

ÖPPET SPRINTLÄGER STOCKHOLM

TRAINING TYPE:

SPRINT QUALIFICATION

MAP:

MARIABERGET | H. PERSSON [2020] | T. GUEORGIOU [2021]

Scale | Contours: 1/4.000° | 2,5 m

LOCATION:

Lundabron 59.319604,18.056508

<https://goo.gl/maps/P2TNeFtgBa5yhs5t5>

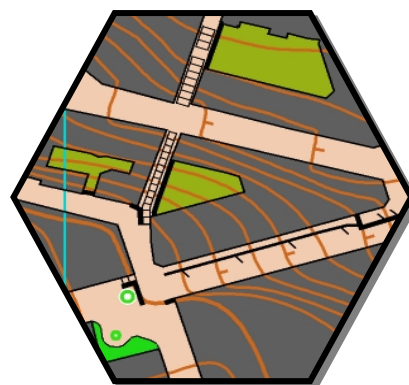
TRAINING INFO:

Distances: MEN 3,3 km | 80m↗

WOMEN 3,0 km | 65m↗

Controls: Control kite 30X30, SI Air

First start: 15:30 [Men first] – Call up time: -2min



Separate control description

Warmup Map

Loggator

Sport Ident

Start-List

Yes	No
X	
X	
X	
X	
X	

DESCRIPTION:

We simulate an EOC sprint qualification with common start for 3 different heats, in a pretty relevant area for European Championships. This map features multi-levels, cobbled streets and stairs, which are features you will find in Neuchâtel.

Looking at contours, and control descriptions is something you should definitively value when evaluating route choices.

NOTE:

To make this training possible, and fit to COVID recommendations, we ask you to keep your distance, and not spent more time than necessary at the arena (show up changed and ready to warmup).

The EMSS runners who are not racing at Sprint SM the following weekend, can run this course between 15:00 and 15:30, the maps will be available at the start.

There is one map exchange – the maps are printed in the same sheet of paper (first part up), the control numbers are continuing. >



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.

< The car traffic is limited in the whole area, except in one of the route choices where you are allowed to cross one of the main streets in a specific place. The pole in the middle of street is used to show you where you are allowed to cross this street. The visibility there is really good but still pay attention to the cars.

Depending a bit of the routes picked, 100% asphalt/cobbled street to 80% asphalt-20% grass/gravels – running shoes should work fine.

No official parking – parking near the start is usually challenging, but there are a few public places along the water. Otherwise, it is going to be possible to leave a bike or bag at the “arena” during the whole training.