

Training Camp 4



Details, Training 5+6, 20 October 2021

Programme

10.00-11.00:	Qualification race/prologue
12.00-13.00:	Quarter-finals
13.30-14.30:	Semi-finals
15.00-16.00:	Finals

Maps

The competition maps are drawn by Gediminas Trimakas in 2021 in accordance with ISSPrOM 2019. Contour interval 2.5 m. Scale 1:4,000. The maps are digitally printed on waterproof paper.

Venues

Qualification: <https://goo.gl/maps/C26UkyzEi2yitM7R9>

Finals: <https://goo.gl/maps/EheqJQgNJ5vSS4Zv7>

Both venues are at outdoor locations and not covered. There will only be one or two small tents available in case of rain.

Parking

We advise you to use one of the two parking lots which you will find via [this link](#).

Rest

There will be an opportunity for all participants of the training to stay at the local sports center [Magion](#) during the breaks and after the training. It will be possible to change clothes and bath there. There is café and areas for rest will be available. Magion is located only about 800 m from the venues. If visiting Magion by car, **please use the parking lot on the other side of the road (Tinghusgade):**

<https://goo.gl/maps/RazWMCoCBjWgqvG56>.

Warm-up and cool-down

A map showing the areas intended for warm up and cool down will be handed out upon arrival at the venue of the Qualification/Prologue. The map is printed on waterproof paper. The map will show the location of the starts and toilet facilities. The map is attached at the end of this document.

Start lists

woc2022.dk
facebook.com/woc2022

WOC2022 Office
info@woc2022.dk



Start lists for the Qualification/Prologue is available on our [webpage](#). Start lists for the elimination rounds will be present during the breaks at the Finish. They will also be uploaded to our [webpage](#).



Courses

Qualification: Men A: 3.5 km, Men B: 3.4 km, Women A: 3.3 km, Women B: 3.2 km.
Finals: QF/SF/F: 2.2/2.2/2.4 km. Same courses for Women and Men.

Start interval

Qualification: 1 min
Elimination rounds: 3 min

Punching system

SI touch free

Competition format:

Prologue: The Knock-Out competition starts with a qualification race/prologue with two heats for each gender. The winner of the prologue is awarded 100 points, number two is awarded 99 points, etc.

Quarter finals: The Quarter finals are divided into 10 heats for MEN and 7 heats for WOMEN. The allocation of heats is based on the ranking of the Prologue. The winner is allocated to Heat 1, the second to Heat 2, etc. The winner of a QF heat will receive 100 points, and the following up to 10 athletes will receive 95, 90, 40, 35, 30, 25, 20, 15, 10 points.

Semi-finals: The Semi-finals are similar to the Quarter-finals. 10 heats for MEN and 7 heats for WOMEN and using the same point system. The sum of points from the Prologue and the Quarter-final determines the allocation to heats. The athlete with most points is allocated to Heat 1, the second best to Heat 2, etc.

Finals: There will be one A-final, one B-final and one C-final for each gender. The sum of points from the Prologue, the Quarter-final and the Semi-final will determine the allocation to the different finals. The 6 best ranked athletes will compete in the A-final. The athletes ranked 7-12 will compete in the B-final. Athletes ranked 13-18 will compete in the C-Final.

The first athlete crossing the finish line in the A-Final is the overall winner!

Attention

As we only have few safety guards and no traffic guards in the race area, **we advise you to take care** – both for your own safety but also for the safety of the local citizens.

Course setters: Mads K. Larsen, Troels Christiansen

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KO Sprint training

Grindsted 20 Oct. 2021

Warm-up and Cool-down area

- S1: Start Qualification
- S2: Start 1/4 Final
- S3: Start 1/2 Final & 1/1 FINAL

- F-Q: Finish Qualification
- F-F: Finsih all finals

