

Training camp – trainings schedule

Sweden – Ärla



Friday

Journey

Brno – Praha – Dresden – Berlin – Rostock
800 km

Middle

Accommodation – start/finish – on the way (near Berlin)

Start – 52.789919, 13.658405

Melchower Schweiz, 1 : 10 000, Äquidistanz 5 m

- 6 800 m, 19 controls

normal map – orange stripes on control

speed = medium

Saturday

Journey

Rostock – Trelleborg – Malmö – Jönköping – Nyköping
600 km

Welcome training (line, picking controls, RGB)

Accommodation – start/finish – 5 km

Start – 59.208108, 16.772648

Hedmossen, 1 : 10 000, Äquidistanz 2,5 m

- line – 2 300 m
- picking controls – 1 600 m – 14 controls
- RGB (micro-o) – 1 700 m – 8 controls

normal map – flags on the controls

speed = medium

Sunday

Middle

Accommodation – event center – 6 km

Start – 59.292271, 16.776331

Långsvegsmon, 1 : 10 000, Äquidistanz 5 m

- long – 5 900 m – 17 controls
- middle – 4 300 m – 13 controls
- short – 3 400 m – 10 controls

normal map – flags on the controls

speed = medium

There and back

Accommodation – event center – 15 km

Start – 59.196042, 16.743968

Hedmossen, 1 : 10 000, Äquidistanz 5 m

- A – 1 040 m – 4 controls
- B – 1 060 m – 4 controls
- C – 1 120 m – 4 controls
- D – 1 080 m – 4 controls
- E – 1 080 m – 4 controls
- F – 1 090 m – 4 controls

normal map – SI and flags on the controls

speed = fast

Monday

Ärla Night Mare (long mass start)

Accommodation – start/finish – 5 km

Start – 59.196042, 16.743968

Högstensmon, 1 : 15 000, Äquidistanz 5 m

- long – 9 400 m – 20 controls
- middle – 6 400 m – 12 controls
- short – 4 300 m – 8 controls

normal map – SI and flags on the controls

speed = fast

Middle

Accommodation – start/finish – 3 km

Start – 59.196042, 16.743968

Ärla Åsen, 1 : 10 000, Äquidistanz 5 m

- long – 6 100 m – 26 controls
- middle – 4 800 m – 21 controls
- short – 3 600 m – 17 controls

normal map – SI and flags on the controls

speed = fast

Tuesday

Long distance

Accommodation – start/finish – 12 km

Start – 59.112836, 16.718858

South Åkers Styckebruk, 1 : 10 000, Äquidistanz 5 m

- H – ? m
- D – ? m

very hilly and longdistance and combined with bathing

normal map – SI and flags on the controls

speed = fast

Wednesday

Kombotech (koridor + picking controls)

Accommodation – start/finish – 3 km

Start – 59.287762, 16.642813

Lövsäter, 1 : 10 000, Äquidistanz 5 m

- max – 6 100 m – 27 controls
- min – 3 900 m – 15 controls

normal map – flags on controls

speed = medium/slow

I. leg relay

Accommodation – start/finish – 8 km

Start – 59.238530, 16.659217

Grytsjöskogen, 1 : 10 000, Äquidistanz 5 m

- H – 4 500 m
- D – 3 700 m

normal map – SI and flags on the controls

speed = fast

Thursday

Even/Odd

Accommodation – start/finish – 8 km

Start – 59.222004, 16.706639

Sågarsvedet, 1 : 10 000, Äquidistanz 5 m

- long – 5 800 m – 14 controls
- middle – 5 200 m – 12 controls
- short – 4 700 m – 10 controls
- xshort – 3 500 m – 8 controls

normal map – flags on the controls

speed = medium

Sprint

Accommodation – start/finish – 15 km

Start – 59.374409, 16.503832

Eskilstuna, 1 : 4 000, Äquidistanz 2 m

- 3 200 m

normal map – SI and flags on the controls

speed = fast

Friday

Middle distance

Accommodation – start/finish – 4 km

Start – ?

?, 1 : 10 000, Äquidistanz 5 m

• ?

mixed forest with undervegetation and leavetrees

normal map – flags on controls

speed = how you like

Journey

Årila – Norrköping – Jönköping – Tranemo – Ambjörnarp

350 km

Saturday

Ungdomens Tiomila or middle distance

Accommodation – start/finish – 0 km

Start – 57.423239, 13.288370

<https://eventor.orientering.se/Events/Show/14950>

Journey

Ambjörnarp – Halmstad – Malmö – Trelleborg

280 km

Friday

Journey

Rostock – Berlin – Dresden – Praha – Brno

800 km

Maps with training places -

<https://www.google.cz/maps/@51.7030625,8.1253687,5z/data=!3m1!4b1!4m2!6m1!1s12UK20mwnZ0xkfGC7Y7yyNA46nBU>

All trainings (maps in JPG format, results in PDF format) you will find on Facebook (Austrian junior team) or ZBM home page (<http://zhusta.sky.cz>)



/26.7.2017, Libor Zřidkaveselý



UNGDOMSSTAFETT NATIONELLA TÄVLINGAR

www.u10mila.se

AMBJÖRNARP

TRANEMO KOMMUN

4-6 AUG 2017



WELCOME TO THE 37th INTERNATIONAL YOUTH 10MILA RELAY FRIDAY 4th OF AUGUST – SATURDAY 5th OF AUGUST 2017 NEAR TRANEMO

HD12

- 1 2,4 km yellow
- 2 2,1 km white
- 3 2,1 km white (parallel)
- 4 2,4 km yellow

Start Friday 4th of August 18.00
Finish at approx. 19.00

No forking.

Open for boys and girls born
2005 or later.

HD18

- 1 5,8 km night purple
- 2 5,8 km night purple
- 3 3,9 km night orange
- 4 6,8 km dawn purple
- 5 3,0 km day yellow (parallel)
- 6 3,0 km day yellow
- 7 3,0 km day yellow
- 8 3,6 km day orange
- 9 3,6 km day orange
- 10 7,0 km day purple

Start Saturday 5th of August
03.00. Finish at approx. 08.30.

Forking on leg 1-2, 6-7 and 8-9.

Open for boys and girls born
1999 and later.

D18

- 1 4,8 km day purple
- 2 4,8 km day purple
- 3 2,6 km day yellow (parallel)
- 4 3,2 km day orange
- 5 5,7 km day purple

Start Saturday 5th of August
05.30. Finish at approx. 08.00.

Forking on leg 1-2.

Open for girls born 1999 and
later.

Parallel legs can be run by 1-3 runners. First runner to the exchange sends the next runner out. The time will be taken on the first runner. All runners will count in the team.

Terrain

The competition area consists of coniferous forest, mixed with marshes and cultivated areas. The forest has various ages. Depressions is typical in one part of the competition area.

The terrain is mainly flat with some steeper areas. Good run ability. Areas where forestry harvesting has taken place are mostly easy to run.

Map

Scale 1:10 000, equidistant 5 meters.
Mapper Bo Herdersson, revised 2016-17.

Punching system

Sportident will be used. All types of SI-cards can be used. Each SI-card can only be used once during the relay competition. The SI-card number does not have to be included in the registration. The number is connected with the runner at check in to the exchange area. SI-card can be rented along with the entry.

