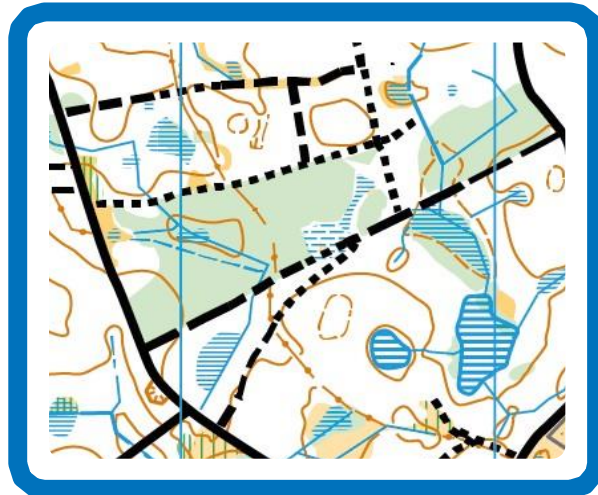


Camp race 3: 10/4 2022. WRE, World Masters and Young Guns Series. Middle distance 10/4 2020

Map: Klosterris Hegn

Map scale: 1: 10.000, revised 2021, contour 2, 5 m

Typical Danish Forest, with mixed vegetation, moderately hilly with a dense network of paths and gravel roads.

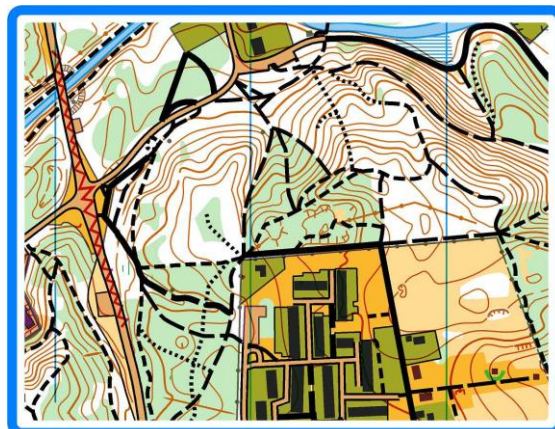


Camp Race 4: 10/4 2020. Sprint

Map: Frederiksværk, revised 2022

Map scale 1: 5.000 & 1: 7.500 contour: 2, 5 m:

Terrain is partly hilly urban forest with a dense network of paths and tracks in a deciduous forest; part of the race crosses a residential neighborhood with public roads. In rainy periods some paths may be slippery.



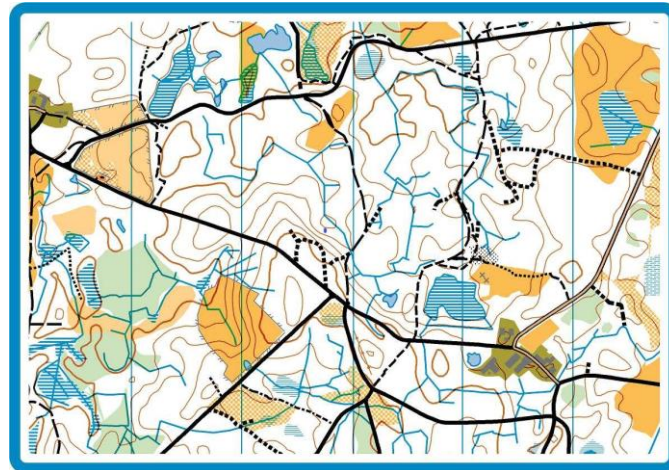


Camp Race 5: 11/4 2022: Ultra long distance.

Map: Grib Skov. Revised 2021&22.

Map scale: 1: 10.000 & 1: 15.000, contour 2,5 m

Typical Danish Forest, with mixed vegetation, moderately hilly. Abundance of gravel roads, and some small and medium sized tracks. Due to the use of heavy machines in the forest, minor tracks may have changed character or be difficult to see. In opposition to previous ultra long distance races there is almost no asphalt.

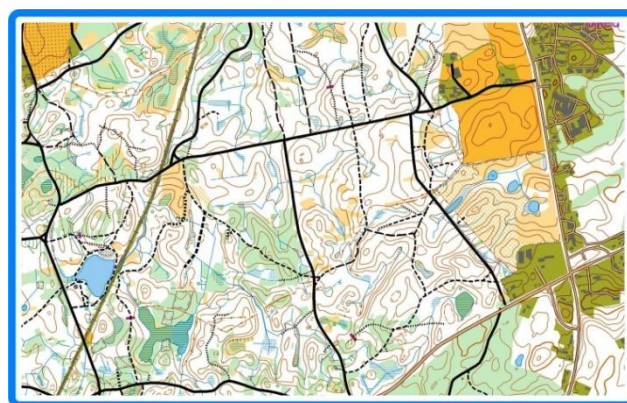


Camp Race 6: 12/4 2022. Middle distance, Grib Skov North,

Map: Grib Skov North, revised 2021

Map scale: 1: 10.000 contour 2,5 m.

Slightly hilly Danish forest with a mixture of deciduous and coniferous trees, a sparse network of gravel roads and moderate to minor tracks and paths, mostly well ridden. The forest is also used of riding schools, so be careful and give a signal well in advance.



Training: 12/4 2022, Grib Skov Søskoven

Map: Søskoven, 1: 10.000, contour 2,5 m

Mixed forest, pretty hilly, lot of gravel and old asphalt.



10. Time keeping system

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

All competitors will have to use an ActiveCard (SIAC/Slair). Old school SI Cards is also usable, but you will be slower in the forest. SIAC rental (touch free) will be possible. Order and pay upon registration.

11. Entries and entry fees

Entries will be opened in early December 2021. Ordinary registration period expires at the 31st of January; extended registration period ends 28th of February 2022.

Number of participants is limited to 300.

For participation in MTBO-Camp 2022 there are the following options:

Short Camp: Only race 1 + 3, no trainings

Full Camp: All 6 races and trainings.

For both options you may register in alternative age classes, according to IOF rules.

Participants in Full Camp, you may choose other classes for the ultralong (Camp Race 5).

Decision concerning the age class and length of the ultralong race must be made at registration, and cannot be changed after 28/2 2022.

Participants from Denmark: Use "O-service" and specify kind of camp (Full Camp/Short Camp)

If you wish to rent a SI air, erase your own SI no., and the price will be adjusted accordingly. If you don't have a SI no. you will automatically be assigned to one.

Danish participants wishing to participate in the banquet should check this box on O-Service.

Everybody else: <http://mtbocamp.dk/mtbo-camp-2022/signup/>

Fill in the required information including remarks concerning SI-card rental and Banquet.

Entries are published on the website in short notice.



Entry fees and deadlines:

Entry before (per person/participant)	M/W-14	M/W-17	M/W-20	M/W 21-+
Entry fee until 31th of January 2022 Full Camp	EUR 25 DKK 190	EUR 25 DKK 190	EUR 80 DKK 600	EUR 110 DKK 825
Entry fee until 28th of February 2022 Full Camp	EUR 25 DKK 190	EUR 25 DKK 190	EUR 100 DKK 750	EUR 130 DKK 975
SI card – rental for all competitions	EUR 20 DKK 150	EUR 20 DKK 150	EUR 20 DKK 150	EUR 20 DKK 150
Short Camp, fee until 31th of January 2022 YGS, MS.	Not an option	EUR 25 DKK 190	EUR 40 DKK 300	EUR 60 DKK 450
Short Camp, fee until 28 of February 2022 WRE,YGS, MS.	Not an option	EUR 25 DKK 190	EUR 50 DKK 375	EUR 80 DKK 600
Banquet 11 of April 2022 at 6.00 pm Two dishes, free ice water, drinks can be bought at the bar, (Only 200 places)	44€ 330 Dkr.	44€ 330 Dkr.	44€ 330 Dkr	44€ 330 Dkr

For M/W 12 participating in camps is for free.

Full payment must be made in connection to the entries.

Entries are only valid if payment has been made, no later than applicable deadline.

Danish participants: Entry fee automatic via O-Service, including banquet if chosen.

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).

In case of total payment for several participants on the same bank transfer, please list all the names and classes of those concerned. As not all messages to banks go to the recipient, please send the same information to: eventdirector@mtbocamp.dk

If you have paid, and don't show up on the list of participants, please take contact ASAP (mail).

If you have to pay something in cash in Denmark, be aware that Euro banknotes larger than 50 € cannot be received or exchanged.



Withdrawals

Withdrawals will be accepted as follow:

- Until 31th of January 2022: withdrawals receive a 50 % refund.
- After 31th of January 2022, withdrawals will not be accepted.

12. 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 **1 of February**. That is, if you don't make your booking before this date you might have find accommodation somewhere else.

For details see: <http://mtbocamp.dk/mtbo-camp-2022/accomodation/>

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):

See details: <http://mtbocamp.dk/mtbo-camp-2022/camping/>

Socializing

We encourage socializing with your MTBO-friends and discussing the daily races in a shared living room with fireplace open until 11 p.m. every day. A minor café with sales of coffee, beers, water etc. will be open.

13. Transportation

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

Train from CPH airport: Metro (M2) direction Vanløse, change at Nørrebro to: S-train line A, from Nørrebro to Hillerød. Change to train 960R direction Tisvildeleje, leave train at Godhavn Station, and walk 400 m.

Train from Copenhagen central station: S-train line A in direction Hillerød. In Hillerød: as mentioned above.

14. 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:

<https://www.nyidanmark.dk/da/Applying/Short%20stay%20visa>

15. Covid 19

Currently there are no restrictions for Danes or foreigners with accepted entry into Denmark in terms of assembly size and use of masks. However you are responsible for complying with the rules for entry into Denmark (<https://en.coronasmitte.dk/ulers-and-regulations/entry-into-denmark/categorization-of-countries>), and reentry to your home country. As the situation can change quickly, we strongly recommend that you can present proof of full vaccination or previously



C-19 illness, possibly an EU corona pass ([All Details on EU COVID-19 Vaccine Passport Revealed: Here's What You Need to Know - SchengenVisaInfo.com](#)).

Rejection at the border for any reason does not in itself entail a refund, or reimbursement of travel expenses. However, in case of restrictions imposed after registration, and preventing participation, the entire entry fee will be refunded.