

BULLETIN 1

TRAINING CAMP 3



On the third WOC2020 training camp we will offer one knock-out sprint training and 4 ordinary training sessions, all taking place in challenging sprint orienteering areas. 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.

This bulletin provides some additional information about the different training sessions.

Program

Day	Date	Time	Exercise	Location / map	#
Mon	23 March	16.00 - 18.00	Training / long-short legs	Teglårdsparken	1
Tue	24 March	09.00 - 11.00	Training / Intervals - 4 loops	Haderslev	2
Tue	24 March	16.00 - 18.00	Training / Route choice legs	Vejen	3
Wed	25 March	09:30	Knock-Out Sprint Qualification	Grindsted	
Wed	25 March	15.00	Knock-Out Sprint Finals	Grindsted	
Thur	26 March	09.00 - 11.00	Training / Route choice	Middelfart C	4

Ordinary training sessions, preliminary details

Details about the ordinary training are found below. Maps are handed out at the meeting locations, which will be announced in Bulletin 2.

Training #1

Map: Teglårdsparken

Exercise: Course with long/short legs

Date and start time: 23 March, start 16.00-18.00

Courses: 3.8 km (W) and 4.2 km (M)

Course setter: Morten Knudsen

Punching system: Sport Ident

Meeting point: Skovgården - Parkvej - 5500 Middelfart

Parking: Fasanvej - 5500 Middelfart

Training #2

Map: Haderslev

Exercise: Sprint intervals, 4 loops

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Date and start time: 24 March, 09.00-11.00

Courses: tba

Course setter: Eskil Gullord

Punching system: Sport Ident

Meeting Point (Arena): tba

Training #3

Map: Vejen

Exercise: Route choice exercise

Date and start time: 24 March, 16.00-18.00

Courses: 4.6 km (can be shortened)

Course setter: Troels Christiansen

Punching system: None, only control flags

Meeting point: Vejen Municipality Library, Vestergade 2, 6600 Vejen, entrance from Boulevarden/Verstergade.

Training #4

Map: Middelfart C

Exercise: Route choice exercise

Date and start time: 26 March, 9.00 - 11.00

Courses: 3.6 km (W) 4.0 km (M)

Course setter: Morten Knudsen

Punching system: Sport Ident

Meeting point: Parking house - Havnegade - 5500 Middelfart

Knock-Out Sprint training, preliminary details

Date: 25 March 2020

Map: Grindsted

Format: Knock-Out Sprint

Classes: Women, Men

First start Qualification: 09:30

First start, Elimination rounds: 15:00

Qualification: 3.2 km, 9 controls (M), 2.8 km, 6 controls (W)

Elimination rounds: QF 2.1 km - 8 controls, SF 2.2 km - 12 controls, F 2.0 km - 12 controls.

B-finals: Non-qualified competitors will be offered "B-final rounds".

Course setter: Troels Christiansen

Punching system: Emit Touch-free Pro

Venue Qualification: Kirkegade 1, 7200 Grindsted

Venue elimination rounds: Square Vestergade/Nørregade/Borgergade/Vesterbrogade.

Parking: Engtorvet, 7200 Grindsted.

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Payments

See the invitation.

Further info

Please contact: training@woc2020.dk



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