

Launceston Sprint Training Camp

Location: Launceston

Date: Friday - Sunday 15-17 March

About This Event: - This is a short sprint camp. No walking - only running. Three days - four events.

Suitable for all ages and fitness levels.

Participants will have the opportunity to improve their sprint orienteering skills through technical sessions, talks and course analyses.

Where is the Start? The starts will be in different Launceston suburbs, including the city centre.

What Are The Courses? Urban sprint courses.

Punching system SI punching system or flags

More Information

Participation at the event implies permission to publish any photo or video taken during the event.

Sprint camp is conducted under IOF sprint rules. All participants breaking the rules will be disqualified. All features marked on the maps by "do-not-cross" symbols are forbidden to cross, even if they are crossable, or not present in the terrain anymore.

All urban events have risks linked with crossing streets with vehicle traffic .

We will organize marked road crossing with controllers, and crossing road in other place is totally forbidden (and life threatening).

Remember, your life and health are much more valuable than seconds lost on the course!

Accommodation: own arrangements

Transport: own arrangements

Schedule

When	What	Where
Friday 15/03 20:00	Night mass-start sprint course	Launceston university
Saturday 16/03 9:00	Memory o-intervals	City centre
Saturday 16/03 14:30	1st control exercise	Windsor community park
Sunday 17/03 9:00	Sprint course	City centre

For registration to the camp and more information please contact:

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