

Mapový kemp Slovinsko 4.-10.3.2013

Přihlášení

Od pondělí 16, ve středu dorazí dalších 12.
Počet zahrnuje i 5 vybraných juniorů.
Jakékoliv změny hlašte na:
jansidla@hotmail.com (608515774).

Finance

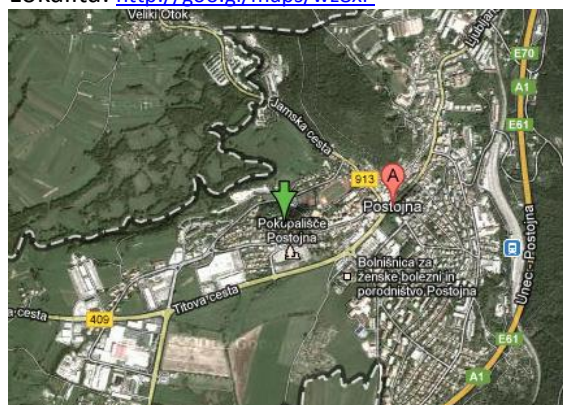
RDA	300 Kč/den
RDB	550 Kč/den
RDJ	600 Kč/den
sledování	900 Kč/den
samoplátci	cca 1400Kč/den

Program

MO	pm	01 - contours Krajna Vas
TU	am	02 - SI sprints Piran
	pm	03 - long Sgonico
WE	am	04 - downhill Vilenica
	eve	05 - nightO Kazlje Utovlje
TH	am	06 - SI sprints Izola
	pm	07 - SI mass start Krajna Vas
FR	am	08 - combotech Krajna Vas
	pm	09 - start loops Hubelj
SA	am	10 - SI Lipica Open long
	pm	11 - (jogging sprint Koper)
SU	am	12 - SI Lipica Open middle

Ubytování

Hostel Proteus Postojna, vícelůžkové pokoje
http://www.proteus.sgl.si/Kako_do_nas_english.htm
Lokalita: <http://goo.gl/maps/wz8xP>



Stravování

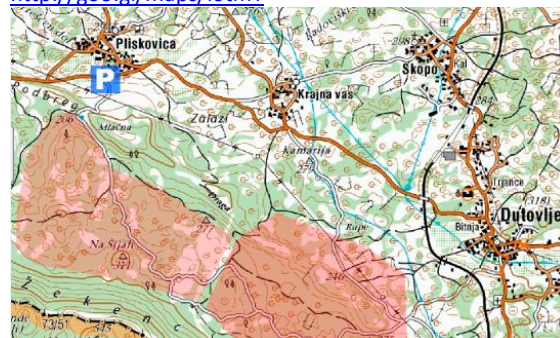
plná penze (PO večeře - NE oběd)

Sraz

pondělní skupina:

jižní okraj obce Pliskovica nejpozději v 16:15

<http://goo.gl/maps/i0tmY>



středeční skupina: dorazí do 18:00 na hostel
(!) pak hned večeře, v noci pak NOB, po NOBU
jídlo vlastní

Doprava

s využitím automodulu na repwebu;
centrálně to koordinujeme

Vybavení - nezapomeň

- busola, čip, popisník
- světlo na NOB
- neoprenky
- boty pro běh terénem i pro městský sprint
- GPS kdo používá
- věci do deště
- zimní oblečení - v noci má být ještě pod nulou!
- tejpky - kamenité

Realizační tým

RN (PO-NE), JŠ (ST-NE)

některé tréninky nám pomohou roznést
Slovinci a sebrat další účastníci našich tréninků

Předpověď počasí (z 1.3.)

Denní maxima až 8-12°C.

Ve druhé půlce týdne by ale mělo vydatně
přšet - vybavte se!

01 - CONTOURS [MO pm]

trip: 44km/0:39 from hostel (see "sraz")

from P to start: 0.5km

map: Krajna Vas contour 1:10.000, 2010

start: individual (no start list)

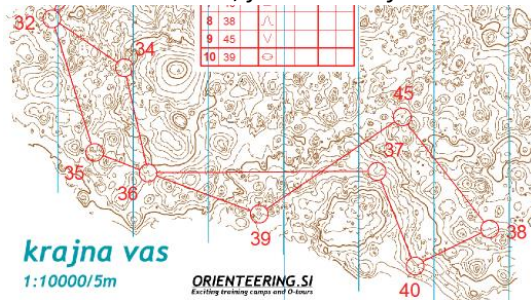
at controls: stripes

CD: at maps

effort: easy

courses: **H 7.9km, D 6.4km**

no control numbers, just codes - free order



focus:

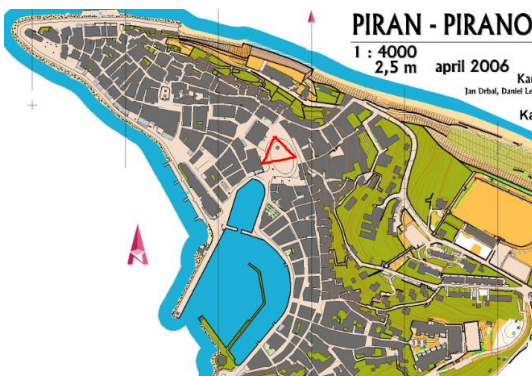
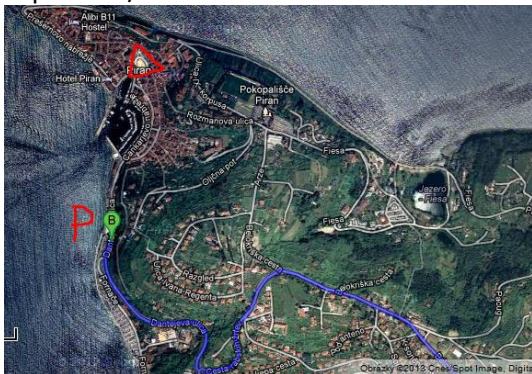
- basic routine (direction, contours)

challenge:

- no mistakes
- same effective leg planning as during a common race (simplification)

02 - SPRINTS PIRAN [TU am]

trip: 73km/0:53



from P to start: 0.8km

map: Piran 1:4.000, 2006

start: individual 1min (start lists)

at controls: common stands

CD: loose and at maps

effort: competition

courses - 2 loops: **A 1.6km, B 1.3km**

focus:

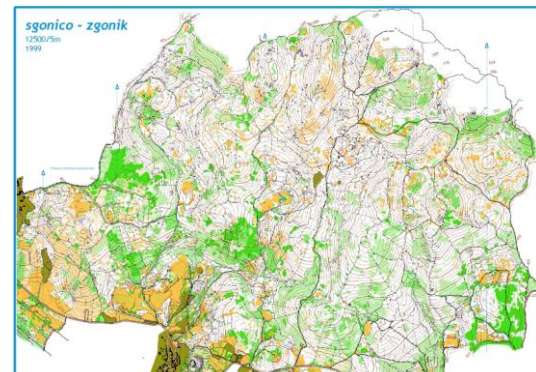
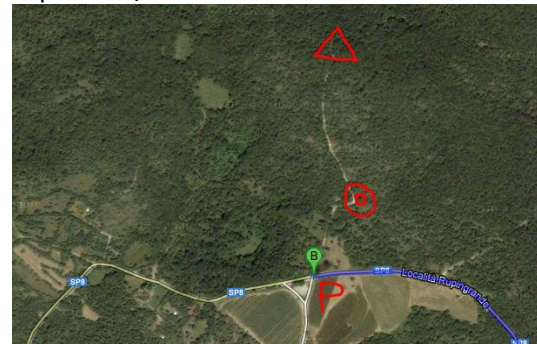
- sprint routine
- route choice

challenge:

- read whole legs up to control
- choose fastest routes
- get flow - be ahead
- precise leg execution is a must

03 - LONG SGONICO [TU pm]

trip: 41km/0:33



from P to start: 0.5km/50m

map: Sgonico 1:15.000, 1999(!)

start: individual 3min(start lists)

at controls: stripes?

CD: loose and at maps

effort: easy

courses: **H 11.3km, D 8.5km** +some climbing...

butterfly makes two alternatives of each

focus:

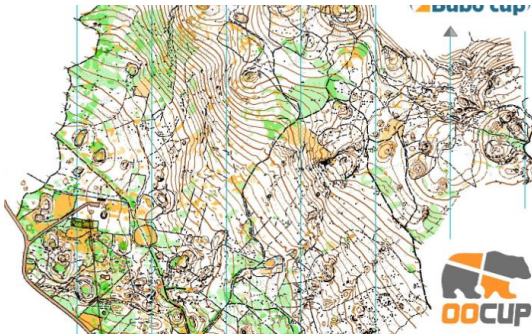
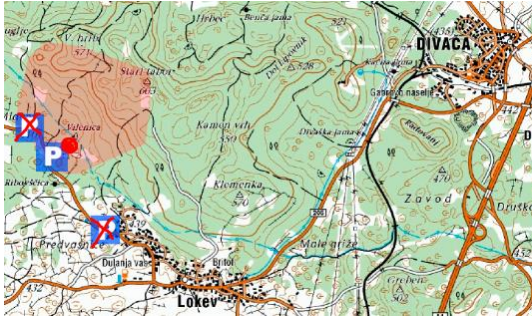
- route choice based long distance

challenge:

- find the optimal routes
- keep your fighting mood
- win over the old fashioned map

04 - DOWNHILLS VILENICA [WE am]

trip: 35km/0:28



from P to start: -- (start from cars)

map: Vilenica 1:10.000, 2011

start: almost together (variations)

at controls: stripes

CD: at maps

effort: easy

courses: 5 different legs make **7.8km + up to 3.6km** of path running uphill

3 downhill legs and 2 technical loops course by Kenneth Buch

focus:

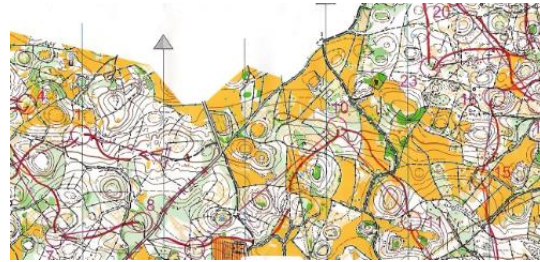
- control taking
- concentration re-starts

challenge:

- hit even the controls without any context
- right feel of the descend when running downhill

05 - NIGHT-O KAZLJE [WE eve]

trip: 30km/0:24



from P to start: 1.3km (finnish at other place)

map: Kazlje Utovlje 1:10.000, 2012

start: individual (start list)

at controls: stripes? flags?

CD: at maps

effort: easy

courses: **H 6.5km/160m, D o něco méně**

courses from Lipica Open 2012 middle

focus:

- basic routines including proper compass work

challenge:

- don't get lost ;)

06 - SPRINTS IZOLA [TH am]

trip: 62km/0:40



from P to start: 0.4km

map: Izola 1:4.000, updated 2012

start: individual, waves of 4 pers, 30" interval

at controls: common SI stands

CD: at maps

effort: competition

courses: **4 different loops of 0.8-1.0km**

focus:

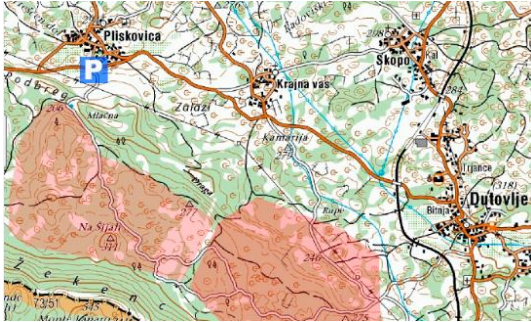
- sprint routine

challenge:

- find a good flow, be ahead
- precise leg execution is a must

07 - MASS START KRAJNA VAS [TH pm]

trip: 44km/0:39



from P to start: 1.6km

map: Krajna Vas 1:10.000, 2010

start: mass

at controls: common SI stands

CD: at maps

effort: competition

courses: **H 7.2km, D 5.7km**

3 legs at 3 different maps

rather flat area

focus:

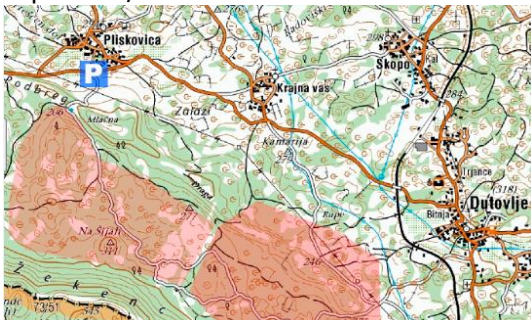
- disturbed performance

challenge:

- keep your own, proper orienteering despite higher pressure!
- stay active even when in group
- do the right simplification to be faster, but safe

08 - COMBOTECH Krajna Vas [FR am]

trip: 44km/0:39



from P to start: 1.5km

map: Krajna Vas 1:10.000 a 1:7.500, 2010

start: individual, loops in various order

at controls: stripes? flags?

CD: at maps

effort: easy

courses - altogether 12.7km:

a) contour 2.4km

b) corridor 2.4km

c) memory 1.0km

common course where you learn the whole leg at control and then run without looking at map

d) direction 1.7km

e) pickup 2.8km

control picking set the way that you need to have the right the direction when leaving control

f) turnoff 2.4km

exercising a typical situation - switching between rather easy path running and need to hit the control (right leaving place, right direction)

focus:

- pointing out some navigation component makes you instinctively more aware about it

challenge:

- complete all exercises without any major mistake
- do the exercises consciously, with the desired focus

09 - START LOOPS HUBELJ [FR pm]

trip: 35km/0:28



from P to start: 0.8km/100m(!)

map: Hubelj 1:10.000, 2009

start: waves of 8 people

at controls: big flags

CD: at maps

effort: fresh

courses: **8 short loops** of about 400m of orienteering and some jogging back, altogether about **3km of O** and **2.5km of jogging**

(!) important to run the loops in

ALPHABETICAL order

focus:

- start and re-start routine

challenge:

- gain repeatedly full rational control over the race introduction (calm start, map orientation, using the marked route, safely to first, flow to second)

10 - LIPICA OPEN LONG [SA am]

trip: Kazlje Gradnje 30km/0:24



11 - SIGHTSEEING SPRINT KOPER [SU pm]

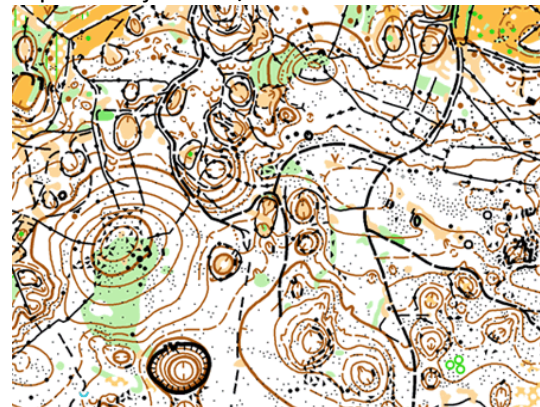
trip: Kazlje Gradnje 57km/0:35

To be organised in case of interest.



12 - LIPICA OPEN MIDDLE [SU am]

trip: Gorenje 31km/0:24



The order of middle and long has been currently exchanged.

More info about races later when event instructions available.

/1.3.2013 RN

