



## Training Info

### Sprint, 28/05/2019, Orsa



<b>TC</b>	Parking Orsa Vårdcentral/Kyrka <a href="https://goo.gl/maps/uP5uVD1g...3rL6">https://goo.gl/maps/uP5uVD1g...3rL6</a>
<b>Time</b>	Last information on place 18:00, first start 18:20
<b>Startlist</b>	Will be done on place, start interval 1min or more
<b>Warm-up</b>	Can be done in direction EAST of the parking. Youth has warm-up together.
<b>Map</b>	<i>Orsa, 1:4'000, 2.5m</i> Will be handed out at the start, together with lose control description (also on the map)
<b>Courses</b>	<i>long</i> 2.1km, 16 controls, „difficult“ <i>middle</i> 1.5km, 11 controls, „medium“ <i>short</i> 1.2km, 8 controls, “easy”
<b>Terrain</b>	Urban area with mostly asphalt and few park areas. Normal running shoes recommended.  There will be forbidden areas marked with purple on the map. These areas are not marked in the terrain but are of course forbidden to cross.



<b>Controls</b>	<b>Small flags with sportident.</b>
<b>Other</b>	The map is rather old, there might be some changes in the terrain  Mats Jönsson will be on place with the Youth. He will give last information and organize the start.  Pay attention to traffic and pedestrians during your race!

Enjoy, DET ÄR VI SOM ÄR DALARNA!