



Instruction Biathlon 26 - 28 June 2026

Welcome

It is with great pleasure that the Sports Association for the Jydske Dragon Regiment invites participants to the Danish Military Sports Association's Danish Championship in Biathlon orienteering. It is also gratifying that in connection with the championship we can create the framework for a division of this year's World Cup in sprint and classic. The Jydske Dragon Regiment places great importance on sports and is pleased that the Danish Military Sports Association creates good opportunities for our athletes to practice their sport. Similarly, we are also happy to be able to contribute to the implementation of activities such as the Danish Biathlon Championship. JDRI has strived to arrange a fair and exciting competition, We hope that you will all have some good experiences during the event. Welcome to the Jydske Dragon Regiment and the Dragon Barracks.

Kind regards Benny Kristensen
Chairman Jydske Dragon Regiments idrætsforening

The event will be held according to the Danish Biathlon regulations, there will be a few exceptions, which are described under the individual disciplines. The event site is at the Jydske Dragon Regiment shooting ranges 56.344049, 8.599673. There will be markings from Skjernvej/Harrestrupvej. Parking is on the grass area by the shooting range (cars and minibuses). Here it will also be possible to set up club tents. Busses park on the gravel area, also in connection with the shooting range. There is a half-roof at the shooting range that can be used for changing clothes. There are toilets at the shooting range. Emit chips and start numbers can be picked up at the timekeepers van. Same Bip number for both Sprint and Classic competition, There will be a kiosk with some refreshment.

Relay Friday, June 26.

Relay team: Name changes and changes to the starting order must be notified to the organizer at the timekeepers van not later than 12.30.

Bibnr. will be given out at the timekeepers van. Adjustment shooting from 12.00 – 13.30. Official welcome and instruction at 13.30.

Team M21-W21-M/W70-M/W95 og mix starts at 14.00.

Team M/W 120 starts at 14.20.

The competition is held as follows; Orienteering – prone shooting, penalty rounds, if any – Orienteering – standing shooting, penalty rounds, if any – changeover/finish. After the finish you go to the timekeepers van and have your Emit tag read and at the same time hand in your orienteering map for recording hits. Scale ratio for all classes is 1:7,500 Control description are printed on the map. There are no loose control description.

Terrain description, also applies to the sprint.

It is a detailed forest near the city with many MTB tracks. The northern part is located on a slope that falls to the north and is bordered by Holstebro Barracks. The southern one is relatively flat with many ditches. The western plantation has almost all types of densities from completely open areas with heather and heathland to dense spruce/birch forest. There are several indistinct tracks in the forest that are not drawn on the map. They are marked with yellow paint on the trees but have not been used for several years, so are therefore not suitable for inclusion on the map. They have been used as cross-country running routes. Very nice area for sprints and relays.

The map has been newly drawn for this event by Christian L. Rasmussen from Karup OK

Klasse	Længde	Poster	Målførhold
M21	6,3-6,5	18	1:7.500
W21/M/W70	5,5-5,8	18	1:7.500
M/W95/Mix	5,7-5,8	16	1:7.500
M/W120	4,2-4,3	13	1:7.500

Classic Saturday, June 27.

The classic competition will be held according to method B. You will shoot at the competition site, after which you will drive to Stråsø/Fejsø plantation and run the Location orienteering and Orienteering. There will be adjustment shooting from 8:00 – 9:30 a.m. Please note that the shooting, according to the regulations, takes place in the clothing you will run the orienteering race in. For classic, however, it is permitted to run in the forest without an arm strap. In addition, all other rules regarding straps, hearing protection, etc. apply. Clothing - full coverage (short sleeves are permitted, however)

First start at 10:00. If we are ready for the current shooting before then we will start. 5 runners will be started, when there is a shooter who has finished prone shooting, the next runner will be sent off. It is up to the participants to stay ready themselves. We recommend that participants who driving together start close to each other, so that we can quickly send the participants off to the Location orienteering and Orienteering. Lanes 1-5 are for prone shooting and lanes 6-10 are for standing shooting. Can be changed if needed. At the start shooting you reset your chip and are given a shooting card which you take with you during the running route. It is approx. 300 m. and takes place on the shooting range, partly in gravel and on firm ground. When you get to the shooting line you hand in your shooting card to the marker, after prone shooting you get the shooting card back and take it with you during the run until standing shooting. After shooting the shooting card is handed back to you and you will bring it to the finish line. At the finish line your Emit card will be read and the shooting card handed in. M-JUN shoots all shootings prone on large targets. It is optional if you want support from a weapon during the shooting. Everyone else shoots according to the regulations. If needed, you are very welcome to help on the shooting range with marking/pulling strings. Then you are transported to the starting point for the Location orienteering and Orienteering races. Distance approx. 17 km. from the shooting range. Map and route description are provided. There will be a start as put and run, however, there must be at least 2 minutes between participants in the same class. A new runner starts every minute.

Note that the Location orienteering course is marked with small marking flags in the colors yellow and orange (alternating). This is a deviation from the regulations! Points in the course are marked with blue flags, points outside the course are marked with yellow flags. There will be aiming sticks and a description of the target, IOF symbol, that must be marked. After Location orienteering you switch to the Orienteering course, remember to take the right map.

Map to Locations orienteering is in scale 1:7,500. Orienteering course, see below

Klasse	Længde	Poster	Målforhold
M21	9,0	26	1:10.000
M35	7,2	21	1:10.000
M45/W21	5,2	15	1:10.000
HM55/M65/W40	3,4	10	1:7.500
M75/W60	2,8	9	1:7.500
MB	4,8	17	1:7.500
M-JUN	3,9	13	1:7.500

Running area Stråsø øst/Fejsø

Part of the area has been newly drawn and has not previously been used for orienteering, the rest was revised in 2026. Stråsø is a West Jutland plantation with mixed forest and heath areas with scattered vegetation and areas with inland dunes. Some of the areas even have a very detailed curve pattern. Map is updated spring 2026

There is fluid in the changeover between Location orienteering and Orienteering and in the forest for the longest courses. Description are printed on the map and loose description can be found at the start Location Orienteering.

Max time Classic - total time (without penalty) 4 hours

Sprint Sunday, June 28.

Adjustment Shooting from 08.00 - 09.30 a.m.

First start at 10.00 a.m.

Award ceremony and closing of end of the event as soon as possible.

The sprint is held with Orienteering - prone shooting - penalty rounds, if any - Orienteering- standing shooting - penalty rounds, if any - finish. Max time is 75 min.

Starts are with 2 min. interval between runners in the same class.

Terrain description, see under relay.

Classes	Cours lenght	Controls	Scale
M21	4,1	19	1:7.500
M35	3,7	15	1:7.500
M45/W21	3,3	14	1:7.500
M55/M65/W40	3,1	13	1:7.500
M75/W60	2,6	12	1:7.500
MB	3,2	16	1:7.500
M-JUN	2,5	12	1:7.500

Buffet Saturday 27 June at 19:00

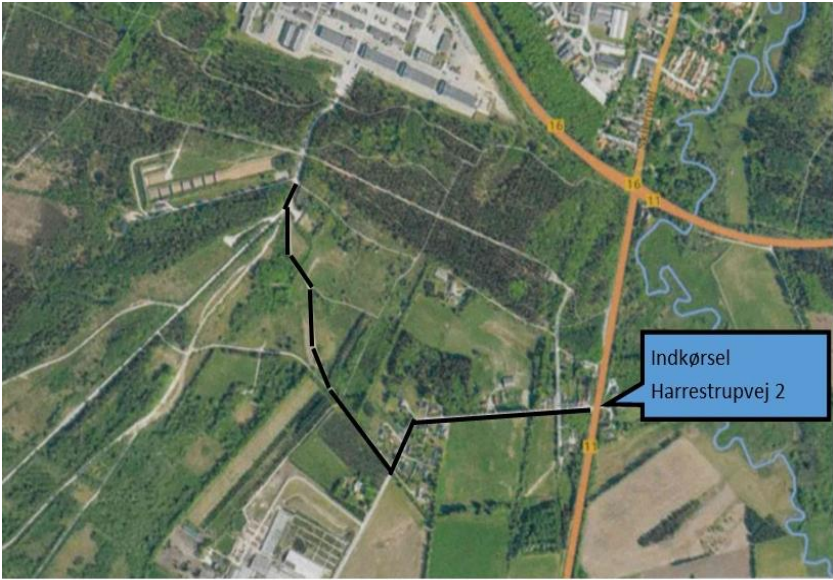
The buffet will be held in the SG mess at Dragonkasernen in Holstebro. Upon arrival, anyone who does not have a Danish military ID card must register at the main guard. Follow the marked route to and from the SG mess and only this route. Parking is available outside the barracks.

A buffet with 3 types of meat, potatoes and salad will be served, including 1 drink.

After eating, there will be a prize ceremony for the Relay and Classic competition. Commander Jydske Dragon Regiment Col. Søren Damgaard will present the prizes.

Event manager:	Benny Kristensen, JDRI, tel. +45 22628506
Event consultant:	Carsten Helligsø, IFK
Course setter Relay and Sprint:	Jan Nielsen, IFK/Karup OK
Course control relay and Sprint:	Kenn H. Kristensen, Herning OK
Course setter LO and O-race Classic:	Varny Vestergaard, Vestjysk OK
Course control LO and O-race Classic:	Flemming Sasser, Herning OK
Map designer Sprint and Relay:	Christian Rasmussen, Karup OK
Map designer Classic:	Members of Vestjysk OK

Driving directions to shooting range, markings at Harrestrupvej,
7500 Holstebro



Indkørsel
Harrestrupvej 2