

## Bulletin 3/4 - MTBO Camp 2014 Bornholm



**Organizer:** OK Øst Birkerød  
**Event Director:** Johan Holkmann Jacobsen  
**Event Controller:** Jan Hausner (+ course setter camp cup 2 + Saturday training)  
**IOF Event Advisor:** Tage V. Andersen

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**E-mail:** [johan.jacobsen@gmail.com](mailto:johan.jacobsen@gmail.com)  
**Webpage:** <http://www.mtbocamp.dk>



**Venue:** Hasle Feriepark, Hc Sierstedsvej 2, 3790 Hasle, Denmark  
**Event office and check in:** At apartment N3.  
**Dates:** April 11<sup>th</sup>-15<sup>th</sup> 2014 (Friday – Tuesday)

### Programme:

*Fri 15:00 – 18:00 Check in 1 - Sport Ident Active Card and bib handout*  
*Fri 21.00 Night Short – Galløkken – Camp Cup 1*  
*Sat 10.00 Long - Almindingen (WRE) – Camp Cup 2*  
*Sat 14.00 Training – Almindingen*  
*Sat 16:00-18:00 Check in 2 – Sponsor shirt handout and payments*  
*Sat 19:30 Prize giving, followed by Open MTBO forum*  
*Sun 10.00 Middle - Blykobbe Plantage (WRE) – Camp Cup 3*  
*Sun 14.00 Crying Mile – Onsbaek – Camp Cup 4*  
*Sun 15.00 Training – Blemmelyng*  
*Sun 19:30 Prize giving*  
*Mon 10.00 Middle - Hasle Lystskov – Camp Cup 5*  
*Mon 14.00 Training – Raghhammer*  
*Mon 19:30 Prize giving*  
*Tue 10.00 Ultralong Høker – Bornholm*

Meals (for those who ordered): Breakfast 07:00-09:00, Dinner 18:00-19:00.

### **Check-in, part 1: Friday 15:00-18:00, or at the event area before start Friday/Saturday**

#### **Touch free Sport Ident**

Touch free Sport Ident – the Sport Ident Air+ system – will be used at MTBO camp and provided generously by Sport Ident Diethard.

Sport Ident Active Cards (SIAC) are handed out to all competitors at check in or at the event area Friday and Saturday. Read more about how it works later in the Sport Ident Air+ section later in the bulletin.

*Temporary note: Bring along your regular sport ident chip – it is our backup solution in case the Sport Ident Air+ does not arrive in time.*

#### **Bib**

Bib numbers are handed out at check in. Or rather, they are placed in a box for each class for you to grab yourself. Strips are provided and the bib goes on the front of your bike and is used the whole week.

### **Check in, part 2: Saturday 16:00-18:00 and after prize giving at 19:30**

#### **Payments**

A bunch of you needs to pay the entry fee cash. Please settle your payment with Johan at the above time or sometime when I do not look busy. ☺

#### **Sponsor shirts**

Sponsor shirts are handed out Saturday afternoon/evening at Hasle Feriepark.

You will get the shirt size noted in the entry list. If you need a different size put your name on the “change shirt size list” with desired shirt size and how to reach you/where you live, and hope someone else wants to exchange shirts.

*Participants entering after the sponsor-shirt-inclusive-deadline will be given a shirt Monday in the order you entered if any shirts are available. That means participants with the shirt size marked with orange in the entry list (approximately the last 25 entries).*

**Locations and embargoed areas:** Check the webpage.

Areas Rytterknægten and Blykobbe Plantage are embargoed for the classes WE and ME (which is part of the world ranking events).

**Old maps:** Can be found on website along with map extracts.

**Riding off track NOT allowed:**

Participants are NOT allowed off tracks and roads. Exceptions are 100% yellow areas, areas mapped as beach, areas marked as paved/parking.

**Controls placed off track:** Not in the WRE races, but it is very likely that there will be controls off track, e.g. by a tree or rock in 100% yellow terrain in some of the other camp cup races.

**Rules deviation for WRE:** Because of the number of competitors and tight programme, IOF has approved that the start interval will be decreased from 3 to 2 minutes on the long distance for Men Elite. A course setting method will be used for separating caught up competitors. Women elite will have 3 minute start interval at the long distance. IOF has approved use of non-offset printed maps.

**Jury:** Jiri Vransky (CZE), Mark Stodgell (GBR), Nermin Fenmen (TUR)

**Entry:**

Entries are given by sending a mail to the [joan.jacobsen@gmail.com](mailto:joan.jacobsen@gmail.com) with the following information: Name, Club, Sport Ident number (or rent), Year of birth, Shirt size, Class

**Entry fee:** 100 euro or 750 DKK (MTBO camp, including WRE)

Kids riding the "Cool Kids" class participates for free. Remember to note your name in the money transfer.

*Danish participants:* Account 2464-6268321282 or MobilePay 30757393.

*International participants:* IBAN DK8720006268321282, Swift NDEADK44.

**Deadline for payment:** April 5<sup>th</sup> 2014, unless agreement is made to pay cash upon arrival. Accommodation is paid directly to Hasle Feriepark upon booking.

**Entry fee – only for WRE:** 20 euro or 150 DKK pr. race, deadline for entry is April 5<sup>th</sup> 2014.

**Classes:**

ME = Men Elite (M21E)

WE = Women Elite (W21E)

ML = Men Long (M21A, M20, M40)

WL = Women Long (W21A, W20, W40)

MS = Men Short (M17, M50)

WS = Women Short (W17, W50)

CK = Cool Kid (W/M13, Beginners)

**Camp Cup:**

4 of 5 races count in the overall Camp Cup. Standard deviation point system will be used if the system allows me to figure it out.

**Prize giving at 19:30 Sat, Sun, Mon:**

There will be a prize giving ceremony at the event center, probably at the common area Saturday (cup 1 + 2), Sunday (cup 3 + 4) and Monday (cup 5 + overall) at 19:30. There will be prizes for the best 3 riders in each class (in CK only for the 3 best riders born in 2001 or after). There are some additional nice prizes in the spectator draw, remember that you have to be present to receive the prize. There will be no prize giving after the Høker Tuesday.

**Accommodation:**

We suggest that you stay at the event center Hasle Feriepark. From the website there is a direct link to the accommodation booking site. The organizer is independent from the accommodation. For more information please contact Hasle Feriepark. Many other accommodation possibilities exist both in Hasle and throughout the island of Bornholm. In Hasle there is a hostel (Danhostel Hasle) and a hotel (Hotel Herold) within a short distance from the event center.

**Bike storage:**

Bikes are not allowed inside the apartments at Hasle Feriepark. 2 storage rooms are reserved for bikes and will be locked during night. Opening times is found at Hasle Feriepark, but are most likely opened at 08:00 and locked up at 20:00.

**Massage:** Massage can be booked with Charlotte. Charlotte will be present at the event area and at Hasle Feriepark. Charlotte also offers Forever Living products and samples of Argi+, Aloe Vera fuel with power for the legs. For massage booking, ask Charlotte at the event area or call (+45) 23 41 39 92. The price is 350 DKK for 30 minutes, 450 DKK for 60 minutes.

<http://www.myaloevera.dk/aloealt/da/start/>

**Ferry:**

There are ferries from Copenhagen (Køge), Germany (Sassnitz) and Sweden (Ystad). The ferry from Ystad is running at regular intervals but can be sold out quickly since the event is just prior to the Danish easter holiday. Be sure to secure your ticket. Non-refundable tickets (and non-changeable) can be bought to a fairly low price. Normal price are quite steep – so do yourself a favour and car pool. A link to the ferry company “Færgeren” can be found at the website.

**Ferry shop discount**

The ferry company Færgeren has kindly offered all competitors of MTBO camp a 15% discount on everything (except newspapers) in the shop and cafeteria. You need to identify that you are a participant by showing the following letter in Danish at the shop and cafeteria.

The letter can be found here: <http://www.mtbocamp.dk/2014/discountletter.pdf> - please print the letter and bring it along on the ferry if you want the discount.

The discount is only **valid on the ferry when arriving** to Bornholm – not departing Bornholm.

**Visa:** Ask your local Danish embassy.

**Doping:** Doping is not allowed. There might be a visit from the anti doping authorities.

**Transport offered:** None.

All events are within reasonable bike distance (if you are fit).

I will be glad to pair up people who need a ride and those who have available seats in their car to Bornholm.

There are local busses on Bornholm (you might meet my uncle – he is the driver). Bornholm also has an airport with some few daily flights to Copenhagen.

**EA Clinic:** An IOF Event Advisor Clinic will be run Sunday evening and most of Monday (taking a break to do camp cup 5). For details contact Sandor Talas.

<http://orienteering.org/mtb-orienteeing/event-advising/clinics/>

**Open MTBO forum:** Sandor Talas and the IOF MTBO commission will host an Open MTBO forum at Hasle Feriepark at Saturday at 20:00.

**MTBO mapping test:** The IOF group currently working on MTBO sprint map standards is providing you with the opportunity to test some different types of maps at the event center. Go try it out. Feedback will be appreciated.

**Training:** Most terrains on Bornholm are used in MTBO camp – not much is left for additional training. If you are coming through Copenhagen and Sweden – you might want to do some training in terrains next to the world cup areas. I am sure that is possible both in Copenhagen and in Åhus.

**Model event:**

**Sport Ident Air+:** The night short distance camp cup 1 Friday at Galløkken can be used to get experience with the SIAC.

**Map:** At the long distance WRE Saturday the elite classes ME and WE will be able to use a warm up map, handed out at start with 4 controls (the controls will not have sport ident). This map is similar to the competition map.

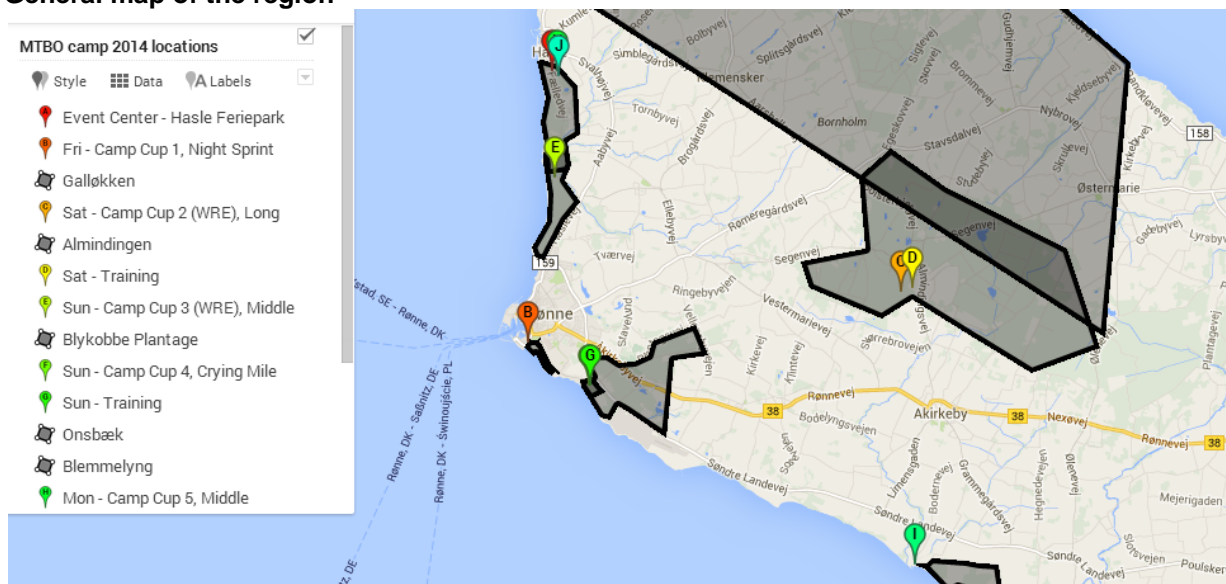
**Terrain:** Typical Bornholmish – a mix of Denmark and Sweden – at least terrain wise. In the middle and north of the island it is a bit hilly and stony grounds, in the south the terrains are more sandy ground (but not slow) – with a detailed network of tracks. Check out the old maps.

**Climate:** Approximately 5 degrees and sunny. Check out local weather forecast here: <http://www.dmi.dk/vejr/til-lands/regionaludsigten/bornholm/>

**Competition clothing:** Not required, but recommend.

**Media responsible and directions for extra representatives of the Federations:** Mail or call Johan and we will figure it out!

### General map of the region



[https://mapsengine.google.com/map/edit?mid=znTiPnI53v\\_4.kIb7jmWvnOp0](https://mapsengine.google.com/map/edit?mid=znTiPnI53v_4.kIb7jmWvnOp0)

Check out the website for more details.

### Map with main roads



**Sport Ident Air+**

Sport Ident Air+ is Sport Ident's touch free system, which uses Sport Ident cards called Active Cards (SIAC).

The SIAC now looks like the standard SI-Card. For the fixation a special MTB holder is included.



A standard clear and check station is used before start. The check station activates the SIAC. Since the SIAC is fixed on the bike, the start crew will hold the clear and check station in their hand. Controls can be passed at 40 kmh at distance <math><1.2\text{ m}</math>. The SIAC will flash for a bit.

The finish station has a bit larger range. Passing finish within 3 m, SIAC is deactivated.

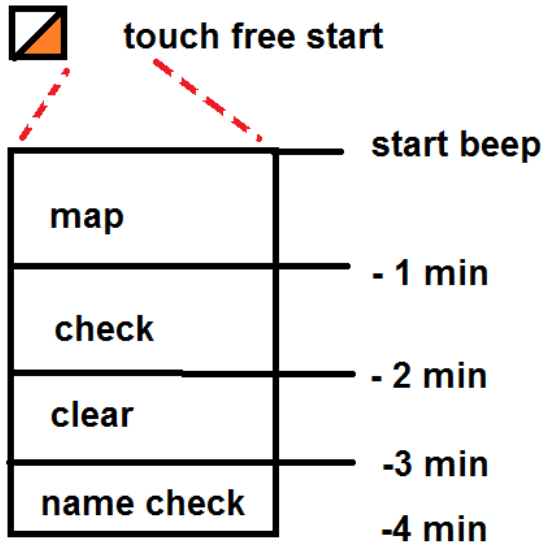
*In other words, do not cross finish line unless you are done, you will not be able to punch more controls. None of the courses has sensible route choices through the finish area. According to IOF rules, you are not allowed to continue the race, once you have cross the finish line.*



### Start box drawing for cup 2 and cup 3

#### Getting the map 1 minute prior to start

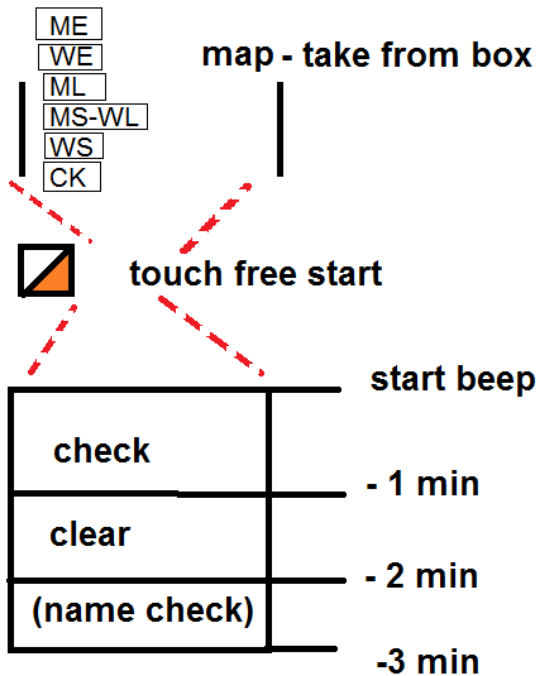
The riders exit the last box at the start signal, being forced to pass the Sport Ident Air+ start station.



### Start box drawing for cup 1, cup 4 and cup 5

#### Getting the map at the start moment – no startlist

The riders exit the last start box at the start signal, being forced to pass the Sport Ident Air+ start station. And then grab their map from the map boxes.



For the competitions with free start there might be some queue to get into the start box, since the start interval is 1 minute for each class. Hopefully we manage to form a queue for each class, allowing the start to evolve smoothly.

## Camp Cup 1 – Night Short

**Start:** 21:00-22:15. Controls will be taken in at approx. 22:45.

**Venue and parking:** Sydhavnen (lots of room for parking)

**Address:** Skansevej 5, 3700 Rønne

**Map:** Galløkken 1:7500, Contour interval 2.5 m

**Food, toilets, etc.:** No toilets at the venue, burger house and gas stations within 1 km.

### Notes:

The terrain is open park-ish area with some thick vegetation here and there.

The night short is actually more like a night sprint really! Oh, in case you wondered – yes, you'll need a headlamp.

Previous years it has been allowed to do the course in daylight with a time penalty, but this year the start is only open during night because of strict permissions.

**Off track controls:** Some courses have controls slightly off the tracks in terrain marked as 100% yellow (short cut grass), e.g. at a single tree or at the corner of some bushes. Not too tricky!

**Start interval:** 1 minute in each class.

**Map handout:** Map will be taken from a box marked with the name of the class right **after** the start station is passed.

### Course data

	ME	ML	MS	WE	WL	WS	CK
Length	4.8 km	4.3 km	3.7 km	4.4 km	3.7 km	3.0 km	1.9 km
Controls	18	16	14	16	14	11	8

Length is measured in straight line. Shortest sensible route has not been measured.



## Camp Cup 2 – Long WRE Almindingen

**Start:** 10:00-12:15

ME and WE will have fixed starttimes at start 1. Other classes can start whenever they want at start 2.

**Venue and parking:** Public parking site at Ekkodalen

**Address:** Ekkodalsvejen 5, 3720 Åkirkeby.

**Map:** Almindingen, contour interval 2,5 m

ME, WE, ML: 1:20.000, A3 – ME has 1 map change (2 sided print)

WL, MS, WS: 1:15.000, A3

CK: 1:10.000, A4

### Distances to from event area to start:

Start 1: ME and WE – 6.4 km on public road, transport of clothes from the start will organized. It is possible for team leaders to go by car to start 1. A map is provided at the event area for ME and WE riders showing the route to start 1.

Start 2: ML, WL, MS, WS, CK – 500 m, no transport of clothes.

Follow markings from event area to start.

**Time limits:** 15:00, controls will be taken in. Complaints must be handed in 14:50 latest to the event director (+45 30757393).

**Food, toilets, etc.:** Public toilets at the event area, no toilets at start, at the event area there is both a kiosk with snacks and drinks and there is a gourmet restaurant, Ekkodalshuset. Be sure to try their famous braised rib roast sandwich with cole slaw!

Reservation for the restaurant can be done here: <http://www.ekkodalshuset.dk/>

**Notes:** All courses except CK have possible route choices along roads with traffic, traffic rules must be obeyed, take extra care when crossing.. Some courses cross a road with traffic shortly before the last control, **take care**. One drives in the right side of the road in Denmark

**Off track controls:** No off track controls.

**Startinterval and butterfly:** ME have start interval of 2 minutes and a diamond is included in the course to ensure separation for caught up riders. WE have 3 min start interval and no separation method.

**Start WRE:** The map is handed out one minute prior to start. At the start signal, the rider must exit the start box and pass the touch free Air+ start station, where the competitor's time start.

**Start ML, WL, MS, WS, CK:** The map is taken one minute prior to start. At the start signal, the rider must exit the start box and pass the touch free Air+ start station, where the competitor's time start.

**Warm up map ME and WE:** At the long distance WRE Saturday the elite classes ME and WE will be able to use a warm up map, handed out at start with 4 controls (the controls will not have sport ident). This map is similar to the competition map.

### Course data

	ME	ML	MS	WE	WL	WS	CK
Length (km)	31.8 km	19.7 km	13.5 km	21.1 km	13.9 km	8.3 km	6.5 km
Controls	26	16	14	17	14	8	7

Length is measured in straight line. Shortest sensible route has only been measured for ME (47 km and 520 m climb) and WE (31 km and 270 m climb).

**Expected winning times WRE (ME and WE):** 110 minutes

**Rules:** IOF MTBO competition rules 2014. **EA approved rules deviation: There is no refreshment point on the course. Carry your own water and energy.**

**Quarantine zone:** No quarantine zone. Maps will be taken at the finish. Used maps can be taken at 12:15.

## Saturday Afternoon Training

**Training:** Map memory. Practice remembering the complete route to the next control.

**Start:** 14:00, controls will be taken in at 16:00.

**Venue and parking:** Same place as WRE.

**Map:** Almindingen 1:10.000. A map is attached to each control marking the next control of the course.

**Course:** 6.6 km course, 10 controls.

**Start:** The start control has a map where control number 1 is marked.

A box with regular maps without the course will be provided at the event area. You can take a map with you in case you get lost. There are also some few maps with the whole course marked on the map.

## Camp Cup 3 – Middle WRE Blykobbe

**Start:** 10:00-12:15

ME and WE will have fixed starttimes at start 1. Other classes can start whenever they want at start 2.

**Venue and parking:** Hotel Skovly – only room for about 30 cars on the event area, please take bike from event center instead (3 km) if you are staying there. When hotel parking is full, parking will be on the right side of the road *Kulvejen*.

Take care when entering and parking, participants are passing through the area from 10:00.

**Address:** Nyker Strandvej 40, 3700 Rønne.

**Map:** Blykobbe Plantage 1:10.000, 2 m, A4

ME, WE, ML, WL, MS has 1 map change (2-sided print).

### Distances to from event area to start:

Start 1: ME and WE - 100 m

Start 2: ML, WL, MS, WS, CK - 100 m

**Time limits:** 14:00, controls will be taken in. Complaints must be handed in 13:50 latest to the event director (+45 30757393).

**Food, toilets, etc.:** No public toilets at the event area. The event area is next to a hotel with a restaurant where coffee and cake can be bought or perhaps a lunch.

<http://hotel-skovly.dk/>

**Road and spectator control:** All courses have possible route choices along roads with little traffic, traffic rules must be obeyed, take extra care when crossing. One drives in the right side of the road in Denmark.

All classes pass a spectator control at the event area.

**Off track controls:** No off track controls.

**Tracks and paths:** The tracks are SWEET! The forest is typically dry and with great rideability. A number of small tracks are very indistinct after the a winter with several storms have left leaves, small pine branches, needles and cones.

**Startinterval:** ME and WE have start interval of 2 minutes. Startlist will be published.

The rest of the classes have free start but must start with at least 1 minute interval.

**Start WRE:** The map is handed out one minute prior to start. At the start signal, the rider must exit the start box and pass the touch free Air+ start station, where the competitor's time start.

**Start ML, WL, MS, WS, CK:** The map is taken one minute prior to start. At the start signal, the rider must exit the start box and pass the touch free Air+ start station, where the competitor's time start.

### Course data

	ME	ML	MS	WE	WL	WS	CK
Length (km)	13.2 km	12.3 km	8.9 km	12.1 km	8.9 km	7.0 km	4.3 km
Controls	27	24	20	23	20	15	11

Length is measured in straight line. Shortest sensible route has only been measured for ME (17.6 km and 40 m climb) and WE (16.4 km and 35 m climb).

**Expected winning times WRE (ME and WE):** 55 minutes

**Rules:** IOF MTBO competition rules 2014.

**Quarantine zone:** No quarantine zone. Maps will be taken at the finish. Used maps can be taken at 12:15.

## Camp Cup 4 – Crying Mile Onsbæk

**Start:** 14:00-15:00

**Venue and parking:** Blokhuset. Room for about 30 cars at the event area, the next cars will park on the right side of the gravel road leading into the event area.

**Address:** Strandvejen 190, 3700 Rønne.

**Map:** Onsbæk 1:2.000, 2,5 m, A4.

**Control numbers:** There are MANY controls in within close vicinity, which means there is not enough room to print the control numbers. On the map is only printed 1, 2, 3 etc. – not 1-61, 2-62, 3-63 etc. Got it? Just add 60! The first control has number 61, the second 62, etc. no. 19 has control number... you guessed it, 79.

Did I tell you there are many controls, in fact you have probably never seen that many controls that close before on a MTBO course. Be sure to take the controls in the right order. This race will not be about riding fast, but avoiding mistakes.

**Distances to from event area to start:**

Start is at the event area.

**Max time:** 16:00, controls will be taken in.

**Food, toilets, etc.:** Public toilets at the event area, if I manage to find the right key to the building. The event area is in the middle at the forest at a recreational site.

**Spectator controls:** The course has 2 spectator controls (control no. 4 and 14).

**Off track controls:** No off track controls.

**Tracks and paths:** OK, so a number of tracks are marked as difficult. They are not necessarily difficult, but merely very indistinct. I promise, the tracks were there (or at least a hunch of them) in the autumn when I did the map.

**Important:** Riding off track is not allowed officially (just like the other races). But, in this race, and only this race, "no marshalls will be in the forest" (Poland 2006-style) – if you do not know what that means, ask around.

**Startinterval:** At least 15 seconds. All riders do the same course. Please stand to the right when you read the map allowing other riders to pass easily.

**Map handout:** Map will be handed out or taken right **after** the start station is passed.

### Course data

	Crying Mile
Length (km)	1.6 km
Controls	19

Length is measured in straight line.

**Expected winning time:** 12 minutes.

## Sunday Afternoon Training

**Training:** Route choice competition for 2 to 3 riders.

On the map is marked 3 different route choices for each control: A, B and C. At each control you gather around, each choosing a different route choice to follow. At the control you wait for the other riders. The rider that arrives last at the control gets to choose first from the route choices to the next control.

**Start:** 15:00 (or immediately after Crying Mile), controls will be taken in at 16:00.

**Venue and parking:** Same place as Crying Mile.

**Map:** Blemmelyng 1:15.000.

A box with maps will be provided at the event area.

**Course:** 10.4 km course, 11 controls.

## Camp Cup 5 – Hasle Lystskov

**Start:** 10:00-11:15

**Venue and parking:** Hasle Røgeri

**Address:** Søndre Bæk 20, 3790 Hasle

**Map:** Hasle Lystskov 1:10.000, 2,5 m, A3

**Distances to from event area to start:** 100 m

**Time limit:** 13:00, controls will be taken in.

**Food, toilets, etc.:** Hasle Røgeri (Smoke house) is open from 10:00. Check out how they smoke the herring until they're golden delicious. They have made a special offer for MTBO camp competitors, try their Fish Buffet for 120 DKK. <http://www.hasleroeegeri.dk/>  
Public toilet exist at the event area, hopefully it has been opened for season.

**Off track controls:** No off track controls – well, kind of.

**Map handout:** Map will be taken from a box marked with the name of the class right **after** the start station is passed.

**Notes:** All courses cross a road with some traffic, take care. Some courses have possible route choices along the road, preferably use the bike-path on the west side of the road. Traffic rules must be obeyed.

### Course data

	ME	ML	MS	WE	WL	WS	CK
Length (km)	12.5 km	11.5 km	8.8 km	11.2 km	8.8 km	5.8 km	3.5 km
Controls	23	21	20	20	16	12	8

Length is measured in straight line.

## Monday Afternoon Training

**Training:** Use none-track details.

The map has no tracks or roads marked. Use the details of the orienteering map to locate where you are and to find the controls. All controls are placed on tracks and can be found by using tracks.

**Start:** 14:00, controls will be taken in at 16:00.

**Venue and parking:** Boderne 2, 3720 Aakirkeby – or nearby on the side of the road.

**Map:** Raghammer 1:10.000 trackless version.

A box with maps will be provided at the event area.

**Course:** 6.3 km course, 8 controls.

**Forbidden area:** There is 1 forbidden area, which is obviously marked as forbidden area. The forbidden area is used by the military for shooting exercises (not this day, though).

## Høker

**Start:** Mass start at aproxi10:00 (Krøllebølleren), 10:05 (Høker), 10:10 (Mini-Høker)

**Venue and parking:** Hasle Røgeri

**Address:** Søndre Bæk 20, 3790 Hasle

**Map:** Bornholm - with different scales and inserts, A3 size

Kids 1:10.000 Hasle Lystskov A4

**Distances to from event area to start:** 100 m, be sure to clear and check your SIAC before start.

**Time limit:** 14:00, but I'll probably stick around for a while.

**Food, toilets, etc.:** Same as camp cup 5.

**Notes:** The course may have some free order controls. It should make sense on the map.

All courses start with section A with 4 freeorder controls A1, A2, A3, A4. Then there are one or more controls followed by a freeorder section.

**Seightseeing:** During the Høker you will have the chance to see Lake Rubin, where Bisseline coloured her her hair red, 3 round churches, a canon, a couple of "rocking" rocks, the tallest free fall waterfall in Denmark (3 m), the home of God, Bobbabrøddan, Hammershus, the top of the fin and the holy Peder. Yeah!

### Course data

	Høker	Mini Høker		Krøllebølleren
Length (km)	75 km	50 km	35 km	3.5 km
Controls	25	18	12	4
Estimated winning time	210 min	150 min	90 min	25 min
Mass start	10:10	10:10	10:10	10:00
Course	Full course	Shortcut marked from control 6 to section C.	Shortcut marked from section A to control 18.	Hasle Lystskov 1:10.000 map
Freeorder sections	A, B, C, D	A, C, D	A, D	A

Length is measured in straight line.

**Prize giving:** Probably not

## Change log

Version	Date	Change
1.0	2014.04.06	New document
1.1	2014.04.06	Temporary course length for trainings and camp cup 1 was finalized. Spelling errors corrected.
1.2	2014.04.06	Temporary course length for trainings and camp cup 5 was finalized.
1.3	2014.04.06	Time limits for complaints adjusted.
1.4	2014.04.06	IOF logo added to frontpage.
1.5	2014.04.07	Climb added to WRE for ME and WE.
1.6	2014.04.08	Course length finalized for Høker and details about freeorder controls.