

CAMP COURLAND

Bulletin



DATE	MON 30.3.	TUE 31.3.	WED 1.4.	THU 2.4.	FRI 3.4.
AM	Free start time Intro-O (Bumbukalns)	10:00 Fast relay-O (Pokalniņi)	10:00 Long-O (Vipēdes ezers)	10:00 Basic-O (Āžu kalns Z-daļa)	16:00 - 19:00 Model event (Miltkalns)
PM		17:00 Basic-O (Lielaisciems)	20:30 Night-O (Sveikuļi)	17:00/20:30 Mass start daylight/night (Biksti Z- daļa)	

Please check the training start times carefully. The listed times indicate the start of the training, so make sure to complete your warm-up beforehand and plan your travel accordingly.

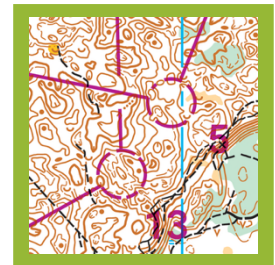
INFORMATION

It is recommended to follow the training schedule as written to ensure the highest level of participation in the key sessions. However, the trainings can also be completed in a different order and at your preferred times.

All trainings include forking. To speed up the start procedure for easy-speed trainings, I suggest forming starting groups of **3** so that we don't have to wait too long.

MON 30/3 AM/PM Intro Bumbukalns

Terrain:	Bumbukalns
Scale	1:10 000
Training type:	Forked middle-distance
Distance:	Long 7.8-8.0, short 5.4-5.6km
Location:	Parking
Controls:	Red stripes
Livelox:	Livelox
Start time:	Free start time



TUE 31/3 AM Relay Intervals Pokaiņi

Terrain:	Pokaiņi
Scale	1:10 000
Training type:	Forked intervals
Distance:	Long 4x1.6-2.2km, 7.5km total. Short 3x1.6-2.2km
Location:	Parking
Controls:	Red and White stripes
Livelox:	Livelox
Start time:	Mass start at 10:00

TUE 31/3 PM Basic-O Lielašciems

Terrain:	Lielašciems
Scale	1:10 000
Training type:	Forked middle-distance
Distance:	Long 7.3-7.5km, Short 5.0-5.2km
Location:	Parking
Controls:	Red stripes
Livelox:	Livelox
Start time:	From 17:00



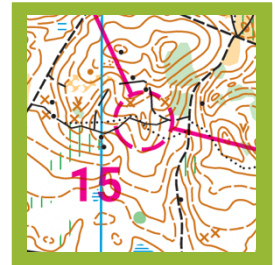
WED 1/4 AM Long legs Vipēdes ezers

Terrain:	Vipēdes ezers
Scale	1:15 000
Training type:	Long legs
Distance:	Long 12km, Short 9km
Location:	Parking
Controls:	Red stripes
Livelox:	Livelox
Start time:	From 10:00



WED 1/4 PM Night-O Sekļa ezers

Terrain:	Sekļa ezers
Scale	1:10 000
Training type:	Forked middle distance
Distance:	Long 6.5km, Short 5.3-5.5km
Location:	Parking
Controls:	Red stripes
Livelox:	Livelox
Start time:	Mass start at 20:30



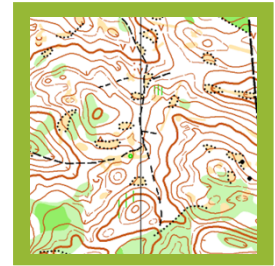
THU 2/4 AM Basic-O Āžu kalns North

Terrain:	Āžu kalns Z-daļa
Scale	1:10 000
Training type:	Forked middle distance
Distance:	Long 6.5-6.7km, Short 5.5-5.6km
Location:	Parking
Controls:	Red stripes
Livelox:	Livelox
Start time:	Starting from 9:30



THU 2/4 PM Daylight/Night mass start Biksti Z-daļa

Terrain:	Biksti Z-daļa
Scale	1:10 000
Training type:	Forked diamond relay
Distance:	Long 8.3-8.5km, Short 6.0-6.3km
Location:	Parking
Controls:	Small flags
Livelox:	Livelox
Start time:	Mass start at 17:00 and 20:30



FRI 3/4 AM Model event Milzkalns

Terrain:	Milzkalns
Scale	1:10 000 and 1:15 000
Training type:	Free choice
Distance:	Decide yourself
Location:	Parking
Controls:	Big flags
Start time:	16:00 – 19:00



If you have any questions, please contact:

Emils Zernis

emils.zernis@gmail.com

+358 401446902