Bulletin 1

MOC SPRINT CAMP

Castellaneta Marina – Taranto 10.-17.3.2013

PWT Italy welcomes you to a high-level O-Camp in connection with Mediterranean Orienteering Championships (MOC) in southern Italy in March 2013!

MOC *Sprint* Camp will be organized in and around Castellaneta Marina, in the "sole of Italy", from Sunday 10th to Thursday 14th of March. As in 2011 and 2012, Janne Salmi (FIN) will be the coach and course-setter of the Camp.

The eight trainings / training-races of the camp will be accomplished on seven different maps – five sprintmaps of historical towns and two forest-maps. Four of the maps are less than 20 minutes from the hotel, to the other three it's 45 and 90 minutes. All the maps are drawn or updated in 2010 to 2012.

PRELIMINARY PROGRAM

SUN 10.3	Arrival, Hotel Nova Yardinia***, Castellaneta Marina
MON 11.3	am. O-training no 1; *Nova Yardinia*
	- sprint-intervals 5 x 2-4min
	pm. O-training no 2; *Chiatona (forest)*
	- workshop: 3 parts á 2-3km slow speed
TUE 12.3	am. O-training no 3; *Matera*
	- sprint-test 5km; 2x1,5km running + 2x1 km sprint
	pm. O-training no 4; *Catalano (forest)*
	- compass-training 5-6km, middle-speed
WED 13.3	am. O-training no 5; *Monopoli*
	- sprint qualification 15min
	pm. O-training no 6; *Alberobello*
	- sprint final 15min
THU 14.3	am. O-Training no 7; *Chiatona (forest)*
	- contour-O 4-5km
	pm. pre-MOC ultra-sprint; Castellaneta town

FRI 15.—SUN 17.3 MOC 2013 – 1 Sprint, 1 Middle, 1 Long Distance *Further information coming soon!*

PRICE OF THE CAMP – 7 days

490€ / person, in ***hotel (half-board in a twin-room) Lunch 10€/day

290€/ person in apartments (4 pers/apt - no meals. *Limited availability!)* Extra-day 55€ (hotel)/ 25€ (apt)

The prices include: 8 high-quality trainings with training-analysis by Janne Salmi and all MOC-races

Join the best ones – follow the sun!

www.orienteering.it