



## Camp France 2010 - session manual

FRI	<i>arrival</i>	
SAT	1 - welcome session	6 - directions
SUN	3 - middle Q	4 - middle F
MON	5 - route choice	---
TUE	7 - relay simulation	2 - pair exercise + chalet league ultrasprint
WED	transfer Fontainebleau	model event (free)
THU	8 - memory run	9 - start loops
FRI	10 - chasing start	11 - path pair relay
SAT	<i>departure</i>	

F: ultra-sprint: new map at finish.

### course data

map: Mazaye, 1:10.000  
 map sprint: Mazaye, 1:7.500  
 loose descr.: ?  
 punching: electronic (just sprint)  
 M: 6.4km+0.9km  
 D: 6.4km+0.9km  
 course-setter: Björn  
 car P - start: 0.0 km  
 car P - finish: 0.0 km

### 6 - directions

#### focus

- direction keeping
- relocation

#### effort

easy

#### description

- a common course, but with parts of a map taken away (white areas)
- two course alternatives for both classes (forked controls)

### course data

map: Vulcania, 1:15.000  
 loose descr.: yes  
 punching: no  
 M: 6.4km  
 D: 6.4km(4.0km if shortened)  
 course-setter: Joakim  
 car P - start: 0.4km  
 car P - finish: 0.0km



### 1 - welcome training + ultrasprint

#### focus

- to get familiar with terrain specifics

#### effort

mostly easy; high in the last part (ultrasprint)

#### description

- A: corridor-O (~1800m)
- B: direction changes in a green area. (1340m)
- C: vegetation-O; learn to use or avoid green and yellow.(570m)
- D: relax/transport (on/off practice, refocus at start point, 700m)
- E: curves (learning to understand the curves, 1770m)

### 3 - middle qualification

#### focus

- try to run safe in a terrain type you are not very used to
- forked qualification courses - disturbance resistance test
- qualification pressure: just a part will qualify for the A final (the rest will clean the toilettes instead ;)

#### effort

competition, but head ahead

#### description

- 3 runners starting in a row, 3 heats
- groups are held secret

#### course data

map: Mazayes, 1:10.000  
loose descr.: no  
punching: electronic  
M: 3.8km/18cp (26´)  
D: 3.2km/14cp (28´)  
course-setter: Radek  
car P - start: 0.6km  
car P - finish: 0.0km

#### 4 - middle final

##### focus

- clean race is definitely a great challenge in this particular terrain!

##### effort

competition

##### description

- a common middle race with a butterfly included  
- intervall start

##### course data

map: Montlosier, 1:10.000  
loose descr.: yes  
punching: electronic  
M: 4.3km/21cp (30´)  
D: 3.7km/17cp (33´)  
course-setter: Joakim  
car P - start: 0.4km  
car P - finish: 0.0km

#### 5 - route choice course

##### focus

- route choice solving  
- implementation of long legs

##### effort

moderate

##### description

- 2 long legs, each to be run twice or three times using different route choice

##### course data

map: Vulcania, 1:10.000  
loose descr.: no  
punching: electronic  
M: 2-3x (2.5+2.3km)  
D: 2x (2.5+2.3km)  
course-setter: Björn  
car P - start: 0.3km  
car P - finish: 0.0km

#### 7 - relay simulation

##### focus

- relay behaviour  
- disturbance resistance

##### effort

competition

##### description

- short forked legs  
- 2 groups of runners, both start from a mass start, the second group is starting when the eye contact is lost  
- the first group tries to behold their lead, the second group tries to catch the rabbits  
- when getting lost for more than 2-3 minutes, do proceed, so that the other runners will not wait too long

##### course data

map: Montlosier, 1:10.000  
loose descr.: no  
punching: electronic  
M: 4 legs, 4.2km (ca 30-35´)  
D: 3 legs, 3.4km (ca 30-35´)  
course-setter: Radek  
car P - start: 0.8km  
car P - finish: men 0.8km, women 1.3km

#### 2 - pair exercise + "chalet league sprint"

##### focus

- relocation ability  
- map understanding, simplification

##### effort

easy/moderate

##### description

run in pairs, mixed nationalities.  
lead change either:  
- at control  
- at edge of circle  
- in middle of leg.  
- every minute.

##### course data

map: Aydat, 1:10.000  
loose descr.: yes  
punching: no  
M: 5.4km  
D: 5.4km  
course-setter: Björn  
car P - start: < 1km  
car P - finish: 0.0km

chalet league sprint - info at the meeting



### 8 - memory run

#### focus

- simplification
- memory deployment
- operation tactics between controls

#### effort

easy

#### description

- the map has two sides: first you learn the leg on a common map, then you turn over and run using your memory and the blind course to get the rough direction/compass involved
- if you somehow manage, you can learn the next leg while running; otherwise it was meant to make a learning stop by the control flag

#### course data

map: Les Fontaines Denecourt  
 scale: 1:10.000  
 loose descr.: no  
 punching: no  
 M: 8.2km/22cp (55´)  
 D: 6.4km/19cp (50´)  
 course-setter: Radek  
 car P - start: 0.8km  
 car P - finish: 0.8km

### 9 - start loops

#### focus

- starting moment (do the right things: learn, aim, drive...)
- competition speed orienteering
- control taking

#### effort

competition

#### description

- 10 different short loops 0.3-0.7km from 4 different starts

- loops are marked A2, B4, C3... the number indicates the number of starting point
- the loops are to be run in alphabetic order, e.g. G,H,X,Y... A,B,C,D,E,F
- women run 8 loops (A-H), men run all
- starting procedure: take the map (don't look at the course), punch the start, turn over the map and run to the starting flag
- finish procedure: punch the finish control, jog on path back to the start, READ OUT, return a map, take new map, clen your SI card
- everything will be explained thoroughly on the spot before the exercise
- all loop times will be counted together to get a result list

#### course data

map: Le Diplodocus  
 scale: 1:7.500  
 loose descr.: no  
 punching: electronic  
 M: 4.7km/10 loops + 3.2km jogg  
 D: 3.7km/8 loops + 2.5km jogg  
 course-setter: Radek  
 car P - start: 2.0km  
 car P - finish: 2.0km

### 10 - chasing start with butterfly

#### focus

- competition behaviour
- stress resistance
- pack running and activity
- butterfly handling
- flexibility

#### effort

competition

#### description

- chasing start with starting intervals based on results of training no9 (but all runners into the forest within 2 minutes)
- butterfly with 3 wings to spread the field
- first to come wins the race!

#### course data

map: Le Diplodocus, 1:10.000  
 loose descr.: no  
 punching: electronic  
 M: 8.9km/27cp  
 D: 7.3km/21cp (´)  
 course-setter: Radek  
 car P - start: 1.8km  
 car P - finish: 0.0km

### 11 - path pair relay

#### focus

- high speed control taking
- quick relocation
- offensive orienteering

#### effort

crazy

### description

- preferably mixed teams W+M
- 2 qualification runs & final
- in qualification interval start (40"), in the final chasing start on a same course
- the relay is run along a path; there are marks on the path; one runner is taking a control, while the other runner is jogging to the next mark, where the chageover happens
- punching: electronic in qualification; running around the flag in the final
- count with a waiting time of about 15-20 min among each round

### course data

map: Le Diplodocus  
scale: 1:5.000  
loose descr.: no  
punching: see above  
M: 2x 0.9km(6legs)+1.7km(9legs)  
D: 2x 0.9km(6legs)+1.7km(9legs)  
course-setter: Radek  
car P - startQ: 1.0km  
startQ - startF: 1.4km  
car P - finish: 1.4km

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