

# BULLETIN 2



## TRAINING CAMP 2

On the second WOC2020 Training Camp we will offer two training competitions and 8 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 individual competitions and the training sessions.

For the training sessions, we have gained access in many restricted and private areas. We have therefore been able to plan interesting courses both for the competitions and for the training events. Note that it is not allowed to train on the maps outside the arranged training hours.

### Program

Day	Date	Time (start)	Training/event	Location/map	Training #
Thur	10 Oct	10.00-11.00	Training - sprint intervals	Middelfart C	1
		17.00-18.00	Training - normal sprint courses	Teglårdsparken	2
Fri	11 Oct	10.00-11.00	Training - map reading	Grindsted	3
		16.00-17.00	Training - route choices under pressure	Grindsted	4
Sat	12 Oct	15.00	Competition - sprint	Haderslev C	
Sun	13 Oct	10.00	Competition - Knock-Out Qualification	Vejen	
		14.00	Competition - Knock-Out Finals	Vejen	
Mon	14 Oct	10.00-12.00	Training - free format	Horsens C	5
		17.00	Training - relay training	Horsens C	6
Tue	15 Oct	10.00-11.00	Training - control picking, long course	Odense C	7
		14.00-15.00	Training - control picking, pair race	Odense C	8

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## Ordinary training sessions, details

8 training options are arranged throughout the camp. Details about each training are found below. Maps are handed out at the [meeting locations](#).

### Training #1

Map: Middelfart C

Exercise: Sprint intervals

Date and start time: 10 October, start between 10.10-11.30

Courses: 4 intervals, app 800 m each (straight distance)

Course setter: Peter Knudsen

Punching system: Sport Ident

Meeting location, GPS coordinates: 55.50172, 9.73724

### Training #2

Map: Teglgårdsparken

Exercise: Normal Sprint Course

Date and start time: 10 October, start between 17.00-18.00

Courses: 2.7 and 3.1 km (straight distance)

Course setter: Peter Knudsen

Punching system: Sport Ident

Meeting location, GPS coordinates: 55.50147, 9.72697

### Training #3

Map: Grindsted

Exercise: Intensive map reading. A combination of line runs and short legs for quick decisions to be made, while being fully present on the route.

Date and start time: 11 October, 10.00-11.00

Courses: App. 5 km.

Course setter: Torbjørn Gasbjerg

Punching system: None, only control flags

Meeting location, GPS coordinates: 55.75758, 8.93318

### Training #4

Map: Grindsted

Exercise: Route choosing under pressure. Short intensive legs with mandatory route choices followed by a long route choice leg.

Date and start time: 11 October, 16.00-17.00

Courses: App. 6 km

Course setter: Torbjørn Gasbjerg

Punching system: None, only control flags

Meeting location, GPS coordinates: 55.75078, 8.92189

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### Training #5

Map: Horsens C

Exercise: Free format. You can create your own training based on 15 controls printed on the map. Printed maps with controls will be handed out on the days before the training, or at 10:00 at the venue for the training.

Date and start time: 14 October, 9.00-12.00

Courses: 15 controls

Course setter: Nicolaj Nielsen

Punching system: None, only control flags

Meeting location, GPS coordinates: 55.85982, 9.84962

### Training #6

Map: Horsens C

Exercise: Relay training, mass start, forked course

Date and start time: 14 October, 17.00

Courses: 3.8 km (shortest route length)

Course setter: Nicolaj Nielsen

Punching system: Sport Ident

Meeting location, GPS coordinates: 55.85982, 9.84962

### Training #7

Map: Odense C

Exercise: Control picking, map reading, long course

Date and start time: 15 October, 10.00-11.00

Courses: 5.3 km (straight distance)

Course setter: Helge Lang Pedersen

Punching system: None, only control flags

Meeting location, GPS coordinates: 55.39565, 10.38952

### Training #8

Map: Odense C

Exercise: Control picking, pair race, two short courses

Date and start time: 15 October, 14.00-15.00

Courses: 0.9 and 1.0 km (straight distance), 11 and 8 controls

Course setter: Helge Lang Pedersen

Punching system: None, only control flags

Meeting location, GPS coordinates: 55.39565, 10.38952

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## Competitions, preliminary details

### 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>

Parking: <https://goo.gl/maps/JdQZZLWs4MZEt32N8>

Entry fee: 100 DKK

### Knock-Out Sprint competition 13 October

Map: Vejen East/Vejen C

Format: Knock-Out Sprint

Classes: Women, Men

First start Qualification: 10:00

First start, Elimination rounds: 14:00 (changed since last bulletin)

Winning times, Qualification: 9 min

Winning times, Elimination rounds: 7 min

There will be quarter-finals, semi-finals and finals. All competitors (non-qualified) will have the opportunity to run all rounds (there will be "B finals").

Course setter: Per Eg Pedersen

Punching system: Emit Touch-free Pro

Venue: Follow signs from location <https://goo.gl/maps/MTFfHCkSzwYVjb9MA>

Entry fee: 100 DKK

## Payments

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. Invoices will be sent to participants after the camp. It will also be possible to pay during the camp. Please contact us on [training@woc2020.dk](mailto:training@woc2020.dk)

## Venues for the training sessions and competitions

All venues for the competitions and trainings can be found on:

<https://drive.google.com/open?id=1sLXV0Q-dRJMwYrH6NEBaaNnTwrriqqvt&usp=sharing>

## Further info

Please contact: [training@woc2020.dk](mailto:training@woc2020.dk)

[woc2020.dk](http://woc2020.dk)

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