



MOC CAMP 2024

Training instructions



GENERAL INFO

This information is preliminary, more details will be given each evening after the dinner at Hotel Cerere.

We are also planning to set up a **WhatsApp-group** for all participants, for the last information, so please load WhatsApp on your phone if you haven't it yet. More about this on Monday evening.

Some of the map samples seen on the next pages are from the old versions – don't get confused.

Toilets: some trainings have public toilets close by, otherwise you must try to use cafeterias or nature.

TRAINING PLAN (14.3)

		morning	#	map	afternoon	#	map
Mon	18.mar				easy speed sprint (opt 1)	1	Paestum
Tue	19.mar	easy speed sprint	2	Agropoli	sprint intervals	3	Trentinara
Wed	20.mar	"KO-qualification" 10-12min	4	Castelcivita	KO-heats	5	Rocccadaspide
Thu	21.mar	Easy speed pair-routechoice	6	Eboli	Sprint relay (2-pers per team)	7	Eboli
Fri	22.mar	contol pick sprint	8	Trentinara	MOC day 1 (16.00)		Santa Maria di C.
Sat	23.mar	MOC day 2 (10.00)		Castellabate	easy speed sprint (opt 2)	1	Paestum
Sun	24.mar	easy speed sprint (opt 3)	1	Paestum			

ENTRIES (14.3)

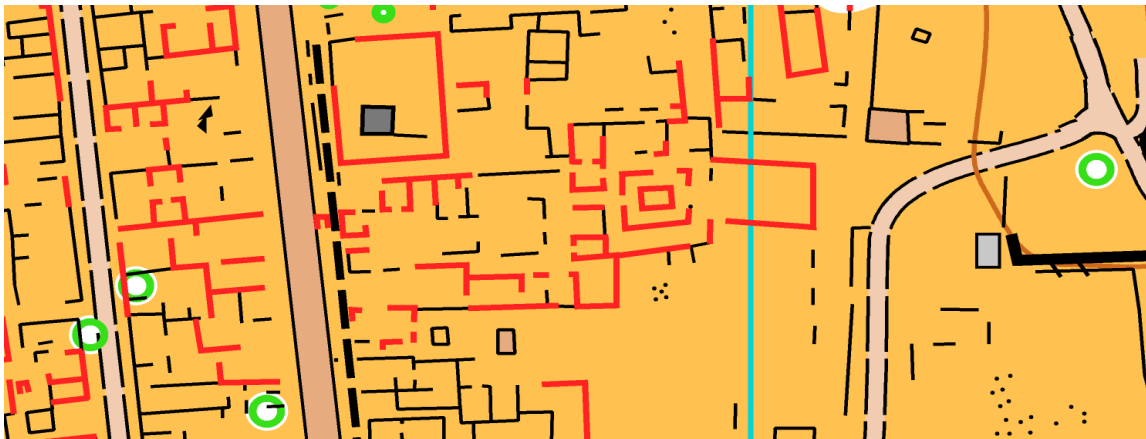
Maksim	Mitskivich	Belarus	M21	Sviatlana	Lychkova	Belarus	Open Middle
Ihar	Lychkou	Belarus	M21	Kseniya	Kliavusava	Belarus	W20
Aliaksandr	Lychkou	Belarus	M16	Liudmila	Kliavusava	Belarus	Open Short
Veronika	Chernik	Belarus	W21	Anastasiya	Halodnikava	Belarus	W20
Aliaksei	Missiurevich	Belarus	M20	Hanna	Hurskaya	Belarus	W20
Vasili	Straltsou	Belarus	M21	Hanna	Afanasyeva	Belarus	W20
Mikhail	Balabanov	Belarus	M12	Irina	Balabanova	Belarus	W40
Andrei	Radzivon	Belarus	M16	Galina	Hurskaya	Belarus	W40
Peter	Balabanov	Belarus	M40	Hannula-Katrin	Pandis	Estonia	W21
Emil	Øbro	Danmark	M21	Evely	Kaasiku	Finland	W21
Janne	Salmi	Finland	M21	Peyrard	Cécile	France	W50
Tuomas	Heikkilä	Finland	M21	Shahar	Weiner	Israel	Open Short
Touko	Seppä	Finland	M21	Lippert	Yelena	Kazakhstan	W60
Teemu	Oksanen	Finland	M21	Josefine	Lind	Norge	W21
Peyrard	Jean-marc	France	M50	Ewa	Edström Forsberg	Sverige	W50
Josh	O'Sullivan-Hourihan	Ireland	M21	Malin	Agervig Kristiansson	Sweden	W21
Kevin	O'Boyle	Ireland	M21	Vilma	von Krusenstierna	Sweden	W21
Tomer	Weiner	Israel	M40	Tove	Alexandersson	Sweden	W21
Håvard	Sandstad Eidsmo	Norway	M21	Katja	Bruetsch	Switzerland	W21
Eirik	Langedal Breivik	Norway	M21	Deborah	Stadler	Switzerland	W21
Cornelius	Bjørk	Norway	M21	Olena	Pitirimova	Ukraine	W21
Mats	Eidsmo	Norway	M21	Anna	Balas	Ukraine	W21
Fryderyk	Pryjma	Poland	M21	Mariia	Tymoshchuk	Ukraine	W21
Vladimir	Dotsenko	Russia	M40	Olena	Pitirimova	Ukraine	W21
Conny	Forsberg	Sverige	M50	Yevheniia	Veremeienko	Ukraine	W21
Jacob	Steinthal	Sweden	M21	Maryna	Yudina	Ukraine	W21
Oskar	Andrén	Sweden	M21	Olena	Babych	Ukraine	W21
Isac	von Krusenstierna	Sweden	M21	Svitlana	Kobets	Ukraine	W21
August	Mollén	Sweden	M21	Nadiia	Shchukina	Ukraine	W65
Jonatan	Gustafsson	Sweden	M21	Oleksandra	Parkhomenko	Ukraine	W21
Martin	Regborn	Sweden	M21				
Timo	Suter	Switzerland	M21	+ Italian athletes!			
Tino	Polsini	Switzerland	M21				
Maksym	Balas	Ukraine	M21				
Denys	Koval	Ukraine	M21				
Andrii	Marchuk	Ukraine	M21				
Vitalii	Petryshyn	Ukraine	M21				
Kostiantyn	Shchukin	Ukraine	M21				
Stanislav	Polianytsia	Ukraine	M21				
Illia	Dudnik	Ukraine	M21				
Ruslan	Glebov	Ukraine	M21				
Oleksandr	Starov	Ukraine	M21				
Illia	Otreshko	Ukraine	M21				

Training #1

Paestum

Ruin-O

- **Time** Free choice: Monday, Saturday, Sunday
- **Car park** [GOOGLE MAPS](#) Note! Possible to run from the accommodation (5km).
- **Start** 100m south-west of the parking area.
- **Terrain** Open grassland with lots of ancient ruins and walls.
- **Course** Ca. 5km / 40 controls (with map-flip).
- **Controls** none (not allowed)
- **Map** 1:3000 **Note that red walls are forbidden to cross!**
- **Philosophy** An enjoyable course in historical surroundings with lots of controls. Keep your focus high and read ahead with moderate speed.
- **NIOTE!!!** You must pay an entry-fee to the archaeological park, to do the training! (7-9€/person).



Training #2

Agropoli

Rhythm-change

- **Time** Tuesday. Individual starts between 9 and 10 o'clock.
- **Car park** [GOOGLE MAPS](#) (15km).
- **Starts** Ca. 200m west of the parking area (see the map below).
- **Terrain** A typical Italian small town with a small historical center.
- **Courses** Women 5,8km / 39 controls. Men 6,8km / 40 controls.
- **Controls** None.
- **Map** 1:4000 **Note many forbidden areas on the map – not marked in the terrain!**
- **Philosophy** A course with combination of short and long legs and lots of route-choices.



Training #3

Trentinara

Intervals

- **Time** Tuesday. Individual starts between 15 and 16 o'clock.
- **Car park** [GOOGLE MAPS](#) (20km)
- **Arena** Ca. 300m west of the parking area (see the map below).
- **Terrain** Small Italian historical town with lots of different structures and narrow streets.
- **Courses** Two courses with 3 intervals each (two maps). A: 2,5km/17 c. B: 1,8km / 12 c.
- **Controls** Flags. (Maybe SIAC, too).
- **Map** 1:4000 **Some forbidden areas on the map – not marked in the terrain!**
- **Philosophy** Sprint-intervals with focus on the start-phase: good speed & map-contact.

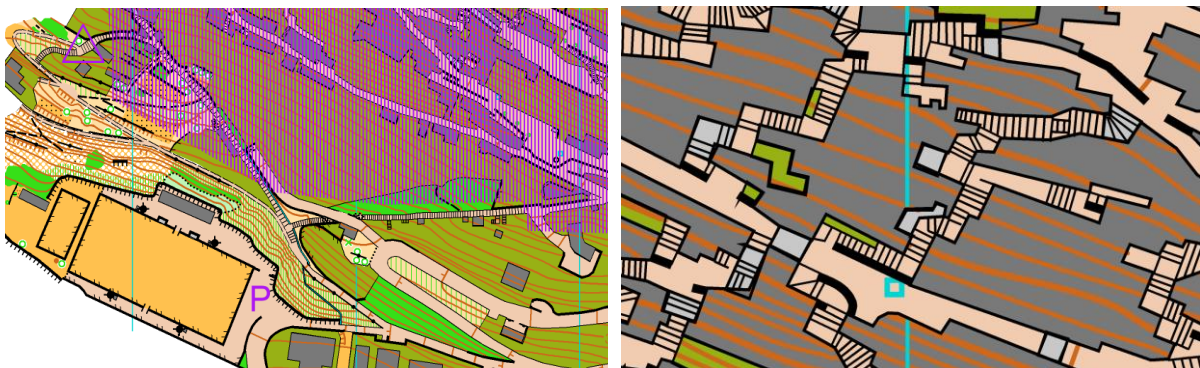


Training #4

Castelcivita

KO-qualification

- **Time** Wednesday. Starts between 10 and 11 according to the start list.
- **Car park** [GOOGLE MAPS](#) (30km)
- **Start** Ca. 400m northwest of the parking area (see the map below). 70m climbing.
- **Terrain** A historical town build on a steep slope. Many stairs and narrow streets.
- **Courses** Women 1,7km / 9 controls / Men 1,9km / 10 controls. 175-190m climbing.
- **Controls** Flags & SIAC.
- **Map** 1:4000
- **Note** Finish is on the top of the hill. Jogging back to cars.
We'll travel straight to KO-heats: take some food and drinks along!
- **Philosophy** KO-qualification: 10-12 minutes of intensive and fast orienteering.

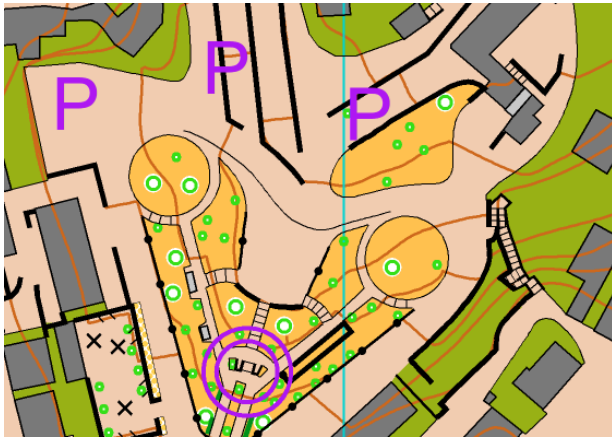


Training #5

Roccadaspide

KO-heats

- **Time** Wednesday. Heats starting at 15.00, finishing at ca. 17.00.
- **Car park** [GOOGLE MAPS](#) (15km from Castelcivita)
- **Starts** Instructions will be given at the arena (see the map below) at 14.30.
- **Terrain** Small Italian historical town with lots of different structures and narrow streets. Some climbing, too
- **Courses** All heats 1,4-1,5km with 8 controls. 30-60m of climbing.
- **Controls** Flags & SIAC.
- **Map** 1:4000 **Some forbidden areas on the map (QF) – not marked in the terrain!**
- **Philosophy** Intensive KO-heats with physical-technical-tactical challenges.

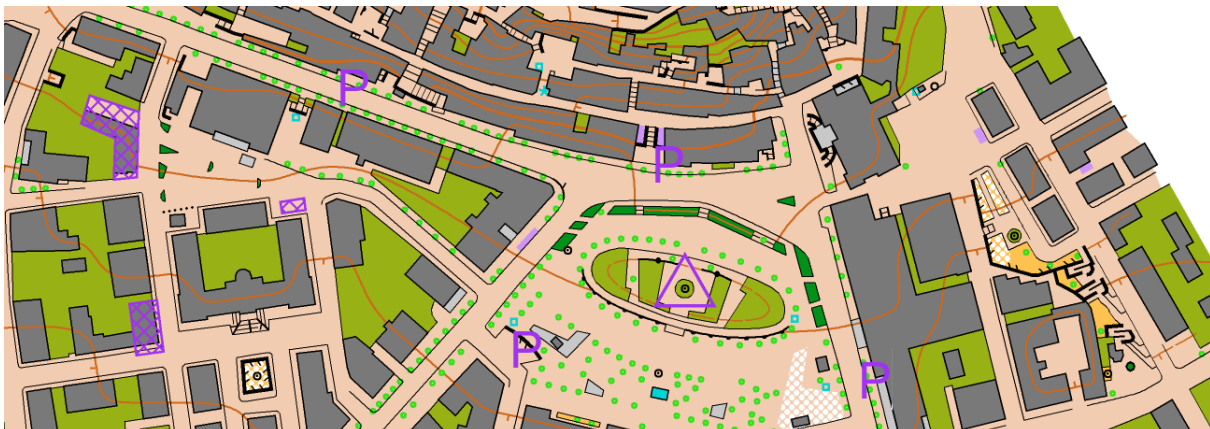


Training #6

Eboli

Route-choice

- **Time** Thursday. Pair-starts between 10 and 10.30 o'clock.
- **Car park** Around Piazza della Repubblica [GOOGLE MAPS](#) (25km), see map below.
- **Arena** In the middle of the park (see the map below)
- **Terrain** A "suburban" town with geometric structure.
- **Courses** Butterflies of 1,6-2,0km and 6-9 controls. A pretty flat area.
- **Controls** None.
- **Map** 1:4000 **Note many forbidden areas on the map – not marked in the terrain!**
- **Philosophy** Route-choice training in pairs at slow or moderate speed.
- **Note** Possibly a short "aperitivo" between the trainings by the city of Eboli.



Training #7

Eboli

Sprint-relay

- **Time** Thursday. Mass start
- **Car park** Same as for training #6.
- **Arena** Along the corridor seen on the map below (400m). Meeting at the arena 14.45.
- **Terrain** Small Italian historical town with lots of different structures and narrow streets.
- **Courses** A pair-relay with 3 legs per person, each 800-900m / 5-7 controls.
- **Controls** Flags & SIAC.
- **Map** 1:4000 **Some forbidden areas on the map – not marked in the terrain!**
- **Philosophy** A very intensive pair-relay with forking. Be awake from the first step!
- **Note** The teams will be put together on Wednesday evening by the organisers.



Training #8

Trentinara

Control picking

- **Time** Friday. Free start-times.
- **Car park** [GOOGLE MAPS](#) (20km).
- **Starts** Ca. 100m east of the parking.
- **Terrain** A mixture of suburban and historical town, built on a slope.
- **Course** 5,8km / 38 controls with a map flip. The last part (1,4km/10 c.): on faster speed.
- **Controls** None.
- **Map** 1:4000 **Some many forbidden areas on the map – not marked in the terrain!**
- **Philosophy** Control picking with 100% concentration all the way.
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