

Invitation to the official WOC 2023 trainingcamp 1

4-9 October 2022



Date 4-9 October 2022

Program 3 training sessions in the region of Davos on Tuesday, 4 October and Wednesday, 5 October.

5 training sessions in the region of Flims Laax from Wednesday, 5 October (afternoon) until Sunday, 9 October.

2 training sessions with time keeping and SI controls in the region of Flims Laax on Thursday, 6 October.

All the controls (except those on Thursday) are out in the forest during these periods, i.e. you may choose your day of training yourself.

Trainings There are always 2 courses (men and women).

Davos	Zugwald	15000	2022	Long	Route choice/slope running
	Drusatschawald	10000	2022	Middle/Relay	Reduced map
	Flüela	10000	2006	Long	Alpine orienteering

Flims Laax	Part of the Embargo	10000	2022	Middle/Relay	Thursday, 6 Oct: Middle distance
	Bot Fiena Trin	10000	2022	Middle/Relay	Thursday, 6 Oct: session with group start
	Ils Aults Domat Ems	10000	2022	Middle/Relay	Reduced map
	Crest'Aulta Bonaduz	15000	2022	Long	Route choice
	Bot Tschavir Bonaduz	10000	2022	Middle/Relay	O-intervals with slope-preload
	Scharmoin-Lenzerheide	15000	2022	Long	Long and short legs
	Part of the Embargo Ladir	10000	2022	Long	Downhill orienteering

Map overview:

<https://drive.google.com/open?id=1wJQIHlgc46etkyLbPfNDftFkaDJJa70db&usp=sharing>

World Orienteering Championships 11-16 July 2023



Entry	Registration on https://docs.google.com/spreadsheets/d/1yg1G-xS0c1Wo0MtDAVmBx0fcLDYcdqPenSy1-ZAell4/edit?usp=sharing until Friday, 16 September 2022.
	You don't need to fill in the training registration which is used for individual training camps on the WOC-webpage.
	To spread the number of runners, there will be a maximum of 100 runners/half-day/training.
Costs	Training session with printed maps CHF 6.-, training session with time keeping CHF 12.-
Accommodation	We suggest extending your stay in Davos until Wednesday, 5 October. For Flims Laax you have to book your accommodation on your own. Our suggestions: rocks resort Laax (www.rocksresort.com), Peaks Place Laax (https://www.peaks-place.com/), Youth Hostel Laax (www.youthhostel.ch/laax), Youth Hostel Trin (https://www.youthhostel.ch/de/hostels/trin), Flims Laax Tourism for apartments, hotels etc (https://www.flimslaax.com/en) Our partner «Weisse Arena» offers a discount of 15% of your stay at the rocksresort or Signina Hotel for your training visits. Enter the following code in the online booking or mention it when booking by phone / email: rocksresort Promocode: TRAINOL23rr signinahotel Promocode: TRAINOL23SH
Transport	Nothing organised, we suggest using your own cars.
Detailed bulletin	More detailed information will be published before the camp.
Any questions	Contact Simone Niggli, simone.niggli@woc2023.ch

