

BULLETIN 2



TRAINING CAMP 1

The first WOC2020 training camp will start in Odense, where it will join the traditional Fynsk Sprint Cup competitions. After one week with trainings on 7 different maps, it will end at the Danish Sprint Championships in Grindsted. This bulletin provides some additional information about the individual trainings.

All maps used in connection with the training camp are drawn for WOC 2020 by our WOC mapper, and the terrain represents what the athletes will meet at WOC 2020.

Programme

Day	Date	Start time/meeting time	Training/event	Location/map	Training #
Saturday	18 May	12:00	Fynsk Sprint Cup	Odense C	-
Sunday	19 May	10:00	Fynsk Sprint Cup	Odense C	-
Monday	20 May	16:00	Training - middle distance sprint	Danhostel - Kolding North	1
Tuesday	21 May	09:30-10:30	Training - loops (intervals/relay)	Middelfart	2
		18:00-19:00	Training - normal course	Teglårdsparken	3
Wednesday	22 May	18:00	Training - loops (intervals/relay)	Haderslev	4
		Cancelled	Cancelled	Teglårdsparken	5
Thursday	23 May	09:30-10:30	Training - normal course	Christiansfeld	6
		18:00	Knock Out Sprint competition	Horsens C	7
Friday	24 May	16:00	Training - normal course	Assens	8
Saturday	25 May	14:00	Danish Championships, Sprint	Grindsted	-
Sunday	26 May	10:00	Danish Championships, Sprint Relay	Grindsted	-

Fynsk Sprint Cup 18-19 May

Please find relevant information about the event on:

<http://www.fynksprintcup.dk/>

Training options, details

7 training options are arranged throughout the week. Details about each training are found below. Maps are handed out at the [meeting locations](#). Note that it is not allowed to train on the maps outside the arranged training hours.

woc2020.dk
facebook.com/woc2020

WOC2020 Office
Sdr. Havnegade 7
DK-6000 Kolding
Denmark

T. +45 2242 4039
info@woc2020.dk

Training #1

Map: Kolding North
Exercise: Middle distance sprint
Date and time: 20 May, 16.00
Courses: 3.6 km (straight distance), 15 controls
Course setter: Per Eg Pedersen
Punching system: Sport Ident

Training #2

Map: Middelfart
Exercise: Intervals
Date and time: 21 May, 9.30-10.30
Courses: 4 intervals, 0.7-0.9 km each (straight distance), 5-6 controls
Course setter: Peter Knudsen
Punching system: Sport Ident

Training #3

Map: Teglgårdsparken
Exercise: Normal sprint courses
Date and time: 21 May, 18.00-19.00
Courses: 2 courses, 2.7 and 3.0 km (straight distance), 16 and 18 controls
Course setter: Peter Knudsen
Punching system: Sport Ident

Training #4

Map: Haderslev
Exercise: Intervals/relay/loops
Date and time: 22 May, 18.00
Courses: 3 loops, 3.0/2.6/2.6 km (straight distance), 15/13/15 controls
Course setter: Lars Klogborg
Punching system: EMIT (Emit cards can be borrowed at start)

Training #5

Cancelled

Training #6

Map: Christiansfeld
Exercise: Normal courses
Date and time: 23 May, 9.30-10.30
Courses: 2 courses, 3.5 and 4.1 km (shortest route choice), 17 and 20 controls
Course setter: Anders Dalgaard/Peter Frandsen
Punching system: Sport Ident

woc2020.dk
facebook.com/woc2020

WOC2020 Office
Sdr. Havnegade 7
DK-6000 Kolding
Denmark

T. +45 2242 4039
info@woc2020.dk



Training #7

Map: Horsens

Exercise: Knock-Out Sprint

Date and time: 23 May, 18.00

Courses: Quarter-final/Semi-final/Final - 2.2/1.9/2.2 km
(shortest route choice) - 11/8/12 controls

Course setter: Rasmus Thrane Hansen/Emma Klingenberg

Punching system: Sport Ident Touch free

Training #8

Map: Assens

Exercise: Normal sprint course

Date and time: 24 May, 16.00

Courses: 2.8 km (straight distance), 18 controls

Course setter: Kurt Pedersen/Søren Klingenberg

Punching system: Sport Ident

Meeting locations:

https://drive.google.com/open?id=1Vd5Oe80CXNn35PTG4tqFyNcK_VyqXW2y&usp=sharing

Contact:

training@woc2020.dk

Danish Sprint Championships 25-26 May

Please find relevant information about the event on:

<http://www.woc2020.dk/training-camp-1/>

woc2020.dk
facebook.com/woc2020



WOC2020 Office
Sdr. Havnegade 7
DK-6000 Kolding
Denmark

T. +45 2242 4039
info@woc2020.dk