

## TRAININGS MAY-SEPTEMBER 2024

Welcome to prepare for the Junior World Orienteering Championships 2025 in Trentino!

We offer you the possibility to train on sprint and forest maps, relevant for JWOC competitions.

**Official training courses** will be available from May 2024, October 2024 and April 2025.

All training activities should be coordinated with the organizers, contact [training@jwoc2025.it](mailto:training@jwoc2025.it)

**Official training camps** will be organized in the following dates, with some sessions with orienteering flags and SPORTident timing (training schedule is preliminary):

1. 24-27 October 2024 JWOC official training camp n.1

Thursday: Forest and sprint trainings (flags)

Friday: Middle distance training (flags, timing), Sprint training (flags)

Saturday: Sprint Relay training (flags, timing), Forest training (flags)

Sunday: Regional champs – Forest Relay (competition)

2. 17-22 April 2025 JWOC official training camp n.2
3. 30 May - 2 June 2025 JWOC selection races and camp n.3

There will be **National competitions** on relevant terrains, more info on [FISO](https://www.fiso.org) website:

1. 18-19 May 2024 National competitions (middle, long), Val di Sella
2. 7-8 September 2024 Regional competitions (middle, long), Primiero
3. 21-22 September 2024 National Champs (long, relay), Passo San Pellegrino
4. 31 May – 1 June 2025 National competitions (sprint, long), Valsugana

The detailed program will be updated on the JWOC website when available.

Note that teams can organize their own training camps anytime.

You find the location of all the training areas with a preview of each map (low resolution image, click on the polygonal shapes) here:

<https://www.google.com/maps/d/viewer?mid=19NiycmFo4DOzjiMPFFpC9d-PzqbiU8U&ll=46.17386631959898%2C11.22875743363279&z=11>

## TRAININGS

### CAVEDINE (TC24F01)

**Parking:** <https://maps.app.goo.gl/2P9UKkJ2QDvZ8KZG6>

**Format:** forest, mass start with forking

**Courses:** M20 5.4km | 280m | 16c – W20 4.4km | 220m | 13c

**Map:** 1:10.000, 5 m, 2022 (ISOM 2017-2 version 2024)

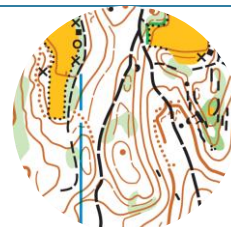
**Mappers:** Kirianov, Kapralov, Prokopciuk

**Course setter:** Stefano Raus

**Control description:** printed only on the map

**Info:** start and finish next to the parking. Warmup map available.

**Livelox:** <https://www.livelox.com/Events/Show/132328/JWOC-2025-training-Cavedine-TC24F01>



## SABBIONARE (TC24F02)

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**Parking:** <https://maps.app.goo.gl/mHfRaQ6XwjzHa3c69>

**Format:** forest, technical loops (4x)

**Courses:** MW20 7.7km | 335m | 21c (1.6+2.0+2.5+1.6km each)

**Map:** 1:10.000, 5 m, 2023 (ISOM 2017-2 version 2024)

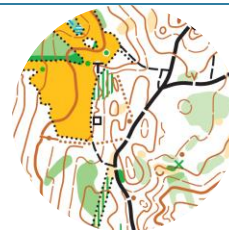
**Mapper:** Augusto Cavazzani

**Course setter:** Fabio Hueller

**Control description:** printed on the map and also separate

**Info:** 4x short technical loops, with start & finish at the same place every time. Warmup map to reach the start area: 1.3km +250m from the parking (downhill course back to the parking).

**Livelox:** <https://www.livelox.com/Events/Show/132329/JWOC-2025-training-Sabbionare-TC24F02>



## PRAMARQUART (TC24F03)

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**Parking:** <https://maps.app.goo.gl/rxMwE5nn6iFvAkM6A>

**Format:** forest, control picking

**Courses:** M20 5.2km | 250m | 25c – W20 4.4km | 190m | 22c

**Map:** 1:7.500, 5 m, 2023 (ISOM 2017-2 version 2024)

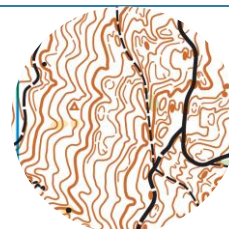
**Mapper:** Augusto Cavazzani

**Course setter:** Stefano Raus

**Control description:** printed only on the map

**Info:** nice control picking course, with some steep downhill and uphill sections. Corridor to the start: 1km +150m climb. Finish place is near the parking.

**Livelox:** <https://www.livelox.com/Events/Show/132331/JWOC-2025-training-Pramarquart-TC24F03>



## MALGA BRIGOLINA (TC24F04)

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**Parking:** <https://maps.app.goo.gl/Erf8SemSptCzFVBn7>

**Format:** forest, long distance

**Courses:** M20 10.1km | 510m | 15c – W20 7.9km | 365m | 10c

**Map:** 1:15.000, 5 m, 2023 (ISOM 2017-2 version 2024)

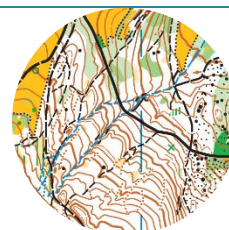
**Mappers:** Kirianov, Kapralov, Prokopciuk

**Course setter:** Stefano Raus

**Control description:** printed on the map and also separate

**Info:** long training with some very short and very long legs on a steep terrain. One water fountain is marked with cup symbol. Warmup to the start with micr-O course: 0.6km +40m 5c.

**Livelox:** <https://www.livelox.com/Events/Show/132333/JWOC-2025-training-Malga-Brigolina-TC24F04>



## VAL DI SELLA (TC24F05)

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**Parking:** <https://maps.app.goo.gl/rHTF5haifwHEYTM17>

**Format:** forest, middle distance

**Courses:** M20 4.3km | 200m | 18c – W20 3.5km | 145m | 16c

**Map:** 1:10.000, 5 m, 2024 (ISOM 2017-2 version 2024)

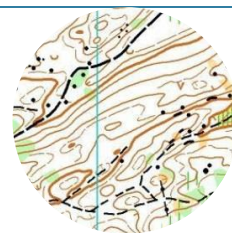
**Mappers:** Kirianov, Kapralov, Prokopciuk, Bezzi

**Course setter:** Fabio Hueller

**Control description:** printed on the map and also separate

**Info:** the course is set for a National middle competition held on 18/05/2024.

**Livelox:** <https://www.livelox.com/Events/Show/132343/JWOC-2025-training-Val-di-Sella-TC24F05>



## VAL DI SELLA (TC24F06)

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**Parking:** <https://maps.app.goo.gl/3zSC9Zfb1KqwYMDj6>

**Format:** forest, long distance

**Courses:** M20 9.7km | 420m | 17c – W20 7.3km | 320m | 15c

**Map:** 1:15.000, 5 m, 2024 (ISOM 2017-2 version 2024)

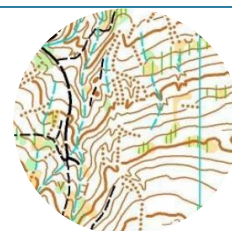
**Mappers:** Kirianov, Kapralov, Prokopciuk, Bezzi

**Course setter:** Andrea Cipriani

**Control description:** printed on the map and also separate

**Info:** the course is set for a National long competition held on 19/05/2024.

**Livelox:** <https://www.livelox.com/Events/Show/132344/JWOC-2025-training-Val-di-Sella-TC24F06>



## VEZZANO (TC24F07)

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**Parking:** <https://maps.app.goo.gl/xbChN9yxdPzVPd7T8>

**Format:** forest, multi-technique

**Courses:** MW20 8.0km | 270m | 27c (several shortcut possibilities)

**Map:** 1:5-10.000, 5 m, 2022 (ISOM 2017-2 version 2024)

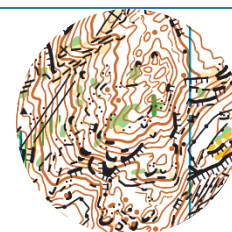
**Mappers:** Kapralov, Prokopciuk, Mykhaylov

**Course setter:** Stefano Raus

**Control description:** printed only on the map

**Info:** the course offers different focus, starting with On-the-line, then routechoices, only contours, micr-O, corridor, compass. Start & finish near the parking. Map printed on both sides.

**Livelox:** <https://www.livelox.com/Events/Show/132385/JWOC-2025-training-Vezzano-TC24F07>



## RIFUGIO MARANZA (TC24F08)

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**Parking:** <https://maps.app.goo.gl/BUPxeLRFb2BMAKtv5>

**Format:** forest, middle distance

**Courses:** MW20 4.4km | 150m | 21c

**Map:** 1:7.500, 5 m, 2009 (ISOM 2017-2 version 2024)

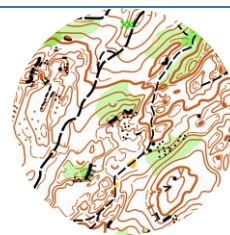
**Mapper:** Augusto Cavazzani

**Course setter:** Stefano Raus

**Control description:** printed on the map and also separate

**Info:** warmup to reach the start area: 0.8km +100m climb from the parking.

**Livelox:** <https://www.livelox.com/Events/Show/132334/JWOC-2025-training-Rifugio-Maranza-TC24F08>



## DRO (TC24S01)

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**Parking:** <https://maps.app.goo.gl/xfFzqWnXUNTsf8Xw9>

**Format:** sprint, sprint intervals (5x)

**Courses:** MW20 4.6km | 30m | 25c (0.9+1.0+1.1+0.8+0.8km each)

**Map:** 1:4.000, 2.5 m, 2023 (ISSprOM 2019-2 version 2024)

**Mapper:** Stefano Raus

**Course setter:** Stefano Raus

**Control description:** printed only on the map

**Info:** 5x sprint intervals, the start is at the same place of the last finish. Corridor to the start: 0.7km +10m climb from the parking. Watch out for road traffic and people.

**Livelox:** <https://www.livelox.com/Events/Show/132340/JWOC-2025-training-Dro-TC24S01>



## CALCERANICA (TC24S02)

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**Parking:** <https://maps.app.goo.gl/U22tv32DoqtL48bBA>

**Format:** sprint, sprint relay

**Courses:** MW20 3.6-3.5km | 95m | 20c (set for teams of 2: W+M)

**Map:** 1:4.000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

**Mapper:** Stefano Raus

**Course setter:** Stefano Raus

**Control description:** printed only on the map

**Info:** pair sprint relay training with forking and some artificial barriers/road crossings. Warmup map is available, start & finish are close to the parking. Watch out for road traffic and people.

**Livelox:** <https://www.livelox.com/Events/Show/132341/JWOC-2025-training-Calceranica-TC24S02>



## TRENTO SANBAPOLIS (TC24S03)

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**Parking:** <https://maps.app.goo.gl/fb6Mk3W38LqZecS16>

**Format:** sprint, individual sprint with map flip

**Courses:** M20 3.5km | 90m | 25c – W20 3.0km | 75m | 20c

**Map:** 1:4.000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

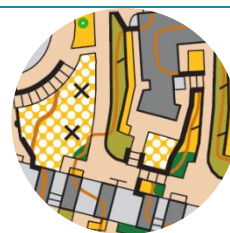
**Mapper:** Stefano Raus

**Course setter:** Aaron Gaio

**Control description:** printed on the map and also separate

**Info:** the course is set for a Regional sprint competition held on 17/03/2024. The area is mostly traffic free. Map flip: the two courses are printed next to each other on the same side.

**Livelox:** <https://www.livelox.com/Events/Show/132389/JWOC-2025-training-Trento-SanbaPolis-TC24S03>



## SOPRAMONTE (TC24S04)

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**Parking:** <https://maps.app.goo.gl/WdvU1tEMDKbzBgwJA>

**Format:** sprint, sprint qualification + final

**Courses:** M20 Q. 2.6km | 65m | 17c – W20 Q. 2.3km | 55m | 14c  
M20 F. 2.6km | 80m | 18c – W20 F. 2.4km | 70m | 17c

**Map:** 1:4.000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

**Mapper:** Stefano Raus

**Course setter:** Aaron Gaio

**Control description:** printed on the map and also separate

**Info:** Training with two courses, one set as a qualification race and one as the final. Warmup map is available. Watch out for road traffic and people.

**Livelox:** <https://www.livelox.com/Events/Show/132342/JWOC-2025-training-Sopramonte-TC24S04>



## CIVEZZANO (TC24S05)

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**Parking:** <https://maps.app.goo.gl/Gpiyt8knByXDcVjC8>

**Format:** sprint, individual sprint

**Courses:** M20 3.3km | 95m | 25c – W20 2.8km | 80m | 22c

**Map:** 1:4.000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

**Mapper:** Augusto Cavazzani

**Course setter:** Stefano Raus

**Control description:** printed on the map and also separate

**Info:** the course is set for a Regional sprint competition held on 04/05/2024.

**Livelox:** <https://www.livelox.com/Events/Show/132337/JWOC-2025-training-Civezzano-TC24S05>



## ZIANO DI FIEMME (TC24S06)

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**Parking:** <https://maps.app.goo.gl/LB5bmPNBof5XJxuo9>

**Format:** sprint, individual sprint

**Courses:** M20 3.3km | 35m | 21c – W20 2.8km | 30m | 19c

**Map:** 1:4.000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

**Mapper:** Marco Bezzi

**Course setter:** Marco Bezzi

**Control description:** printed on the map and also separate

**Info:** the course is set for a Regional sprint competition held on 05/05/2024. The start is 0.4km with 10m climb from the parking. Pay attention to road traffic.

**Livelox:** <https://www.livelox.com/Events/Show/132338/JWOC-2025-training-Ziano-di-Fiemme-TC24S06>



## BORGO VALSUGANA (TC24S07)

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**Parking:** <https://maps.app.goo.gl/JD3PAzxe1N8tbJQR8>

**Format:** sprint, individual sprint

**Courses:** M20 3.8km | 40m | 19c – W20 3.2km | 25m | 16c

**Map:** 1:4.000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

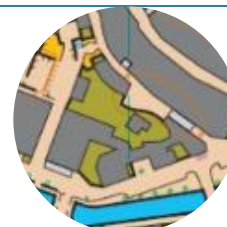
**Mapper:** Giuseppe Simoni, Stefano Raus

**Course setter:** Stefano Raus

**Control description:** printed on the map and also separate

**Info:** Warmup map is available; the start is 0.3km from the parking. There are some artificial barriers not marked on the terrain. Pay attention to road traffic.

**Livelox:** <https://www.livelox.com/Events/Show/130284/JWOC-2025-training-Borgo-Valsugana-TC24S07>



## BOOKING

In order to book trainings, you can contact [training@jwoc2025.it](mailto:training@jwoc2025.it) and you will receive the order form. If different national teams organize camps together, all of them must fill out the form.

The invoice will be sent to the recipient indicated in the form at the end of the training camp.

Booked printed maps will be shipped or handed over based on the agreement.

## USAGE AND COST

You have different possibilities to buy maps for training:

- A. Printed map with official training course: 6 € per athlete/training
- B. PDF map file with/without course for own printing: 3 € per athlete/training
- C. Purchase of the map file (OCAD): 30 € per team + 3 € per athlete/training

You can find a summary of all the official trainings above.

## TECHNICAL INFO

Booked printed maps will be of the same quality, material and printing company as it will be at the JWOC 2025 competitions (IOF Certified Printer – DBS Rasai).

Some maps are older but should be already revised.

The control description will be printed directly on the map and in some case also separately.

All control points in the forest trainings are marked, also the start and finish locations.

If a control marking is missing, please let us know so we can put it to the control point again. It may have been removed by strange people...

Control points will not be marked in the terrain in the sprint trainings.

For any other request such as accommodation and transports, contact [training@jwoc2025.it](mailto:training@jwoc2025.it)

## GUIDELINES

Please respect also the following notes during your trainings, as we need to work together for a great JWOC 2025 in the beautiful Trentino! We have a good cooperation with local authorities in the Region and we want to take good care that it stays like this. The goal must be that everyone will be happy with our JWOC organization and locals will look forward to welcome you and follow the competitions in June 2025. That means:

- no car traffic on roads which are forbidden or closed, especially in the forest areas;
- parking is only permitted on dedicated and allowed places;
- train only in the time periods when it is allowed and respect the embargoed areas;
- if you put orienteering flags, tape or plastic bands to mark controls you need to collect them after and please let us know in advance;
- be respectful to other people you may encounter during your trainings: landowners, forest workers, mountaineers, tourists, cyclists, pedestrians. Talk to them, explain what you are doing and highlight orienteering as an amazing sport;
- behave in a respectful manner towards the environment. Sort the waste into the prepared containers. Do not leave any garbage in the forest or basically anywhere;
- be careful when running on roads and respect cyclists and vehicles
- it is forbidden to build tents and sleeping in the forest, making fire, crossing fences which are in good condition, entering places where forest work is carried out;
- keep your distance when you hear a chainsaw or harvester or machines in the forest;
- carefully check for ticks after each forest training, especially in the Spring. If you find one, don't panic but remove the tick as soon as possible. The safest way to remove a tick is to use a proper removal tool. Keep an eye on the bite site. If a large red rash develops, or if you feel unwell, tell the coaches;
- everyone participates in the training/competitions at their own risk.

See you soon in Trentino!

Version 2: added Livelox links

