Invitation for National teams & international top-orienteers

MOC CAMP

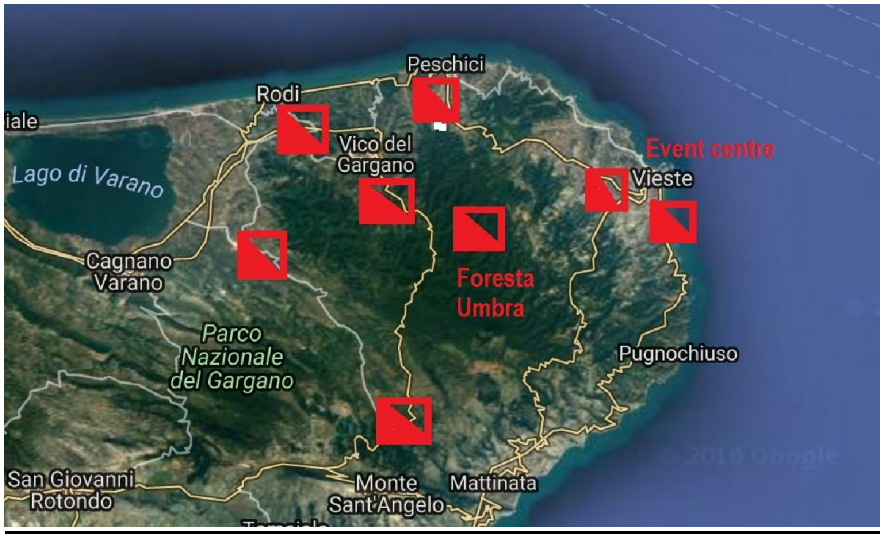
4th to 9th March 2017

Bulletin 1: preliminary informations 18.08.2016

Head coaches: **Janne Salmi** and **Jaroslav Kacmarcik**

Lectures: Janne Salmi, Emil Wingstedt and Thierry Gueorgiou

A great combination of 5th MOC Sprint Camp (4th to 9th March) and XIII edition of MOC Mediterranean Open Championship Orienteering (10th to 12th of March)



MOC-Camp 4 -9 march 2017 (Gargano - Puglia)
Peschici, Monte Sant'Angelo, Vico del Gargano, Vieste, Ischitella, Rodi Garganico, Foresta Umbra.

- Main focus on race-model & athletes-feedback
- Two different versions of K.o.sprint tested: "NORT-model" & "CHASE-model" – to be confirmed by IOF during August-September

PRELIMINARY PROGRAM:

- Sat 4th: sprint- & forest-trainings available
- Sun 5th: a**m. "NORT-model" qualification; pm. "NORT-model" ½-finals and finals**
- Mon 6th: sprint- & forest-trainings available
- Tue 7th: sprint- & forest-trainings available
- Wed 8th sprint- & forest-trainings available**; pm. "Chase-model" ½-finals and finals**
- Thu 9th: departure for MOC (10-12.3, Salerno, 4 hrs form Gargano)
- **Fri 10th-Sun 12th: MOC**

Accommodation A (max 150 places available):
5 nights full board in 4 stars hotel + training camp, euro 365 euro/person

Accommodation B (max 80 places available):
5 nights in bungalow (4 beds) + training camp, euro 195 euro/person

Event centre MOC sprint camp 2017: residence/hotel Baia degli Aranci in Vieste – 4 stars hotel http://www.baiadegliaranci.it/

XIII edition of MOC Mediterranean Open Championship Orienteering
MOC 9.-12. March (*Option reserved only for partecipants at MOC sprint camp in Gargano)

3 nights – accommodation in Agropoli, double room, including breakfast, dinner on thursday 9th march, MOC banquet dinner on Saturday 11th march with music/Nick Manfredi show, entry fee 3 races of MOC Championship: 175 euro/person*

Extra trainings
On request is possible to organize extra training in forest and in historical city arround Agropoli on thursday 9th afternoon and on Friday 10th morning in 3 different maps.
(MOC stage 1, will be a night sprint on Friday with first start at 18.00).

ROMA – 2 sprint races: 3-4 march 2017
These races are organized by local club in Roma. More info available in September.

MILA
Mila will be one of tecnichal partner of MOC 2017. So MILA can bring some lamps to offer for free testing to runners…

Info MOC Camp 2017:
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