

OFFICIAL TRAINING CAMP N.1 | 24-27 OCTOBER 2024

Welcome to the first official training camp for JWOC 2025 in Trentino!

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

Official training courses have been available since May 2024 and new courses are now ready from October 2024. The next training package will be prepared and published in April 2025.

All training activities should be coordinated with the organizers, contact training@jwoc2025.it

Official training camps will be organized in the following dates. All the sessions will have orienteering flags and sometimes SPORTident [SI] timing:

1. **24-27 October 2024** JWOC official training camp n.1 (*time is the first start*)

Thursday 24 th	16:30 – Forest Intervals (F09)	
Friday 25 th	10:00 – Technical Loops (F10)	16:00 – Sprint Intervals (S08)
Saturday 26 th	09:45 – Middle distance (F11)	16:30 – Sprint Relay [SI] (S09)
Sunday 27 th	10:00 – Forest Relay [SI] (F12)	15:00 – Sprint Skills (S10)

2. **17-22 April 2025** JWOC official training camp n.2

Thursday 17 th	Intro Sprint (Borgo Valsugana)	
Friday 18 th	Intro Forest (Val di Sella)	Sprint Relay [SI] (Roncegno)
Saturday 19 th	Middle distance (Monte Mezza)	Sprint simulations (Tesino)
Sunday 20 th	Long distance [SI] (Lavarone)	
Monday 21 st	Sprint Loops (Telve)	Forest Intervals (Vigolana)
Tuesday 22 nd	Forest Relay [SI] (Val di Sella)	

3. **30 May - 2 June 2025** JWOC selection races and camp n.3

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](#)

TRAININGS

MALGA BRIGOLINA (TC24F09)

Parking: <https://maps.app.goo.gl/gSPuPEiyU6wFFs836>

Format: forest, intervals with different focus (5x)

Courses: MW20 6.3km | 260m | 21c (shortcut available)

Map: 1:10.000/15.000, 5 m, 2023 (ISOM 2017-2 version 2024)

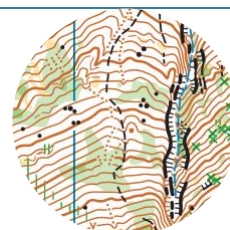
Mapper: Kirianov, Kapralov, Prokopciuk

Course setter: Stefano Raus

Control description: printed only on the map

Info: 5 forest intervals, one of them is at 15.000 scale and if you skip the last one the course is 4.9km | 190m | 16c. The start is 500m from the parking, towards west on the dirt road.

Livelox: <https://www.livelox.com/Events/Show/137682/JWOC-2025-training-Malga-Brigolina-TC24F09>



BEDOLPIAN (TC24F10)

Parking: <https://maps.app.goo.gl/QSR11hq7nmvbWmWQ7>

Format: forest, technical loops (4x) + MICRO

Courses: MW20 6.4km | 325m | 26c (in total)

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

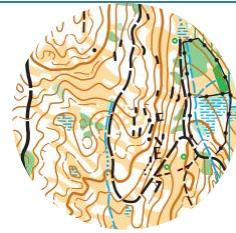
Mapper: Kirianov, Kapralov, Prokopciuk

Course setter: Stefano Raus

Control description: printed on the map and also separate

Info: 4 loops around 1.4-1.8km each. At the end you have a MICRO course of 1.3km (scale 1:4.000) to get back to the parking. The start area of the loops is 800m from the parking.

Livelox: <https://www.livelox.com/Events/Show/137683/JWOC-2025-training-Bedolpian-TC24F10>



COSTA DI FOLGARIA (TC24F11)

Parking: <https://maps.app.goo.gl/G1HYkcDKQofTKaDA6>

Format: forest, middle distance

Courses: M20 4.5km | 165m | 15c – W20 3.5km | 140m | 12c

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

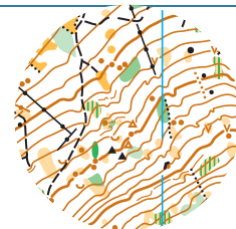
Mappers: Augusto Cavazzani

Course setter: Emiliano Corona

Control description: printed on the map and also separate

Info: classic middle distance course in a nice and fast forest. Warmup map is available and the start is located 1.1km +80m from the parking.

Livelox: <https://www.livelox.com/Events/Show/137685/JWOC-2025-training-Costa-di-Folgaria-TC24F11>



ANDALO CAVEDAGO (TC24F12)

Parking: <https://maps.app.goo.gl/Z83pTzAdj3E1mwwVA>

Format: forest relay (teams of 2)

Courses: M20 4.5km | 220m | 16c – W20 4.0km | 185m | 14c

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

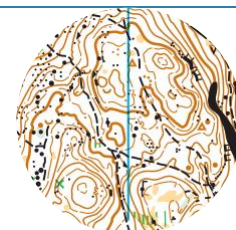
Mappers: Marco Bezzi, Francesco Buselli

Course setter: Fabio Hueller

Control description: printed only on the map

Info: start, spectator control and finish will be near the parking. Teams are formed by 2 runners. More instructions at the competition page: <https://www.fiso.it/gara/2024470>

Livelox: <https://www.livelox.com/Events/Show/137687/JWOC-2025-training-Andalo-Cavedago-TC24F12>



BEDOLLO (TC24S08)

Parking: <https://maps.app.goo.gl/u79oiu46sRgmyGmM8>

Format: sprint intervals (4x)

Courses: MW20 2.8km | 100m | 15c (in total)

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

Mappers: Stefano Raus

Course setter: Stefano Raus

Control description: printed on the map and also separate

Info: 4 intervals around 700m each, with recommended mass start every time. The start is next to the parking (100m). Warmup down the asphalt road, towards south, or around the church.

Livelox: <https://www.livelox.com/Events/Show/137684/JWOC-2025-training-Bedollo-TC24S08>



MIOLA (TC24S09)

Parking: <https://maps.app.goo.gl/gCMgcZggvF5cPPkY8>

Format: sprint relay (teams of 3)

Courses: MW20 (LEG 1-3) 3.3-3.4km | 75m | 20c

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

Mappers: Stefano Raus

Course setter: Stefano Raus

Control description: printed only on the map

Info: the course is split in 2 parts, printed on the same side. Each part has the same start. A spectator control is at ½ of the course, which is also the last control. There are a couple of artificial barriers, do not cross them. Warmup map is available.

Livelox: <https://www.livelox.com/Events/Show/137686/JWOC-2025-training-Miola-TC24S09>



FAI DELLA PAGANELLA (TC24S10)

Parking: <https://maps.app.goo.gl/XSf6qYPNvNt1tvDP9>

Format: sprint skills

Courses: MW20 3.6km | 70m | 25c

Map: 1:4.000, 2.5 m, 2022 (ISSprOM 2019-2 version 2024)

Mapper: Stefano Raus

Course setter: Aaron Gaio

Control description: printed on the map and also separate

Info: focus on navigation flow, routechoices, control picking, artificial barriers, control description. The start is 600m +35m climb from the parking. Warmup map is available.

Livelox: <https://www.livelox.com/Events/Show/137688/JWOC-2025-training-Fai-della-Paganella-TC24S10>



ENTRIES

If you want to join the Official Training Camp n.1 we kindly ask you to book the trainings before **Friday 18th of October at 23:59**, in order to make sure we print enough maps in that period.

On Saturday 26th the Sprint Relay training (TC24S09) will have SPORTident timing, please write your teams with names and SIAC numbers in the [startlist](#) in the spreadsheet below before **Friday 25th of October at 23:59**.

On Sunday 27th the Forest Relay training (TC24F12) will in fact be a Regional competition, Trentino Relay Championships. You enter the race the same way as the other trainings by filling the booking form that you receive from us, and please remember to write your teams with names and SIAC numbers in the [startlist](#) available at the online spreadsheet below before **Tuesday 22nd of October at 23:59**.

The cost is like the other trainings with SPORTident timing, see USAGE AND COST (letter D).

Schedule, updates, startlists and additional info will be available here for all the participants: <https://docs.google.com/spreadsheets/d/1isz8rHmjameKlpkJfPZrymgX95mGRVuOvN-qW63-uo/edit?usp=sharing>

BOOKING

In order to book trainings, you can contact 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 at the training based on the agreement.

If you are not taking part to the Official Training Camp, please send us the booking form no later than 7 days before your arrival in order to receive your printed maps in time.

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
- D. Printed map with official training course and SI timing: 10 € per athlete/training

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).

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

All control points in the trainings are marked with 30x30cm flags during the week of the Official Camp n.1 also start and finish. The other forest trainings have wooden control points.

For any other request such as accommodation and transports, contact training@jwoc2025.it

ACCOMMODATION

The Organizing Committee in collaboration with the Trento Tourism Board has already collected the availability of some structures located mainly in Baselga di Piné (within a running distance to part of the trainings) in Bed&Breakfast, Half Board (dinner) and Full Board (with options for packed lunches).

Quotations for accommodation located in Trento or in Valsugana (Pergine or Calceranica) are available on request sending an email to booking@trento.info (Mrs Laura Olivieri) and booking@jwoc2025.it (Alessandro Gretter).

Nearby the individuated structures are located several shops where it is possible to buy food and drinks, a pharmacy and various restaurants and coffees.

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!

