

TRAININGS 27-30 MAY 2024

In the week before OWC we offer a training camp in the surroundings of Genoa.

PROGRAM

Monday and Tuesday / 10.30-18.00

free trainings with suggested courses in Savona (2x) and Bolzaneto (2x)

Wednesday / 14.30-17.30

official training in Camogli (flags, Sport Ident)

Thursday / 14.30-17.30

official training in Recco (flags, Sport Ident)

Friday: official model event in Pegli (included in the OWC program)

TRAININGS

Bolzaneto

Parking: <https://maps.app.goo.gl/JpgqYaEa9RXtAZMn9> and surroundings

Info: you can collect maps and loose control descriptions at Bar Torrefazione Gocce di Caffè, Piazza Rissotto - Bolzaneto (<https://maps.app.goo.gl/2SYPHUAmXYDf37QE7> : open all day. Person in charge: Ivo)

TRAINING (T1)



Format: sprint

Length/climb: 3,9 km + 130. Possibly shortened controls 8 - 13

Checked by course setters. Controls are not taped neither with flags.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio

Course setters: Marcello Lambertini, Alessio Tenani

Control description: also on map

Technical info: focus on fake barriers, route choices, change between flat and steep orienteering. Fake barriers are only on the map, not in the terrain.

Relevant for: WC 2024 sprint, WC 2024 sprint relay, WOC 2026

Livelox: <https://www.livelox.com/Events/Show/126381/World-Cup-2024-Genova-T1-Bolzaneto>

TRAINING (T2)



Format: sprint

Length/climb: 3,7 km + 95. Possibly shortened controls 9 - 12

Checked by course setters. Controls are not taped neither with flags.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio

Course setters: Alessio Tenani, Marcello Lambertini

Control description: also on map

Technical info: focus on multilevels, longer legs, downhill orienteering

Relevant for: WC 2024 sprint, WC 2024 sprint relay, WOC 2026

Livelox: <https://www.livelox.com/Events/Show/126382/World-Cup-2024-Genova-T2-Bolzaneto>

Savona

Parking: Piazza del Popolo (<https://maps.app.goo.gl/oZ32zs7Q5pgcCrE69>) and surroundings

Info: you can collect maps and loose control descriptions at Sporting Savona, Piazza Guido Rossa, 26r Portici del Palazzo Crescent

(<https://maps.app.goo.gl/huunGBigFoPwRN2FA> : opening hours Mon 9.30-12.30 ; 15.30-18.30, Tue-Fri 10.30-12.30 ; 15.30-18.30. Person in charge: Enrico)

TRAINING (T3)



Format: sprint

Length/climb: 4,4 km + 30. Possibly shortened controls 19 - 25

Checked by course setters. Controls are not taped neither with flags.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio

Course setters: Marcello Lambertini, Alessio Tenani

Control description: also on map

Technical info: focus on flat orienteering, fake barriers, city center, several controls, map flip. Fake barriers are only on the map, not in the terrain.

Take care of the city market on Monday, especially in the morning

Relevant for: WC 2024 sprint relay, WOC 2026

Livelox: <https://www.livelox.com/Events/Show/126385/World-Cup-2024-Genova-T3-Savona>

TRAINING (T4)



Format: sprint

Length/climb: 3,8 + 40. Possibly shortened controls 11 - 13

Checked by course setters. Controls are not taped neither with flags.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio

Course setters: Alessio Tenani, Marcello Lambertini

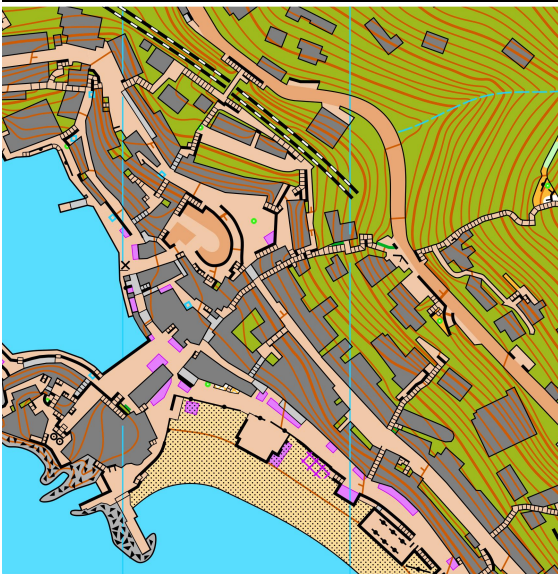
Control description: also on map

Technical info: focus on parks, multilevels, tricky orienteering, map flip

Relevant for: WC 2024 sprint, WC 2024 sprint relay, WOC 2026

Livelox: <https://www.livelox.com/Events/Show/126386/World-Cup-2024-Genova-T4-Savona>

Camogli / 29.05



Parking and meeting point: Parcheggio comunale via Ferrari, Camogli (GE)

<https://maps.app.goo.gl/kZJui3KLzrBYZRw6> (free on Wed)

Time: 14.30-17.30

Info: you will find maps and loose control descriptions directly at the meeting point

Format: sprint

Length/climb: 3,1 + 115. Possibly shortened controls 8 - 11

Orienteering flags + SI units are on controls. Session is timed, you can read out your SI-card at the finish. Free start.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio

Course setters: Alessio Tenani, Marcello Lambertini

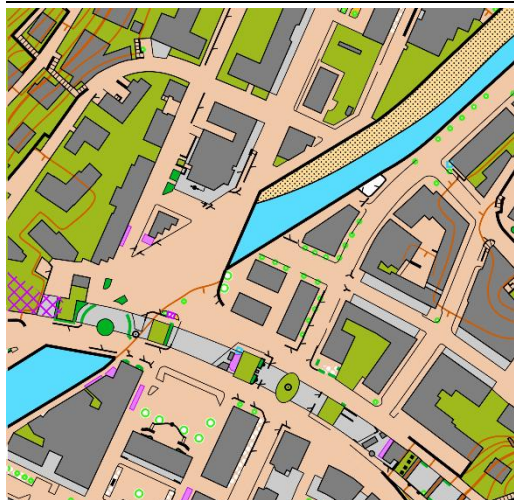
Control description: also on map

Technical info: focus on stairs, tricky orienteering, change of speed, up and down, competition routine.

Relevant for: WC 2024 sprint, WC 2024 sprint relay, WOC 2026

Livelox: <https://www.livelox.com/Events/Show/126393/World-Cup-2024-Genova-T5-Camogli-sprint-with-SI->

Recco / 30.05



Parking: Piazza Matteotti, Recco (GE), and surroundings

<https://maps.app.goo.gl/XWrd9nnMw8ZDHAPR9>

Meeting point: Piazza Nicoloso da Recco

<https://maps.app.goo.gl/senMBU2H7XpH2nqQ8>

Time: 14.30-17.30

Info: you will find maps and loose control descriptions directly at the meeting point

Format: sprint intervals

Length/climb: 1,7km + 35 (0,1km) 1,5km + 85 (0,1km) 1,7km +

Possibly shortened controls 23 - 29

Orienteering flags + SI units are on controls. Session is timed, you can read out your SI-card at the finish. Free start.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio

Course setters: Marcello Lambertini, Alessio Tenani

Control description: also on map

Technical info: focus on stairs, change of speed, seafront, competition routine. Fake barriers are only on the map, not in the terrain.

Pay attention in crossing roads, both during intervals and in between.

Relevant for: WC 2024 sprint, WC 2024 sprint relay, WOC 2026

Livelox: <https://www.livelox.com/Events/Show/126401/World-Cup-2024-Genova-T6-Recco-Sprint-intervals-with-SI->

ENTRIES

In order to enter, teams have to fill out this form at the latest by Sunday 19th May 2024:
<https://forms.gle/pq6cvifpiSokptb49>

ENTRY FEES

As presented before there are different possibilities to buy maps for training:

SAVONA AND BOLZANETO

- A. Purchase of the map file (OOMAPPER*): 30 € per team + 3 € per athlete/ per training
- B. Pdf map file with course: 3 € per athlete/training
- C. Printed map with course: 5 € per training

CAMOGLI AND RECCO

- D. Official training with printed map, controls and si-card: 6 € per athlete

For specific requests please contact alessio.tenani@woc2026.it.

The invoice will be sent to the national team before the training camp.

*Note that the conversion from OOMAPPER file to OCAD file could compromise the quality of the drawing. It is forbidden to reproduce maps without the original graphic layout.

