

Bulletin 2

TRAINING CAMP 5



This bulletin provides the final information about the different training sessions on Training Camp 5.

It is our pleasure to welcome a total of 125 athletes for Training Camp 5.

To avoid queuing, we recommend at least for the biggest teams to coordinate the timing of your attendance at each training. We propose this to be coordinated through the TC4 Facebook group:

<https://www.facebook.com/groups/woc2022trainingcamp5>

Programme

Day	Date	Time	Exercise	Location / map	#	SI
Sat	9 Apr	10.00-12.00	Knock Out Qualification	Kolding North/Danhostel	1	x
		13.00-16.00	Knock Out Finals	Kolding North	2	x
Sun	10 Apr	10.00-12.00	Map reading exercise	Aabenraa	3	
		13.00-16.00	Sprint intervals	Aabenraa	4	
Mon	11 Apr	10.00-12.00	Short/long visualization	Horsens C	5	
		13.00-16.00	Direction/distance exercise	Horsens N	6	
Tue	12 Apr	10.00-12.00	Normal sprint course	Billund	7	x
		13.00-16.00	Normal forest courses 5, 6 & 8 km	Frederikshåb (forest)	8	x
Wed	13 Apr	10.00-12.00	Route choice, long course	Odense	9	
		13.00-16.00	Normal sprint course	Odense	10	

Training sessions, details

10 training sessions will be arranged throughout the camp. Details about each training are listed below. Maps will be handed out at the [meeting locations](#).

Further details about training #1, #2, #7, #9 and #10 will be published later.

Note that it is **not allowed** to train on the maps outside the arranged training hours.

Maps

The maps are drawn by Gediminas Trimakas in accordance with ISSprOM 2019-2. The map for Training #6 is drawn by Nicolaj Nielsen. Contour interval 2.5 m. Scale 1:4,000. The maps are digitally printed on waterproof paper.

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SI Cards and timekeeping

Athletes must use their own SI Cards. Timekeeping is offered at the Training sessions #1, #2, #7, and #8. If you have registered for these trainings, please provide us with your SI card number (if you did not do this in connection with your registration).

Training #1

Map: Kolding North/Kolding Danhostel
Exercise: KO Sprint Qualification, training competition
Date and start time: 9 April, start between 9.00-11.00
Classes: Women, Men
Courses: 2.8 km
Start interval: 1 min
Start lists: Will be available Tuesday evening
Course setter: Per Eg Pedersen
Punching system: SI touch free

Training #2

Map: Kolding North
Exercise: KO Finals, training competition with Quarter-Finals, Semi-Finals and Finals. B/C finals rounds will be arranged. All athletes will have the chance to participate in all elimination rounds.
Date and start time: 9 April, first start QF: 13.00, SF: 14.15, F: 15.30
Classes: Women, Men
Start lists: Will be based on the Qualification results
Courses: QF/SF/F: 1.6/1.5/1.5 km. Same courses for Women and Men.
Course setter: Per Eg Pedersen
Punching system: SI touch free

Training #3

Map: Aabenraa
Exercise: Map reading
Date and start time: 10 April, 10.00-12.00
Courses: App. 4.3 km, normal course
Course setter: Søren Bobach
Punching system: None, only control flags

Training #4

Map: Aabenraa

Exercise: Sprint intervals

Date and start time: 10 April, 13.00-16.00

Courses: 4 intervals, app. 1.4/1.4/1.4/1.8 km

Course setter: Søren Bobach

Punching system: None, only control flags



Training #5

Map: Horsens C

Exercise: Short/long visualization

Date and start time: 11 April, 10.00-12.00

Courses: 4.1 km

Course setters: Nicolaj Nielsen

Punching system: None, small control flags

Bath and rest after the training: Horsens Orienteringsklub

Training #6

Map: Horsens N

Exercise: Direction/distance exercise

Date and start time: 11 April, 13.00-16.00

Courses: 3.5 km

Course setters: Nicolaj Nielsen

Punching system: None, no markings

Training #7

Map: Billund

Exercise: Normal sprint course

Date and start time: 12 April, 10.00-12.00

Courses: Women 3.9 km, Men 4,3 KM

Course setter: Pernille Buch

Punching system: Sport Ident

Training #8

Map: Frederikshåb

Exercise: Normal forest courses

Date and start time: 12 April, 13.00-16.00

Courses: 5.0 km, 6.2 km, 8.4 km

Course setter: Poul Erik Buch

Punching system: Sport Ident

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Training #9

Map: Odense

Exercise: Route choice, long course

Date and start time: 13 April, 10.00-12.00

Courses: app. 5.2 km

Course setter: Ida Bobach and Søren Schwartz

Punching system: None, only control flags



Training #10

Map: Odense

Exercise: Normal sprint course

Date and start time: 13 April, 13.00-16.00

Courses: app. 4.5 km

Course setter: Ida Bobach and Søren Schwartz

Punching system: None, only control flags

Venues for the training sessions

All venues/meeting points for the trainings can be found here:

<https://www.google.com/maps/d/edit?mid=1qRk8GY1RW8TzcyBeB-o9lLzJ-CKhGND&usp=sharing>

Further information

Please contact: training@woc2022.dk or office@woc2022.dk

Covid-19

The Covid-19 situation in Denmark is almost normalised and there are no restrictions to daily life. We have gathered relevant information on Covid-19 in Denmark on the WOC 2022 website. We kindly ask you to visit this page for updated information and links to relevant authorities.

For questions concerning Covid-19, please contact Dorthe Rosenvinge, office@woc2022.dk; +45 6130 0402

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Registrations

Country	Number of athletes
Norway	43
Finland	27
Germany	14
Sweden	14
Lithuania	7
Denmark	6
Ukraine	4
Austria	3
Slovakia	2
Japan	2
Switzerland	1
Great Britain	1
France	1
Total	125



Nokian Tyres World Orienteering Championships 2022 in sprint orienteering within the disciplines relay, knock-out and sprint will be held in Kolding, Fredericia and Vejle 26-30 June 2022. The championships are supported by Sport Event Denmark, Trekantomraadet, Kolding Municipality, Fredericia Municipality and Vejle Municipality and are arranged by the five local clubs OK SNAB, OK GORM, OK FROS, OK Melfar and Kolding OK in corporation with the Danish Orienteering-Federation.

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