

SPARINGTRÄNING SPRINT

TRAINING TYPE:

KNOCK-OUT SPRINT

MAP:

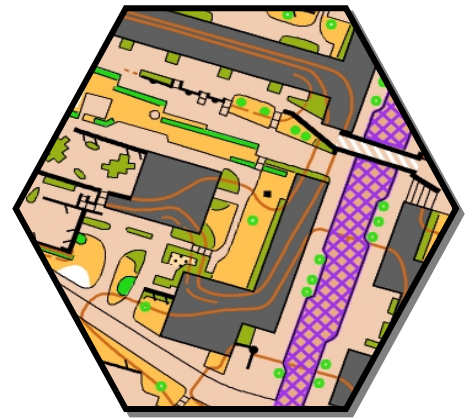
RINKEBY [2020]

Scale | Contours: 1/4.000° | 2 m

LOCATION:

Norra stadsparken Rinkeby 59.389045, 17.930051

<https://goo.gl/maps/QQWuF8qH8bpxJa6LA>



TRAINING INFO:

Distances: Quarter 2,1 km | 15m↗
Semi 2,4 km | 20m↗
Final 2,7 km | 20m↗

Controls: Control kite 30X30

First start: The controls will be in the terrain from
11:00 to 12:30

Separate control description

Warmup Map

Livelox

Sport Ident

Start-List

	Yes	No
Separate control description		X
Warmup Map	X	
Livelox	X	
Sport Ident		X
Start-List		X

DESCRIPTION:

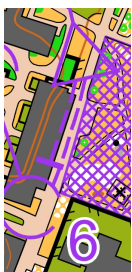
For this first KO-sprint training of the winter, we use a challenging area freshly mapped. There have been a few constructions lately, but the map has been revised and it should offer a great training. The whole area is almost car free, and a few bridges offer tricky routes.

The EOC courses winning time is supposed to be 6-8' long, and it is probable that the semi and final, this time, will be slightly longer, but we try to make the best of this area, and will be more specific the closer we get from the competition season,

The setting of the training is fitting the COVID regulations with only 30x30 flags out in the terrain from 11:00 to 12:30, **self-printing** and free start.

NOTE:

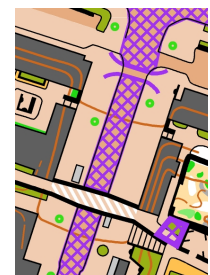
For the three rounds, there is a map exchange – the maps are printed in the same sheet of paper (first part left), the control numbers are continuing. >



For the quarter-final, there is an arena passage, and the start point is used twice. <

70% asphalt, 30% grass – as the whole area is pretty flat, running shoes should still work fine if not wet.

A few barriers have been added on the map to make the course more interesting, but not visible on the terrain. They can be on different places after the map exchanges.>



No official parking – there are a few spots here and there from a walking distance from the arena. The tunnelbana “Rinkeby” is 200m from the arena.

The jpeg files will be available in livelox afterward. Make three different GPX files if you want to be able to compare all the courses properly.