SPRINT O MANIA

General info (READ CAREFULLY):

1) Training camp: remember that this is a **TRAINING CAMP** and results are not important as using this opportunity for development and sharing training experience with other runners. Feel free to modify, test, re-run, etc., but also respect other runners and their training.

2) SIAC & readout: we will use **SIAC** for all sessions. Flags and stations will be hanging on a wire. If you don't have SIAC card, you have to punch „the old way". Don't forget to read-out your SI card after your finish the course (some finish controls are dislocated from readout).

3. Results and split times: both will be available only at OrienteeringOnline, no paper splits will be given, no results screen will be available.

4) Start lists: there will be a **provisional start list** for **T1** and **T5**. This means that you will have your start minute (clubs/teams will be grouped together), but we will be quite flexible, if someone is arriving later because of work (T1).
Those who are late, can start after everyone else (for a limited period of time - see more details below for each training)

KO quali and final: There will be fixed startlist for T2 (KO quali) and T3 (KO finals). For this trainings, you have to respect specific start time. If you are late, you are out of that round.

You can find all startlists and results on: **orienteeringonline.net**

5) Artificial fences: We will use artificial fences for all trainings (except T2). They will be represented with ISSprOM symbols 708 and 709 on the map, but we will **NOT MARK THEM IN TERRAIN**. We are counting on **FAIR PLAY!**

Artificial fences will be represented in 3 ways like on the picture, depending on situation on the terrain/course. You are not allowed to pass them in any case.

8) TRAFFIC There is not much traffic in training areas, but you still need to be careful and respect all traffic rules. Take extra care about cars and pedestrians. You are training 100% at your own responsibility.

9) IMPORTANT! There is **no „competition/finish arena"** at any training. Please change yourself at your car/accommodation and warm up to the start. **Don't bring bags with you, there will be no place to leave them and nobody to take care of them.**

10) TOILETES Please use ONLY public toiletes.

11) Route-choice analysis: Please upload your routes to livelox. check it out on our web: sprintomania.com.

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T1 - Izola, Friday 21.2.2025 PM

Map: Izola, 1:4000, E=2m

Course setter: Matija Razum
Course type: Intro - normal course
Men: 3,5km / 17cp
Women: 2,9km / 14cp

Additional control descriptions: Yes

Parking:
We recommend using parking on the east part of the map. Price is be 0,70eur/hour
https://maps.app.goo.gl/vYXLmTHwM8YTk4YFA

Start location and timetable:
Start is located on the western edge of the parking: https://maps.app.goo.gl/TB48Z3sxGKPHzMif6
From **14:30-16:30** we will start you according to provisional startlist.
Free start between **14:00-14:30** and **16:30 to 17:00**.

Finish:
We will use dislocated finish control, meaning you have about 400m to get back to parking. Don't forget to read-out your SI card!

Public toilet:
It is located about 500m from the parking
https://maps.app.goo.gl/D2hSLHuUVvSGuMwy6

Map flip:
Both courses (Men & Women) use „map flip“ with course being split in 2 parts. Both parts are on same side of A4 paper. Upper is part 1, lower is part 2.
Change is represented with last control on part 1, while on part 2, there is ISSprOM 715 symbol.

Artificial fences:
Will be used. They are printed on the map, but not marked in terrain.
Artificial fences on „**part 1**“ of the course are **different** to „**part 2**“, to make courses even more interesting.

Course setter's suggestion:
This is first training of (physically and mentally) intense sprint weekend. Don't get overcooked before we even started. Take your running a bit easier and focus on your orienteering flow and finding good route-choices. If you can find good rhythm between your entry and exit from the control, as well as planning ahead, it will benefit you for rest of the weekend.

T2 - Koper, Saturday 22.2.2025 AM

Map: Koper, 1:4000, E=2m

Course type: KO Qualifications
3 heats (A,B,C)
Men & Women: 2,7 - 2,9km / 14-15cp
12 best runners from each heat progress to ¼ Final

Course setter: Matija Razum

Additional control descriptions:
Yes, at the start

Parking:
Few parking places recommended…
1) https://maps.app.goo.gl/7iNLWRvxFS8W8nqdA
2) https://maps.app.goo.gl/Wmr67955r8YFrRgP7 (this is parking garage, just under T3 start/finish)
3) https://maps.app.goo.gl/rWGY5PeRm5a5zKST8

Start location and timetable:
Is located in „Planinčeva ulica“. You have to come from the West:
https://maps.app.goo.gl/ASsLjRJFxx4QnN6e6
We will use 3min start corridor
First start: 9:30
Startlist will be available Friday evening on: orienteeringonline.net

Finish area:
As specified in general info, we will not have specific finish/competition area for this training as we are running in the middle of the town.
Please change your clothes in your car/accommodation and warm up to the start.

Public toilet:
2 public toilets are available close to the start (+ toilet in parking garage)
https://maps.app.goo.gl/eGxRwCtX3pgBYtp69
https://maps.app.goo.gl/PEGNDPZ1UMs7Z1Wm7 (this one might be closed)

Course setter's suggestion:
Classic KO qualification course with 10-12min winning time. Expect a bit more simple route-choices and show your speed to get to the next round. Every mistake counts, try to stay focused while overspeeding.

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T3 - Koper, Saturday 22.2.2025 PM

Map: Koper, 1:4000, E=2m

Course type: KO Finals

3 rounds (¼ Final, ½ Final, Final)
Courses (forking is not used):
¼ Final - 1,8km / 7cp
½ Final - 1,8km / 6cp
Final - 2,0km / 9cp (map flip used)

Procedure:
¼ Final
36 Men and 36 women are qualified for ¼ Final following morning qualifications.
They will be split in groups of 6 runners, meaning we will have 12 groups in total (6M + 6W).
Start interval between groups will be 2min.
3 best runners per group qualify for ½ Final

½ Final
18 Men and 18 women will find themself in ½ Final
They will be split in groups of 6 runners, meaning we now have 6 groups in total (3M + 3W).
Start interval between groups will be 2min.
2 best runners per group + 2 „lucky losers“ qualify for the Final round.

Final
8 Men and 8 women will find themself in the Final
Men will start first, Women will start 10min later.

What if you didn't qualify for ¼, ½, Final?:
If you didn't qualify for next round, then you will be able to get your map (and run it) at the start after each round is finished and before next round starts! Timing is available, but you are not „in competition“. For training purpose, we suggest that you group with few other runners to get that knock-out feeling.

Course setter: Matija Razum

Additional control descriptions: No

Parking:
Check parking for T2. Parking garage (2) is recommended as it's located just under start for this training, so you have everything close for in between rounds.
https://maps.app.goo.gl/Wmr67955r8YFrRgP7

Start location and timetable:
Start is located at „Muzejski trg“ square.
https://maps.app.goo.gl/Xy1iRABwmjbZax1H6
You have to get there from the **North (Belveder street)**!

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Timetable: check orienteeringonline.net for ¼ Final start groups

14:30 - 14:52	¼ Final start (groups start every 2 minutes)
14:55 - 15:05	Maps available at the start for non-qualified runners
15:15 - 15:25	½ Final start (groups start every 2 minutes)
15:30 - 15:38	Maps available at the start for non-qualified runners
15:40	Men final start
15:50	Women final start
16:00 - 16:20	Maps available at the start for non-qualified runners
17:00	Last chance to read-out (collecting controls)

Public toilet:

2 public toilets are available close to the start (+ toilet in parking garage)
https://maps.app.goo.gl/eGxRwCtX3pgBYtp69
https://maps.app.goo.gl/PEGNDPZ1UMs7Z1Wm7 (this one might be closed)

Artificial fences:

Will be used. They are printed on the map, but not marked in terrain. We count on **FAIR PLAY**.
If you notice any runner (or yourself) in your group passing through art. fence, please report it in the finish.

Course setter's suggestion:

Find your own tactics and fight 'till the end of the course. Mistakes are possible on very last controls.

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T4 - Izola, Sunday 23.2.2025 AM

Map: Izola, 1:4000, E=2m

Course type: 2x2 Sprint relay
(2 runners, 2 runs)
Courses: 2,15km / 9cp (per leg)

Course setter: Matija Razum

Additional control descriptions: No

Parking:
Same as on Friday.
https://maps.app.goo.gl/vYXLmTHwM8YTk4YFA

Start location and timetable:
1200m from parking. You should come to the finish from South (near Marina).
https://maps.app.goo.gl/KfHjNhSshfaooBT58
Start: from 9:00, see below

Public toilet:
It is located about 500m from the parking, on the way to the start.
https://maps.app.goo.gl/D2hSLHuUVvSGuMwy6

Teams:
Each team consists of 2 runners, each running 2 legs (1 & 3 and 2 & 4).
Ideally, teams are W+M, but since there are more M entered for the camp, obviusly we will need some M+M teams…
On Friday when you arrive to T1, we will give you paper to enter your teams.
You can do it inside your club, country or with anyone running SprintOmania.
Few suggestions…
We will sort teams in 3 groups and we ask you to make teams folowing those recommendations to make training more interesting and competitive for as many teams:
1) Strong WM teams (Woman who runs Legs 1 and 3 + Man who runs legs 2 and 4)
2) Decent teams (Any combination, but not with 2 best runners)
3) Slower teams (Any combination, but with slower runners)
* If you don't have a partner, you can write your name on our list (Friday or Saturday) and we will make a team for you

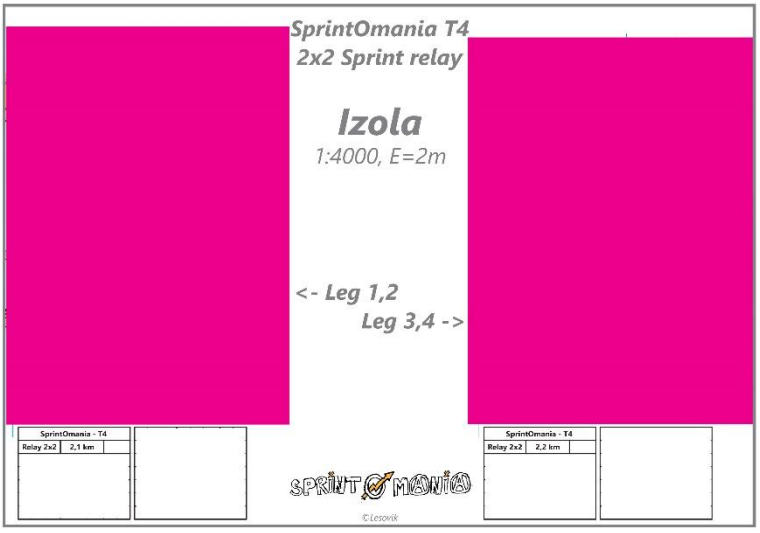
Start procedure:
Since we expect about 60 teams at the start, we will divide them into 3 waves following the entries.
9:00 Start of „slower teams“
9:03 Start of „decent teams“
9:06 Start of „strong teams“
* Small change is possible, if we decide that bigger gap is needed.

Map and SIAC:

Each team runs with just 1 SIAC and just 1 map!

Runners exchange them both between legs.

There are 2 maps on 1 A4 paper. You run Legs 1 and 2 on left map, then legs 3 and 4 on right map. It is also marked on the map.



Artificial fences:

Will be used. They are printed on the map, but not marked in terrain. We count on **FAIR PLAY**.

Forking:

Courses are forked.

Control codes are given only in control descriptions on the map.

Exchange:

Exchange happens with runner passing his map and SIAC to his partner in area dedicated for changeover.

SIAC's will be read out after team finishes whole course.

Course setter's suggestion:

Think and speak with your partner about tactic and execution of this training.

Relays are more often won by 4 stable runs than with 1 stellar performance.

Route-choice analysis:

Check it out on our web: sprintomania.com

Please upload your routes to livelox

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T5 - Piran, Sunday 23.2.2025 PM

Map: Piran, 1:4000, E=2m

Course type: Sprint intervals
Intervals: 830m + 780m + 900m + 1520m
Whole course: 4,0km / 21cp

Course setter: Matija Razum

Additional control descriptions: Yes

Parking:
There are several parking possibilities in Piran, we recommend two:
https://maps.app.goo.gl/d3ivUiockVFapJqi7
https://maps.app.goo.gl/ttLabnbDgFmGGxFb8

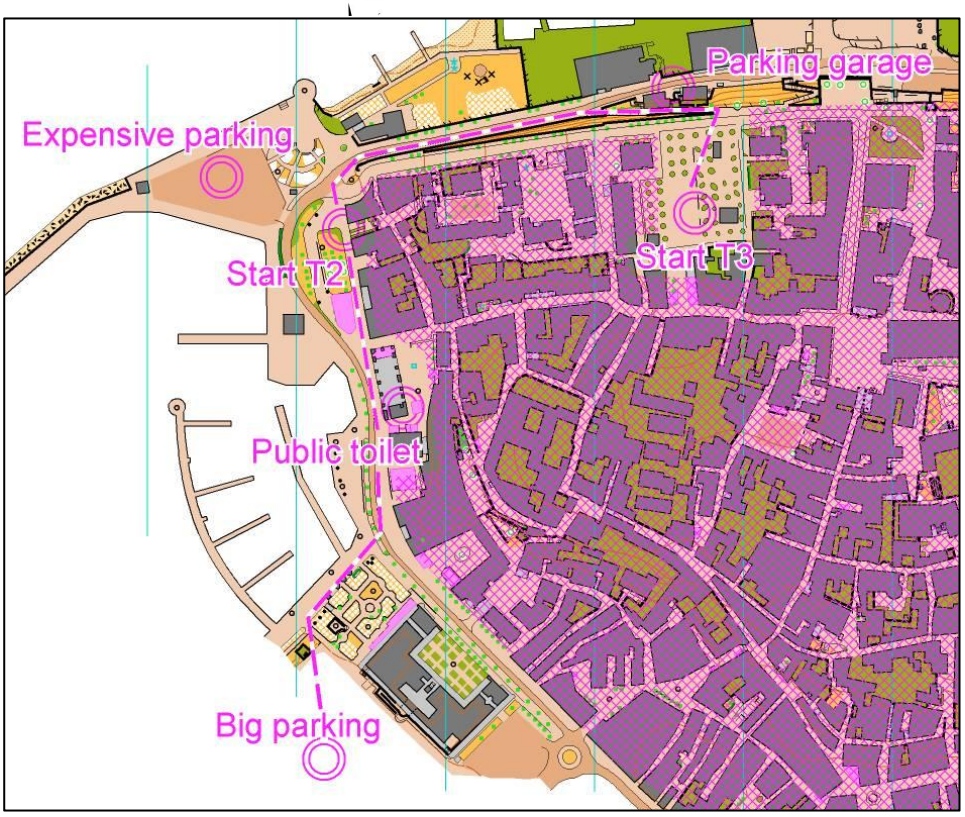
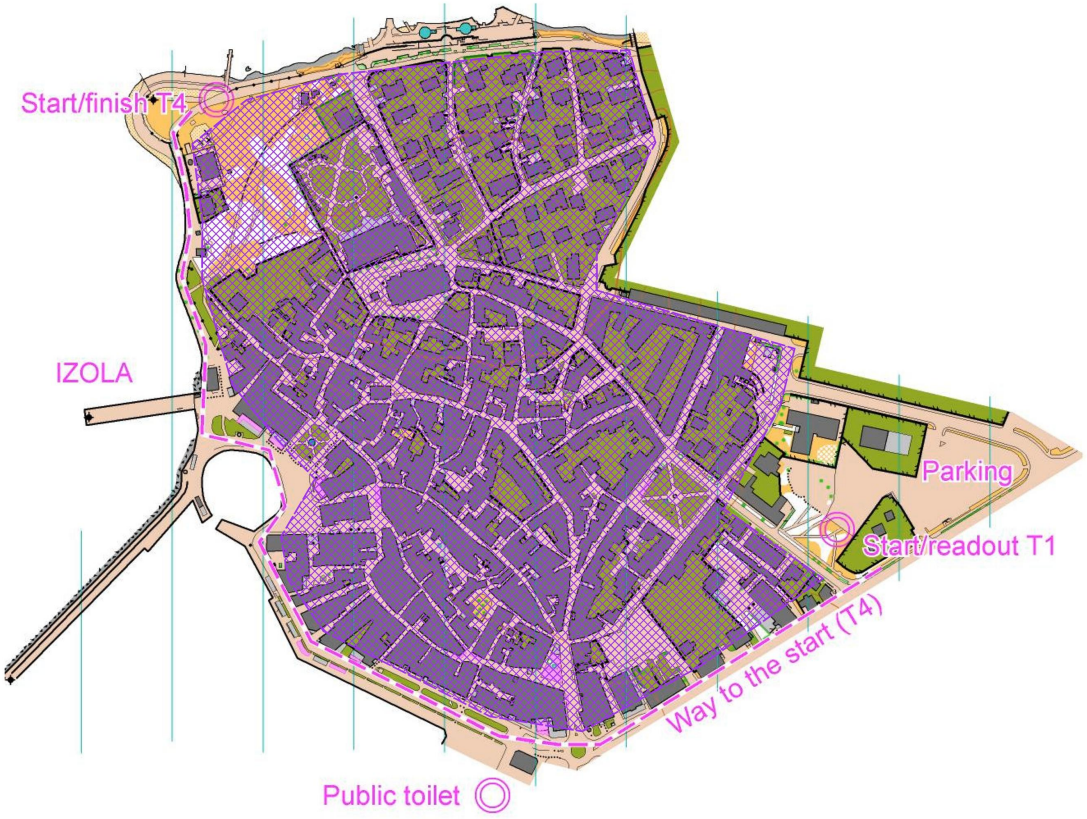
Start location and timetable:
Will be located at the end of Aškerčeva street (near school):
https://maps.app.goo.gl/K9kNCirf86FADHp17
It is not possible to park there!

Timetable:
From 14:30-16:30 according to provisional startlist.
We will group clubs/countries together to make traveling and waiting easier.
Please write us, if you need to catch a plane/train or something.

Public toilet:
It is located about 450m from the start/finish area
https://maps.app.goo.gl/nEz7E9eMGoWcp19A6

Artificial fences:
Will be used. They are printed on the map, but not marked in terrain.

Course and how intervals work:
You can do this training in 2 ways:
1) Running full course at once as normal
- We recommend doing that, if you already feel tired and want to do it a bit easier
2) As sprint intervals
- Controls #4, #7 and #13 are marked with red(ish) colour. They are intended as interval ends/starts. On each of them, rest 1-2min and then continue the course.

Course setter's suggestion:
If you are doing this training as intervals, then each rest will allow you to start again with overspeed situation. Try to control your map reading and stay ahead with your planning of entry and exit from each control (remember first training when you did it in easier pace).

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