

# Invitation to SM SPRINT **Sealand Sprint Championship 2019**

Sunday June 16, 2019

(Google translate)



**Organizer:** Køge OK in cooperation with Køge Municipality.

**Classification:** SM Sprint, \*\*\*\* B event.

**Date and time:** Sunday, June 16, 2019. 8:00. AM

**Running area:** Køge City

Map of Køge city with marked area closed: <https://map.krak.dk/m/eWaT3>

**Closed Area:** The race area is closed for participants in the event. Fairplay is encouraged.

**Meeting point / event space:** Sct. Nicolaj school, Kirkestræde 20, 4600 Køge

**Parking:** To be announced in the instruction.

**Map:**

Køge C, newly signed 2018-19, scale: 1: 4.000, eqidistance 2.5 m.

Signatures by IOF's standard ISSOM 2017.

**Map size:** A4 Pretex (Laserprint)

**Terrain:** Historic city center combined with newly built business / residential area. The area is flat.

**Control system:** SportIdent. It is possible to rent a SI unit.

Registration without the stated SI number is considered as the wish to rent a SI unit.

Lost SI-unit is to be replaced with DDK 300 -

**Seeding, participation restriction, vacant seats**

Seeding is not done.

Participant restriction is not envisaged unless the consideration for fair competition does make

this necessary. Affected runners will be informed.

No vacant seats are offered. Reference is made to open courses.

**Start:**

All classes have first start at 10:00 AM

Runners whose primary club is not based on Sealand, will start the race first.

**Starting procedure:**

Call 4 min. before start. Check of SI number.

Box 1: Delivery of a loan SI unit

Box 2: Delivery of post description (remember approved holder)

Box 3: Checking start time. D / H10 and D / H12 will be handed their map 2 minutes before start.

Box 4: The card must be started at the moment.

Start interval: 1 min

**Prices:**

In the classes H/D 10, 12, 14, 16 and 18 and H/D 20 + 21, the three fastest are awarded with

East circle gold, silver and bronze medals.

The winner of H/D 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85 and 90 is awarded with *Sjællands kredsens*

gold medal.

SM medals can only be won by runners whose primary club is based on Sealand, and

medals are not awarded on the open courses.  
Prize giving is expected to be held approx. 12:30 PM

### Registration:

Danish runners: Via o service. Ordinary registration deadline: Friday, June 7, 2019, at. 23:59

Wanting early / late start will not be accommodated.

The start lists are prepared in accordance with the regulations.

Post-registration is not possible. Refer to open tracks.

**Foreign runners:** Registration via e-mail: [kasserer@koegeok.dk](mailto:kasserer@koegeok.dk)

**Payment:** Cash on race day.

### Start fee:

Ordinary starting fee W/M >20: 50 DKK / 8€

Other: 100 DKK. / 15€

Loans from SI piece must be disclosed at registration and costs DKK 20 / 3€. Payable together with the start fee.

Klasse	Sværhedsgrad	Vindertid	Klasse	Sværhedsgrad	Vindertid
D10	Begynder	-	H10	Begynder	-
D12	Let	12 – 15 min.	H12	Let	12 – 15 min.
D14	Mellemsvær	12 – 15 min.	H14	Mellemsvær	12 – 15 min.
D16	Svær	12 – 15 min.	H16	Svær	12 – 15 min.
D18	Svær	12 – 15 min.	H18	Svær	12 – 15 min.
D20	Svær	12 – 15 min.	H20	Svær	12 – 15 min.
D21	Svær	12 – 15 min.	H21	Svær	12 – 15 min.
D35	Svær	12 – 15 min.	H35	Svær	12 – 15 min.
D40	Svær	12 – 15 min.	H40	Svær	12 – 15 min.
D45	Svær	12 – 15 min.	H45	Svær	12 – 15 min.
D50	Svær	12 – 15 min.	H50	Svær	12 – 15 min.
D55	Svær	12 – 15 min.	H55	Svær	12 – 15 min.
D60	Svær	12 – 15 min.	H60	Svær	12 – 15 min.
D65	Svær	12 – 15 min.	H65	Svær	12 – 15 min.
D70	Svær	12 – 15 min.	H70	Svær	12 – 15 min.
D75	Svær	12 – 15 min.	H75	Svær	12 – 15 min.
D80	Svær	12 – 15 min.	H80	Svær	12 – 15 min.
D85	Svær	12 – 15 min.	H85	Svær	12 – 15 min.
D/H 90	Svær	12 – 15 min.	D/H 90	Svær	12 – 15 min.

### Open courses:

Three open courses are offered: 1: Approx. 1800 meters. 2: Approx. 2500 meters. 3: Approx. 3200 meters.

Open courses can be purchased on the race day for DKK 50. / 8€

**Children's course:** There is a children's playground for free use with small prizes for all participants.

**Children's parking:** There is children's parking in connection with the children's course.

### Distances:

Parking to event space: 400 - 800 meters. There is no parking fee.

**Event space to start:** To be announced in the instruction.

**Kiosk / meals**

There will be a kiosk at the event site. (limited range) Cash / mobile pay

**Toilet**

There are access to toilets. There are **NO** facilities for bathing / changing.

**Website:** <http://www.koegeok.dk>

On the website, final invitation, instruction, start and results will be published.

**Facebook:** <https://www.facebook.com/events/1136946873131921/>

**Event Organization:**

Leader: Tage Ebbensgaard, Køge OK. E-mail: [formand@koegeok.dk](mailto:formand@koegeok.dk)

Phone: +45 4227 1018

**IT / results:** Malene Løkke

**Cashier:** Erik Løvgren

**Event Control and Jury Chairman:** TBN

**Course planning:** Gunnar Grue-Sørensen

**Course control:** Gerda Marie Christiansen

**NOTE: Two sprint events on the same day!**

Please note that the third section of Køge OK and Herlufsholm OK's traditional sprint series

"Sealand sprint" is held in Køge C. IMMEDIATELY after SM during the same day, and from the same event space.

The running will take place in an adjoining urban area, and with the same Finish area as the SM event .

First start "put & run" from kl. 11:00

Fee: < 20 25 DKK / 3€ Others 50 DKK / 7€