



# Instruction SKAWDYSTEN 2023

12<sup>th</sup> to 15<sup>th</sup> of July 2023

<b>Classification:</b>	C**
<b>Skawdysten:</b>	<p>Skawdysten 2023 includes five competitions:</p> <ul style="list-style-type: none"> <li>• Wednesday 12<sup>th</sup> of July: Prologue in Kirkemilen/Skagen City.</li> <li>• Thursday 13<sup>th</sup> of July: Skawdysten in Kirkemilen Dune Plantation.</li> <li>• Friday 14<sup>th</sup> of July: Skawdysten in Tversted Dune Plantation.</li> <li>• Saturday 15<sup>th</sup> of July: Sprint 1st Stage in Hjørring City.</li> <li>• Saturday 15<sup>th</sup> of July: Sprint 2nd Stage in Hjørring City.</li> </ul> <p>Competition Center in Skagen School, <a href="#">Skagavej 139, 9990 Skagen</a>. GPS: 57.727069, 10.584184. With area for camping and possibilities for accommodation in class rooms on hard surface.</p> <p>The three organizing clubs: <a href="#">Skagen OK &amp; Motion</a>, <a href="#">OK Vendelboerne</a> and <a href="#">Skive AMOK</a> are looking forward to meet you to summer orienteering on the top of Denmark.</p>

## Classes and courses Wednesday the 12<sup>th</sup> of July 2023 Prologue in Kirkemilen/Skagen City (Measured as the crow flies)

Class	Difficulty	Length	Controls	Class	Difficulty	Length	Controls
D10	Easy	2,2 k	15	H10	Easy	2,2 k	15
D12	Easy	2,2 k	15	H12	Easy	2,2 k	15
D12B	Easy	2,2 k	15	H12B	Easy	2,2 k	15
D14	Medium	2,7 k	15	H14	Medium	2,7 k	15
D14B	Easy	2,2 k	15	H14B	Easy	2,2 k	15
D16	Difficult	3,2 k	15	H16	Difficult	3,2 k	18
D18	Difficult	3,7 k	19	H18	Difficult	3,7 k	19
D20	Difficult	3,7 k	19	H20	Difficult	3,7 k	19
D20B	Medium	2,7 k	15	H20B	Medium	2,7 k	15
D21	Difficult	3,7 k	19	H21	Difficult	3,7 k	19
D21B	Medium	2,7 k	15	H21B	Medium	2,7 k	15
D21C	Easy	2,2 k	15	H21C	Easy	2,2 k	15
D35	Difficult	3,2 k	15	H35	Difficult	3,2 k	18
D35B	Medium	2,7 k	15	H35B	Medium	2,7 k	15
D40	Difficult	3,2 k	15	H40	Difficult	3,2 k	18
D45	Difficult	3,2 k	15	H45	Difficult	3,2 k	18
D50	Difficult	2,6 k	16	H50	Difficult	3,2 k	18
D55	Difficult	2,6 k	16	H55	Difficult	2,8 k	16
D60	Difficult	2,6 k	16	H60	Difficult	2,8 k	16
D65	Difficult	2,1 k	15	H65	Difficult	2,8 k	16
D70	Difficult	2,1 k	15	H70	Difficult	2,1 k	16
D75	Difficult	2,1 k	15	H75	Difficult	2,1 k	16
D80	Difficult	2,1 k	15	H80	Difficult	2,1 k	16
D85	Difficult	2,1 k	15	H85	Difficult	2,1 k	16
D90	Difficult	2,1 k	15	H90	Difficult	2,1 k	16
Åben 1	Difficult	3,7 k	19	Åben 4	Difficult	2,1 k	16
Åben 2	Difficult	3,2 k	18	Åben 5	Medium	2,7 k	15
Åben 3	Difficult	2,8 k	16	Åben 6	Easy	2,2 k	15

## Classes and Courses Thursday the 13th and Friday the 14th of July 2023

### Skawdysten in Kirkemilen and Tversted Dune Plantation

		Kirkemilen 13 <sup>th</sup> of July		Tversted 14 <sup>th</sup> of July				Kirkemilen 13 <sup>th</sup> of July		Tversted 14 <sup>th</sup> of July	
Class	Difficulty	Length	Controls	Length	Controls	Class	Difficulty	Length	Controls	Length	Controls
D10	Beginner	2,6 k	11	2,6 k	14	H10	Beginner	2,6 k	11	2,6 k	14
D12	Easy	3,1 k	13	3,3 k	13	H12	Easy	3,1 k	13	3,3 k	13
D12B	Beginner	2,6 k	11	2,6 k	14	H12B	Beginner	2,6 k	11	2,6 k	14
D14	Medium	3,4 k	12	3,5 k	15	H14	Medium	4,5 k	13	4,5 k	17
D14B	Easy	3,1 k	13	3,3 k	13	H14B	Easy	3,1 k	13	3,3 k	13
D16	Difficult	5,4 k	16	5,6 k	19	H16	Difficult	5,9 k	16	6,1 k	18
D18	Difficult	5,9 k	16	6,1 k	18	H18	Difficult	7,1 k	22	7,0 k	22
D20	Difficult	5,9 k	16	6,1 k	18	H20	Difficult	8,1 k	23	8,0 k	26
D20B	Medium	3,4 k	12	3,5 k	15	H20B	Medium	4,5 k	13	4,5 k	17
D21	Difficult	7,1 k	22	7,0 k	22	H21	Difficult	8,1 k	23	8,0 k	26
D21B	Medium	3,4 k	12	3,5 k	15	H21B	Medium	4,5 k	13	4,5 k	17
D21C	Easy	4,1 k	13	4,0 k	16	H21C	Easy	4,1 k	13	4,0 k	16
D35	Difficult	5,9 k	16	6,1 k	18	H35	Difficult	7,1 k	22	7,0 k	22
D35B	Medium	3,4 k	12	3,5 k	15	H35B	Medium	4,5 k	13	4,5 k	17
D40	Difficult	5,4 k	16	5,6 k	19	H40	Difficult	7,1 k	22	7,0 k	22
D45	Difficult	5,4 k	16	5,6 k	19	H45	Difficult	5,9 k	16	6,1 k	18
D50	Difficult	4,9 k	12	5,2 k	18	H50	Difficult	5,4 k	16	5,6 k	19
D55	Difficult	4,7 k	14	4,5 k	15	H55	Difficult	4,9 k	12	5,2 k	18
D60	Difficult	4,1 k	12	4,0 k	13	H60	Difficult	4,7 k	14	4,5 k	15
D65	Difficult	3,4 k	10	3,5 k	14	H65	Difficult	4,1 k	12	4,0 k	13
D70	Difficult	2,6 k	9	2,6 k	9	H70	Difficult	3,0 k	9	3,1 k	13
D75	Difficult	2,6 k	9	2,6 k	9	H75	Difficult	3,0 k	9	3,1 k	13
D80	Difficult	2,6 k	9	2,6 k	9	H80	Difficult	2,6 k	9	2,6 k	9
D85	Difficult	2,6 k	9	2,6 k	9	H85	Difficult	2,6 k	9	2,6 k	9
D90	Difficult	2,6 k	9	2,6 k	9	H90	Difficult	2,6 k	9	2,6 k	9
Åben 1	Difficult	8,1 k	23	8,0 k	26	Åben 4	Medium	4,5 k	13	4,5 k	17
Åben 2	Difficult	5,9 k	16	6,1 k	18	Åben 5	Easy	3,1 k	13	3,3 k	13
Åben 3	Difficult	3,4 k	10	3,5 k	14	Åben 6	Beginner	2,6 k	11	2,6 k	14

## Classes and Courses Saturday the 15th of July 2023

### Sprint in Hjørring City – 1<sup>st</sup> and 2<sup>nd</sup> Stage (Measured in the shortest right-of-way line)

		Stage 1		Stage 2				Stage 1		Stage 2	
Class	Difficulty	Length	Controls	Length	Controls	Class	Difficulty	Length	Controls	Length	Controls
D10	Easy	1,9 k	20	2,0 k	18	H10	Easy	1,9 k	20	2,0 k	18
D12	Easy	1,9 k	20	2,0 k	18	H12	Easy	1,9 k	20	2,0 k	18
D12B	Easy	1,9 k	20	2,0 k	18	H12B	Easy	1,9 k	20	2,0 k	18
D14	Medium	2,6 k	19	2,6 k	15	H14	Medium	2,6 k	19	2,6 k	15
D14B	Easy	1,9 k	20	2,0 k	18	H14B	Easy	1,9 k	20	2,0 k	18
D16	Difficult	3,1 k	17	3,0 k	17	H16	Difficult	3,1 k	17	3,0 k	17
D18	Difficult	3,6 k	19	3,5 k	18	H18	Difficult	3,6 k	19	3,5 k	18
D20	Difficult	3,6 k	19	3,5 k	18	H20	Difficult	3,6 k	19	3,5 k	18
D20B	Medium	2,6 k	19	2,6 k	15	H20B	Medium	2,6 k	19	2,6 k	15
D10	Difficult	3,6 k	19	3,5 k	18	H10	Difficult	3,6 k	19	3,5 k	18

D12	Medium	2,6 k	19	2,6 k	15	H12	Medium	2,6 k	19	2,6 k	15
D21C	Easy	1,9 k	20	2,0 k	18	H21C	Easy	1,9 k	20	2,0 k	18
D35	Difficult	3,1 k	17	3,0 k	17	H35	Difficult	3,1 k	17	3,0 k	17
D35B	Medium	2,6 k	19	2,6 k	15	H35B	Medium	2,6 k	19	2,6 k	15
D40	Difficult	3,1 k	17	3,0 k	17	H40	Difficult	3,1 k	17	3,0 k	17
D45	Difficult	3,1 k	17	3,0 k	17	H45	Difficult	3,1 k	17	3,0 k	17
D50	Difficult	2,8 k	16	2,5 k	16	H50	Difficult	3,1 k	17	3,0 k	17
D55	Difficult	2,8 k	16	2,5 k	16	H55	Difficult	2,6 k	16	2,7 k	15
D60	Difficult	2,8 k	16	2,5 k	16	H60	Difficult	2,6 k	16	2,7 k	15
D65	Difficult	2,1 k	12	2,0 k	13	H65	Difficult	2,6 k	16	2,7 k	15
D70	Difficult	2,1 k	12	2,0 k	13	H70	Difficult	2,1 k	13	2,0 k	12
D75	Difficult	2,1 k	12	2,0 k	13	H75	Difficult	2,1 k	13	2,0 k	12
D80	Difficult	2,1 k	12	2,0 k	13	H80	Difficult	2,1 k	13	2,0 k	12
D85	Difficult	2,1 k	12	2,0 k	13	H85	Difficult	2,1 k	13	2,0 k	12
D90	Difficult	2,1 k	12	2,0 k	13	H90	Difficult	2,1 k	13	2,0 k	12
Åben 1	Difficult	3,6 k	19	3,5 k	18	Åben 4	Difficult	2,1 k	13	2,0 k	12
Åben 2	Difficult	3,1 k	17	3,0 k	17	Åben 5	Medium	2,6 k	19	2,6 k	15
Åben 3	Difficult	2,6 k	16	2,7 k	15	Åben 6	Easy	1,9 k	20	2,0 k	18

## Wednesday the 12th of July 2023, Prologue in Kirkemilen and Skagen City

<b>Race area and map:</b>	Kirkemilen and Skagen City (ISSprOM 2019). 1:4.000 for Classes till W/M45 and for Open 1, 2, 5 and 6. 1:3.000 for Classes W/M50 and older and for Open 3 and 4. Equidistance 2,5 m. Drawn in 2019 and revised in 2023. Maps printed on tear and water-resistant paper. Mapper: Erik Flarup, Skive AMOK.
<b>Terrain:</b>	Dunes and city area. Varied street and path system. In the open dune areas occurs easy new tracks, which not are shown on the map. The controls stand in some areas very close, so check the control numbers.
<b>Event Center:</b>	Event Center on grass field. Marking from intersection at Road 40, <a href="#">Flagbakkevej 21, 9990 Skagen</a> . GPS: 57.720222, 10.537194. Follow marking for 1.300 meter. Event Center is open from 15:00 hrs.
<b>Parking:</b>	On grass field at <a href="#">Gammel Landevej 43, 9990 Skagen</a> . GPS: 57.721472, 10.552722 Follow instructions from parking attendants.
<b>Distances:</b>	Competition Center, Skagen School to parking: Ca. 3,5 k. Parking to Event Center: Ca. 200 m. Event Center to start: Ca. 100 m.
<b>Markings:</b>	Parking to Event Center: Follow yellow/blue marking. Event Center to start: No marking because start is at the Event Center.
<b>Rules, responsibility, and dress code:</b>	Race area is not closed, why normal traffic must be expected. Race surface is asphalt and gravel in the city and mostly sand in the dune areas. Show respect to the other road users, and attentiveness when you run around houses and similar. Participation is at own risk and the traffic law must be followed. Long pant is recommended and shoes with iron or steel spikes are not allowed.

<p><b>The International Specification for Sprint Orienteering Maps:</b></p>	<p>The International Specification for Sprint Orienteering Maps (ISSprOM) is expected well known by all runners.</p> <ul style="list-style-type: none"> <li>• "Half Roof" (Light gray) = allowed to pass.</li> <li>• "impassable vegetation" (Dark green) = not allowed to pass.</li> <li>• "impassable wall/fence" (thick black line) = not allowed to pass.</li> </ul> <p>It's not allowed to 'punch' a control over an impassable vegetation or wall/fence. It's not allowed to run through a hole in a hedge if the hole isn't marked on the map.</p> <p>It shall be noticed that a low hedge, marked as impassable, not must be passed.</p> <p>Areas/passages, which according to the International Specification for Sprint Maps are forbidden, shall be respected.</p>
<p><b>Start:</b></p>	<p>Wednesday July 12 from 16.00 - 18.00 hrs. Put and run for all Classes. <b>Runners purchasing a start on the day, must wait at least 30 minutes before showing up at the start.</b></p>
<p><b>Refreshment:</b></p>	<p>There is water and juice at the finish. No drinking stations on the courses.</p>
<p><b>Max time:</b></p>	<p>45 minutes.</p>
<p><b>Further information:</b></p>	<p>See "<b>Common instruction for all events July 12 - 15</b>".</p>
<p><b>Thursday the 13th of July, Skawdysten in Kirkemilen Dune Plantation.</b></p>	
<p><b>Race area and map:</b></p>	<p>Kirkemilen Dune Plantation. 1:10.000 for Classes till W/M45 and for Open 1, 2, 5, 4 and 6. 1:7.500 for Classes W/M50 and older and for Open 3 and 4. Drawn in 2019 and revised in 2023. Maps printed on tear and water-resistant paper. Mapper: Gediminas Trimakas, Litauen and Erik Flarup, Skive AMOK.</p>
<p><b>Terrain:</b></p>	<p>Kirkemilen is a typical dune plantation. There are flat areas, but the main part of the plantation is untouched dune areas created by nature. Slightly to medium hilly dunes. The vegetation varies from general good runability to difficult permeable pine scrub. Generally good path and roads in the plantation, but in the open dune area paths can be indistinct.</p>
<p><b>Event Center:</b></p>	<p>Event Center on grass field. Marking from intersection at Road 40, <a href="https://www.google.com/maps/place/Flagbakkevej+21,+9990+Skagen">Flagbakkevej 21, 9990 Skagen</a>. GPS: 57.720222, 10.537194. Event Center is open from 15:00.</p>
<p><b>Parking:</b></p>	<p>On grass field at <a href="https://www.google.com/maps/place/Gammel+Landevej+43,+9990+Skagen">Gammel Landevej 43, 9990 Skagen</a>. GPS: 57.721472, 10.552722 Follow instructions from parking attendants.</p>
<p><b>Distances:</b></p>	<p>Competition Center, Skagen School to parking: About 3,5 k. Parking to Event Center: About 200 m. Event Center to start: About 100 m.</p>
<p><b>Markings:</b></p>	<p>Parking to Event Center: Follow yellow/blue marking. Event Center to start: No marking because start is at the Event Center.</p>
<p><b>Start:</b></p>	<p>Thursday July 13 from 10.00 - 12.00 hrs. Put and run for all Classes.</p>

	<b>Runners purchasing a start on the day, must wait at least 30 minutes before showing up at the start.</b>
<b>Refreshment:</b>	There is water and juice at the finish. On all courses over 4,5 k there will be drinking stations at a control with water. The drinking stations are marked on the Control Definition.
<b>Max time:</b>	2½ hrs.
<b>Further information:</b>	See <b>"Common instruction for all events July 12 - 15"</b> .
<b>Friday the 14<sup>th</sup> of July, Skawdsten in Tversted Dune Plantation</b>	
<b>Race area and map:</b>	Tversted Dune Plantation. 1:10.000 for Classes till W/M45 and for Open 1, 2, 4, 5 and 6. 1:7.500 for Classes W/M50 and older and for Open 3. Drawn in 2019 and revised in 2023. Maps printed on tear and water-resistant paper. Mapper: Gediminas Trimakas, Litauen and Kjeld Arildsen OK-Vendelboerne.
<b>Terrain:</b>	Tversted is a typically dune plantation. There are a few flat areas, but the majority are untouched natural forest and dune areas. The terrain varies from slightly to medium hilly. The vegetation varies from general god runability to difficult permeable pine scrub. In places, the use of large forestry machines has resulted in the expansion and modification of existing tracks.
<b>Event Center:</b>	Event Center and parking on a grass field. Event Center is open from 09.00 hrs.
<b>Parking:</b>	<b>Small vehicles:</b> Parking on grass field. Marking from Skagenvej (route 597), <a href="#">Skagenvej / Europavej 1, 9881 Bindslev</a> . GPS: 57.588111, 10.266556. Follow marking 3 k. to parking. Follow instructions from parking attendants.  <b>Big vehicles (Camper and busses):</b> On parking area at the end of Plantørvej. Marking from Skagensvej/ (route 597) <a href="#">Skagensvej 84, 9881 Bindslev</a> . GPS: 57.587084, 10.231270 You can go on bike or by foot from parking to the Event Center. Follow yellow/blue marking about 900 m.
<b>Distances:</b>	Competition Office, Skagen School to parking: About 35 k. Parking to Event Center: - Small vehicles: About 100 m. - Big vehicles: About 900 m. Event Center to start: About 650 m.
<b>Markings:</b>	<ul style="list-style-type: none"> <li>• Parking for big vehicles to event Center: Follow yellow/blue marking.</li> <li>• Event Center to start: Follow red/white marking.</li> </ul>
<b>Start:</b>	Friday the 14 <sup>th</sup> of July 10.00 - 12.00 hrs. Put and run for all Classes. <b>Runners purchasing a start on the day, must wait at least 30 minutes before showing up at the start.</b>
<b>Refreshment</b>	There is water and juice at the finish. On all courses over 4,5 k there will be drinking stations at a control with water. The drinking stations are marked on the Control Definition.

<b>Max time:</b>	2½ hrs.
<b>Further information:</b>	See <b>"Common instruction for all events July 12 – 15"</b> .
<b>Saturday the 15<sup>th</sup> of July 2023, 1<sup>st</sup> and 2<sup>nd</sup> Stage sprint in Hjørring Centrum</b>	
<b>Race area and map:</b>	Hjørring Centrum (ISSprOM 2019). 1:4.000 for Classes till W/M45 and for Open 1, 2, 5 and 6. 1:3.000 for Classes W/M50 and older and for Open 3 and 4. Equidistance 2,5 m. Drawn in 2022 and revised/enlarged in 2023. Maps printed on tear and water-resistant paper. Mapper: Jeppe Ruud, OK Pan og Jess Rasmussen, Viborg OK
<b>Terrain:</b>	Older market town with shops, backyards, schools, institutions, residential areas, parking fields and parks.
<b>Event Center:</b>	North end of <a href="#">Christiansgave Park</a> in Hjørring City. Marking from roundabout at <a href="#">Åstrupvej 2, 9800 Hjørring</a> . Ca. 200 - 300 m. via paths in a park to the Event Center. Event Center is open from 09.00 hrs.
<b>Parking:</b>	There is no parking at the Event Center. The participants must use available parking fields in Hjørring and walk or bicycle to the Event Center. See annex over possible parking fields in annex to the instruction.
<b>Distances:</b>	Hjørring to Event Center: About 50 k. Event Center to start: About 300 meters.
<b>Markings:</b>	Parking to Event Center: None, but there is marking from the roundabout at <a href="#">Åstrupvej 2, 9800 Hjørring</a> . Follow yellow/blue marking. Event Center to start: Follow red/white marking.
<b>Rules, responsibility, and dress code:</b>	Race area is not closed, why normal traffic must be expected. Race surface is primarily asphalt. Show respect to the other road users, and attentiveness when you run around house corners and similar. Participation is at own risk and the traffic law must be followed. Shoes with iron or steel spikes are not allowed.
<b>The International Specification for Sprint Orienteering Maps:</b>	The International Specification for Sprint Orienteering Maps (ISSprOM) is expected well known by all runners. <ul style="list-style-type: none"> <li>• "Half Roof" (Light gray) = allowed to pass.</li> <li>• "impassable vegetation" (Dark green) = not allowed to pass.</li> <li>• "impassable wall/fence" (thick black line) = not allowed to pass.</li> </ul> <p>It's not allowed to 'punch' a control over an impassable vegetation or wall/fence. It's not allowed to run through a hole in a hedge if the hole isn't marked on the map. It shall be noticed that a low hedge, marked as impassable, not must be passed.</p> <p>Areas/passages, which according to the International Specification for Sprint Maps are forbidden, shall be respected.</p>
<b>Start:</b>	Put and run for all Classes: <ul style="list-style-type: none"> <li>• Stage 1: 10.00 – about 11.30 hrs.</li> <li>• Stage 2: Is settled as soon as possible after 1. Stage. Expected start about 12.00 - 13.30 hrs.</li> <li>• 1 minute start interval.</li> </ul>

	<b>Runners purchasing a start on the day, must wait at least 30 minutes before showing up at the start.</b>
<b>Refreshment:</b>	No refreshment.
<b>Max time:</b>	45 minutes.
<b>Further information:</b>	See <b>"Common instruction for all events July 12 - 15"</b> .
<b>Common instruction for all events July 12 - 15.</b>	
<b>Competition Office:</b>	Each day there will be a Competition Office at the Event Center. From Wednesday July 12 from 10.00 hrs there is a Competition Office at Skagen School, Skagavej 139, 9990 Skagen.
<b>Rules of order:</b>	Tobacco smoking and the use of fire at the race areas are prohibited.
<b>First aid:</b>	There is first aid at the Competition Office and there is a defibrillator.
<b>Open courses:</b>	<p>On all stages there will be - to a limited extent - extra courses for sale (same as for ordinary classes). The courses are sold from the Competition Office at the Event Center as long maps are available. When maps for a specific course are exhausted, please refer to other relevant courses.</p> <p><b>Runners purchasing a start on the day, must wait at least 30 minutes before showing up at the start.</b></p> <p>Opening hours:</p> <ul style="list-style-type: none"> <li>• Wednesday, July 12 (Prologue, Kirkemilen/Skagen City) 15.30 - 17.00 hrs.</li> <li>• Thursday, July 13 (Skawdysten, Kirkemilen) 09.30 - 11.00 hrs.</li> <li>• Friday, July 14 (Skawdysten, Tversted) 09.30 - 11.00 hrs.</li> <li>• Saturday, July 15 (Sprint, Hjørring Centrum) 09.30 - 12.00 hrs.</li> </ul> <p>Price per day:</p> <ul style="list-style-type: none"> <li>• W/M -20: 105 DKK.</li> <li>• W/M 21-: 130 DKK.</li> </ul> <p>In addition, rental of EMIT device of DKK 25 per day. Payment methods: MobilePay and Danish kroner.</p>
<b>Controls:</b>	Stand with orange-white screen and EMIT device on top. Control number is indicated in black writing on white sign on both sides of the control.
<b>Control system:</b>	<p>EMIT shall be used.</p> <ul style="list-style-type: none"> <li>• If your EMIT ecard is more than 5 years old and you are in doubt whether it works, you can have it stress tested at the Competition Office.</li> <li>• Rental of an EMIT ecard, see EMIT ecard and EMIT ecard rental.</li> <li>• If you finish missing a punch, you will appear in the results list with status DSQ.</li> <li>• Check for yourself on your printed result strip whether you have the right Controls in relation to the Control numbers on the control description on your map. It is not enough that you have the right number of Controls, it must also be the right Controls in the right order. Maybe you punched a wrong control? Think it through yourself before approaching the Competition Office.</li> <li>• Only the Competition Office handle questions about missing punches.</li> </ul>
<b>Make sure you're on the start list:</b>	<p>Put and run for all Classes. It is therefore important that you have complete control of:</p> <ol style="list-style-type: none"> <li>1. That you are on the start list,</li> <li>2. That your EMIT ecard matches what is listed on the start list,</li> <li>3. And not least, which Class you should run.</li> </ol>



	In case of errors or corrections, please contact the Competition Office before you go to start.
<b>Backup labels:</b>	Backup labels are provided at start. Backup label is inserted on the back of the EMIT ecard. In case of doubt, the backup label is used to check whether you have been to the correct controls. It is important that you press the EMIT ecard to the bottom at the Controls.
<b>EMIT ecard and EMIT ecard rental:</b>	<ol style="list-style-type: none"> <li><b>1. It is encouraged to pick up the rental EMIT ecard as early as possible.</b></li> <li><b>2. It will be possible to pick up rental EMIT ecards from Wednesday 12 July between 10.00 and 14.00 in the Competition Office at Skagen School, Skagavej 139, 9990 Skagen.</b></li> </ol> <ol style="list-style-type: none"> <li>1. On race days, the rental EMIT ecard are handed out from the Competition Office at the Event Center, where there is an envelope with rental EMIT ecards for each club.</li> <li>2. In the envelope is a list of rental EMIT ecards numbers and names of runners who must use respective ecards. It is very important to take the right ecard. It is okay to pick up your own rental EMIT ecard and put the club envelope back.</li> <li>3. Check that the number of your EMIT ecard matches what is listed at the start list.</li> <li>4. The same EMIT ecard is used every day and is handed in after the last race.</li> <li>5. An EMIT ecard is personal and identifies the runner when they reach the finish. You are disqualified if you run with the wrong ecard, and an ecard cannot be used by multiple runners. <ul style="list-style-type: none"> <li>• Lost (not handed in) ecards are replaced with DKK 600.</li> </ul> </li> </ol>
<b>Coveralls:</b>	There is no transport of coveralls from the start to the Event Center.
<b>Start time:</b>	Put and run for all Classes each day. See participant lists at the start, as well as on the Skawdysten website <a href="http://www.skawdysten.dk">www.skawdysten.dk</a> from no later than Monday the 10 <sup>th</sup> of July at 20.00 hrs. There is a minimum of one minute starting interval.
<b>Control descriptions:</b>	IOF control descriptions are printed on the map and there are separate control descriptions at start. These can be used if you have a holder for the purpose.
<b>Start Guide:</b>	<ul style="list-style-type: none"> <li>• At the entrance to the starting area, your EMIT ecard is read by the starting staff, and a backup label is provided to your EMIT ecard.</li> <li>• In the starting area before the starting boxes there are separate control descriptions (Holder required). The control descriptions are also printed on the map.</li> <li>• In the starting area, starting boxes and locks with Classes have been established.</li> <li>• Enter the lock that displays your Class designation.</li> <li>• At the end of the lock, you get your map.</li> <li>• Easy and Beginner courses get their map about two minutes before the start, and they are allowed to receive starting assistance, and shadowing is allowed.</li> <li>• Check that it is your Class shown on the map. Do not read the course.</li> <li>• The starting staff will wave you forward, and you must advance to an EMIT start device.</li> <li>• There is a start clock that beeps every minute.</li> </ul>



	<ul style="list-style-type: none"> <li>The EMIT ecard must be reset at the first beep. This is done by loading it into the EMIT start device five seconds before starting. When the long beep sounds, the EMIT ecard is lifted, and time has started.</li> </ul>
<b>Easy and Beginner courses (shadowing and starting assistance):</b>	<p>It is the club's own responsibility to guide runners on Easy and Beginner courses. Shadowing is allowed on Easy and Beginner courses.</p> <p>No assistance from the starting staff can be expected.</p>
<b>Finish:</b>	<p>After you have passed the finish line (and punched the finish control # 100), the finish staff reads the EMIT ecard and a prints of intermediate time are handed out.</p> <p>The map can be kept. It is not allowed to show the map to runners who have not started.</p> <p>Rental EMIT ecard are handed over at the finish. If you have rented for several days, the ecard is kept and handed over on the last race day.</p>
<b>Results:</b>	<p>Printed Results lists will be regularly posted on the scoreboard, and results will be available online as soon as possible after the last runner has reached the finish line on the individual stages.</p> <p>If you have been <b>disqualified (DSQ)</b>, see above under control system.</p> <p>O-track are offered on all courses.</p>
<b>Prizes:</b>	<p>In youth classes up to and including W/M16 years, there will (depending on the number of participants) be prizes for the 3 best placed on Wednesday, Thursday, and Friday. Saturday for the 3 best combined times for both stages. The prizes are awarded when it is assessed that all participants in these classes have reached the finish line.</p>
<b>Raffle prizes:</b>	<p>Raffle prizes are selected from all participants every day. Winners can be found on the scoreboard. Prizes that have not been collected on race day will not be post-issued.</p>
<b>Children courses:</b>	<p>Children courses free of charge (No sign-up) Thursday, July 13 and Friday, July 14.</p> <ul style="list-style-type: none"> <li>Start between 10.00 - 13.30 hrs.</li> <li>Prize for all who complete.</li> </ul>
<b>Childcare:</b>	<p>Not provided.</p>
<b>Toilet, shower and changing facilities:</b>	<p>There are toilets at the Event Center each day. Bathing and changing facilities are not available.</p>
<b>Judge:</b>	<p>To be reached at the Event Center (via the Competition Office).</p>
<b>Late entries:</b>	<p>No late entries. Please refer to the open courses.</p>
<b>Start list (list over participants):</b>	<p>Will be available on Skawdystens website from Monday the 10<sup>th</sup> of July at 20:00 hrs.</p>
<b>Kiosk:</b>	<p>Kiosk at the Event Center on Thursday 13 and Friday 14 July. Payment methods: MobilePay and Danish kroner.</p>
<b>Tourist information:</b>	<p>Please refer to the Top of Denmark.          Sct. Laurentii Vej 6B, DK-9990 Skagen.          Tlf. +45 9844 1377  <a href="https://www.toppenafdanmark.dk/skagen">https://www.toppenafdanmark.dk/skagen</a></p>
<b>Camping and accommodation in classrooms:</b>	<p>Skagen Skole, Skagen Skole, <a href="#">Skagavej 139, 9990 Skagen</a>. GPS: 57.727069, 10.584184. Camping and accommodation on hard surface is provided here.</p>

	It will be possible to stay overnight from Tuesday July 11 from 12:00 until Saturday July 15 at 12:00 at the campsite as well as in Classroom at the school on hard surface.  See separate instructions for the campsite at <a href="http://www.skawdysten.dk">www.skawdysten.dk</a>
<b>Competition management:</b>	
Event leaders:	Gert Johannesen, Skive AMOK Jørgen Jensen, Skagen OK and Motion
Course planner July 12 in Kirkemilen and Skagen City:	Morten Kjær, Silkeborg OK and Niels A.K. Hansen, Skive AMOK
Course controller July 12 in Kirkemilen and Skagen City:	Jørgen Jensen, Skagen OK & Motion
Course planner July 13 in Kirkemilen:	Jan Møller, Aalborg OK
Course controller July 13 in Kirkemilen:	Niels Filtenborg Mortensen og Viggo Poulsen, Skive AMOK
Course planner July 14 in Tversted:	Hans Ingemann Petersen og Jørn Bachmann, OK-Vendelboerne
Course controller July 14 in Tversted:	Thorkild Holm Pedersen, OK-Vendelboerne
Course planner July 15 in Hjørring Centrum:	Jess Rasmussen, Viborg OK
Course controller July 15 in Hjørring Centrum:	Allan Reiche, OK-Vendelboerne
Mapper:	See the instruction for the specific race day.
Event Controller:	Kjeld Arildsen, OK-Vendelboerne
Judge:	Asger Kristensen, Herning OK
Camping:	Per Mogensen, Skagen OK & Motion
Sponsor/prizes:	Kenn Kristensen, Herning OK
<b>Information:</b>	<a href="http://www.Skawdysten.dk">www.Skawdysten.dk</a> <a href="https://www.facebook.com/skawdysten">www.facebook.com/skawdysten</a> Gert Johannesen phone +45 2129 9845 Jørgen Jensen, phone. +45 2175 3917 E-mail: <a href="mailto:Skawdyst@gmail.com">Skawdyst@gmail.com</a>

## Welcome to Skawdysten 2023 – We look forward to seeing you



### Annex:

1. Quick reference map every day
2. Parking in Skagen and Kirkemilen July 12 and 13
3. Parking in Tversted July 14
4. Parking possibilities in Hjørring Centrum July 15
5. Instruction camping July 11 to 15