

Kolding OK invites you to the



Open Championships & World Cup in Biathlon Orienteering, 1 & 2 November 2025

- Instructions -

General:

- Event Office open from 08:00 on Saturday and 0730 on Sunday.
- SportIdent is used for punching.
- There are toilets at the shooting range and the possibility of staying under cover.
- The classic prize giving ceremony, will be held following dinner on Saturday evening. The sprint prize giving ceremony, will be held at the shooting range as soon as possible after the race is over, coordinated with the Biathlon Orienteering World Cup Team.
- The dinner on Saturday at 18:00 begins with a short welcome/instruction. The banquet includes one soft drink or drink per participant. Drinks are available for purchase before and during the banquet. After dinner, the hotel's basement bar will be open.
- Accommodation must be vacated no later than Sunday at 10 am. It is possible to shower and change clothes in the hotel basement after the event ends.

Shooting (both days):

Shooting range safety:

You must comply with all instructions given by the Range Officers.

When moving with the rifle:

- For safety reasons, when moving with your weapon, it is important that you carry the rifle with your hand on the barrel only and that the barrel is always pointing straight upwards when moving.

Use of safety flag:

- **Due to Danish civilian requirements, you must insert a safety flag in the chamber when your weapon is not in use on the shooting line.**

Exceptions:

- M/W12: Only prone shooting at large targets. Support is allowed. (may also be supported by trainer)
- M/W14: Only prone shooting at small targets. Support is allowed.
- Classes M/W16: Only prone shooting at small/large targets.

Adjustment shooting:

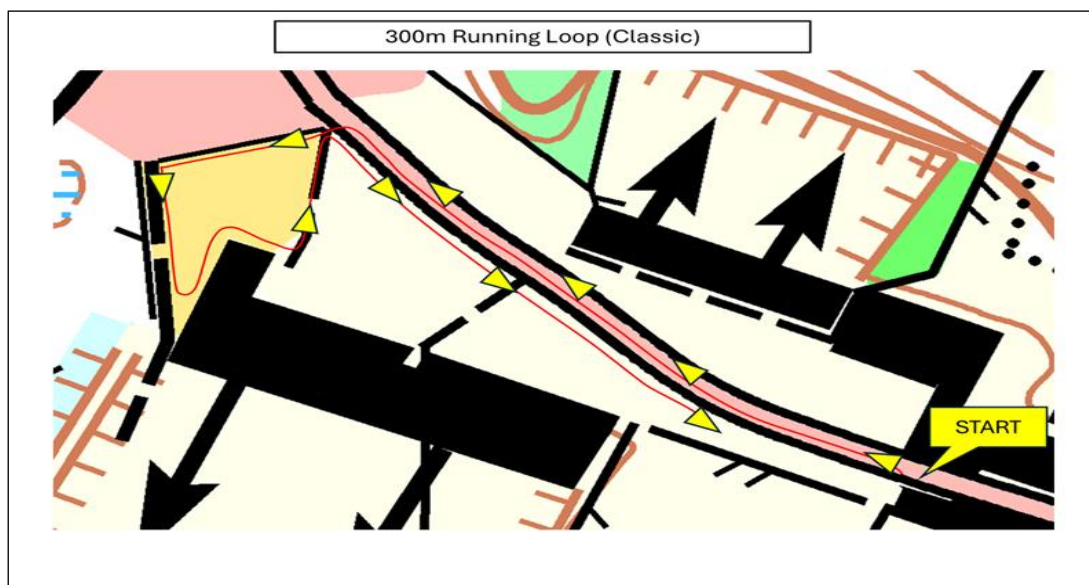
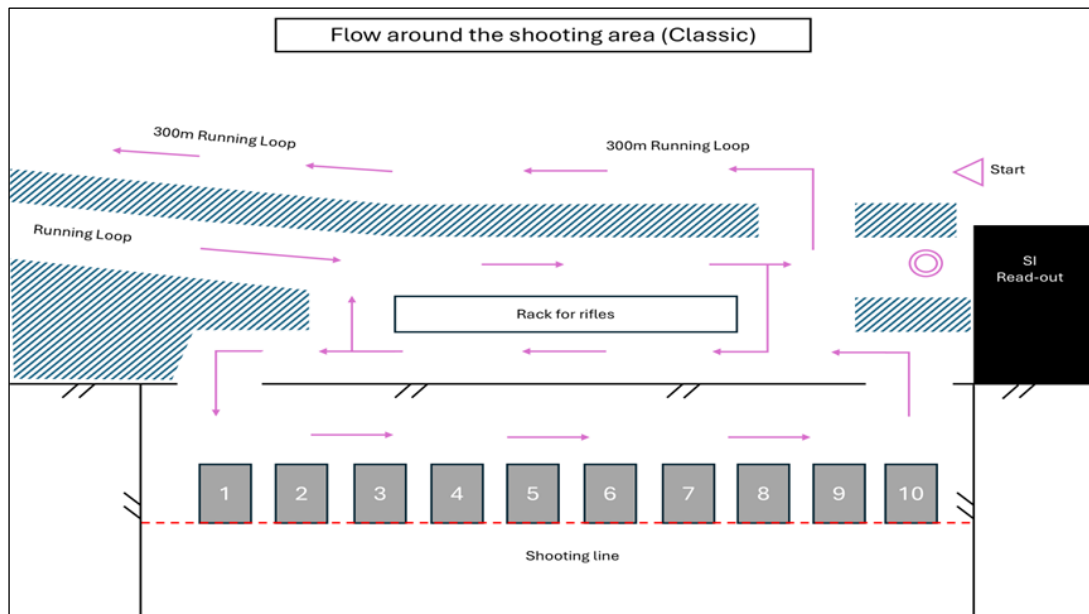
- Saturday: 08:30 – 10:00
- Sunday: 08:00 – 09:30
- Lanes 1-4: DNK (all teams)
- Lanes 5-7: SWE (all teams)
- Lanes 8-9: GER & FIN (all teams)
- Lane 10: GBR/POL (all teams)
- There will be a short break for resetting the targets approx. every 10 mins.

Instruction classic distance – Saturday

- Instruction for classic distance will be given in connection with the welcome in Vingsted on Saturday at 10:00. The order of shooters is shown on a special plan posted.
- Maps with the route to start, location orienteering and starting times are posted at the shooting range. Transport to location orienteering is by the teams' own transport.

Shooting:

- First the participant must run approx. 300m by following the marked route. At the weapon rack you pick up your weapon and bring it to the shooting line to fire 10 shots in prone position. When entering the shooting range, hand over your shooting card to a Range Officer and you will be directed to an available shooting lane.
- After completing your first 10 shots, you deliver the weapon back to the weapon rack and proceed on the 300m marked route once again. The Range Officer will keep your shooting card for now.
- After completing the second running loop, go to the weapon rack and pick up your weapon again and bring it to the same shooting lane to fire 10 shots in standing position. Collect your shooting card from the Range Officer before returning to the weapon rack and proceed to the finish line.
- At the finish line you must punch the control and handover your shooting card to the official and read out your SI-card.



Location orienteering:

- Maps 1:7.500 equ. 2,5 m. The route is marked with sticks and stripes.
- H12, W12 and H14 1,6 km with 5 targets, 3 in the field (blue) and 2 outside the field (yellow).
- Other classes 3 km, with 10 targets, 5 in the field (blue) and 5 outside the field (yellow).

Classes	Location orient.	Free orienteering	Controls
M12	1,6	2,9	12
M14	1,6	3,2	11
M16	3	5,4	14
M21	3	8,0	21
M45	3	5,7	15
M55	3	4,6	14
M60	3	4,6	14
M65	3	4,1	13
M75	3	2,4	11
W12	1,6	2,9	12
W16	3	3,6	12
W20	3	4,7	14
W21	3	6,5	16
W50	3	4,1	13
W55	3	3,4	12
W60	3	3,4	12

Classic orienteering:

Maps: 1:10,000 for classes up to 40 years. Scale 1:7,500 for classes from 45 years and above.

Control description:

Control description free orienteering, will be available 3 minutes before start. The description is also printed on the front page of the map.

Start procedure:

The runners will be called up 4 minutes before start. There are 4 boxes. In the first box the SI card will visually checked (SI handout for rentals). Clear & Check your SI card before moving to next box. In the second box control descriptions will be offered. In box three you can get focused. In the last box you receive your map with face down. At the last signal of the count down, runners time will start.

- 4 min.	- 3 min.	- 2 min.	- 1 min.
Visual check of SI card. Clear & Check	Control descriptions		Ready for start on signal

Change procedure:

At the end of the location orienteering route the runners proceed into a long box marked with stripes. Firstly, the runners drop their map from the location orienteering in a box. Secondly the runners punch an SI unit. Thirdly the runners pass the refreshment point and can choose to drink water. Next the runners take their map for the free orienteering. Maps are placed in boxes marked with age marked classes, and the runners are responsible for taking the correct map! The runners then continue to the starting point marked with an orange/white orienteering flag.

→	→		→	→
Dropping map from location orienteering	Punch of SI unit	Water refreshment	Taking map for free orienteering	Start point free orienteering

End of free orienteering:

After the finish of the free orienteering, participants will have the opportunity to check their results of the location orienteering. **Any protests must be lodged with the race management before leaving Frederikshåb Forrest.**

Instruction sprint distance - Sunday

Sprint orienteering:

Maps 1:5000, equ. 5 m. (Drawn spring 2025 and corrected Oct. 2025)
100 m. to start. The route is marked with sticks.

Classes	Sprint orienteering	Controls
M12	2,0	8
M14	2,3	9
M16	2,7	11
M21	4,2	17
M45	3,5	15
M55	2,7	11
M60	2,7	11
M65	2,3	10
M70	2,3	10
M75	2,0	10
W12	2,0	8
W16	2,3	10
W20	2,7	11
W21	3,5	15
W45	2,3	10
W55	2,0	10

Control description:

Control description sprint orienteering, will be available 3 minutes before start. The description is also printed on the front page of the map.

Start procedure:

The runners will be called up 4 minutes before start. There are 4 boxes. In the first box the SI card will visually checked (SI handout for rentals). Clear & Check your SI card before moving to next box. In the second box control descriptions will be offered. In box three you can get focused. In the last box you receive your map with face down. At the last signal of the count down, runners time will start.

- 4 min.	- 3 min.	- 2 min.	- 1 min.
Visual check of SI card. Clear & Check	Control descriptions		Ready for start on signal

Shooting:

Coming from the forest to the first shooting:

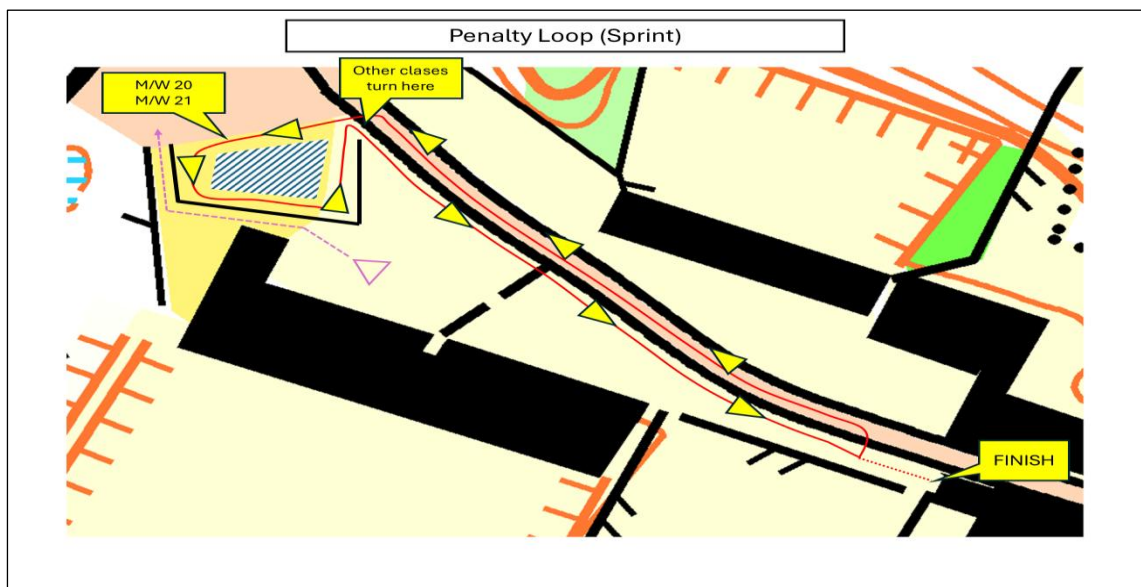
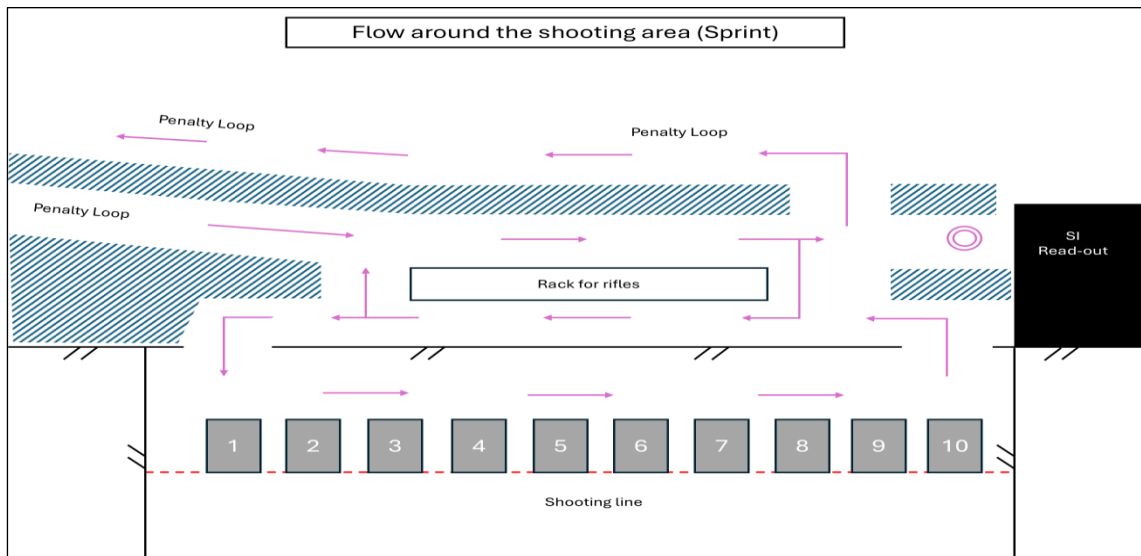
- At the weapon rack you pick up your weapon and bring it to the shooting line to fire 5 shots in prone position. At the shooting line, hand over your map to the appointed Range Officer.
- After firing all 5 shots collect your map again from the Range Officer. Deliver the weapon back to the weapon rack and proceed either directly to the forest or follow the marked route for penalty loops.
- After completing your penalties, you proceed to the forest for the second orienteering loop.

Coming from the forest to the second shooting:

- At the weapon rack you pick up your weapon and bring it to the shooting line to fire 5 shots in standing position. Hand over your map to the Range Officer. After firing all 5 shots, collect your map from the Range Officer before returning to the weapon rack and proceed either directly to the finish line or follow the marked route for penalty loops. After completing your penalties, you proceed to the finish line.
- At the finish line you must punch the control and handover your map to the official and read out your SI-card.

Penalty loops:

There will be a manual control approx. halfway through the penalty loop. You must punch this control and fill the empty squares on the rear side of your orienteering map.



End of Sprint orienteering:

After the finish line sprint orienteering, participants must hand in cards regarding control of shooting results/penalty rounds.