

General Information

1. Event Center (Wettkampfbzentrum WKZ)

The Event Centre is at Dorfgemeinschaftsanlage (Centre of Village) in Uslar-Delliehausen. Traffic signs from B241 at Uslar-Volpriehausen.

Parking nearby south of sportsground. Please follow instructions.

The sportsground is center of the whole event: camping, catering, read-out of SI-cards, results, all is concentrated here.

There you will get:

- Clublists
- Programs
- ordered SPORTident-Cards for rental
- further information

2. Opening Hours of Event Center

Saturday	22.7.	12-21 h
Sunday	23.7.	10-21 h
Monday	24.7.	8-15 h and 20-21 h
Tuesday	25.7.	8-15 h and 20-21 h
Wednesday	26.7.	Restday, 19-20 h
Tuesday	27.7.	8-15 h and 20-21 h
Friday	28.7.	8-15 h and 20-21 h
Saturday	29.7.	8-15 h
Sunday	30.7.	10-12 h

3. Camping

The camping ground is at Dorfgemeinschaftsanlage.

Please follow the officials' instructions and keep the area clean.

It is not allowed to go by car onto the football ground.

It is not allowed to dig on the camping ground.

4. Toilets and Showers

Toilets and showers are in the sport house. Showers are available from 8am to 10pm. Please don't shower after 10pm!

5. Catering

Drinks (softdrinks and beer) and food (steaks, sausages, pommes, salad) will be offered at the event center.

6. Training

Training maps will be sold at the competition centre for Euro 2,--

Start is appr. 15 km from the competition centre at a small parking place near Sollingturm northwest of Uslar.

The course will pass the tower Sollingturm. We recommend to climb up.

You can go at the following times:

Saturday	22.7.	12-19 h
Sunday	23.7.	10-19 h

Competition Instructions

1. SPORTident

The electronic punching system SPORTident will be used.

Following is important:

- You have to clear and check your SI-card at the start!
- You have to punch also at the finish line, that is time-keeping!
- Each control has a normal punch clip as well. If a SPORTident station fails (no beep and no flash light) you can punch with that clip into reserve squares on your map.

2. Rules

The IOF rules for international events are valid for this competition.

Spike-Shoes are forbidden, so called Dobb-Spike-Shoes are allowed!

No dogs in the forest!

No smoking in the forest!

3. Cancelled Classes

Due to no or very few entries the following classes have been cancelled:

D-20, D35-, D50-, D80-, H-18, H-20, H35-, H45-

The competitors have been put to according classes.

4. Parking

Participants who stay outside Delliehausen should park their cars at the parking place south of sportsground at Event Center.

5. Walking Distances from Event Center

Stages 1-3: Start and finish are always close together.

You can deposit clothes etc. at the finish.

Mini-Bus-Shuttle for participants up to 12 and older than 75 years.

They should be at Event Center 70 Min. before start latest.

- | | |
|-----------------|-------------------------|
| 1. Stage, 24.7. | 3.800 m and 160 m climb |
| 2. Stage, 25.7. | 3.800 m and 160 m climb |
| 3. Stage, 27.7. | 2.200 m und 80 m climb |

On the stages 4-5 finish is at Event Center.

Walking distances to start:

- | | |
|-----------------|------------------------|
| 4. Stage, 28.7. | 1.300 m and 80 m climb |
| 5. Stage, 29.7. | 1.100 m und 30 m climb |

6. Start

Stages 1 - 4 Start times between 10 h and 12:30 h

You can get separate control descriptions at prestart.

The competitors will be called 2 minutes before their start times. The SPORTident cards will be checked.

One minute before start you can go to the box with the maps of your course. The map may be taken at the moment of start.

Stage 5 Chase Start

The leading competitors after four stages will have the following start times:

Time	Classes
10:00 am	D21ALong, D60, H65, H70
10:10 am	D10, D40, D45, H21AShort, H80
10:20 am	D14, D70, H21ALong, H40, H75
10:30 am	D16, D18, D75, H14, H16
10:40 am	D12, D21AShort, D55, H10
10:50 am	D21B, D65, H55, H60
11:00 am	H12, H21B, H50

All competitors with less than 60 minutes behind the leaders in their classes will take part in the chase start. All others will start afterwards at one minute intervals. Start lists for stage 5 will be available at the event centre after the fourth stage.

No chase start in D/H10b and Open Classes.

7. Maps

All maps are drawn in spring 2017 according to IOF standards.

Scale 1:10.000 Contour Interval 5 m

Color laser prints with courses, control descriptions and classes.

The maps are in plastic bags which are not sealed. If you want to run without bag please leave it at the start to avoid rubbish in the forest.

Special Signs:

black X	=	small man made feature
black O	=	charcoal burning place
green X	=	root stock
green O	=	special tree

Forest work: In some parts of the areas forest work has been undertaken during the last weeks. The effects like small tracks are not shown on the maps.

There are also some new root stocks or shooting platforms not on the maps.

Newly planted areas may not be passed.

8. Terrain

At all five stages typical german hill terrain at an altitude of 250 to 450 m, grown with cultivated forest, mainly beech and spruce. There are steeper slopes as well as flatter areas. The underground is sometimes very fast to run with quite a lot of tracks and pathes. In other parts the runners will be slowed down by felled areas, plantations and undergrowth. We strongly recommend long clothes.

There are only very few cliffs and stones and only a few water courses. Distinct features are root stocks and charcoal burning places.

Warning of Ticks: In some parts of the terrain you will find many ticks. Please check carefully after running.

9. Controls

Please check code numbers because some controls may be close together.

10. Refreshment Controls

For longer courses there will be refreshment controls with pure water on stages 1-3 and on stage 5.

11. Finish

You have to punch on the finish line as well. That is the time keeping.

You can keep your map. Be fair and do not show or tell anything to late starters.

When you return to Event Center: don't forget to read out your SI-card !!

12. Maximum Allowed Time

On all five stages the limit is 150 minutes. The finish will close at 15 h.

13. Results

Results of the day and all over will be shown at the event center.

Lists with split times can be bought at the event centre, Euro 1,-- per course and day.

14. Children String Course

There will be a children string course at all stages with no costs.

Start is always at the Event Center.

Time keeping only if asked. Small prizes will be given.

15. Direct Course

Start places for the three open classes (short-easy, medium, long-difficult) can be bought at the Event Center for Euro 12,-- the day before all stages.

Entries on the day for normal classes are limited to early vacant places or late start after 12 h with reserve maps.

If you will rent a SI-card for a day you have to pay Euro 30,--. When you give back the card, Euro 28,-- will be refunded.

16. Prize Giving

- Prize giving for the winners of the day at the Event Center at 20 h.
- For all over winners at the Event Center after last stage from appr. 14 h.
- Prizes will not be sent after.

17. Insurance

All competitors are responsible for sufficient insurance coverage. The organizer and the land owners refuse any liability.

18. Course Planners

Stage 1:	Horst von Gaza
Stage 2:	Horst von Gaza
Stage 3:	Nina Döllgast
Stage 4:	Frank Finkenstädt
Stage 5:	Detlef Much

19. Courses

No.	Classes	km day 1	km day 2		km day 3	km day 4	km day 5
1	H21ALong	9,7	9,2		9,1	5,2	9,1
2	D21ALong H40 Open-Long	6,5	6,7		6,1	4,2	6,0
3	H-16 H21AShort H50	5,7	5,5		5,4	3,7	5,3
4	D-18 D40 H55	5,1	5,0		4,7	3,2	5,1
5	D-16 D45 H60	4,6	4,7		4,4	3,0	4,0
6	H65 Open-Medium	4,4	4,1		4,1	2,7	3,8
7	D55 H70	3,5	3,6		3,7	2,3	3,5
8	D21AShort D60 H75	3,2	3,1		3,3	2,0	3,1
9	D65 D70	2,5	2,4		2,8	1,8	2,5
10	D75 H80	2,2	1,9		1,7	1,5	2,1
11	H-14 H21B	4,2	4,0		3,8	3,0	3,9
12	D-14 D21B	3,7	3,4		3,1	2,5	3,1
13	D-12 H-12 Open-Short	2,4	2,9		2,3	1,6	2,7
14	D-10, H-10, D/H10b	1,5	1,5		1,7	1,3	1,4

Climb: Longer courses ca. 3-4 percent, shorter courses ca. 2-3 percent.