

Bulletin 1

TRAINING CAMP 2

The second official WOC2020 training camp will take place 10-15 October 2019. The training camp will include two training competitions and 6 high-quality training sessions.

The ordinary training sessions will be arranged in Odense, Middelfart, Grindsted, and Horsens and the competitions will take place in Haderslev and Vejen. All those areas offer technical sprint orienteering and they represent what the athletes will meet at WOC2020. The maps are drawn for WOC2020 by our WOC mapper. The town of Vejen has not been used for orienteering before, and the map will be released in connection with the training camp.

For the training camp, we have arranged access permission to private backyards and other interesting orienteering areas. Note that any training on the maps outside the arranged training hours will require special permission from the WOC organiser.

Program

Thursday	10 October	2 training sessions	Morning/evening	Middelfart/Teglgårdsparken
Friday	11 October	2 training sessions	Morning/afternoon	Grindsted
Saturday	12 October	Sprint competition	Afternoon	Haderslev C
Sunday	13 October	Knock-Out Sprint competition	Morning/afternoon	Vejen C
Monday	14 October	1 training session	Evening	Horsens C
Tuesday	15 October	1 training session	Morning	Odense C

Ordinary training sessions

The ordinary training sessions will be a mixture of exercises ranging from route choice orienteering, intervals, loops, map reading, and relay training. Both SPORTident and Emit Touch-free Pro will be used. It will be possible to borrow emiTags in case Emit Touch-free Pro is used. Further information about the ordinary training sessions will follow in the next bulletin for the training camp (late September).

woc2020.dk
facebook.com/woc2020

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Sdr. Havnegade 7
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Sprint competition 12 October

Map: Haderslev C

Format: Sprint

Classes: Women, Men

First start: 15:00

Winning times: 15 min

Course planners: Ulrik Staugaard and Ove Brix Therkildsen

Punching system: Emit Touch-free Pro

Venue: <https://goo.gl/maps/VWZGuiTL8abs6NY76>

Entry fee: 100 DKK



Haderslev

Knock-Out Sprint competition 13 October

Map: Vejen C

Format: Knock-Out Sprint

Classes: Women, Men

First start Qualification: 10:00

First start, Elimination rounds: 15:00

Winning times, Qualification: 9 min

Winning times, Elimination rounds: 7 min

There will be quarter-finals, semi-finals and finals. "B finals rounds" will be arranged for non-qualified competitors

Course planner: Per Eg Pedersen

Punching system: Emit Touch-free Pro

Venue: In Vejen. Follow signs from location <https://goo.gl/maps/8JhvWbEnvJwh8Ldr6>

Entry fee: 100 DKK

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Vejle

Accommodation

The Triangle Region offers a wide range of accommodation, from five-star hotels to cabins. Please visit the WOC2020 website: <https://www.woc2020.dk/for-teams/>

Fees and registration

Maps for each training session can be purchased individually or as a package including all trainings.

The price per training session is 40 DKK if purchased separately. The registration fee for the competitions is 100 DKK each. The price for a package including all trainings and both competitions is 400 DKK.

Registration must be sent to training@woc2020.dk. Please specify which training sessions and competitions you enter. **Deadline for registration is 22 September.**

We appreciate if you can give us a preliminary indication of your possible participation.

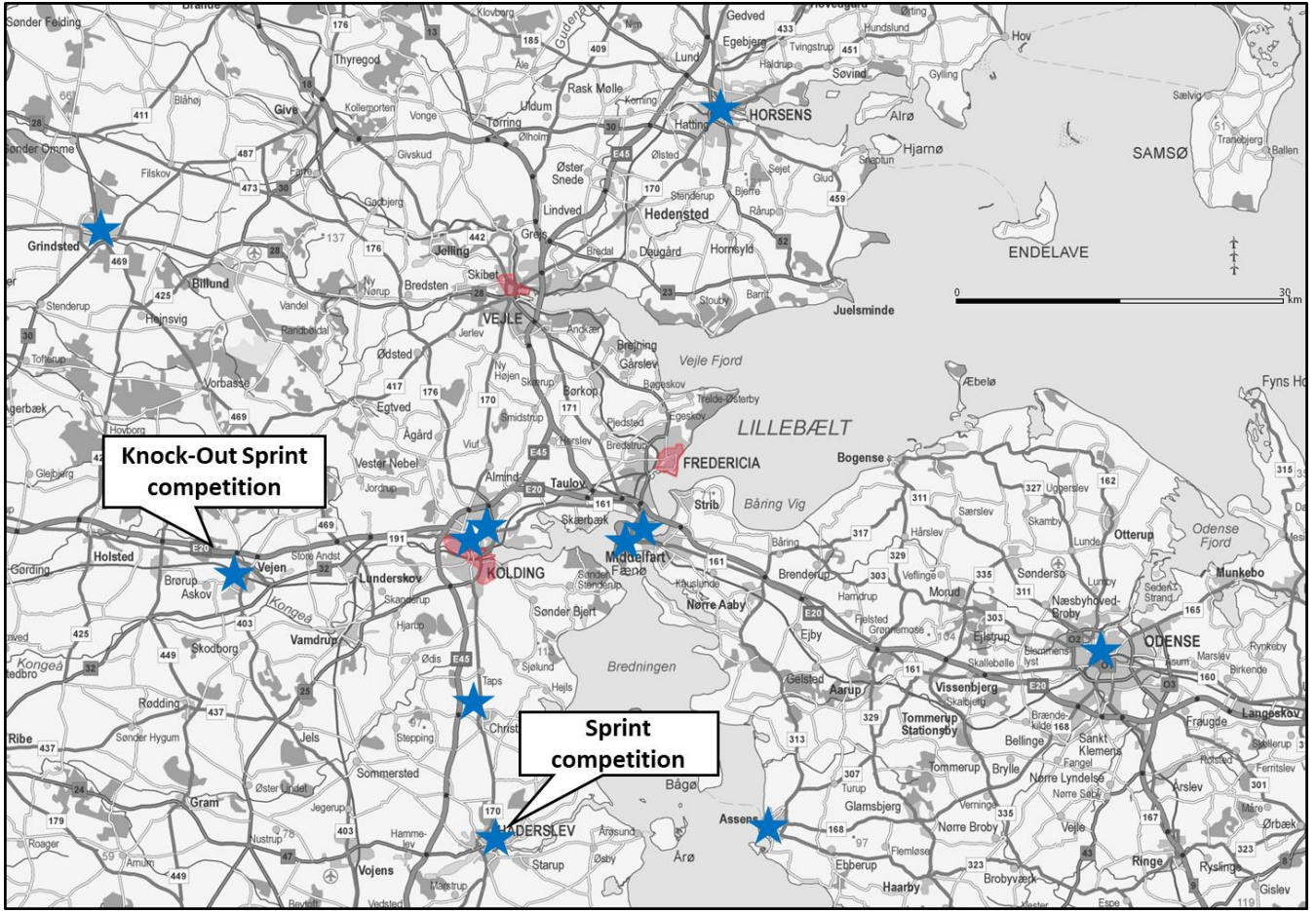
Further information will follow

More information about the training camp will follow in the next bulletin late September. If you have questions or special needs, please contact us on training@woc2020.dk.

Location of training areas

All WOC2020 training areas are located less than 45 minutes' drive from the Triangle Region. The areas can be viewed on this [link to Google Maps](#).

woc2020.dk
facebook.com/woc2020



WOC 2020 Embargo



Available WOC2020 training maps, October 2019

woc2020.dk
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