

German National Championships

in
Middle Distance Orienteering

and
National Ranking Event,
Long Distance

September 8th-9th, in Hillentrup



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For practical reasons, some information relevant only to German participants is not translated into English and the other way round. Thanks for your understanding!



Our Region OWL

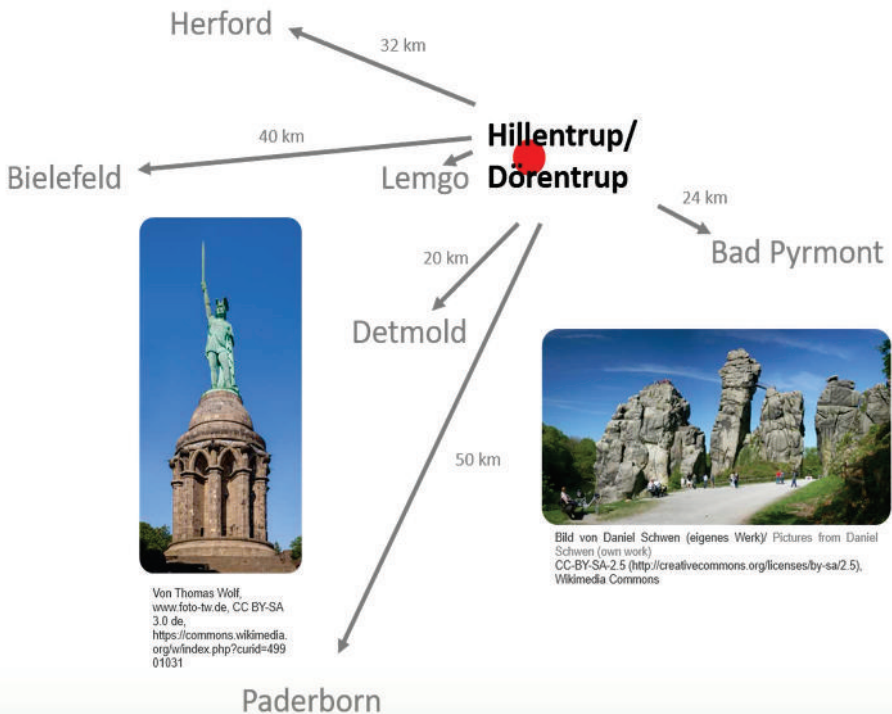
Ostwestfalen-Lippe



The German Championships Middle Distance 2018 and a national ranking event take place in Hillentrup, part of the Dörentrup village. Situated in the heart of the Lippe region between the river Weser and the Teutoburg Forest you find yourself in a popular hiking destination.

Close-by, just a few kilometers away, is Lemgo, an old Hanseatic city with a well preserved medieval town centre. Here, in the Ostwestfalen-Lippe University of Applied Sciences, the prize-giving will take place.

In the surrounding area you can find the cities of Detmold (ca. 20 km) and Bielefeld (ca. 40 km) as well as many tourist attractions such as Hermannsdenkmal, Externsteine etc.



Current News

from the Region



These days, the competitors are not the only people visiting the „Maibolte“. About 20 students from the University of Cardiff/Wales dig at the hill „Piepenkopf“ (part of our map). They are looking for archaeological evidence of settlements from the pre-Roman Iron Age.

More excavations sites are in the vicinity of Detmold. These are preparations for a cooperative research project between a local museum, the University of Cardiff and the University of Bochum. For more information please follow these links:

<https://www.landesverband-lippe.de/geheimnisse-aus-der-vorroeischen-eisenzeit-sollen-lippe-gelueftet-werden/>

<http://www.westfalen-blatt.de/OWL/Kreis-Guetersloh/Schloss-Holte-Stukenbrock/2932011-20-Studenten-aus-Cardiff-graben-auf-dem-Piepenkopf-und-auf-der-Grotenburg-Jaeger-der-vergangenen-Eisenzeit>

Orienteering

Open Courses



Orienteering – “What is it?” Orienteering is an exciting and challenging outdoor sport that exercises mind and body. The aim is to navigate between control points marked on an orienteering map. In competitive orienteering the challenge is to complete the course in the quickest time choosing your own best route.

Who is it for? As a recreational activity, it doesn't matter how young, old or fit you are, as you can run or walk making progress at your own pace on the courses planned to suit you. Orienteering is a fulfilling sport for runners and walkers of all ages who want to test themselves mentally as well as physically or who want to add variety to their leisure activities."

(Citation from: <https://www.britishorienteering.org.uk>, 7th August 2018)

Open Courses. For beginners we offer two open courses ("Direktbahnen") of different lengths and levels of difficulty:

short & easy ("kurz & leicht") and medium length & easy ("mittellang & leicht")

Please register in the competition centre in Dörentrup-Hillentrup (forest sports ground/"Waldsportplatz").

Registration is open from 10 am to 3 pm on Saturday (first start 12 am) and from 8 am to 12.30 pm on Sunday (first start 9:30 am).

The fees are 8 € per course and have to be paid on the spot. Electronic chip cards can be hired for 2 €, plus 30 € deposit or identity card.

Course lengths:

Saturday short & easy: 1,9 km, 80 m climb

Saturday medium length & easy: 1,9 km, 90 m climb

Sunday short & easy: 2,4 km, 80 m climb

Sunday Medium length & easy: 2,6 km, 90 m climb

Important notice! All maps will be collected on Saturday and handed out on Sunday. In case you cannot collect your map on Sunday please give your postal details to the competition centre. We will be happy to mail the map.

Timetable



Friday, September 7th, 2018

06:00 p.m.	Competition centre and dormitory open
11:00 p.m.	Competition centre closing time

Saturday, September 8th, 2018

10:00 a.m.	Competition centre opens at the finish area
11:00 a.m.	Dormitory closes
12:00 a.m.	First start
12:00 a.m.	Children's -O (until approx. 03:00 p.m.)
12:00 a.m. -03:00 p.m.	Time frame for open courses and W/M 10
02:00 p.m.	Dormitory opens
about 04:00 p.m.	Flower ceremony Elite classes
about 04:30 p.m.	Finish closing time
05:15 p.m.	Demo-Sprint relay of the German National Team next to the dormitory
07:00 p.m.	Admission to the cafeteria ("Mensa") of the University of Applied Sciences OWL in Lemgo ("Hochschule OWL")
until 08:30 p.m.	Dinner in the cafeteria ("Mensa")
from 08:30 p.m.	Prize giving ceremony at the University of Applied Sciences OWL in Lemgo ("Mensa")
10:00 p.m.	Open end party

Sunday, September 9th, 2018

08:00 a.m.	Competition Centre opens at the finish area
09:30 a.m.	First start
09:30 a.m.	Children's -O (until approx. 01:00 p.m.)
09:30 a.m.-12:30 p.m.	Time frame for open courses and W/M 10
10:00 a.m.	Dormitory closes
03:30 p.m.	Finish closing time
until bis 04:00 p.m.	Showers are open at the dormitory

Sponsors



Thanks a lot!



Stadtwerke Lemgo

Directions & Parking

for Both Days



Please note that we will be using the same finish area on both competition days (Saturday & Sunday).

Directions/Parking. The signposting starts in Dörentrup from the crossing of the main road B 66/Hauptstraße (towards Hillentrup), as well as from various directions in Hillentrup. The signposting leads to the parking near the finish area (📍) and has an additional symbol at the junction to the dormitory (🏠). Please follow the instructions of the parking-crew, use the assigned places and do not park in the village.

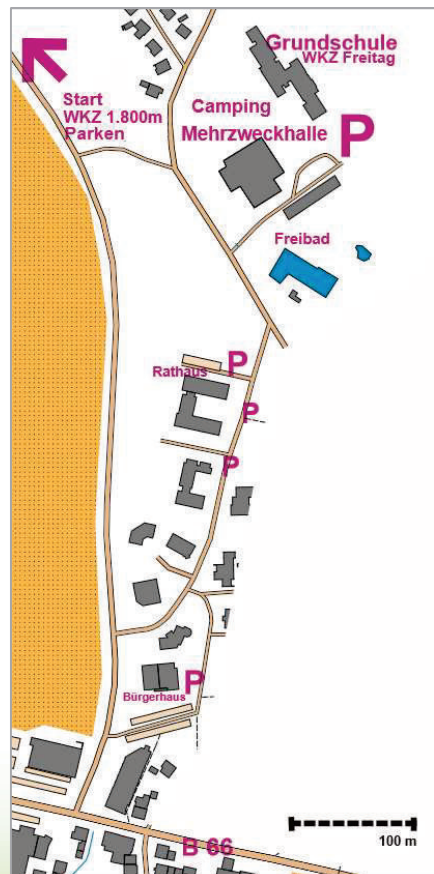
Important: It is not allowed to park on the main street in Hillentrup!

Parking fees will not be collected, but there will be a box for donations. 2 € would be appropriate. Thank you for your cooperation.

We recommend to leave the car near the dormitory and to walk to the CC/finish area.

Public Transport. The journey to Hillentrup by bus is severely limited (via Lemgo). For further details see

<https://www.doerentrup-lippe.de/Wirtschaft-Verkehr/Buslinien>
and www.owlverkehr.de

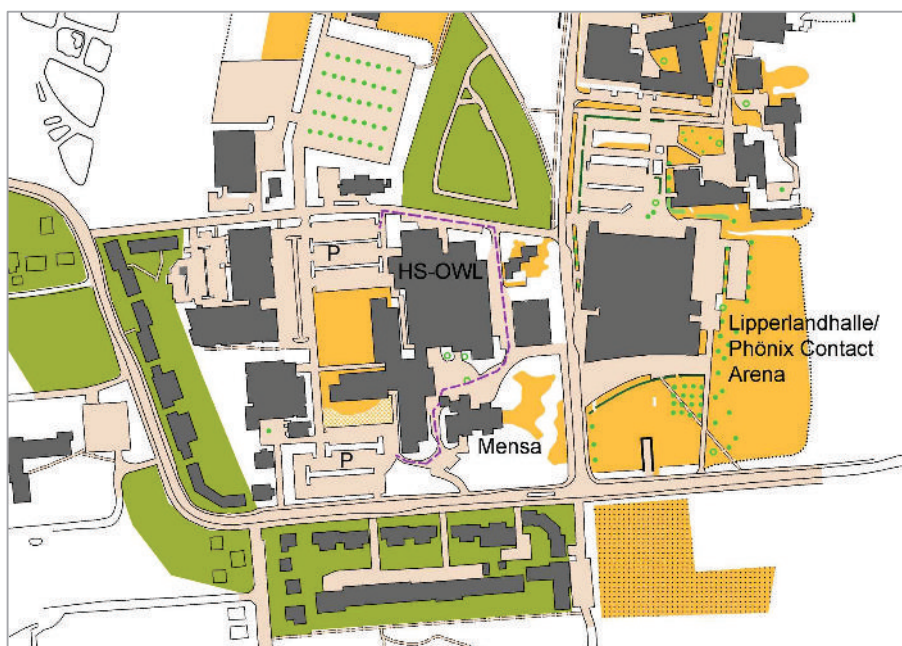


Directions & Parking

for Both Days



Evening event. There will be no signposting to the evening event in the cafeteria of the University of Applied Sciences OWL in Lemgo (Mensa der Hochschule Ostwestfalen-Lippe in Lemgo). The position of the cafeteria ("Mensa") on the campus of the University is outlined below:



Addresses & Distances

in Hillentrup



Competition Centres (CC)

Friday Grundschole West Dörentrup, Grenzstr. 2, 32694 Dörentrup
(GPS: 52.037801, 9.007239)

Saturday/Sunday Waldsportplatz Dörentrup-Hillentrup, Am Friedhof, 32694
Dörentrup (GPS: 52.045522, 8.994046)

Accommodation

Dormitory Grundschole West Dörentrup, Grenzstr. 2, 32694 Dörentrup
(GPS: 52.037801, 9.007239).
Dormitory/Campsite: 4 € per person per night
For further accomodation see: www.ol-in-owl.de

Evening Event

The Evening Event takes place in the cafeteria of the University of Applied Sciences OWL in Lemgo (Mensa der Hochschule OWL), Liebigstraße 87, 32657 Lemgo (GPS: 52.016417, 8.906534). For further details see page 9: Directions & Parking.

Distances

Friday	Parking - CC/ Dormitory:	0 m
Saturday	Dormitory - CC/Finish area:	about 1800 m
	Parking - CC/Finish area:	about 200-400 m
	CC/Finish area - Start:	about 700 m, 50 m climb
	Dormitory - Evening event:	about 9000 m
Sunday	Dormitory - CC/Finish area:	about 1800 m
	Parking - CC/Finish area:	about 200-400 m
	CC/Finish area - Start 1 :	about 2900 m, 110 m climb
	CC/Finish area - Start 2 :	about 1200 m, 90 m climb

General Information

for Both Days



Entry Fees. Only valid for international starters!

Women/Men up to 18 years:	8 € for each race
Women/Men from 19 years:	12 € for each race
Open categories:	8 € for each race
Children's O:	free of charge

Late Entries. Possible on both days, but within available start times only (additional fee: Women/Men up to 18: 5 €; all others 6 €).
Changes of registration are handled as late entries.

Data Privacy. Please note that with registration, you agree that your private data such as start lists and results as well as possible pictures or videos will be published.

Mass Accommodation/Closing times. The sports hall will be closed on Saturday from 11.00 am to 2.00 p.m. During this period showers are not available. On Sunday the sports hall will be closed from 10.00 am. **Further regulations:** Please keep the dormitory tidy! It is not allowed to wear outdoor shoes or orienteering shoes in the dormitory. Cooking or smoking in the dormitory is prohibited. Please make sure fire escape routes are kept free. You will find a layout for the sleeping quarters and the house rules in the entrance area of the sports hall. They also include regulations how to behave in a case of fire. Lights off on both days: 10.00 pm. to 7.00 am.

Security/Order. Strict obedience of the traffic regulations on the streets of Hillentrup, use of traffic lights. Organizers cannot be held liable for any traffic accidents. Attention to security and organizing staff in the dormitories and in the competition area. Throw waste only into the provided containers.

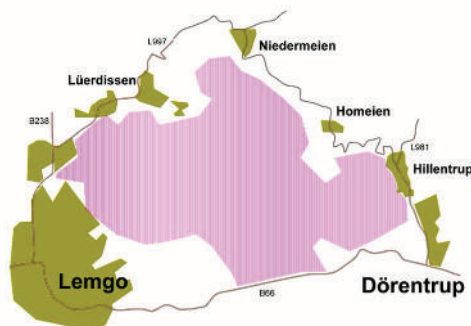
Insurance. Participation is at your own risk. Organizers, local authorities or land owners assume no liability.

Competition Information

for Both Days



Embargoed Areas. We refer to the embargoed areas as published on www.orientierungslauf.de/3/6. **We call upon the fairness of the participants not to get an advantage by sighting the terrain!**



Who qualifies for the German Championships? Competitors have to be in possession of a registered German „Startpass“ (see German specifications), all others can take part in the competition, but not become a “German Champion”.

Punching system. SportIdent. All generations of SI-cards can be used. SI-Air (contactless mode) is not activated. There will be no back-up for electronic control punches. SI-card rent is 2 € plus a deposit of 30 € (or an identity card).

Please note that we will be using the same finish area on both competition days (Saturday & Sunday).

Start. On Saturday there will be one start for all categories.

On Sunday there will be two starts (start 1 & start 2). For more details please read the technical information for the national ranking event.

The pre start time for all categories on both days is – 4 minutes. There will be no toilets near the start.

Competition Information

for Both Days

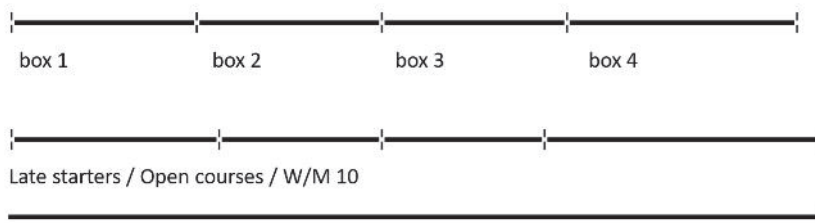


Start Procedure

There will be 4 startboxes for most of the competitors. A parallel lane is for late starters, open courses and W/M 10 only. The start clock in the pre-start area will be showing the actual start time.

- Box 1: - 4 min, call and clear
- Box 2: - 3 min, pick-up of loose control-descriptions (printed on Pretex, sorted by course) and check
- Box 3: - 2 min, Si-card registration (2nd check)
- Box 4: - 1 min, map pick-up (even course numbers on the right and odd course numbers on the left hand side).
After the last "beep" follow the marked route to the start-triangle.

Please note that it is the competitor's responsibility to pick up the correct control description and the correct map!



Arbitration. The arbitral tribunal is composed of the following people:

Uwe Dresel, SC Klecken
Tobias Wolf, OLG Siegerland
Konrad Tonn, SSV Planeta Radebeul

Map collection. All maps will be collected on Saturday (there will be clubbags next to the finish). The maps will be returned on Sunday after the last start. On Sunday maps will not be collected. Be fair!

Thank you for your cooperation

Competition Information

for Both Days



Control descriptions. Loose control descriptions are printed on Pretex. They are offered in the start boxes.

Results. Preliminary results on monitors and WLAN in the finish (WLAN name: DMMITTEL2018, password: DMMITTEL2018) with automatic forwarding to the results page (in case the forwarding does not work, use the following IP address in your browser: IP 192.168.189.10

Additionally, we hope to display split times (from radioed controls) on monitors and on: liveresultat.orientering.se

Awards. Winner certificates (place 1-6), medals and prizes (place 1-3). Honouring of open categories and W/M 10 and 12 on Saturday directly after the flower ceremony for elite classes (finish area).

Club tents. Club tents can be build up in the assigned area.

Children's O. Free of charge on both competition days in the finish area (see schedule). Additionally some young female orienteers offer braiding hair (for adults too).

Toilets. Mobile toilets on the sports ground (finish area) only.

Showers. In a limited number at the dormitory. Please be aware of the closing time on Saturday (11 am – 2 pm). During this period showers are not available. On Sunday the dormitory closes at 10 am. Nevertheless, showers ca be used until 4 pm.

Catering

for Both Days



Saturday in the Competition Area

- Cake & Waffles
- Hot Dogs and vegetarian Hot Dogs
- Coffee & Tea
- Sparkling water & Apple spritzer



Dinner

- Pasta with minced meat sauce (beef) or vegetable sauce with salad 7 €

Dinner is ordered for about 200 people. We would be delighted if you would choose our offer. Please be there in time.

Sunday in the Competition Area

- Cake & Waffles
- Coffee & Tea
- Sparkling water & Apple spritzer

Field Kitchen

- Chili con Carne with rice 5 €
- Vegetarian pumpkin cream soup 4 €

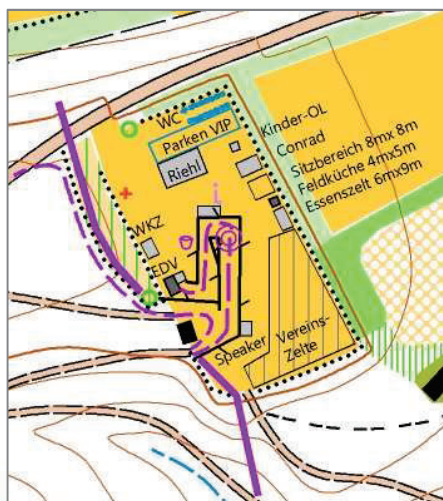
Information. Breakfast will not be offered.

Middle Distance Champs

Competition & Technical Information



Competition	Middle distance
Map	"Maibolte" (08/2018), print: laser on pretext, (mapping Stephan Schliebener)
Scale	1:10 000 (up to W/M 55 and open courses) 1:7 500 (from W/M 60) equidistance 5 m
Course setter	Rolf Breckle
Terrain	see separate terrain description
Competition centre	Waldsportplatz Dörentrup-Hillentrup, Am Friedhof, 32694 Dörentrup (GPS:52.045522, 8.994046)
Categories	Women/Men up to 14, 16, 18, 20; Women 19A, Men 21A; Elite; Women/Men from 35, 40, 45, 50, 55, 60, 65, 70, 75, 80 Open categories W/M up to 10, 12; Open short & easy, Open middle & easy (free start times); Children's O
Distances	
Parking – CC	200-400 m (meadow, cemetery, street)
CC – Start	700 m, 50 Hm climb Map pick up – start triangle: 80 m



Middle Distance Champs

Competition & Technical Information



Terrain. The competition area is in the eastern part of the "Lemgoer Mark" and has hardly ever been used for orienteering. The terrain is undulated with unconformable highs: Some parts are more even, others, especially in the north, are steeper. Some deep valleys may only be crossed on marked passageways (for environmental reasons). The course setting had to be adjusted, so that no out of bounds areas had to be marked on the map. Here stormfront "Friederike" caused little damage and therefore little forestry work during the previous months was necessary.

The tree population consists mostly of beech trees, and the runability is high.

Dry ditches, holes and knolls are typical control positions. Distinctive knolls evolved from decayed rootstocks, 1-1,5m high and 2-4m in diameter. In case the indentation of the decayed root is deeper, it is marked as a small depression. If the rootstock is still recognisable it is mapped as a green X.

Some controls are quite close to each other, so we recommend to check the control numbers. Due to ISOM 2017 map and course print are an enlargement of the scale 1:15 000. This means the control diameter is 7,5mm wide on the 1:10 000 scale and 10 mm wide on a 1: 7 500 scale. Therefore control circles overlap sometimes and may be truncated for better readability.

Spectator control. For the following classes there is a spectator control after 75-85% of the competition: W/M 18, W/M 20 and Elite classes (W/M). Here, competitors can be observed from the finish area. Incoming competitors have to punch a control at the first part of the finish. Then the lane splits up in two parts: on the left hand side a sharp curve leads back into the forest, whereas the lane on the right hand side leads right to the finish line. On the lane leading back into the forest competitors have to punch a another control, signalling the end of this part.

Out of bounds area/Competition area. Please do not leave the marked paths between parking, finish area and start. The area around the sports ground (finish area) is part of the competition area. Therefore leaving the sports ground and the marked paths will lead to disqualification.

Map collection. All maps will be collected on Saturday (there will be clubbags next to the finish). The maps will be returned on Sunday after the last start. Thank you for your cooperation.

Middle Distance Champs

Course Data



Course	Categories	Length [km]	Climb [m]	Number of Controls	Map size	Scale
1	HE	6,0	280	24	A4	1:10000
	H20					
2	DE	4,6	220	20	A4	1:10000
	H18 D20					
3	D18	3,6	160	18	A4	1:10000
4	H35	4,9	230	20	A4	1:10000
	H21A					
5	H40	4,3	190	19	A4	1:10000
	H45					
6	H50	4,3	190	20	A4	1:10000
7	H55	3,7	180	17	A4	1:10000
	D35					
8	H16	3,4	170	18	A4	1:10000
	D19A					
9	D40	2,8	130	15	A4	1:10000
	D16					
10	D50	2,8	130	15	A4	1:10000
	D45					
11	H60	2,8	120	15	A4	1:7500
	H65					
12	D55	2,3	100	12	A4	1:10000
12 a	D60					1:7500
13	H70	2,3	90	13	A4	1:7500
	H75					
	H80					
14	D65	1,7	80	11	A4	1:7500
	D70					
	D75					
15	H14	2,4	110	11	A4	1:10000
16	D14	2,1	100	10	A4	
17	D12	1,9	90	10	A4	1:10000
	H12					
	Dir ML					
18	D10	1,9	80	9	A4	1:10000
	H10					
	Dir KL					

D=W (women); H=M (men); DirML=open medium length&easy; DirKL=open short&easy

National Ranking Event

Technical Information



Competition Map	Long distance "Maibolte" (08/2018), print: laser on pretext, (mapping Stephan Schliebener)
Scale	1:15 000 (W/M 18 up to W/M 40) 1:10 000 (W/M 16 and from W/M 45 up to W/M 60 and open courses), 1:7 500 (from W/M 65) equidistance 5 m
Course setters	Volker Caspari and Thies Knoll
Competition centre	Waldsportplatz Dörentrup-Hillentrup, Am Friedhof, 32694 Dörentrup (GPS:52.045522, 8.994046)
Terrain	see terrain description for Saturday
Categories	Women/Men up to 12, 14, 16, 18, 20; Women 19A, Men 21A; Elite; Women/Men from 35, 40, 45, 50, 55, 60, 65, 70, 75, 80
Open categories	W/M up to 10, Open short & easy, Open middle & easy (free start times); Children's O
Distances	
Parking – CC	see Saturday
CC – Start 1	2900 m, 110 m climb Map pick up – start triangle start 1: 0 m
CC – Start 2	1200 m, 90 m climb Map pick up – start triangle start 2: 80 m

Start. Attention! At the national ranking event there will be two starts, start 1 and start 2. For the distribution of categories see the table. From the CC/finish area the way towards both starts begins together and separates later on. At the junction there are signs naming the starts and the categories.

National Ranking Event

Technical Information



Technical Information

- At Start 1 there is a deep hole next to the map pick-up. It is cordoned off and already visible from "Box -1".
- Changes in the competition area due to forestry work caused by stormfront "Friederike" were updated in the map until three weeks before the event. Currently, there are still clean ups west of the "Maibolte" that could result in unmapped tracks or open areas.
- Areas with many broken trees (due to the stormfront) are mapped with green hatchures (fight!) and many green crosses (roots).
- There are several restricted areas on the map, especially between the two crossing points of the "Maibolte". It is strictly forbidden to cross this little stream!
- Course 18 has a 40m long marked obligatory stretch (W/M 10, Open short&easy).
- For longer courses there are up to 4 refreshment points. Two of them are directly next to the "Maibolte" crossing points. They are only listed in the control description and there is no symbol on the map.
- Control descriptions are printed on the map. Additionally, there are loose control descriptions offered at the start. For the following classes there are control descriptions in written words: W/M 10, W/M 12, Open classes.
- Elite classes (W/M) have two radioed controls, all other courses from start 1 have one radioed control (at the crossing point of the "Maibolte").

National Ranking Event

Technical Information



Start 1 Start 2

HE	D60
H20	H70
H21AL	D65
DE	H75
H35	D70
H18	D75
H40	H80
H45	D14
H21AK	H14
D19AL	D12
H50	H12
H16	Dir ML
H55	D10
D18	H10
D35	Dir KL
D40	
D19AK	
D50	
D55	
D16	
D45	
H60	
H65	

D = W (women); H = M (men); DirML=open medium lenght&easy; DirKL=open short& easy

National Ranking Event

Course Data



Course	Categories	Length [km]	Climb [m]	Number of Controls	Map size	Scale	Start
1	HE	13,9	545	25	A4	1:15000	1
2	H20	9,9	335	16	A4	1:15000	1
	H21AL	9,9	335	16			
3	DE	9,6	400	21	A4	1:15000	1
	H35	9,6	400	21			
4	H18	8,6	330	15	A4	1:15000	1
	H40	8,6	330	15			
5	H45	7,0	250	13	A3	1:10000	1
6	H21AK	6,7	285	12	A4	1:15000	1
	D19AL	6,7	285	12			
19	H50	6,9	285	10	A3	1:10000	1
7	H16	5,8	210	13	A3	1:10000	1
	H55	5,8	210	13			
8	D18	5,7	235	12	A3	1:15000	1
	D35	5,7	235	12			
	D40	5,7	235	12			
9	D19AK	4,4	185	12	A3	1:10000	1
	D50	4,4	185	12			
	D55	4,4	185	12			
10	D16	5,0	195	10	A3	1:10000	1
	D45	5,0	195	10			
11	H60	5,2	190	13	A3	1:7500	1
	H65	5,2	190	13			
12	D60	3,4	105	9	A4	1:7500	2
	H70	3,4	105	9			
13	D65	2,8	85	9	A4	1:7500	2
	H75	2,8	85	9			
	D70	2,4	85	7			
14	D75	2,4	85	7	A4	1:7500	2
	H80	2,4	85	7			
15	H14	4,0	130	11	A4	1:10000	2
16	D14	3,8	130	12	A4	1:10000	2
17	D12	2,6	90	9	A4	1:10000	2
	H12	2,6	90	9			
	Dir ML	2,6	90	9			
18	D10	2,4	80	12	A4	1:10000	2
	H10	2,4	80	12			
	Dir KL	2,4	80	12			

D=W (women); H=M (men); DirML=open medium lenght&easy; Dir KL=open short&easy

Thank You



We sincerely thank the municipality of Dörentrup with all persons responsible, especially the mayor Mr. Ehlert, the teaching staff of the local primary school "Dörentrup-West", the sports club "TSV Hillentrup", the regional association "Landesverband Lippe", the city of Lemgo with Mr. Meiercord and Mr. Frevert of the local partnership of convenience for their effective support with the organisation and implementation of the German Championships in Middle Distance Orienteering!

A warm thank you to our sponsors for their immense support of this event!

Further we want to thank the following persons:

Stephan Schliebener for the mapping and the help beyond. We could rely on you!

Eike Bruns for supporting this event as "Technical Advisor" in an exemplary manner. You always had good advice for us. Many thanks!

Last but not least we thank all the volunteers from the three organizing orienteering clubs: ASG Teutoburger Wald, Bielefelder TG and OL-Team Lippe. Your willingness to help and your good spirits made this event possible! Many thanks to all of you!

Team

Persons Responsible



Host	Deutscher Turnerbund
Organizer	ASG Teutoburger Wald, Bielefelder TG, OL Team Lippe
Event Manager	Nikolaus Risch (ASG Teutoburger Wald)
IOF Event Advisor	Eike Bruns (MTK Bad Harzburg)
Public Relations	Ricarda Dombert (Bielefelder TG)
Authorizations	Nikolaus Risch (ASG Teutoburger Wald)
Course Setter German Championships	Rolf Breckle (Bielefelder TG)
Course Setter National Ranking Event	Volker Caspari (OL Team Lippe)
Start	Thies Knoll (Bielefelder TG)
	Heinz Friedrich Pape (OL-Team Lippe)
	Markus Dingenotto (ASG Teutoburger Wald)
Finish Area	Volker Caspari (OL Team Lippe)
	Thies Knoll (Bielefelder TG)
IT	Dieter Wehrhöfer-Bersuck (Bielefelder TG)
CC	Iris Hohberg (ASG Teutoburger Wald)
Evening Event	Nikolaus Risch (ASG Teutoburger Wald)
Sponsoren	Helmut Anneken (ASG Teutoburger Wald)
Catering	Thomas Hohberg (ASG Teutoburger Wald)
Homepage	Ricarda Dombert (Bielefelder TG)
Marketing	Sören Riechers (Bielefelder TG)
Dormitory	Philipp Dombert (Bielefelder TG)
Children's-O	Olaf Stölting (OL Team Lippe)
Parking	Petra Risch (ASG Teutoburger Wald)
Speaker Team	Claus Mikus (ASG Teutoburger Wald)
	Björn Risch (ASG Teutoburger Wald)
	Rebecca Reischuk (ASG Teutoburger Wald)
	Sören Riechers (BTG)