



NATIONAL TEAM OPEN CAMP KUOPIO | 22-25 AUGUST 2023

The Finnish national team is organizing a training camp on [WOC 2025](#) relevant terrain, around Kuopio, and offer the possibility to elite orienteers to join that activity.

GENERAL COMMENTS:

The plan for this camp is to get an overview of the challenges that await in 2025, but mostly have a good training block focused on quality and skills development.

PRELIMINARY PLAN:

The final details will be provided to the participants closer from the camp.

FINNISH NATIONAL TEAM - WOC 2025 CAMP - AUGUST 2023							
	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27	
MORNING		07:30 SUNRISE-ACTIVITY (OPTIONAL) 07:30-9:00 BREAKFAST 09:30 HILLS/DOWNHILLS MICRO CHAMP STAGE 1 [6-9km] Pirtti (10')	07:30 SUNRISE-ACTIVITY (OPTIONAL) 07:30-9:00 BREAKFAST 09:30 CONTOURS I CORRIDOR & MICRO CHAMP STAGE 2 [6-9km I forked] Rautaniemi (15')	07:30 SUNRISE-ACTIVITY (OPTIONAL) 07:30-9:00 BREAKFAST 09:30 LD NAVIGATION [6-9km I forked] 1/15.000 Varitiala (28')	07:30-9:00 BREAKFAST PRE-WOC MD (WRE) Tomperi (45' drive) Old map Eventor	VIESTILIGA RELAY Tomperi Old map Info	MORNING
AFTERNOON	<i>Travel to Kuopio</i> ~15:00 SHAKE-OUT SPRINT [4km] Jyväskylä Kuopio	12:00 LUNCH 14:30 MIDDLE DISTANCE INTERVALS 2 x 2.5km Kortejoki (31') First-start 15:45	12:00 LUNCH 14:30 RELAY INTERVALS 3 x 1,5km Tomperi (47') Mass-start: 16:10	12:00 LUNCH 14:30 MICRO CHAMP GRANDFINAL <i>Rauhalahdi (accommodation)</i> or EASY SPRINT [4km] Pyörönkaari (8')			AFTERNOON
EVENING	18:00 DINNER AFTER DINNER "WELCOME" MEETING 20:00 MOBILITY [OPTIONAL]	18:00 DINNER 20:00 MOBILITY [OPTIONAL]	18:00 DINNER 19:00 WOC 2025 IN FOCUS <i>"What we have learn, how to perform a HOME WOC"</i> 20:00 MOBILITY [OPTIONAL]	18:00 DINNER 19:30 TEAM-ACTIVITY <i>"SMOKE SAUNA"</i> JÄTKÄNKÄMPPI			EVENING
Rauhalahdi Holiday Centre Rauhankatu 3 70700 Kuopio					OWN ACCOM.		

Note: Preliminary timetable. The times shown are when we plan to leave the accommodation.

Locations

Accommodation: [Rauhalahdi cottages](#). 31-35€ /night/pers.

Food: at Rauhalahdi Spa hotel. 12€ breakfast, 14€ lunch, 17€ dinner.

Cost per training: 8€ [WOC 2025 price]



HUIPPUSUUNNISTUS
Suomen Suunnistusliitto



Note: The training camp is ending Saturday 26th at breakfast.

You are responsible of your own accommodation after that, and to enter thru Irma/Eventor for the competition organized by Kuopion Suunnistajat on Saturday 26th (WRE) and Sunday 27th (Viestiliga).

NATIONAL TEAM RUNNERS:

Activity covered at 100% for A-national team runners, and 50% for challengers.
Travels not included.

CONTACT PERSONS/LEADERS ON SPOT:

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ENTRIES:

Thru this link **latest the Wednesday 28th July:**

<https://docs.google.com/spreadsheets/d/1TcadyffqWfPZ1dQ3TANMyDYwLbPqJZAn8OXhW CkkqWw/edit?usp=sharing>

Tervetuloa!

SSL Leadership