

ÖPPET SPRINTLÄGER STOCKHOLM

TRAINING TYPE:

FORKED SPRINT

MAP:

NÄSET I MÅRTEN BOSTRÖM [2018]

Scale | Contours: 1/4.000° | 2 m

LOCATION:

Grönsta 59.378763, 18.156612

<https://goo.gl/maps/59pGXB1Grjc171aA8>



TRAINING INFO:

Distances: 3,8 km | 65m7

Setting: Control kite 30X30, No control code.
Self-printing – you will receive a printable pdf once you enter (not for Swedish team runners or runners staying at Bosön)

Timetable: Controls out in the terrain between 10:00-11:30

Separate control description

Warmup Map

LiveloX

Sport Ident

Start-List

Yes	No
X	
X	
X	
	X
	X

DESCRIPTION:

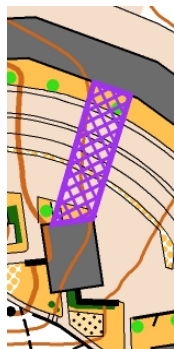
This training is supposed to be the least intensive of those 4 sprint days in Stockholm, and mostly to work on the foundations of your sprint technique.

To still make it interesting, the map has been loaded with artificial barriers to offer bit more complex routes.

Also, the course is forked, with often controls in less than 10 m2 large area. As there are no control code on the flags, it is all about being extra prepared by reading the control description to keep a great flow in and out the control.

NOTE:

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



< Barriers have been added on the map this way, but not visible on the terrain. They can be on different places after the map exchange.

The course has three different versions, makes sure if you start with someone to have different forking as it will make the training a lot more interesting.

The area used is on a slope with buildings of different sizes, and a mix of parks and open forest. About 60% asphalt - 40% grass/gravels – running shoes should still work fine if not wet.



Best place to park if you are coming by car is in Grönsta – small run from there on the warmup map to get to the start.