



TRAINING CAMP

20 – 24 March 2020

Bulletin 1

Dear O-friends!

It became a good tradition to organize the training camp before O-Vesna (O-Spring) competitions. We hope interesting workouts, special technical tasks, discussion of training distances with friends and rivals help athletes to significantly improved their technical skills. The O-Vesna team will make every effort to create an atmosphere of holidays and unforgettable impressions for each of you!

So see you in Truskavets!

CENTER OF COMPETITIONS

The center of competitions and training camp is located in Truskavets, which for almost 200 years is a popular balneological and spa resort, at "Sportovets" Sports Complex, Danylyshyn str., 11 (gps: 49.276225 23.51741).

PROGRAM OF TRAINING CAMP**March 20, 2020 Friday (1 day)**

Sprint distance (city race).

Difficulty level: A (experts and professionals);

B (striving for perfection);

C (first steps in orienteering).

March 21, 2020 Saturday (2nd day)

Combined distance: corridor + line (A and B). C - on a regular map.

March 22, 2020 Sunday (3rd day)

Control Middle distance.

Difficulty level: A, B, C

March 23, 2020 Monday (4th day)

Distance on the relief map.

Difficulty level: A, B, C (full map distance).

March 24, 2020 Tuesday (5th day)

Azimuthal distances.

Difficulty level: A, B, C (full map distance).

TERRAIN ANDMAP

The first day of the camp is an urban and park terrains with a well-developed network of roads and trails, a large number of artificial and vegetable objects, good passage.

Map scale 1: 4,000, contour interval 2.5m.

Other days – hilly and flat terrain. Coniferous and hardwood, with developed network of roads and trails, medium and poor crossings. The ground is clayey, somewhere marshes.

Map scale 1:10 000, contour interval 5m.

Previous version of the maps <http://orientsumy.com.ua/info/TruskavetsOldMap.jpg>

TECHNIKAL INFORMATION

The first day's distance will be available for training from 14:00 to 17:00, other distances – from 10:30 to 14:30. All distances are equipped with standard controls; "forest distances" are additionally equipped with SI-stations.

It is allowed to use maps for training at any time.

ENTRIES

The entries for the training camp are available through the site of the FSOU (section ENTRIES): <http://orientsumy.com.ua/index.php?event=1611> till **20:00 March 17, 2020**. Please indicate the days of participation in the camp program and SI-card numbers. You can rent SI-card for 50 UAH (20-24.03.2020), if you wish, at the training arena.

The cost of the participating in the training camp (printing maps, planning and setting training distances) is 60 UAH (A, B distances) and 40 UAH (C distance) per day per person. The training camp registration works on 20.03.2020 from 10:00 to 13:00 in the center of the competition (Sport Club "Sportovets"). Other days, please, contact the organizers at the training arenas for registration.

CONTACTS

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