

# MOC Camp 2021 – BULLETIN 2

## PROGRAM

- 22.March 2021 - Open trainings
  - 23.March 2021 - Sprint Final (Arzignano) - First start 10:00
  - 24.March 2021 - Knock Out sprint (Verona) - First start 09:00
  - 25.March 2021 - Open trainings
  - 26.March 2021 - Sprint Relay (Alonte) - First start 09:00
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## SPRINT FINAL - Arzignano

### MEETING POINT & PARKING

Meeting point and parking is at Arzignano's football stadium [HERE](#)

GPS: 45.518258, 11.323424

### MAP AND TERRAIN

Map 1:4000/2,5 m Mapped in 2019 and updated in 2021

Map maker: Tommaso Scalet

Terrain: mix of urban and park areas with some rather steep uphill. Shoes with good grip are suggested, **NO orienteering shoes!**

### LENGTHS

MEN 3.9km 95m climb (20 controls)

WOMEN 3.2km 85m climb (17 controls)

Course setter: Tommaso Scalet

### ARENA SCHEME

Sprint Final arena [HERE](#)

### START

Start is located 700m from the meeting point.

First start 10:00

Starting interval 1 minute, Start lists will be available at the meeting point.

Control description will be available at the start.

### FINISH

From the finish runners should go to the meeting point to read out their SI-cards

### SPECIAL INFO

1) Some buildings have a very complicated network of stairs with shorter dead-end ones (as shown [HERE](#)) which have been simplified on the map as shown [HERE](#)

2) Please be aware that roads are open to traffic, be careful when running and crossing!

3) The sprint final will be used also as qualification for the Knock Out sprint. The best 24 Men and 24 Women will be qualified.

All others will anyway still be able to run the Knock Out sprint.

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## **KNOCK OUT SPRINT - Verona**

### **MEETING POINT & PARKING**

Meeting point is at Parco Santa Croce [HERE](#)

GPS: 45.450273, 11.024911

Free parking places are available in the area of Parco Santa Croce, right beside the meeting point

### **MAP AND TERRAIN**

Map 1:4000/2,5 m Mapped in 2019 and updated in 2021

Map maker: Stefano Zonato, Update Stefano Raus&Tommaso Scalet

Terrain: mostly urban with some open areas

### **LENGTHS**

QUARTER-FINAL 2.1km 10m climb

SEMI-FINAL 2.7km 15m climb

FINAL 2.4km 10m climb

Course Setter: Tommaso Scalet

### **ARENA SCHEME**

Knock Out Sprint Arena [HERE](#)

### **START**

All start are within 200m from the finish and meeting point

First start 09:00

Start lists will be available at the meeting point.

Control description will be only on the map.

### **SPECIAL INFO**

1) The sprint final is used also as qualification for the Knock Out sprint. The best 24 Men and 24 Women will be qualified.

All others will anyway still be able to run the Knock Out sprint.

2) Please be aware that roads are open to traffic, be careful when running and crossing!

3) On the map there are some artificial fences marked with ISSprOM symbol 709 Out-of-bounds area

**Team for the Sprint-Relay in Alonte will need to be announced no later than on 24th March**

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## **SPRINT RELAY - Alonte**

### **MEETING POINT & PARKING**

Meeting point is at Palestra Comunale di Alonte [HERE](#)

GPS: 45.363000, 11.427064

Free parking places are available in the area

### **MAP AND TERRAIN**

Map 1:4000/2,5 m Mapped in 2008 and updated in 2021

Map maker: Rudy De Ferrary, Update Tommaso Scalet

Terrain: mostly urban with limited open areas

## **LENGTHS**

LEG 1 - 2.6km 25m climb

LEG 3 - 3.4km 40m climb

LEG 2 - 3.4km 40m climb

LEG 4 - 2.6km 25m climb

Course Setter: Tommaso Scalet

## **ARENA SCHEME**

Sprint Relay Arena [HERE](#)

## **START**

First start (mass start) 09:00

Start lists will be available at the meeting point.

Control description will be only on the map.

## **SPECIAL INFO**

1) Relay teams will be on 4 people (Woman/Men/Men/Woman)

2) Please be aware that roads are open to traffic, be careful when running and crossing!

3) Runners will have a map change (both maps are printed side by side) after spectator control detailed info will be given at the arena

**Team for the Sprint-Relay in Alonte will need to be announced no later than on 24th March**

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## **OPEN TRAINING POSSIBILITIES**

1) Verona city center - route choices

2) Lonigo city center - Pair sprint

3) Vicenza city center - Sprint intervals

Alternatively for those who wants, is available a forest training not far from Alonte

1) Botteghino - Route choicer

2) Alonte Forest (Marisa) - Middle distance