

INVITATION

TRAINING CAMP 1



Welcome to Training Camp 1

The first official WOC 2020 training camp will take place in the period 18-26 May 2019. The training camp will start in Odense, where it will join the traditional Fynsk Sprint Cup competitions. After one week with several high-quality training opportunities in the Triangle Region, it will end at the Danish Sprint Championships in Grindsted.

All maps used in connection with the training camp are drawn for WOC 2020 by our WOC mapper, and the terrains represent what the athletes will meet at WOC 2020. Most courses will be planned by our WOC course-setting team.

Fynsk Sprint Cup 18-19 May

Fynsk Sprint Cup is a two-day annual event. This year the competition area is the heart of Odense city, and the runners will meet the charming old town and probably pass by the house where the famous author H.C. Andersen was born and brought up.

A new map of this very interesting sprint orienteering area has been drawn. There will be four races with slightly shortened courses: two on Saturday and two on Sunday. The last race on Sunday afternoon is planned to have a chasing start based on the results of the first three races.



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Open training options

Several training options are offered throughout the week, and courses and controls will be ready to be visited in 7 different areas of terrain.



Knock-Out Sprint training event

A Knock-Out Sprint training event will be organised on one of the evenings in the town centre of Horsens. We encourage all national teams to take part in this training. We hope that many strong athletes will come to this event, making it the perfect opportunity to prepare for the new and spectacular Knock-Out Sprint format. All athletes can take part in three heats/rounds.



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Danish Sprint Championships 25-26 May

The town of Grindsted, centrally located in Jutland, is another challenging sprint terrain. It is previously unvisited by orienteers, and will host the Danish Sprint Championships this weekend. The Sprint competition on Saturday will be a World Ranking Event, and the Mixed Sprint Relay on Sunday is open for national teams and combined teams.

Accommodation

The Triangle Region offers a wide range of accommodation, from five-star hotels to cabins. Special rates are offered by Hotel Scandic Kolding: use the booking code D000042201.

Fees and registration

Start fees and information about registration for the competitions will follow.

40 DKK per print/training/person if purchased separately. A package including all training will also be offered.

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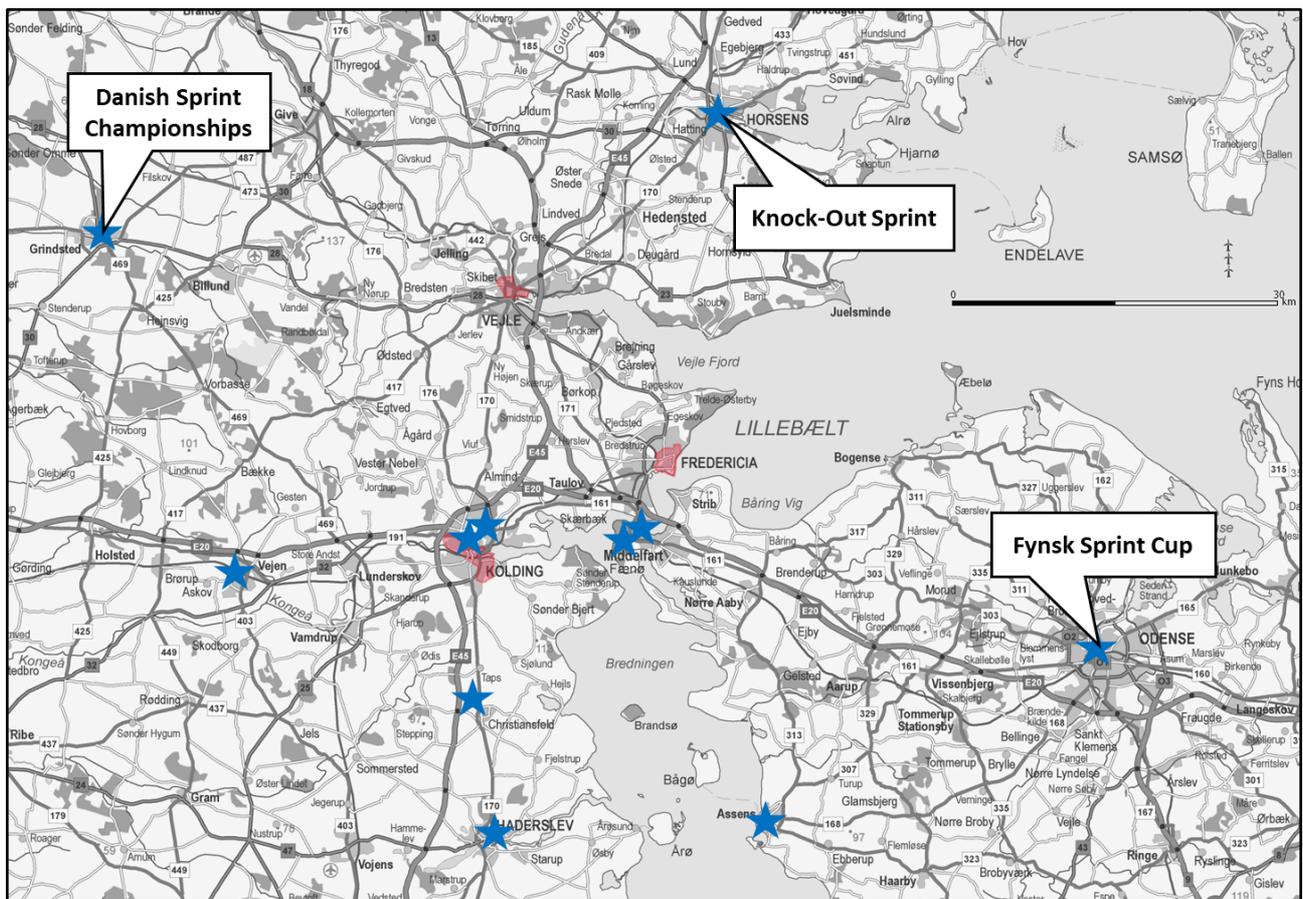


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Location of training areas

All training areas are located less than 45 minutes' drive from the Triangle Region:



WOC 2020 Embargo



Training, WOC 2020 Training Camp 1

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