

General Information

1. Event Center (Wettkampfbzentrum WKZ)

The Event Center is located at sportsground of MTV Eschershausen in Uslar-Eschershausen.

Parking nearby, ca. 400 m. Please follow instructions.

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

Here you will get:

- Club start lists and receipts
- SPORTident cards for rental if ordered
- Instructions for camping
- Trainingmaps
- Other informations

2. Opening hours of the Event Centre

Friday	15.7.	12-21 h
Saturday	16.7.	10-21 h
Sunday - Tuesday	17.-19.7.	08-10 h und 20-21 h
Wednesday, restday	20.7.	20-21 h
Thursday-Friday	21.-22.7.	08-10 h und 20-21 h
Saturday	23.7.	10-12 h

3. Camping

The camping ground is at sportsground. Please follow the officials' instructions and keep the area clean. It is not allowed to dig on the camping ground.

4. Toilets and Showers

Toilets and showers are in the sport house at event center.

Showers are available from 8am to 10pm. Please do not shower after 10pm!

5. Catering

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

Also breakfast will be offered.

6. Training

Training maps will be sold at the event centre for Euro 3,--

Start is at the Event Center.

There are two small maps:

Sprint in 1:4.000 und forest in 1:10.000

You can go at the following times:

Friday, 15.7. 14-19 Uhr

Saturday, 16.7. 10-19 Uhr

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 prestart.
- You have to punch also at the finish line, that is time-keeping. Air+ is activated.
- 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 and the rules of DTB are valid for this competition.

In the sprint all kind of spike shoes are forbidden!

In the forest so called Dobb-Spike-Shoes are allowed.

No dogs in the forest!

No smoking in the forest!

3. Cancelled Classes

Due to no or less than three entries the following classes have been cancelled:

D-20, D35-, D75-, D80-, H-20, H21B, H40-

The competitors have been allocated to neighbouring classes.

The classes D-10 and H-10 have been put together to D/H-10.

4. Parking

Participants who stay at the event centre can park their cars nearby.

Those who stay outside Eschershausen can park their cars in the village as well.

Please show consideration for the inhabitants.

5. Walking distances from event center to start and finish

On first stage finish is at REWE market in Uslar, Wiesenstraße. There are plenty of parking lots. Walking distance to the start is 700 m.

On the other stages you have to walk or bike from the event center.

Start and finish are close together.

You can deposit clothes etc. at the finish.

2. Stage, 18.7.	2.300 m and 150 m climb
3. Stage, 19.7.	2.900 m and 180 m climb
4. Stage, 21.7.	2.200 m and 110 m climb
5. Stage, 22.7.	2.100 m and 110 m climb

To stages 2 and 3 walking is westwards, to stages 4 and 5 eastwards from event center.

6. Toilets

On first stage you can find toilets on the way to the start at the sportsground.
On the other stages there will be mobile toilets near start, finish.

7. Start

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

Separate control descriptions will be available at the prestart.

The competitors will be called two minutes before their start times.

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 Uhr	D40, D50, D70, H35
10:10 Uhr	D14, D18, D60, H18, H70
10:20 Uhr	D16, H16, D65, H12
10:30 Uhr	D21B, D45, H21AL, H80
10:40 Uhr	D21AL, D55, H21AK, H65
10:50 Uhr	H50, H60, H75, D12
11:00 Uhr	D21AK, H 14, H45, H55

All competitors with less than 80 minutes behind the leaders in their classes will take part in the chase start. All others will start afterwards at two minute intervals. Start lists for stage 5 will be available at the event centre after the fourth stage.

Call at the start: 4 minutes before starttime.

8. Maps

All maps are drawn in spring 2022.

Sprint: Scale **1:4.000** Contour Interval **2,5 m**
for D/H-10, -12 and from 65- **1:3.000**

Forest: Scale **1:10.000** Contour Interval **5 m**
for D/H-10, -12 and from 65- **1:7.500**

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 smaller parts of the areas forest work has been undertaken during the last few weeks. The effects like small tracks are not shown on the maps. There may be also some new root stocks and shooting platforms.

9. Terrain

Sprint: Old town of Uslar with some parks and only little climbs. There is a speed limit of 30 km/h. Nevertheless be careful and follow traffic rules.

Forest: German hill terrain at an altitude of 200 to 490 m, grown with cultivated forest, mainly beech and spruce. There are steeper slopes as well as flatter areas. The underground is sometimes quite fast to run on with quite a lot of tracks and paths. In other parts the runners will be slowed down by felled areas, plantations and undergrowth. There are only very few cliffs and stones and only a few water courses. Distinct features are root stocks and charcoal burning places.

Due to the warm and wet summer there is quite a lot of undergrowth in some areas: grass, fern, raspberry, nettle etc.

Some tracks are densely covered with such undergrowth.

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

10. Controls

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

The controls must be passed in the given sequence.

11. Refreshment

For longer courses there will be refreshment controls with pure water on stage 3 and on stages 4-5.

12. 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 the event center: Don't forget to read out your SI-card !!

(At the sprint SI-Cards will be read out near the finish.)

13. Maximum Allowed Time

Sprint: 60 minutes, finish closes at 13:30 h.

Forest: 150 minutes, finish closes at 15:00 h.

14. Results

Results of the day and all over will be shown at the event center and also in the internet: www.olv-uslar.de

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

15. Children String Course

There will be a children string course at all stages with no costs, starting at 10 h.

On first stage at REWE market, the other stages at event center in Eschershausen.

Time keeping only if asked.

16. Open Classes and Direct Entry

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

Entry on the day for normal classes are limited to early vacant places or late start after 12:20 h with reserve maps.

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

17. Prize Giving

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

18. Insurance

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

19. Course Planners

Stage 1:	Stephan Schliebener
Stage 2	Felix Drese, Malte Finkenstädt, Fabian Ulbrich
Stage 3:	Horst von Gaza
Stage 4:	Stephan Schliebener
Stage 5:	Stephan Schliebener

20. Courses

1. Stage Sprint (shortest allowed way)

No.	Classes	km	Scale
1	H21AL, H35, Open Long	3,8	1:4.000
2	D21AL, D40, H-18, H45, H50	3,2	1:4.000
3	H-16, H21AK, H55, H60	3,0	1:4.000
4	D-18, D45, D50, Open Medium	2,9	1:4.000
5	D-16, D21AK, D55, D60	2,6	1:4.000
6	H65, H70	2,5	1:3.000
7	D65, D70, H75, H80	1,8	1:3.000
8	D-12, D-14, D21B, H-12, H-14, Open Short	1,9	1:3.000
9	D/H-10, D/H-10 shadowed	1,0	1:3.000

Stages 2-4, forest

No.	Classes	km day 2	km day 3	km day 4	km day 5	Scale
1	H21AL	5,9	9,2	8,9	9,0	1:10.000
2	H35, Open Long	5,2	8,0	7,9	8,0	1:10.000
3	D21AL, H-18, H45	4,7	7,3	7,1	6,9	1:10.000
4	D40, H-16, H50	4,1	6,4	5,9	6,0	1:10.000
5	D-18, D45, H21AK, H55	3,9	5,4	5,1	5,4	1:10.000
6	D-16, D50, H60, Open Med.	3,2	5,0	4,3	4,8	1:10.000
7	D21AK, D55, D60	2,8	3,9	3,3	3,6	1:10.000
8	H65, H70	2,9	4,0	3,6	3,8	1:7.500
9	D65, D70, H75	2,4	2,8	2,5	2,4	1:7.500
10	H80	1,5	1,8	2,1	2,1	1:7.500
11	D-14, D21B, H-14	2,7	3,8	3,8	3,9	1:10.000
12	D-12, H-12, Open Short	1,9	2,6	2,8	2,8	1:7.500
13	D/H-10, D/H-10 shadowed	1,3	1,8	1,4	1,8	1:7.500

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