



12.03.2019

# MOC Sprint Camp 2018

Campania, Italy 18-21.03.2019

PWT Italy welcomes you to a high-level O-Camp in the southern part of Campania in connection with XV edition of Mediterranean Orienteering Championships (MOC).

## Overall program

Mon 18.03	All day: Open trainings available 20.00: Info about training race
Tue 19.03	AM: Qualification Race Trentinara PM: Final Race Roccadaspide
Wed 20.03	All day; open trainings available 20.00 Info about knock out sprint, lecture Daniel Hubmann
Thu 21.03	AM: Knock-out sprint quarter and semi final, Santa Maria PM: Knock-out sprint final, Castellabate
Fri 22.03	MOC weekend stage 1 Ascea
Sat 23.03	MOC weekend stage 2 Paestum
Sun 24.03	MOC weekend stage 3 Benevento

## Race information

### 1. Qualification Trentinara

Tuesday 19.03 morning

Normal course, winning time 12-15 min

Terrain: Small old town situated on a ridge with steep slopes.

### 2. Final Roccadaspide

Tuesday 19.03 afternoon

Normal course, winning time 12-15 min



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Terrain: Small historical city center situated on the edge of a ridge. Many small irregular streets and stairs.

### 3. Knock out Santa Maria / Castellabate

Thursday 21.03 all day

#### **Quarter final Santa Maria, first start 10.00**

6 heats of 6 runners based on the race in Solsona. Top 3 runners qualify to the semi final  
6-8 min course, phi-loop forking

Terrain: Rather flat city center by the coast. Some park areas and beaches, good runnability

#### **Semi final Santa Maria**

3 heats of 6 runners. Top 2 qualify for the final  
6-8 min course, runner's choice forking

#### **Final Castellabate**

6 runners.

6-8 min course, no forking

Terrain: Small city center situated on a ridge with steep slopes. Many irregular streets and stairs.

## Open sprint trainings

### 1. Agropoli

#### **Training format**

Route choice training, 4 courses all starting with short legs and finish with a long route choice. The aim of the training is to evaluate the route choice leg while running the first part of each course.

It's also possible to rerun the courses from the MOC night sprint in 2017.

#### **Terrain**

City with residential area, modern city center, old city center and a castle. Moderately hilly.

### 2. Castelcivita

#### **Training format**

Downhill training. 5 courses all starting at the top and finishing lower.

The aim of the training is to master map reading while running downhill. For a more physical training one can start each course from the finish with a steep uphill before the start.

#### **Terrain**

Historical old town situated on a steep slope. Many narrow streets and stairs.



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### 3. Roccadaspide

#### **Training format**

Pair exercise; runner A has odd numbered controls on the map and runner B has even numbered controls. Runner A starts navigating to the first control while runner B follow on the map. The lead change at each control throughout the course.

Training aim: to quickly plan the route choice and resume orienteering from an unknown starting point.

This training will be available from Wednesday

### 4. Trentinara

#### **Training format**

Map memory training.

Training aim: concentration and to plan route choice and main navigation features ahead.

This training will be available from Wednesday

## Event center

### [Hotel Cerere Paestum](#)

Address: Via Laura Mare, 15, 84047 Capaccio SA

Opening times:

Monday 18th March 10.00-12.00, 16.00-18.00, 20.00-22.00

Tuesday 19th March 08.00-09.00, 21.00-22.00

Wednesday 20th M. 08.00-09.00, 21.00-22.00

Thursday 21st M. 08.00-09.00, 21.00-22.00

Outside these opening hours, please contact Julia by sms/mobile +393466467774

## Accommodation

Apartments and hotel rooms are in Hotel Cerere - same building of Event Centre.

Check-in available 24h

Parking available

We agreed special rates for meals for runners, 12€ lunch, 18€ dinner at Hotel Cerere. To be booked the day before and paid directly to the hotel Cerere.



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## MOC camp crew

General Manager	Gabriele Viale	+39 3386138508
Head Coach	Emil Wingstedt	+47 90505230
Coach assistant	Jaroslav Kacmarcik	+46 705828387
Technical manager	Janos Manarin	+39 3483702606
Local manager	Davide Pecora	+39 3389058213
Secretary	Giulia Zenere	+39 3466467774

## Information

Detailed information about training and races will be available at the camp.

Web: <https://www.orienteering.it/en/eventi/moc-mediterranean-open-championship-2019/moc-camp-2019/>

E-mail: [info@orienteering.it](mailto:info@orienteering.it)