



- **Martedì 8 febbraio**

Allenamento Sprint – Civitavecchia (viaggio 50min)

Course setter: Verena Troi

Map: Civitavecchia (1:4.000 2,5m)

Notes: some traffic on the main city roads, pay attention

<https://www.livelox.com/Events/Show/73329/Camp-U23-Picking-Sprint>

M-W: 3,3km, 25m climb, 31 controls

Start: 0,5km from Parking

- **Mercoledì 9 febbraio**

Allenamento Middle Distance – Manziana (viaggio 15min)

Course setter: Verena Troi

Map: Manziana (1:10.000 2,5m)

Notes: warm-up map map available from Parking to Finish

<https://www.livelox.com/Events/Show/73326/Camp-U23-Middle>

M: 7,0km, 100m climb, 19 controls

W: 4,9km, 60m climb, 14 controls

Start: 150m from Finish

Allenamento Sprint Intervals – Bracciano (2,4km a piedi)

Course setter: Stefano Raus

Map: Bracciano (1:4.000 2,5m)

Notes: some traffic on the main city roads, pay attention

<https://www.livelox.com/Events/Show/73298/Camp-U23-Sprint-Intervals>

M-W: 3,4km, 25 controls

Start: 2,4km from Hotel

- **Giovedì 10 febbraio**

Allenamento KO Sprint Qualification – Cerveteri (viaggio 25min)

Course setter: Stefano Raus

Map: Cerveteri (1:4.000 2,5m)

Notes: artificial barriers not in the terrain

<https://www.livelox.com/Events/Show/73296/Camp-U23-KO-Qualification>

M-W: 2,7km, 40m climb, 12 controls

Start: 0m from parking

Allenamento KO Sprint Elimination rounds – Spinaceto (viaggio 50min)

Course setter: Stefano Raus

Map: Spinaceto (1:4.000 2,5m)

Notes: artificial barriers not in the terrain

<https://www.livelox.com/Events/Show/73295/Camp-U23-KO-Elimination-Rounds>

KO QUARTER FINAL - no forking

M: 2,3km, 10m climb, 14 controls

W: 2,0km, 10m climb, 12 controls

Warm-up: specific warm-up map

Cool down: Quarter Final area

Start: 0m from Quarantine

KO SEMI FINAL - choice selection

M/W: 2,2km, 15m climb, 13 controls

Warm-up & Cool down: Quarter Final area

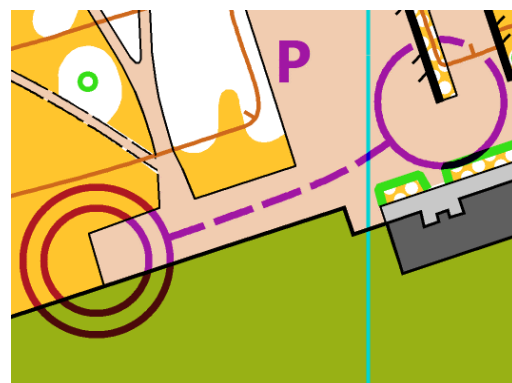
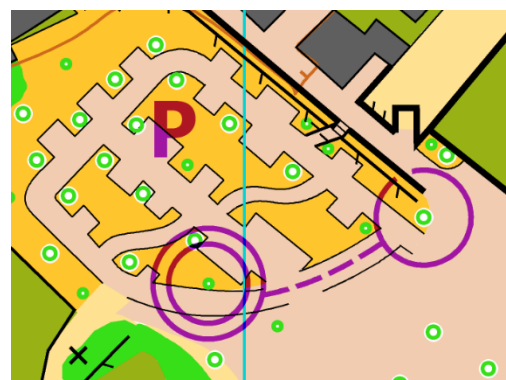
Start: 50m from Arena

KO FINAL - map change and forking

M/W: 3,0km, 40m climb, 19 controls

Warm-up: Quarter Final area

Start: 100m from Arena





FEDERAZIONE
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ORIENTAMENTO

- **Venerdì 11 febbraio**

Allenamento in pista – Campo di atletica di Cerveteri (viaggio 20min)
Sessione libera individuale

Allenamento Long Legs – Monte Musino (viaggio 40min)

Course setter: Misha Mamleev

Map: Monte Musino (1:10.000 5m)

Notes: many paths/tracks on a map with many contours

<https://www.livelox.com/Events/Show/73309/Camp-U23-Long-Legs>

M: 8,3km, 360m climb, 10 controls

W: 6,5km, 270m climb, 9 controls

Start:

- **Sabato 12 febbraio**

Allenamento Sprint Relay 2x2 – Anguillara Sabazia (viaggio 20min)

Course setter: Stefano Raus

Map: Anguillara Sabazia (1:4.000 2,5m)

Notes: artificial barriers not in the terrain

<https://www.livelox.com/Events/Show/73308/Camp-U23-Sprint-Relay>

M-W 1: 2,5km, 15 controls

M-W 2: 2,7km, 13 controls

Start: 0m from Arena

Allenamento Multitecnica – Faggeta di Oriolo (viaggio 20min)

Course setter: Misha Mamleev

Map: Faggeta di Oriolo (1:10.000 5m)

Notes: compass, corridor, downhill, distance feeling in green, choice, picking

<https://www.livelox.com/Events/Show/73310/Camp-U23-Multitecnica>

M-W: 6,3km, 19 controls

- **Domenica 13 febbraio**

Allenamento Forest Relay 2x3 – Macchia della Signora (viaggio 25min)

Course setter: Misha Mamleev

Map: Macchia della Signora (1:4.000 2,5m)

Notes: 3 runs per person

<https://www.livelox.com/Events/Show/73330/Camp-U23-Forest-Relay>

M-W 1: 1,6km, 6 controls

M-W 2: 1,4km, 7 controls

M-W 3: 1,5km, 7 controls

Start: 90m from Finish

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