

ÖPPET SPRINTLÄGER STOCKHOLM

TRAINING TYPE:

KNOCK-OUT SPRINT

MAP:

HORNSTULL I O. KARLIN [2013] | M. BOSTRÖM [2017]

Scale | Contours: 1/3.000° | 2,5 m

LOCATION:

Förskola Pipmakaren 59.314847, 18.042704

<https://goo.gl/maps/2J2s7e9mdXUtFfBe6>



TRAINING INFO:

Distances: Quarter 1,7 km | 50m ↗
Semi 1,8 km | 55m ↗
Final 1,8 km | 55m ↗

Controls: Control kite 30X30, SI Air

Timetable: First Quarter 14:00 [*Heats every 3min, call up time -2min*]
First Semi 15:30
First Final 16:30

Separate control description

Warmup Map

Loggator

Sport Ident

Start-List

Yes	No
	X
X	
X	
X	
X	

DESCRIPTION:

For this KO-sprint training, we are using a really interesting area with a lot of relevancy for the EOC2021 KO-sprint venue. The whole area is almost car free, and there are plenty of steep stairs you can also find near the castle of Neuchâtel. The climbing announced in the bulletin 3 is about the same as here (1/4:40m, 1/2:55m, Final: 50m), so in that way it is highly relevant.

We are only going to use a small area but with map exchanges, 1/3.000° scale, and artificial barriers in different places, the whole three rounds will be challenging, and requires high focus the whole way.

To make this training possible, and fit to COVID recommendations, we ask you to, at least, keep your distances when you are not racing, and not spent more time than necessary at the arena.

NOTE:

The EMSS runners who are not racing at Sprint SM the following weekend, can run those courses between 13:30 and 14:00, the maps will be available at the arena.

The qualification scheme will be thought after the entries are closed, but everyone will have the possibility to run the three courses.

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



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.

85% asphalt, 15% grass – running shoes should work fine if dry.

No official parking – there is usually good parking possibilities at Drakensbergsgatan (north of the arena) or east of Tantolunden, but it is going to be possible to leave a bike or bag at the “arena” during the whole training.

Make three different GPX files if you want to be able to compare all the courses properly in livelox, for those not granted with a loggator unit.