



# JWOC Tour

**Final Details**

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# **JWOC**

## Junior World Orienteering Championships

### **2019 Denmark**

# Final details - JWOC 2019 Tour

OK Pan Aarhus and Silkeborg OK bid you welcome to JWOC Tour - an event with 6 races in conjunction with the 2019 Junior World Orienteering Championships.



In **Silkeborg Søhøjlandet** you have the chance of a whole mass of experiences, whatever you prefer: outdoor, cultural or historic. Denmark's Outdoor Capital® offers many different outdoor activities, amongst others cycling, mountain biking, hiking, and canoeing and kayaking. The town contains many historic and cultural attractions, where you can learn more about Danish art and culture and about local historic events. In Silkeborg there are also many cafés and restaurants that are worth a visit.



## Aarhus - a Modern City

A living mixture of youthful energy and a breath of the past makes Aarhus a city with a vigorous pulse. In Aarhus, when we say “within walking distance”, we really mean just that. The art museum ARoS offers pioneering works from some of the world’s most progressive artists. Den Gamle By - The Old Town Museum - is a unique international attraction, and Moesgaard Museum gives its visitors a world-class museum experience.

# Programme for JWOC Tour and JWOC

## JWOC Tour

Sat. 6 July	<b>Sprint prologue</b> Silkeborg town centre 14.15 - 16.15
Sun. 7 July	<b>Sprint</b> Lyseng 14.15 - 16.15
Mon. 8 July	<b>Long distance</b> Group start for harder courses Velling – Snabegaard 17.00 - 19.00
Tue. 9 July	Activity/tourism day
Wed. 10 July	<b>Middle distance</b> Gjern Bakker 14.30 - 16.30
Thu. 11 July	<b>Shortened Long distance</b> Gjern Bakker 14.30 - 16.30
Fri. 12 July	<b>Middle distance</b> Thorsø Bakker 14.30 - 16.30

## JWOC

Opening Ceremony Silkeborg town centre, 12.30 - 13.15
<b>Sprint</b> Lyseng 10.00 - 13.15 Prize-giving 13.45
<b>Long distance</b> Velling – Snabegaard 9.00 - 16.00 Prize-giving 16.15
Rest day
<b>Middle distance qualification</b> Gjern Bakker 10.00 - 13.30
<b>Middle distance final</b> Gjern Bakker 09.00 - 13.15 Prize-giving 13.45
<b>Relay</b> Thorsø Bakker 10.00 - 13.30 Prize-giving + Closing Ceremony 13.30

## Activities whilst you are here

Do use the time away from orienteering to explore the area!

On **Saturday 6 July** there are market stalls in the main square in Silkeborg, and live jazz on the open-air stage. The jazz will be playing both before and after the Opening Ceremony, so find a chair and enjoy the music while you wait for the national teams to arrive in the square.

On **Tuesday 9 July** you have the whole day free.

Søhøjlandet has a lot to offer, so we are absolutely sure you can find something that interests you.



# Event Centre

Teknisk Skole, Kejlstrupvej 87, 8600 Silkeborg (N56° 11.409' E009° 33.383')

Opening times: Friday 5 July, 17-20.

On the other days the Event Office is sited in the arenas/assembly areas - see opening times under each individual day.

## Directions to the Event Centre

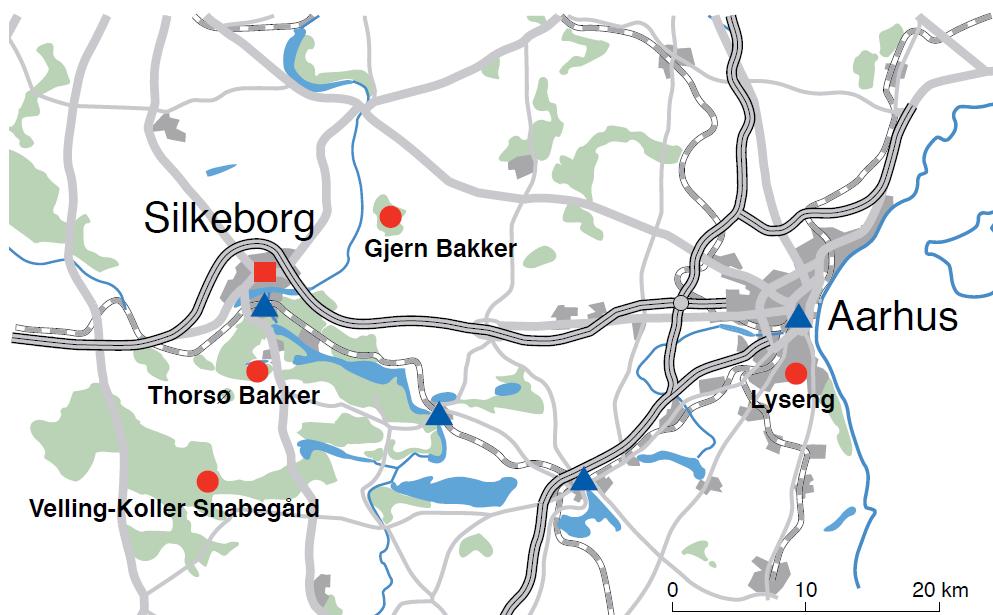
College 360 is situated in the northern part of Silkeborg. The main entrance is on Kejlstrupvej, 400 m north of the main northern ring road (route 195), on the left opposite a large car sales centre.

**From the east** leave the motorway at junction 28 – Søholt, and follow the main road (195) westwards. Turn right on to Kejlstrupvej at the second set of traffic lights.

**From the west and north** join the motorway, and exit at junction 29 – Høje Kejlstrup. After leaving the motorway, follow signs for Silkeborg. After two roundabouts, the main College 360 buildings are on the right after passing a stretch of woodland.

**From the south** from route 52 drive into Silkeborg and keep going straight along on the main road east of the town centre. Bear right at the second set of traffic lights after the bridge crossing the lake. The College is 1.5 km further on the left, after three more sets of traffic lights.

There are a number of parking areas on the College campus.



## Organisers

**Event Director:** Kell Sønnichsen tlf +4521656687 & Dorthe Hansen tlf +4530664285

**Event Controller:** Keld Gade, Viborg OK

**Referee:** Thomas Kokholm, Horsens OK

# Information common to all days

## Terrain description

### **Sprint prologue**

Town with shopping streets and back-yards. Open pockets with trees and bushes. hard surface.

### **Sprint**

Open grass areas with spread vegetation. Built-up area with open grass areas as well as areas with closer vegetation.

Dry and mainly firm surface, easy to run on. Visibility is good. Well-developed network of paths and roads in the area, including asphalt, gravel paths and small paths.

### **Other distances**

Hilly terrain with strong contour detail. Vegetation is mixed forest with bits of open area with spread vegetation. Occasional areas with closely-planted conifer. Generally good runnability. In a few areas there is bracken and other kinds of undergrowth. The open areas are mainly covered by grass or heather. The ground in the forests is generally dry, but there are ditches, streams and marshes. There are well-developed networks of paths and forest tracks.

## Issue of number bibs, rented SI dibbers, parking tickets and O-tops booked in advance

Items that have been booked can be collected from the Event Office.

All competitors must wear number bibs.

## Timing and punching

Ordinary SPORTident will be used, not SPORTident AIR+ (touch free).

Rented SI-cards will be issued together with number bibs. The SI-cards must be returned at the finish on its last day of use. Failure to return the SI-card will result in a charge of 350 kr.

## Start

There are no start lists. Competitors can start at any time within the day's start period - except for Monday 8 July when there is a mass start for some classes - see the special instructions for that day.

### **General procedure:**

At the start, you join the queue behind the start lane for your class. Start officials will ensure that for every course, only one runner goes forward per minute.

Clear and Check units are set up in front of the entrance to the start boxes. It is the runners' own responsibility to clear their SI-cards.

The Start is divided into four boxes:

- Box 1 (4 min): Registration of everyone starting. Extra Clear and Check units.
- Box 2 (3 min): Issue of loose control descriptions, if you have a holder for them. The control descriptions are also printed on the map.
- Box 3 (2 min): Issue of map to runners on Easy and Beginner courses.
- Box 4 (1 min): Other runners take their map (but must not look at it), and move to stand beside one of the start units. At the start time you register your SI card in the start unit. There can be several runners using each start unit.

## Finish

At the finish you dib at the finish unit and move forward to download.

All runners must report to the finish. The maximum running time varies per day.

Note that on Wednesday 10 July some courses have a long walk from the finish to the download point.

## Changing and showers

No facilities available.

## Toilets

There are toilets at the assembly area, and on the way to the start on Wednesday and Friday.

## Water

There is water provided at the finish, and on the course for some of the longer courses. See the class/course charts.

## First Aid

There are first-aid personnel in the assembly areas.

## Kiosk

There is a well-supplied kiosk every day except for the Sprint Prologue in Silkeborg town centre, where we advise that you use local shops and restaurants.

The kiosk will have on sale hot dogs, sandwiches, pasta salad, meatballs and cold potato salad, cakes, sweets, fruit, crisps, coffee, tea, beer and fizzy drinks.

## Activities for children

We aim to arrange activities for children on all days except for the Sprint Prologue in Silkeborg town centre. There is no creche.

## Extra clothing

There is no transport of extra clothing from the start to the finish.

## Overall competition

The overall result is worked out by combining the running times from the 5 counting days. The Sprint Prologue in Silkeborg town centre isn't included.

Runners entering on the day are not included in the overall competition.

## Prizes

There are prizes for the first three in classes up to and including age 16, every day except the Prologue and the final stage. There are prizes for the first three for the overall result in all classes.

Prize-givings take place on the assembly area - see individual day details.

## Open courses

Open courses can be purchased at the Event Office on the assembly areas. Course lengths and time period can be seen under each individual day.

Adults (21+): 150 DKK / 20€

Young people (-21): 90 DKK / 12€

Rent of SI-card: 20 DKK / 3€

Number bib and rented SI-card are issued on purchase, and the SI-card must be handed in after its last day of use.

## Training opportunities

For training you can use permanent courses, which can be found via [www.findveji.dk](http://www.findveji.dk).

For the Silkeborg area, see also <http://silkeborg-ok.dk/find-vej-i-faste-poster-i-silkeborgomradet/> and for the Aarhus area, visit <http://okpan.dk/findvej/>

## Fair play

Maps can be retained after the finish, and you are asked to observe 'fair play': do not show your map to runners who have not yet taken part in the competition.

## General rules

Smoking or use of open fire is not allowed on the assembly areas or in the competition terrain.

Please take your rubbish with you, or place it in the rubbish bags.

Passage into or through private land (olive-green on the map) is not allowed. This applies also for forest races.

Passage into or through areas marked with the symbol Forbidden area (709) is also not allowed. If the Forbidden area on the map has an unbroken line around the area, it will be marked in the terrain with black/yellow tapes.

## Risks

Check your body for ticks!

## Parking ticket/charge

There is a parking charge for the 4 forest distances of 20 DKK per day. Parking tickets can be purchased at the Event Office, if not booked at the time of entry.

For the Prologue in Silkeborg, official parking areas should be used, for which there may be a parking charge

Parking for the Sprint in Lyseng will be on a common parking area, without charge.



# **Day 1 - Sprint Prologue, 6 July in Silkeborg town centre**

## **Assembly area**

Silkeborg central square: N56° 10.179' E009° 33.008'

There is no signing to the assembly area.



## **Parking**

Use the various town parking areas. Note that you must pay a parking charge. At some parking areas there is free parking for the first two hours.

## **Distances**

Start and finish are close to each other.

## Times

Event Office open 12.30-17.30.  
Sale of Open courses 12.30-16.00.  
Start between 14.15 and 16.15.  
Finish closes 17.30.

## Baggage storage

It will be possible to leave baggage under supervision.

## Course planner and controller

Course planner: Orest Kotylo, Silkeborg OK  
Course controller: Pia Gade, Viborg OK

## Map

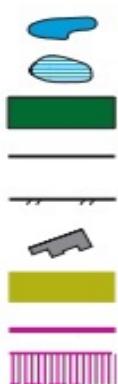
Silkeborg Midtby, newly drawn 2019. Scale 1:4,000, contour interval 2.5 m. The map is offset printed on waterproof paper. Mapper: Jens Børsting.

## Special for this day:

### Start procedure

In Box 2, there is a road crossing. Keep a look-out for traffic!

## Forbidden areas and forbidden passages



- 304.1 Impassable water area
- 309 Impassable marsh
- 421 Impassable vegetation
- 521.1 Impassable wall
- 524 Impassable fence or railing
- 526.1 Building
- 528.1 Private area område, where it is forbidden to enter
- 707 Boundary not to be crossed
- 714 Temporary construction area or forbidden area

Forbidden areas are marked on the map with symbol 709, forbidden area. If the forbidden area has an unbroken line around it, it will be marked in the terrain with black/yellow tapes.

## Classes

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>		<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>
<b>D10</b>	Green/beginner	1.8	17	<b>H10</b>	Green/beginner	1.8	17
<b>D12</b>	White/easy	1.9	17	<b>H12</b>	White/easy	1.9	17
<b>D12B</b>	Green/beginner	1.8	17	<b>H12B</b>	Green/beginner	1.8	17
<b>D14</b>	Yellow/medium	2.0	15	<b>H14</b>	Yellow/medium	2.0	15
<b>D14B</b>	White/easy	1.9	14	<b>H14B</b>	White/easy	1.9	17
<b>D16</b>	Black/hard	2.1	14	<b>H16</b>	Black/hard	2.5	17
<b>D16B</b>	Yellow/medium	2.1	14	<b>H16B</b>	Yellow/medium	2.0	15
<b>D20</b>	Black/hard	2.5	17	<b>H20</b>	Black/hard	2.8	18
<b>D20AK</b>	Black/hard	2.1	14	<b>H20AK</b>	Black/hard	2.5	17
<b>D20B</b>	Yellow/medium	2.1	14	<b>H20B</b>	Yellow/medium	2.0	15
<b>D21</b>	Black/hard	2.7	18	<b>H21</b>	Black/hard	2.9	19
<b>D21AK</b>	Black/hard	2.1	14	<b>H21AK</b>	Black/hard	2.5	17
<b>D21B</b>	Yellow/medium	2.1	14	<b>H21B</b>	Yellow/medium	2.0	15
<b>D-let</b>	White/Easy	1.9	17	<b>H-let</b>	White/Easy	1.9	17
<b>D35</b>	Black/hard	2.5	17	<b>H35</b>	Black/hard	2.8	18
<b>D35B</b>	Yellow/medium	2.1	14	<b>H35B</b>	Yellow/medium	2.0	15
<b>D40</b>	Black/hard	2.1	14	<b>H40</b>	Black/hard	2.8	16
<b>D45</b>	Black/hard	2.1	14	<b>H45</b>	Black/hard	2.6	14
<b>D45AK</b>	Black/hard	1.7	12	<b>H45AK</b>	Black/hard	2.1	14
<b>D45B</b>	Yellow/medium	2.1	14	<b>H45B</b>	Yellow/medium	2.0	15
<b>D50</b>	Black/hard	2.1	14	<b>H50</b>	Black/hard	2.5	17

<b>D55</b>	Black/hard	2.1	14	<b>H55</b>	Black/hard	2.5	14
<b>D55AK</b>	Black/hard	1.7	12	<b>H55AK</b>	Black/hard	1.7	12
<b>D60</b>	Black/hard	1.7	12	<b>H60</b>	Black/hard	2.1	14
<b>D65</b>	Black/hard	1.7	12	<b>H65</b>	Black/hard	2.1	14
<b>D70</b>	Blue/hard	1.6	12	<b>H70</b>	Blue/hard	1.6	14
<b>D75</b>	Blue/hard	1.6	12	<b>H75</b>	Blue/hard	1.6	14
<b>D80</b>	Blue/hard	1.6	12	<b>H80</b>	Blue/hard	1.6	12
				<b>H85</b>	Blue/hard	1.6	12
				<b>D/H90</b>	Blue/hard	1.6	12

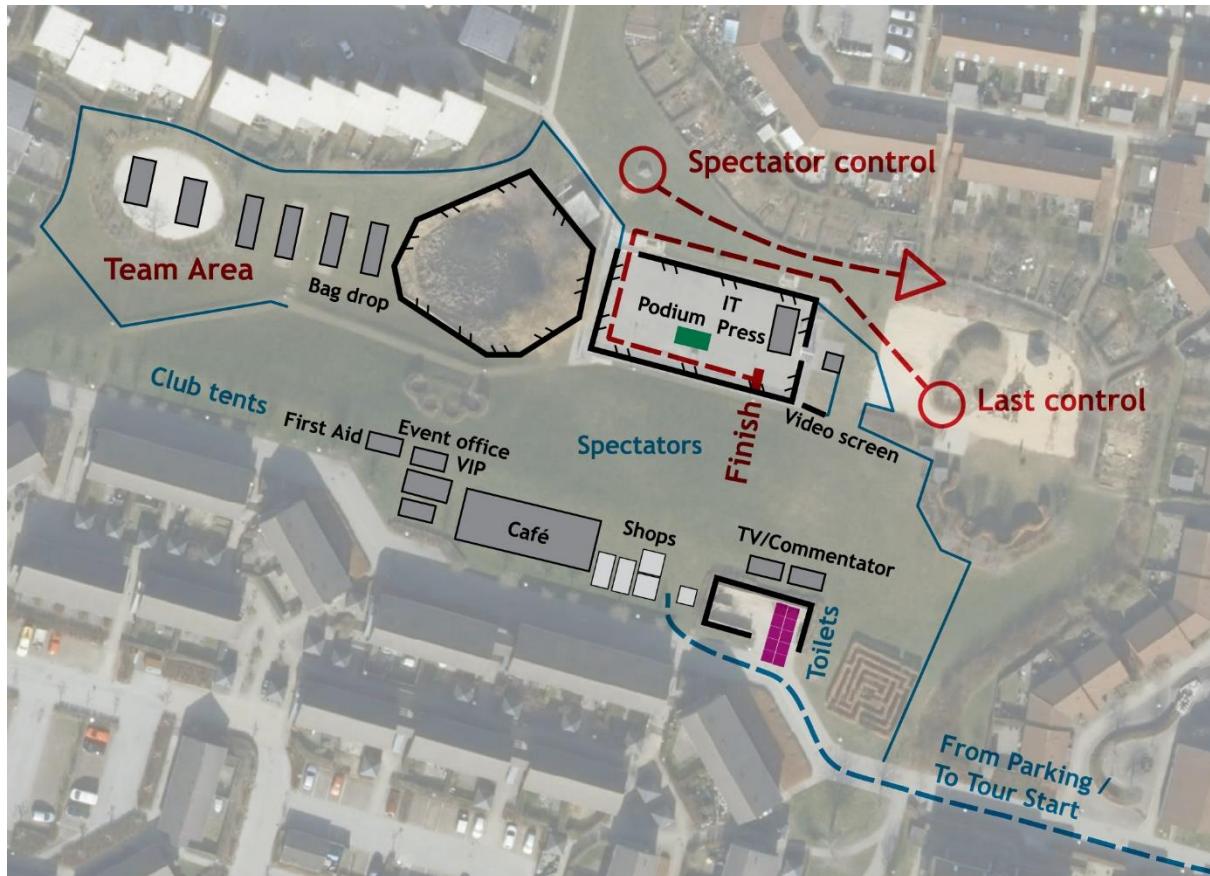
## Open courses

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>
<b>Open 1</b>	Black/difficult	2.5	17
<b>Open 2</b>	Black/difficult	2.1	14
<b>Open 3</b>	Blue/difficult	1.6	14
<b>Open 4</b>	Yellow/medium	2.0	15
<b>Open 5</b>	Yellow/medium	2.1	14
<b>Open 6</b>	White/easy	1.9	17

## Day 2 - Sprint, 7 July, Lyseng, Aarhus

### Assembly area

Arena Lyseng: N56° 06.443' E010° 11.877'.



### Parking

There is signing to parking in Aarhus from Ringvej Syd/Saralyst Allé (N56° 06.480' E010° 11.258'), from Ringvej Syd/Oddervej (N56° 06.152' E010° 12.446') and from Oddervej/Lyseng Allé (N56° 06.611' E010° 12.506').

### Distances

It is about 800 m from parking to assembly area. Marked with red/white tapes.

It is about 450 m from assembly area to start. Marked with white/yellow tapes.

### Times

Event Office open 9.00-17.00.

Sale of Open courses 13.00-15.00.

Start between 14.15 and 16.15.

Prize-giving as early as possible and no later than 17.00.

Finish closes 17.30.

## Baggage storage

It will be possible to leave baggage under supervision.

## Course planner and controller

Course planner: Ida Bobach, OK Pan

Course controller: Grethe Anæus, Viborg OK

## Map

Lyseng, newly drawn 2019. Scale 1:4,000, contour interval 2.5 m. The map is offset printed on waterproof paper. Mapper: Kell Sønnichsen.

## Special for this day

**Start procedure** In Box 3 there is a road crossing. Keep a look-out for traffic!

There is a **map turn-over** for classes D21, D35, H20, H20AK, H21, H35, H40, H45 and Open 1

**Spectator passage** all classes except D10, D12, D12B, D14B, D-let, H10, H12, H12B, H14B, H-let and Open 6.

Controls can be close together, so check control numbers.

There may be slow-moving vehicles, cyclists and pedestrians in the area, and these shall be given due consideration. Please make sure that children and young runners know that there can be traffic on the route.

Forbidden areas and taping shall also be respected. We very much hope to have permission to use the area for orienteering again, and this requires that we look after the area and its residents. .

## Special symbols

These below are *on* the map:

531, Specially-built object



Play equipment



These below are not on the map:

Short railings



Tree with support pole



Sets of steps beside buildings



Short staircases (fewer than 5 steps)



**Forbidden areas** Black/yellow tapes will be sited where there is a risk that runners enter a forbidden area by accident.

For the duration of the competition, some artificial barriers will be set out. These are marked on the map with a combination of 707, Passage forbidden and 709, Forbidden area, as shown on this example.



### Forbidden areas and Forbidden passages

	304.1 Impassable water area
	309 Impassable marsh
	421 Impassable vegetation
	521.1 Impassable wall
	524 Impassable fence or railing
	526.1 Building
	528.1 Private area, forbidden to enter
	707 Passage forbidden
	714 Temporary construction area or forbidden area



## Classes

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>		<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>
<b>D10</b>	Green/beginner	1.5	17	<b>H10</b>	Green/beginner	1.5	17
<b>D12</b>	White/easy	1.8	22	<b>H12</b>	White/easy	1.8	22
<b>D12B</b>	Green/beginner	1.5	17	<b>H12B</b>	Green/beginner	1.5	17
<b>D14</b>	Yellow/medium	2.0	17	<b>H14</b>	Yellow/medium	2.1	17
<b>D14B</b>	White/easy	1.8	21	<b>H14B</b>	White/easy	1.8	21
<b>D16</b>	Black/hard	2.0	17	<b>H16</b>	Black/hard	2.2	20
<b>D16B</b>	Yellow/medium	2.0	12	<b>H16B</b>	Yellow/medium	2.0	17
<b>D20</b>	Black/hard	2.3	20	<b>H20</b>	Black/hard	2.9	24
<b>D20AK</b>	Black/hard	2.1	17	<b>H20AK</b>	Black/hard	2.4	21
<b>D20B</b>	Yellow/medium	2.0	19	<b>H20B</b>	Yellow/medium	2.0	17
<b>D21</b>	Black/hard	2.7	23	<b>H21</b>	Black/hard	3.0	26
<b>D21AK</b>	Black/hard	2.1	17	<b>H21AK</b>	Black/hard	2.3	20
<b>D21B</b>	Yellow/medium	2.0	19	<b>H21B</b>	Yellow/medium	2.0	17
<b>D-let</b>	White/easy	1.8	21	<b>H-let</b>	White/easy	1.8	21
<b>D35</b>	Black/hard	2.7	23	<b>H35</b>	Black/hard	3.0	26
<b>D35B</b>	Yellow/medium	2.0	19	<b>H35B</b>	Yellow/medium	2.0	17
<b>D40</b>	Black/hard	2.0	17	<b>H40</b>	Black/hard	2.7	23
<b>D45</b>	Black/hard	2.0	17	<b>H45</b>	Black/hard	2.7	23
<b>D45AK</b>	Black/hard	1.6	15	<b>H45AK</b>	Black/hard	1.9	19
<b>D45B</b>	Yellow/medium	2.0	19	<b>H45B</b>	Yellow/medium	2.0	17
<b>D50</b>	Black/hard	1.9	19	<b>H50</b>	Black/hard	2.2	20

<b>D55</b>	Black/hard	1.9	19	<b>H55</b>	Black/hard	2.2	20
<b>D55AK</b>	Black/hard	1.6	15	<b>H55AK</b>	Black/hard	1.6	16
<b>D60</b>	Black/hard	1.6	16	<b>H60</b>	Black/hard	2.1	17
<b>D65</b>	Black/hard	1.6	16	<b>H65</b>	Black/hard	2.1	17
<b>D70</b>	Blue/hard	1.5	14	<b>H70</b>	Blue/hard	1.7	15
<b>D75</b>	Blue/hard	1.5	14	<b>H75</b>	Blue/hard	1.7	15
<b>D80</b>	Blue/hard	1.5	15	<b>H80</b>	Blue/hard	1.5	15
				<b>H85</b>	Blue/hard	1.5	15
				<b>D/H90</b>	Blue/hard	1.5	15

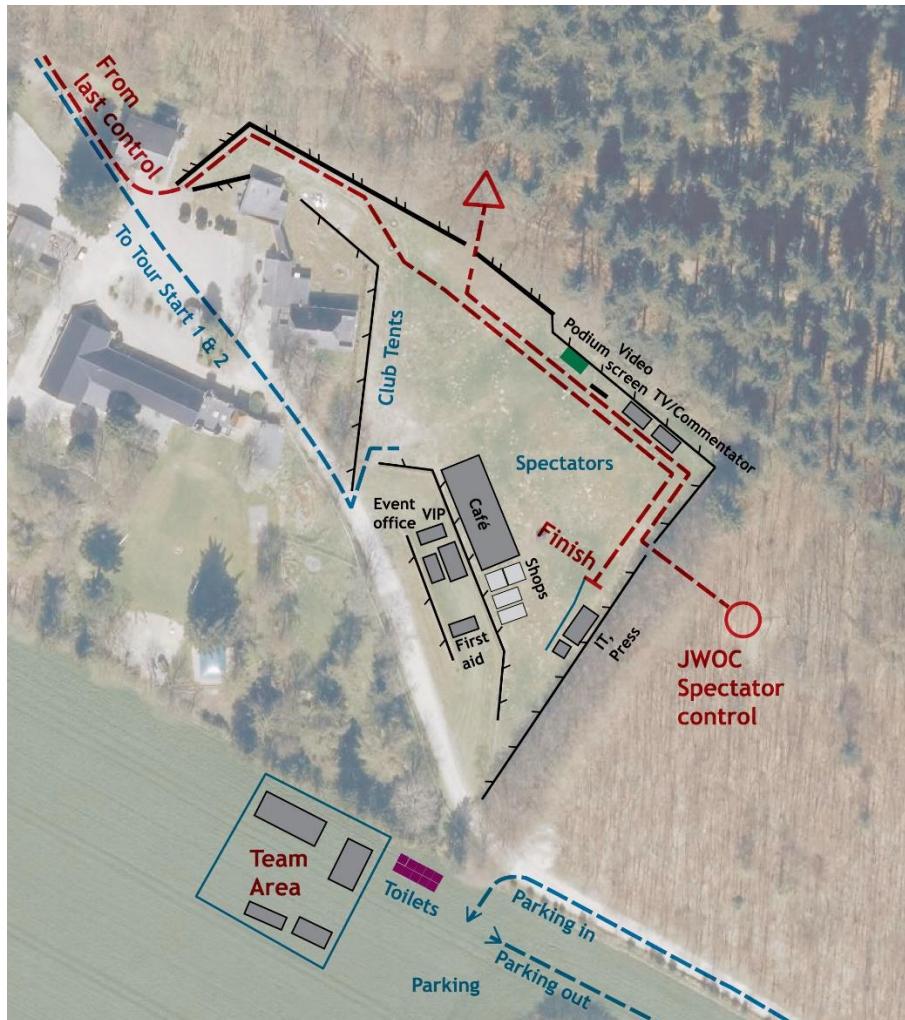
## Open courses

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>
<b>Open 1</b>	Black/hard	2.9 km	24
<b>Open 2</b>	Black/hard	2.1 km	17
<b>Open 3</b>	Blue/hard	1.7 km	15
<b>Open 4</b>	Yellow/medium	2.1 km	17
<b>Open 6</b>	White/easy	1.8 km	21

## Day 3 - Long distance, 8 July, Velling-Snabegaard

### Assembly area

Velling-Snabegaard, N56° 02.280' E009° 30.838'



### Parking

There are signs to the assembly area from the roundabout on Vindingvej (route 453/Vellingvej) (N56° 01.798' E009° 30.908')

### Distances

Parking is beside the assembly area

Assembly area to Start 1: ca. 1700 m. Marked by white/yellow tapes

Assembly area to Start 2: ca. 800 m. Marked by red/yellow tapes

## Times

Event Office open 9.00-19.30

Sale of Open classes 15.00-16.30

Start between 17.00 and 19.00. Note that there are mass starts at Start 1

Prize-giving as early as possible and no later than 19.45.

Finish closes 19.45.

## Course planner and controller

Course planner: Niklas Ingwersen, OK Pan.

Course controller: Rene Rokkjaer, OK Pan.

## Map

Velling-Snabegaard, newly drawn 2019. Scale: D/H60- : 1:7,500, all other classes 1:10,000. Contour interval 5 m. The map is offset printed on waterproof paper.

Mapper: Steen Frandsen, Viborg OK.

## Special for this day:

### **Start procedure**

There are 2 starts - see the class table below to find which start is yours.

There are mass starts at Start 1. At Start 2 there is free start as on the other days.

### **Start 1: Mass Starts**

Mass starts are in groups of classes, with 5-minute start interval:

17:00 - H20, H21, H35, H40, H45 and D21

17:05 - H16, H20AK, H21AK, H50, H55, D20 and D35, Åben 1

17:10 - H60, H65, D16, D20AK, D21AK, D40 and D45, Åben 2

17:15 - H45AK, D50 and D55

17:20 - H55AK, D45AK, D55AK, D60 and D65

Clear and Check units are set up in front of the entrance to the start box. It is the runners' own responsibility to clear their SI-cards.

All runners are checked at the entrance to the start box (Check unit).

In the start box you stand beside your map. Maps are marked with runners' names and placed in alphabetic order.

There is a taped run-out to the start point.

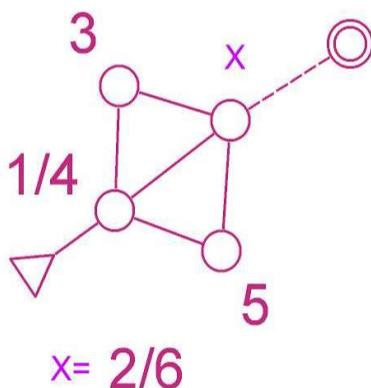
### **Start 2 Free start**

Check in the table showing course length and no. of controls to find which courses start at Start 2.

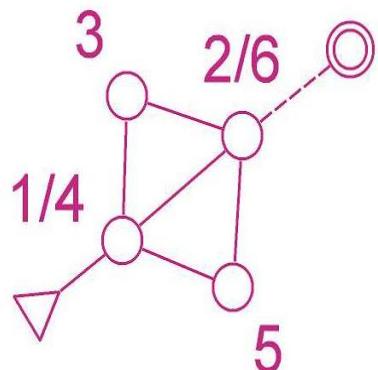
Start between 17.00 and 19.00. Free start.

### **Map turn-over**

There is a map turn-over for classes; H16, H20, H20AK, H21, H21AK, H35, H40, H45, H50, H55, D20, D21, D35 and Open 1.

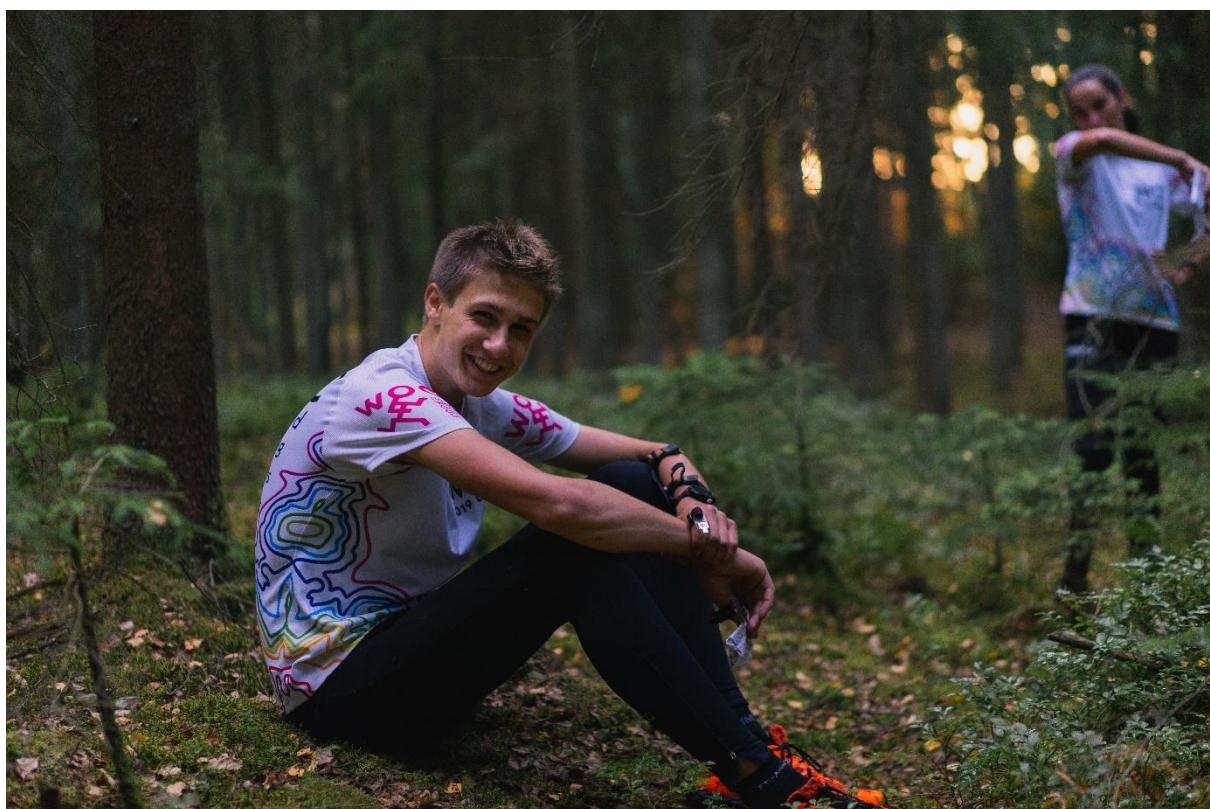


For courses with a mass start, there is gaffling using the 'diamond' method. At some common controls the control number is marked with an X because of lack of space. At another place on the map there is printed an explanation, e.g. X = 20/26.



### **Drinks**

All courses have a drinks control except for H12, D14B, D/H-let, D/H14B, Open 6, D/H10, D/H12B, Open 7 and D/H90.



## Classes

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>	<b>Start</b>		<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>	<b>Start</b>	
<b>D10</b>	Green/beginner	2.6	12	2		<b>H10</b>	Green/beginner	2.6	12	2
<b>D12</b>	White/easy	3.4	14	2		<b>H12</b>	White/easy	3.4	14	2
<b>D12B</b>	Green/beginner	2.6	12	2		<b>H12B</b>	Green/beginner	2.6	12	2
<b>D14</b>	Yellow/medium	3.7	12	2		<b>H14</b>	Yellow/medium	4.4	16	2
<b>D14B</b>	White/easy	3.4	14	2		<b>H14B</b>	White/easy	3.4	14	2
<b>D16</b>	Black/hard	4.5	17	1		<b>H16</b>	Black/hard	7.0	20	1
<b>D16B</b>	Yellow/medium	3.7	12	2		<b>H16B</b>	Yellow/medium	3.7	12	2
<b>D20</b>	Black/hard	7.0	20	1		<b>H20</b>	Black/hard	10.1	30	1
<b>D20AK</b>	Black/hard	4.5	17	1		<b>H20A K</b>	Black/hard	7.0	20	1
<b>D20B</b>	Yellow/medium	3.7	12	2		<b>H20B</b>	Yellow/medium	3.7	12	2
<b>D21</b>	Black/hard	8.1	24	1		<b>H21</b>	Black/hard	10.1	30	1
<b>D21AK</b>	Black/hard	4.5	17	1		<b>H21AK</b>	Black/hard	7.0	20	1
<b>D21B</b>	Yellow/medium	3.7	12	2		<b>H21B</b>	Yellow/medium	4.4	16	2
<b>D-let</b>	White/easy	3.4	14	2		<b>H-let</b>	White/easy	3.4	14	2
<b>D35</b>	Black/hard	7.0	20	1		<b>H35</b>	Black/hard	8.1	24	1
<b>D35B</b>	Yellow/medium	3.7	12	2		<b>H35B</b>	Yellow/medium	4.4	16	2
<b>D40</b>	Black/hard	4.5	17	1		<b>H40</b>	Black/hard	8.1	24	1
<b>D45</b>	Black/hard	4.5	17	1		<b>H45</b>	Black/hard	8.1	24	1
<b>D45AK</b>	Black/hard	3.5	16	1		<b>H45AK</b>	Black/hard	4.4	17	1
<b>D45B</b>	Yellow/medium	3.7	12	2		<b>H45B</b>	Yellow/medium	4.4	16	2

<b>D50</b>	Black/hard	4.4	17	1	<b>H50</b>	Black/hard	7.0	20	1
<b>D55</b>	Black/hard	4.4	17	1	<b>H55</b>	Black/hard	7.0	20	1
<b>D55AK</b>	Black/hard	3.5	16	1	<b>H55AK</b>	Black/hard	3.5	16	1
<b>D60</b>	Black/hard	3.4	12	1	<b>H60</b>	Black/hard	4.5	17	1
<b>D65</b>	Black/hard	3.4	12	1	<b>H65</b>	Black/hard	4.5	17	1
<b>D70</b>	Blue/hard	1.7	8	2	<b>H70</b>	Blue/hard	2.8	12	2
<b>D75</b>	Blue/hard	1.7	8	2	<b>H75</b>	Blue/hard	2.8	12	2
<b>D80</b>	Blue/hard	1.6	8	2	<b>H80</b>	Blue/hard	1.6	8	
					<b>H85</b>	Blue/hard	1.6	8	
					<b>D/H90</b>	Blue/hard	1.3	7	2

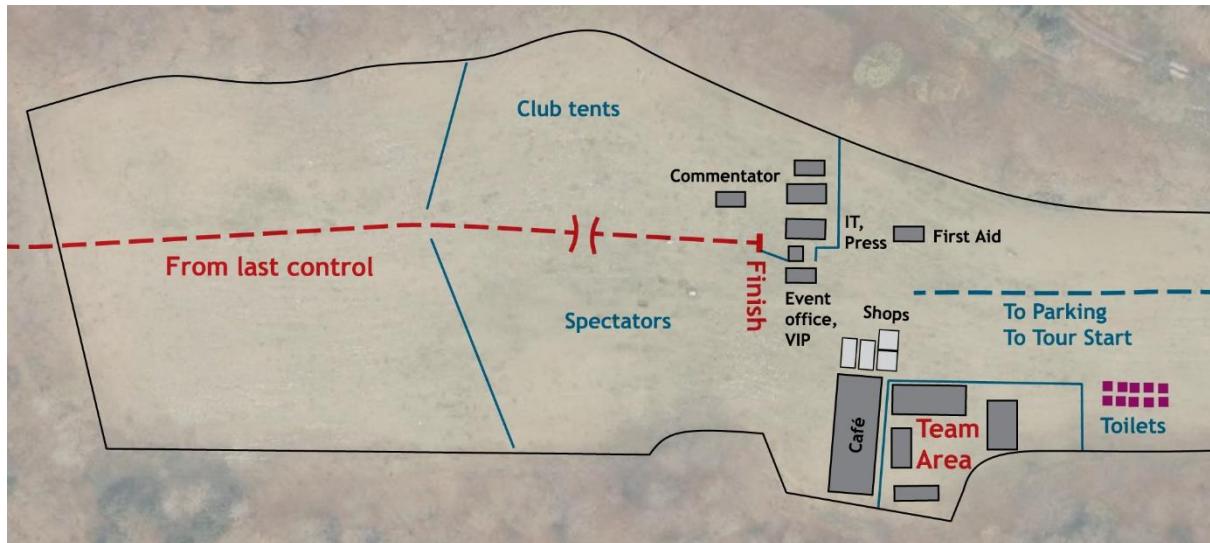
## Open courses

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>	<b>Start</b>
<b>Open 1</b>	Black/hard	7.0 km	20	1
<b>Open 2</b>	Black/hard	4.5 km	17	1
<b>Open 3</b>	Blue/hard	2.8 km	12	2
<b>Open 4</b>	Yellow/medium	4.4 km	16	2
<b>Open 5</b>	Yellow/medium	3.7 km	12	2
<b>Open 6</b>	White/easy	3.4 km	14	2
<b>Open 7</b>	Green/beginner	2.6 km	12	2

# **Day 4 - Middle distance, 10 July, Gjern Bakker**

## Assembly area

Gjern Bakker, N56° 13.519' E009° 41.982'



## Parking

There are signs to the assembly area from the roundabout Skærbækvej/Smingevej in Resenbro (N56° 10.950' E009° 38.922'), at the junction Sørkelvej/Svostrupvej (N56° 13.318' E009° 40.946') and at the junction Østergade/Stationsvej (N56° 13.811' E009° 44.321').

## Distances

Parking is beside the assembly area.

Assembly area to start: 1000 m. Marked with white/yellow tapes.

## Times

Event Office open 9.30-17.30

Sale of Open courses 12.30-15.00

Start between 14.30 and 16.30

Prize-giving as early as possible and no later than 17.00

Finish closes 17.30

## Course planner and controller

Course planner: Tove Jakobsen, Silkeborg OK.

Course controller: Jess Rasmussen, Viborg OK.

## Map

Gjern Bakker, newly drawn 2019. Scale: 1:7,500.

Contour interval 5 m. The map is offset printed on waterproof paper.

Mappers: Frank Linde and Flemming Nørgaard, OK Pan.

## Special for this day:

### Map turn-over

There is a map turn-over for all hard courses over 3.0 km.

### Start

Same start for all courses. Distance from assembly area to start: 1000 m. Runners MUST follow the tapes and must not go into the terrain away from this marked route, as parts of the neighbouring terrain are in the competition area.

Tapes to the start will be set up only after the JWOC competition is finished.

Warm-up area immediately east of the start.

There are toilets at the start.

### Blue courses

Courses for the older runners, D/H 70 and older, are as far as possible planned as 'blue' (less physical) courses. In the hilly terrain with few paths, it has not always been possible to meet this standard.

### Controls in the forest

Controls are sited very close to each other, especially in the first part of the courses, so it is important to check the control numbers.

## Special symbols

531, Special man-made object



Farm equipment



419, Special vegetation object



Tree-root > 2 m



**Traffic** There is a compulsory passage across an asphalt road. Courses have a control immediately before the crossing point. The white tapes must be followed to the crossing point. The road crossing will be shown on the map as illustrated here. There will NOT be race officials at the road crossing.

It is the runner's own responsibility to cross the road safely.



#### **Out of Bounds and Forbidden Access**

On the courses there is a fenced area where the fence is 70-80 cm high with three strands of wire. This fence may be crossed only where there are permanent gates and where special stiles have been erected. The fence will not be marked with tapes, except that on both sides of stiles there will be some white taping to help make the stiles more visible.

Examples of gates and stiles. The gates are self-closing.



On the map the fence is drawn with map symbol 516, Fence, and additionally with symbol 708, Out-of-bounds boundary. Gates and stiles are drawn with symbol 519, Crossing point.

Gates and stiles are drawn with symbol 519, Crossing point.



Where there is a distance of ca. 10 m between the hatched forbidden area on a field and the forest edge, you can run along the edge of the field. It is particularly runners on medium-difficulty courses that should be aware of this, as it can be the course's best linear route choice in this area.

## Finish

There are 2 finishes for this race:

- Finish 1 (for all hard and medium courses) is at the assembly area.
- Finish 2 (immediately east of the start). Here, all runners on Beginner and Easy courses finish their courses. After passing through Finish 2, runners follow white/yellow tapes for ca. 1000 m back to the assembly area, and download their SI card at the main download point by Finish 1.

## Classes

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>		<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>
<b>D10</b>	Green/beginner	1.8	11	<b>H10</b>	Green/beginner	1.8	10
<b>D12</b>	White/easy	2.6	12	<b>H12</b>	White/easy	2.6	12
<b>D12B</b>	Green/beginner	1.8	11	<b>H12B</b>	Green/beginner	1.8	11
<b>D14</b>	Yellow/medium	3.4	16	<b>H14</b>	Yellow/medium	3.4	16
<b>D14B</b>	White/easy	2.4	10	<b>H14B</b>	White/easy	2.4	10
<b>D16</b>	Black/hard	3.2	15	<b>H16</b>	Black/hard	3.9	17
<b>D16B</b>	Yellow/medium	2.6	12	<b>H16B</b>	Yellow/medium	3.4	16
<b>D20</b>	Black/hard	4.3	19	<b>H20</b>	Black/hard	4.9	23
<b>D20AK</b>	Black/hard	3.2	15	<b>H20AK</b>	Black/hard	3.9	17
<b>D20B</b>	Yellow/medium	2.6	12	<b>H20B</b>	Yellow/medium	3.4	16
<b>D21</b>	Black/hard	4.3	19	<b>H21</b>	Black/hard	5.2	24
<b>D21AK</b>	Black/hard	3.2	15	<b>H21AK</b>	Black/hard	3.9	17
<b>D21B</b>	Yellow/medium	2.6	12	<b>H21B</b>	Yellow/medium	3.4	16
<b>D-let</b>	White/easy	2.4	10	<b>H-let</b>	White/easy	2.4	10
<b>D35</b>	Black/hard	4.3	19	<b>H35</b>	Black/hard	4.9	23
<b>D35B</b>	Yellow/medium	2.6	12	<b>H35B</b>	Yellow/medium	3.4	16
<b>D40</b>	Black/hard	4.3	19	<b>H40</b>	Black/hard	4.3	19
<b>D45</b>	Black/hard	4.0	17	<b>H45</b>	Black/hard	4.3	19
<b>D45AK</b>	Black/hard	2.6	12	<b>H45AK</b>	Black/hard	3.2	15
<b>D45B</b>	Yellow/medium	2.6	12	<b>H45B</b>	Yellow/medium	3.4	16
<b>D50</b>	Black/hard	4.0	19	<b>H50</b>	Black/hard	3.9	17

<b>D55</b>	Black/hard	3.4	17	<b>H55</b>	Black/hard	4.0	17
<b>D55AK</b>	Black/hard	2.3	13	<b>H55AK</b>	Black/hard	2.3	13
<b>D60</b>	Black/hard	2.6	12	<b>H60</b>	Black/hard	3.4	17
<b>D65</b>	Black/hard	2.3	12	<b>H65</b>	Black/hard	3.4	17
<b>D70</b>	Blue/hard	1.5	9	<b>H70</b>	Blue/hard	3.2	15
<b>D75</b>	Blue/hard	1.5	9	<b>H75</b>	Blue/hard	2.3	13
<b>D80</b>	Blue/hard	1.4	8	<b>H80</b>	Blue/hard	1.5	9
				<b>H85</b>	Blue/hard	1.4	8
				<b>D/H90</b>	Blue/hard	1.4	8

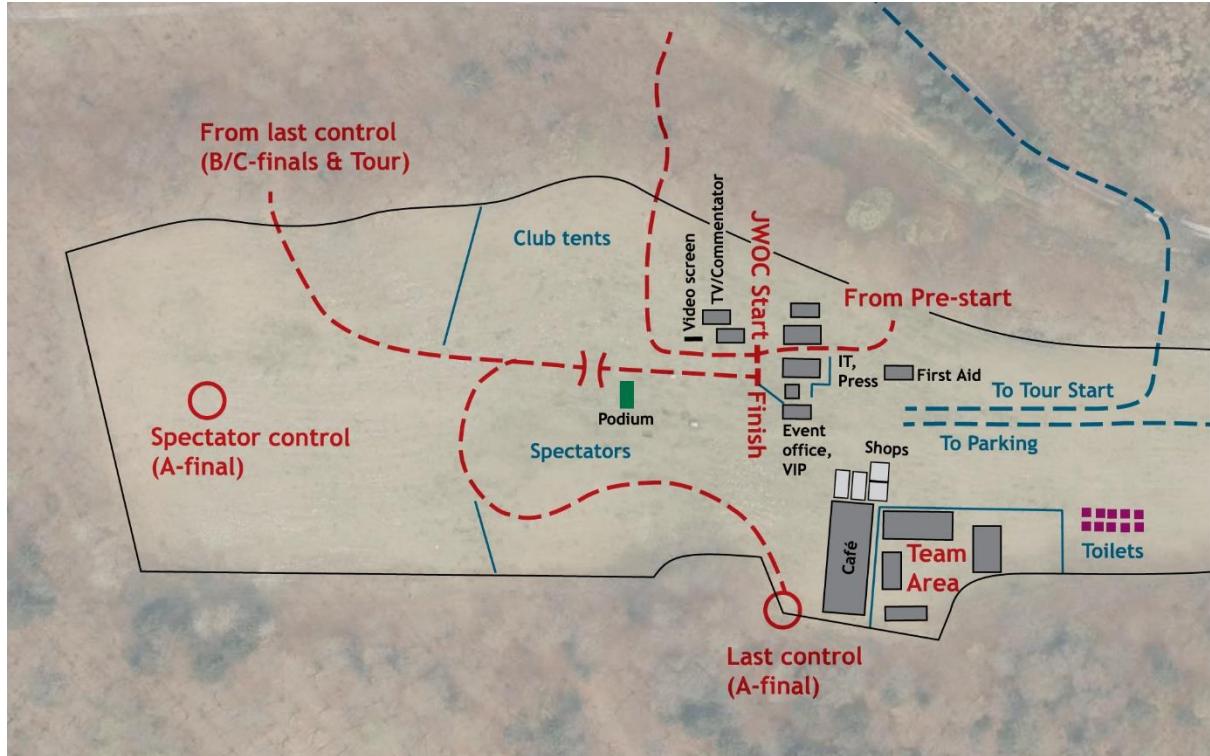
## Open courses

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>
<b>Open 1</b>	Black/hard	5.2	24
<b>Open 2</b>	Black/hard	4.0	17
<b>Open 3</b>	Blue/hard	2.3	13
<b>Open 4</b>	Yellow/medium	3.4	16
<b>Open 5</b>	Yellow/medium	2.6	12
<b>Open 6</b>	Hvid/Let	2.6	12

# Day 5 - shortened Long distance, 11 July, Gjern Bakker

## Assembly area

Gjern Bakker, N56° 13.519' E009° 41.982'



## Parking

There are signs to the assembly area from the roundabout Skærbækvej/Smingevej in Resenbro (N56° 10.950' E009° 38.922'), at the junction Sørkelvej/Svostrupvej (N56° 13.318' E009° 40.946') and at the junction Østergade/Stationsvej (N56° 13.811' E009° 44.321').

## Distances

Parking is beside the assembly area.

Assembly area to start: 450 m. Marked with white/yellow tapes. Tapes to the start will be set out only after the JWOC competition is finished.

## Times

Event Office open 9.30-18.30

Sale of Open courses 13.30-15.30

Start between 14.30 and 16.30

Prize-giving as early as possible and no later than 17.30

Finish closes 17.30

## Course planner and course controller

Course planner: Tove Jakobsen, Silkeborg OK.

Course controller: Jess Rasmussen, Viborg OK.

## Map

Gjern Bakker, newly drawn 2019. Scale: D/H60- : 1:7,500, all other classes 1:10,000. Contour interval 5 m. The map is offset printed on waterproof paper.

Mappers: Frank Linde and Flemming Nørgaard, OK Pan.

## Special for this day:

### Start

Warm-up area is immediately south of the start.

### Drinks

There are drinks points on all Hard courses with length 3 km or over. The drinks points are not at controls, but placed in the forest where the drinks symbol is shown on the map.

### Blue courses

The courses for the oldest runners, D/H 70 ad above, are planned as far as possible as 'blue' courses. The hilly terrain with very few paths has meant that it has not always been possible to keep to that standard.



## Special symbols

531, Special man-made object



Caravan



419, Special vegetation object



Tree root > 2 m



## Traffic

There are 2 road crossings on the harder courses. See information about these in the details for Wednesday

## Out of Bounds and forbidden areas

see information about these in the details for Wednesday.

## Classes

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>		<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>
<b>D10</b>	Green/beginner	2.3	9	<b>H10</b>	Green/beginner	2.3	9
<b>D12</b>	White/easy	2.4	9	<b>H12</b>	White/easy	2.4	9
<b>D12B</b>	Green/beginner	2.3	9	<b>H12B</b>	Green/beginner	2.3	8
<b>D14</b>	Yellow/medium	3.3	14	<b>H14</b>	Yellow/medium	3.7	15
<b>D14B</b>	White/easy	2.4	9	<b>H14B</b>	White/easy	2.4	9
<b>D16</b>	Black/hard	4.5	12	<b>H16</b>	Black/hard	5.4	14
<b>D16B</b>	Yellow/medium	2.9	11	<b>H16B</b>	Yellow/medium	3.3	14
<b>D20</b>	Black/hard	5.3	13	<b>H20</b>	Black/hard	7.5	21
<b>D20AK</b>	Black/hard	4.1	12	<b>H20AK</b>	Black/hard	5.3	13
<b>D20B</b>	Yellow/medium	2.9	11	<b>H20B</b>	Yellow/medium	3.3	14
<b>D21</b>	Black/hard	6.8	18	<b>H21</b>	Black/hard	8.9	23
<b>D21AK</b>	Black/hard	4.1	12	<b>H21AK</b>	Black/hard	5.3	13
<b>D21B</b>	Yellow/medium	2.9	11	<b>H21B</b>	Yellow/medium	3.3	14
<b>D-let</b>	White/easy	2.4	9	<b>H-let</b>	White/easy	2.4	9
<b>D35</b>	Black/hard	5.3	13	<b>H35</b>	Black/hard	7.5	21
<b>D35B</b>	Yellow/medium	2.9	11	<b>H35B</b>	Yellow/medium	3.3	14
<b>D40</b>	Black/hard	4.5	12	<b>H40</b>	Black/hard	7.5	21
<b>D45</b>	Black/hard	4.5	12	<b>H45</b>	Black/hard	7.5	21
<b>D45AK</b>	Black/hard	2.7	8	<b>H45AK</b>	Black/hard	3.3	9
<b>D45B</b>	Yellow/medium	2.9	11	<b>H45B</b>	Yellow/medium	3.3	14
<b>D50</b>	Black/hard	3.3	9	<b>H50</b>	Black/hard	5.4	14

<b>D55</b>	Black/hard	3.3	9	<b>H55</b>	Black/hard	5.4	14
<b>D55AK</b>	Black/hard	2.2	8	<b>H55AK</b>	Black/hard	2.7	8
<b>D60</b>	Black/hard	2.7	8	<b>H60</b>	Black/hard	4.5	12
<b>D65</b>	Black/hard	2.7	8	<b>H65</b>	Black/hard	4.1	12
<b>D70</b>	Blue/hard	2.1	8	<b>H70</b>	Blue/hard	3.3	9
<b>D75</b>	Blue/hard	2.1	8	<b>H75</b>	Blue/hard	2.7	8
<b>D80</b>	Blue/hard	1.7	8	<b>H80</b>	Blue/hard	2.1	8
				<b>H85</b>	Blue/hard	1.7	7
				<b>D/H90</b>	Blue/hard	1.7	7

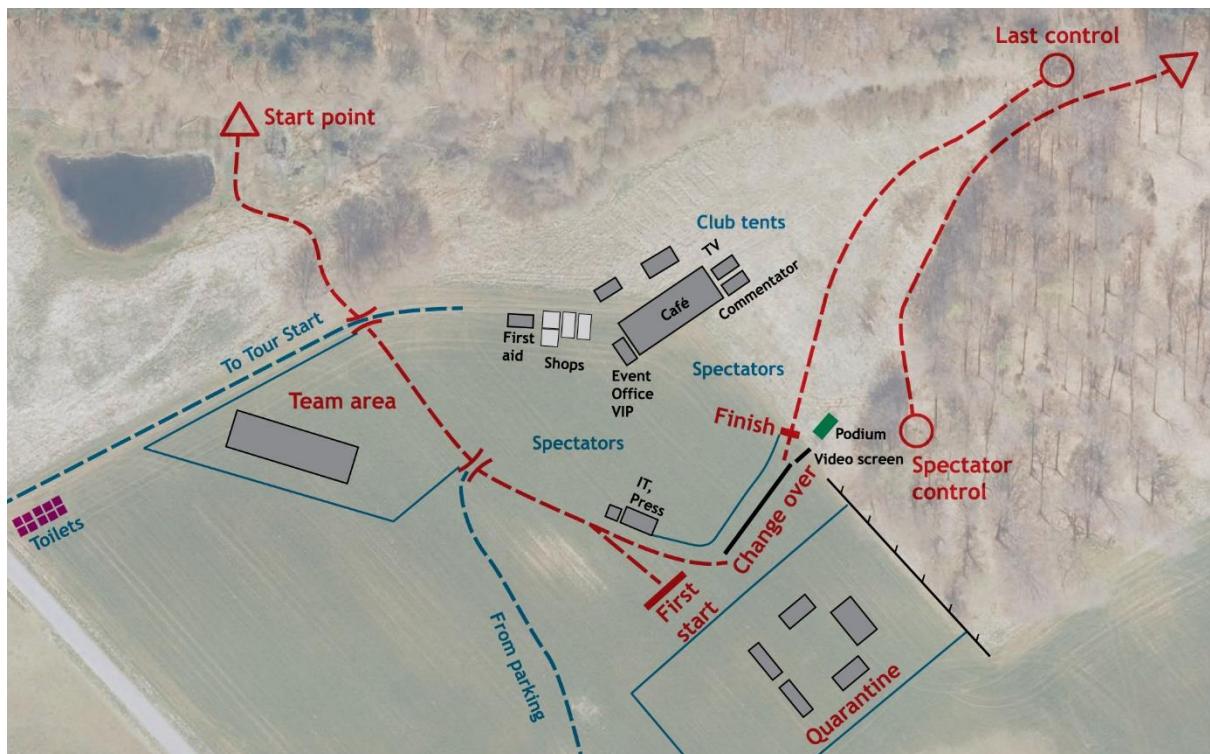
## Open courses

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>
<b>Open 1</b>	Black/hard	8.9	23
<b>Open 2</b>	Black/hard	5.4	14
<b>Open 3</b>	Blue/hard	2.1	8
<b>Open 4</b>	Yellow/medium	3.3	14
<b>Open 5</b>	Yellow/medium	2.9	11
<b>Open 6</b>	White/easy	2.4	9

# Day 6 - Middle distance, 12 July, Thorsø Bakker

## Assembly area

Thorsø Bakker, N56° 06.807' E009° 31.660'



## Parking

Signs to the assembly area at junction Horsensvej (route 52)/Voldbygårdvej south of Virklund (N56° 07.186' E009° 34.015'), junction Brandevej/Rustrupvej in Gjessø (N56° 06.965' E009° 29.402') and the junction Silkeborgvej/Rustrupvej in Them (N56° 05.716' E009° 32.949').

## Distances

Parking is beside the assembly area.

Assembly area to start: ca 700 m. Marked by white/yellow tapes.

## Times

Event Office open 9.30-17.30

Sale of Open courses 12.00-14.30

Start between 14.30 and 16.30

Prize-giving as early as possible and no later than 17.30

Finish closes 17.30

## Course planners and controller

Course planners: Signe Søes and Rasmus Oscar, OK Pan og Silkeborg OK

Course controller: Carsten Thyssen, Horsens OK.

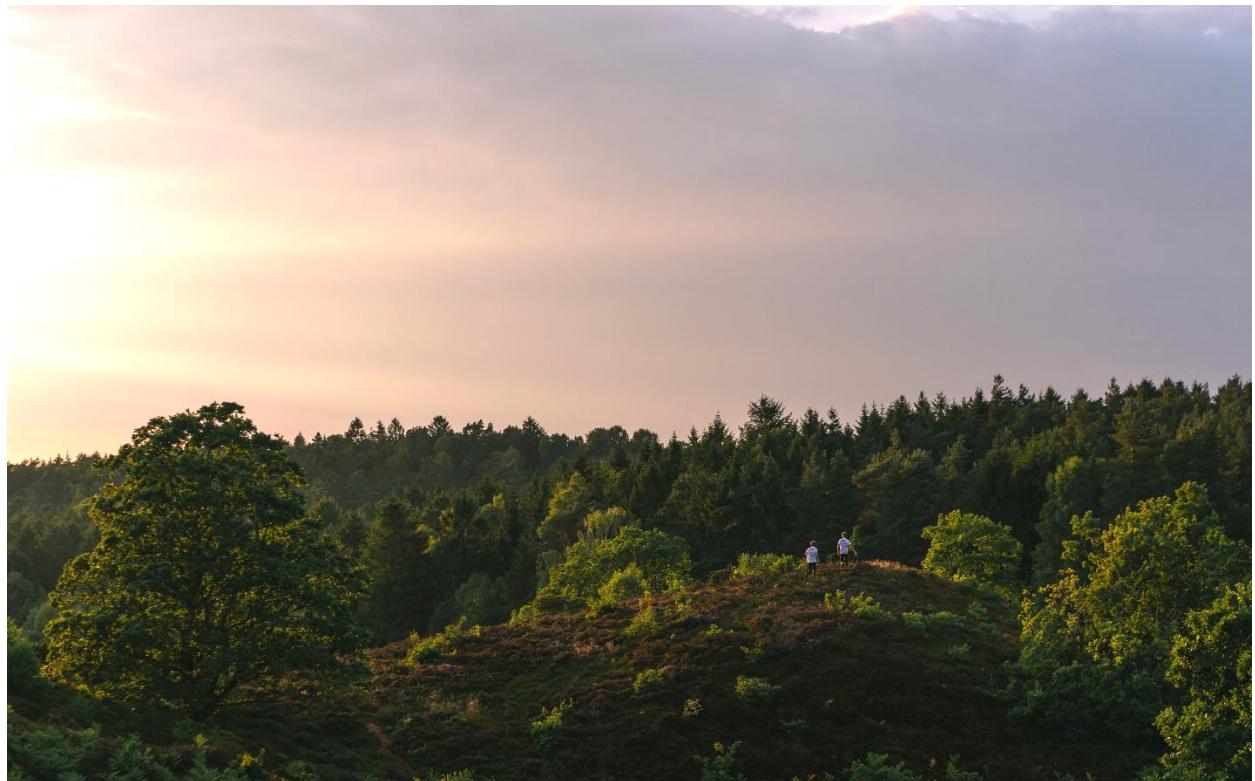
## Map

Thorsø Bakker, newly drawn 2019. Scale: D/H60- : 1:7,500, all other classes 1:10,000. Contour interval 5 m. The map is offset printed on waterproof paper.

Mapper: Steen Frandsen, Viborg OK.

## Special for this day:

There may still be some JWOC competitors in the forest



## Classes

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>		<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>
<b>D10</b>	Green/beginner	2.3	13	<b>H10</b>	Green/beginner	2.3	13
<b>D12</b>	White/easy	2.6	14	<b>H12</b>	White/easy	2.6	14
<b>D12B</b>	Green/beginner	2.3	13	<b>H12B</b>	Green/beginner	2.3	13
<b>D14</b>	Yellow/medium	3.6	17	<b>H14</b>	Yellow/medium	3.6	17
<b>D14B</b>	White/easy	2.2	12	<b>H14B</b>	White/easy	2.2	12
<b>D16</b>	Black/hard	3.3	16	<b>H16</b>	Black/hard	4.7	19
<b>D16B</b>	Yellow/medium	2.8	14	<b>H16B</b>	Yellow/medium	2.2	12
<b>D20</b>	Black/hard	5.3	18	<b>H20</b>	Black/hard	5.7	21
<b>D20AK</b>	Black/hard	3.3	16	<b>H20A K</b>	Black/hard	4.7	19
<b>D20B</b>	Yellow/medium	2.8	14	<b>H20B</b>	Yellow/medium	3.6	17
<b>D21</b>	Black/hard	5.3	18	<b>H21</b>	Black/hard	6.0	22
<b>D21AK</b>	Black/hard	3.3	16	<b>H21A K</b>	Black/hard	4.7	19
<b>D21B</b>	Yellow/medium	2.8	14	<b>H21B</b>	Yellow/medium	3.6	17
<b>D-let</b>	White/easy	2.2	12	<b>H-let</b>	White/easy	2.2	12
<b>D35</b>	Black/hard	5.3	18	<b>H35</b>	Black/hard	5.7	21
<b>D35B</b>	Yellow/medium	2.8	14	<b>H35B</b>	Yellow/medium	3.6	17
<b>D40</b>	Black/hard	4.7	19	<b>H40</b>	Black/hard	5.3	18
<b>D45</b>	Black/hard	4.2	18	<b>H45</b>	Black/hard	5.3	18
<b>D45AK</b>	Black/hard	2.8	15	<b>H45A K</b>	Black/hard	3.3	16
<b>D45B</b>	Yellow/medium	2.8	14	<b>H45B</b>	Yellow/medium	3.6	17

<b>D50</b>	Black/hard	4.2	18	<b>H50</b>	Black/hard	4.2	18
<b>D55</b>	Black/hard	3.8	17	<b>H55</b>	Black/hard	4.2	18
<b>D55AK</b>	Black/hard	2.4	14	<b>H55AK</b>	Black/hard	2.4	14
<b>D60</b>	Black/hard	2.8	15	<b>H60</b>	Black/hard	3.8	17
<b>D65</b>	Black/hard	2.4	14	<b>H65</b>	Black/hard	3.8	17
<b>D70</b>	Blue/hard	1.8	12	<b>H70</b>	Blue/hard	3.0	16
<b>D75</b>	Blue/hard	1.8	12	<b>H75</b>	Blue/hard	2.4	14
<b>D80</b>	Blue/hard	1.4	9	<b>H80</b>	Blue/hard	1.8	12
				<b>H85</b>	Blue/hard	1.4	9
				<b>D/H90</b>	Blue/hard	1.4	9

## Open courses

	<b>Difficulty level</b>	<b>Length</b>	<b>No. of controls</b>
<b>Open 1</b>	Black/hard	6.0	22
<b>Open 2</b>	Black/hard	4.2	18
<b>Open 3</b>	Blue/hard	3.0	16
<b>Open 4</b>	Yellow/medium	3.6	17
<b>Open 5</b>	Yellow/medium	2.8	14
<b>Open 6</b>	White/easy	2.6	14

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