



# **TRAINING CAMP**

**22 – 26 March 2019**

## **Bulletin 1**

**Dear O-friends!**

Last year during “O-Vesna” orienteeres had the opportunity not only to feel the taste of victory, but also to see the way to its achievement. The training camp has helped many athletes celebrate their victory in competitions and have significantly improved their technical skills. Interesting workouts, special technical tasks, discussion of training distances with friends and rivals became a peculiar platform for self-improvement.

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).

For participants of the camp there is a possibility to visit the swimming pool of the “Sportovets” Sports Complex: on weekdays - 19:00, on Saturdays 15, 16, 17, on Sundays 12, 13. The cost of the visit is 40 UAH per hour, for schoolchildren – 30 UAH.

**PROGRAM OF TRAINING CAMP****March 22, 2019 Friday (1 day)**

Middle distance (city race).

Difficulty level: A (experts and professionals);  
B (striving for perfection);  
C (first steps in orienteering).

**March 23, 2019 Saturday (2nd day)**

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

**March 24, 2019 Sunday (3rd day)**

Control Middle distance with SI-stations.

Difficulty level: A, B, C

**March 25, 2019 Monday (4th day)**

Distance on the relief map.

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

**March 26, 2019 Tuesday (5th day)**

Azimuthal distances.

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

**TERRAIN AND MAP**

First day of 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. The map is completed in 2016 (Usenko S.), actualization - November 2018 Map scale 1: 4,000, contour interval 2.5m.

Others - hilly and flat terrain. Coniferous and hardwood, with developed network of roads and trails, medium and poor crossings. The ground is clayey, somewhere marshes. Maps made in January 2016 - November 2018 (Slobodyanyuk R., Gavrilyuk O., Usenko S., Efimenko O., World Cup 2000 materials used). Map scale 1:10 000, contour interval 5m.

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

## TECHNIKAL INFORMATION

On the first day, the 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, and on the third day are additionally equipped with SI-stations.

It is allowed to use maps for training at any time until March 28.

All other areas that don't used during the training camp are CLOSED and are forbidden to visit until 14 o'clock on March 31!

## ENTRIES

Entries for the training camp are available through the site of the FSOU (section ENTRIES): <http://orientsumy.com.ua/index.php?event=1556> till 20.00 March 19, 2019. Please indicate the days of participation in the camp program and SI-cards numbers (for 3<sup>rd</sup> day only). If you wish, this day at the training arena you can rent SI-card for 20 UAH.

The cost of participating in the training camp (printing maps, planning and setting training distances) is 100 UAH per day per person.

The training camp registration works on 22.03.2019 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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