

Bulletin 2

TRAINING CAMP 6



This bulletin provides the final information about the different training sessions on Training Camp 6.

It is our pleasure to welcome a total of 45 athletes for Training Camp 6.

Programme

Day	Date	Time	Exercise	Location / map	#	SI
Mon	9 May	10.00-12.00	Knock Out Qualification	Danhostel	1	x
		13.00-16.00	Knock Out Finals	Kolding Nord	2	x
Tue	10 May	10.00-12.00	Short/long visualization	Horsens	3	
		13.00-16.00	Direction/distance exercise	Horsens	4	
Wed	11 May	10.00-12.00	Map reading exercise	Aabenraa	5	
		13.00-16.00	Forked intervals	Aabenraa	6	
Thu	12 May	10.00-12.00	Route choice, long course	Odense	7	
		14.00-16.00	Normal sprint course	Odense	8	
Fri	13 May	09.30-14.00	Knock Out Courses, Qualification, QF, SF and F	Vejen	9	x

Training sessions, details

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

Please find further details about the individual trainings in a separate document.

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.

SI Cards and timekeeping

Athletes must use their own SI Cards. Timekeeping is offered at the Training sessions #1, #2. 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).

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Training #1

Map: Kolding North/Kolding Danhostel
Exercise: KO Sprint Qualification, training competition
Date and start time: 9 May, start between 10.00-11.00
Classes: Women, Men
Courses: 2.8 km
Course setter: Per Eg Pedersen
Punching system: SI touch free



Training #2

Map: Kolding North
Exercise: KO Finals, Quarter-Finals, Semi-Finals and Finals.
Date and start time: 9 May, 13.00.
Classes: Women, Men
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: Horsens C
Exercise: Short/long visualization
Date and start time: 10 May, 10.00-12.00
Courses: 4.1 km
Course setters: Nicolaj Nielsen
Punching system: None, small control flags

Training #4

Map: Horsens N
Exercise: Direction/distance exercise
Date and start time: 10 May, 13.00-16.00
Courses: 3.5 km
Course setters: Nicolaj Nielsen
Punching system: None, no markings

Training #5

Map: Aabenraa
Exercise: Map reading
Date and start time: 11 May, 10.00-12.00
Courses: App. 4.3 km, normal course
Course setter: Søren Bobach
Punching system: None, only control flags

Training #6

Map: Aabenraa
Exercise: Sprint intervals

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Date and start time: 11 May, 13.00-16.00
Courses: 4 intervals, 1.1-1.8 km
Course setter: Søren Bobach
Punching system: None, only control flags



Training #7

Map: Odense
Exercise: Route choice, long course
Date and start time: 12 May, 10.00-12.00
Courses: app. 5.4 km
Course setter: Ida Bobach and Søren Schwartz
Punching system: None, only control flags

Training #8

Map: Odense
Exercise: Normal sprint course
Date and start time: 12 May, 13.00-16.00
Courses: app. 3.8 km
Course setter: Ida Bobach and Søren Schwartz
Punching system: None, only control flags

Training #9

Map: Vejen
Exercise: Knock Out Sprint courses. Qualification and elimination rounds
Date and start time: 13 May, 9.30-14.00. Map handout 9.30-11.00.
Courses: Qualification 2.4 km, QF 1.6 km, SF 1.4 km, F 1.9 km
Course setter: Per Eg Pedersen
Punching system: SI touch free on the Qualification, only control flags on the elimination rounds

Additional training opportunity:

Map: Horsens C and North
Exercise: Normal sprint course
Date and start time: 10 May, 17.30-19.00
Courses: 3.1 km or 4.2 km
Course setters: Nicolaj Nielsen
Punching system: SI and timekeeping, results
Other information: Open event.
Venue: <https://g.page/learnmark-horsens-horsens?share>
Registration: training@woc.dk
Deadline for registration: No later than Sunday 8 May, 18:00.
Price: 30 DKK

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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-o9ILzJ - CKhGND&usp=sharing](https://www.google.com/maps/d/edit?mid=1qRk8GY1RW8TzcyBeB-o9ILzJ-CKhGND&usp=sharing)

Further information

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

We have created a Facebook group to be used for communication between participants and organisers. TC6 Facebook group:

<https://www.facebook.com/groups/woc2022trainingcamp6>

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