

**Invitation to
German Champs Ultralong
and
National Ranking Event Middle Distance
21st and 22nd April 2012**

Host Federation	German Gymnastic Association
Organiser	MTV Seesen
Event Director	Detlev Friedrichs
National Controller	Bernd Wollenberg (SC Siemensstadt)
Course Setter	Bjarne Friedrichs
Public Relations	Jana Dettmer (+49-5064-96710, janadettmer@online.de)



Competition Format

DBK Ultralong-OL: Individual-Day-Orienteering, Ultralong (Mass Start)
BRL Mittel-OL: Individual-Day-Orienteering, Middle Distance
(both days Long Distance for D/H-10 to D/H-14)

Categories

Saturday

D/H-10 to D/H-20, DE/HE, D19AL, D19AK, H21AL, H21AK, D/H35- to D/H75-, H80-,
Dir KA/MA/LA/KB/MB/LB, Children's Course

Sunday

D/H-10 to D/H-18, H20, DE/HE, D19A, H21A, D/H35- to D/H75-, H80-,
Dir KA/MA/LA/KB/MB/LB, Children's Course

Map

ISOM standard, scale 1:15.000 (DBK Ultralong D/H-16 to D 45- / H50-), 1:10.000 for all others,
contour interval 5 m, surveyed in January 2012 by Bjarne Friedrichs, Laserprint

Punching System

SPORTident (BSF7, up to SI-card 10, for Men Elite no SI-card 8 useable). SI-cards can be hired
upon registration for 5 EUR (20 EUR deposit) per person.

Terrain

Moderately steep terrain in the Harz Mountains between 250 and 490 metres above sea level with
distinct relief and path network, containing some detailed parts and offering mostly good
runnability as well as a varying character. Relevant for WMOC 2012 in Bad Harzburg!

Accommodation/Catering

The organizer provides Mass Accommodation in a gym from Friday 8.00pm till Sunday 11.00am.
Please state accommodation requirements upon registration. Catering will be present in the Finish
Area. For further accommodation options, visit www.seesen.de.

Entry

Complete entries must be sent to Bjarne Friedrichs, Steinbühlstraße 145, 38723 Seesen, Germany, bjarne-friedrichs@gmx.de, arriving not later than Monday, 26th of March, 2012.

Payment of entry fees in cash at event centre or via bank transfer stating „DBK OL“ and your club name to the following bank account:

MTV Seesen, Konto-Nummer: 21 140 140

BLZ: 250 500 00, Nord/LB Seesen

BIC: NOLADE2HXXX, IBAN: DE29 2505 0000 0021 1401 40

Entry Fees (DBK and BRL)

- D/H 19- and older: 12 EUR
- up to D/H-18, Direct Courses: 8 EUR
- Childrens Course: free

- Accommodation: 3 EUR (2 Days = 6 EUR)

Late Entry

Only if vacancies are available.

Late Entry Fees (additional):

- Direct Courses: free
- All other categories: 5 EUR

Approach

Friday

Mass Accommodation and Event Office in the gym behind vocational school: Sporthalle am Schildberg, Hochstraße 6, 38723 Seesen, geo-reference: 51.895875N, 10.172036E.

By train to station Seesen and 1,2 km by foot.

By car drive B248 through Seesen. Coming from motorway 7 (west), turn left at the third junction with traffic lights, coming from north (Goslar, Braunschweig), turn right at the first junction with traffic lights, into Fritz-Züchner-Straße. After 200m turn left into Hochstraße and another 150m later enter the parking area on your right. See also signs „Harzkampfbahn / MTV-Treff“ and location plan.

Saturday/Sunday

Wilhelmshöher Straße, 38723 Seesen, geo-reference: 51.892231N, 10.198667E

From B248 follow signs to Lautenthal / Hahnenklee. 550m after railroad bridge and traffic lights, turn left into Waisenhausstraße and follow the course of the road (Kampstraße, Wilhelmshöher Straße) for 800m. Please respect the parking guides' instructions. See also orienteering signs and location plan.

Programme

Friday

8.00pm-11.00pm Event Office at Mass Accommodation

Saturday

10.30am- 1.00pm Event Office at Finish Area

1.00pm Mass Start DBK Ultralang-OL

6.00pm Last Finish

6.00pm Price Giving Ceremony at Mass Accommodation

Sunday

8.00am- 1.00pm Event Office at Finish Area

10.00am First Start BRL Mittel-OL

1.00pm Price Giving Ceremony at Finish Area

2.30pm Last Finish

Distances

Mass Accommodation – Parking:	2,5 km
Parking – Finish Area:	max. 1 km
Finish Area – Start (DBK)	100 m
Finish Area – Start (BRL)	1,3 km

Prices

Diplomas and small gifts will be handed over.

Rules

The competition rules for orienteering of the German Gymnastic Association apply. Further, the competition is regulated by the “Fachgebietsordnung OL” as well as the “Turnordnung” of the German Gymnastic Association.

Insurance

The organising club, the host, property owners or public authorities cannot be held liable for any loss or damage that occurs. Insurance coverage is up to the individual.

Embargoed Area

According to publication on www.orientierungslauf.de, the area between Seesen, Hahausen, Langelsheim and Lautenthal is embargoed for orienteering activities.

