

BULLETIN 1

TRAINING CAMP 1



The first official WOC2020 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 WOC2020 by our WOC mapper, and the terrain represents what the athletes will meet at WOC2020. Most courses will be planned by our WOC course-setting team.

Programme

Day	Date	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	10:00-17:00	Training - middle distance sprint	Danhostel - Kolding North	1
Tuesday	21 May	9:30-14:00	Training - loops (intervals/relay)	Middelfart	2
		9:30-20:00	Training - normal course (same as #5)	Teglårdsparken	3
Wednesday	22 May	12:00-18:00	Training - loops (intervals/relay)	Haderslev	4
		18:00-20:00	Training - normal course (same as #3)	Teglårdsparken	5
Thursday	23 May	9:30-14:00	Training - normal course	Christiansfeld	6
		18:00	Knock Out Sprint competition	Horsens C	7
Friday	24 May	10:00-14:00	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

The WOC training camp 1 kicks off with four intense sprint competitions in the centre of Odense - the home city of the famous Danish poet Hans Christian Andersen. As in parts of the WOC2020 cities, the city centre consists of a complex network of streets, squares, parks and backyards. It is our ambition to set challenging courses with running times at the lower end of the winning time interval as defined in the IOF rules. The fourth competition will be a chasing start, providing the chance of experience not that far from what could be expected in a Knock-Out Sprint elimination round.

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Please find the invitation and other information about the event on:
<http://www.woc2020.dk/training-camp-1/>

Training options

Several training options are offered throughout the week, and courses and controls will be ready to be visited on several different maps. We have arranged access permission to private backyards and other interesting orienteering areas. See information about the training options in the programme. Maps for each training opportunity can be purchased individually or as part of the training package. Note that it is not allowed to train on the maps outside the arranged training hours.

Knock-Out Sprint training event 23 May

A Knock-Out Sprint training event will be organised on the evening of 23 May in the town centre of Horsens. 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. Interesting courses will be prepared by the WOC course planners!

Danish Sprint Championships 25-26 May

The Danish Sprint Championships will be a part of the training camp. The town of Grindsted will host the Sprint competition on Saturday as well as the Sprint Relay on Sunday. The championships will be open for national teams and combined teams. The individual sprint will be a World Ranking Event.

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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 Fynsk Sprint Cup and Danish Championships can be found in the invitations for the events:

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

On registration, please specify the number of athletes taking part in all training sessions (training package) or in each of the training sessions separately.

The price per print/training/person is 40 DKK if purchased separately. The price for a package including all training (except Fynsk Sprint Cup and Danish Championships) is 300 DKK.

Registration for the training sessions including the Knock-Out training competition must be sent to training@woc2020.dk. Please note the specific training sessions purchased (Training #). **Deadline is 30 April**, but we appreciate your early registration.

Further information

More detailed information about the training camp will follow early in May. If you have questions or special needs, please contact us on training@woc2020.dk.

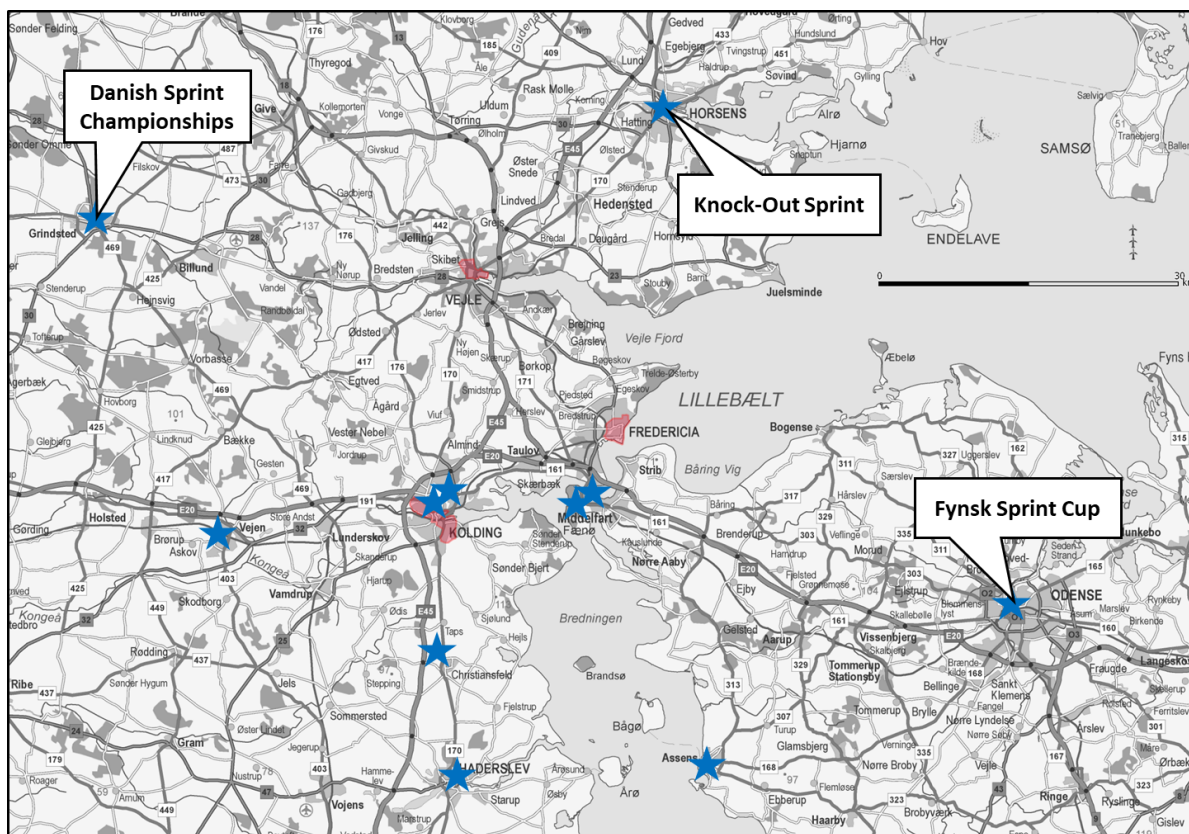
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Location of training areas

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



WOC 2020 Embargo



Training, WOC 2020 Training Camp 1

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