



NATIONAL TEAM OPEN CAMP VUOKATTI | 04-08 JUNE 2022



HUIPPUSUUNNISTUS
Suomen Suunnistusliitto

The Finnish national team is organizing a training camp on EOC 2022 relevant terrain, around Vuokatti, and offer the possibility to elite orienteers to join that activity.

GENERAL COMMENTS:

The plan of this camp has been made with the idea to somehow reproduce the [EOC 2022](#) program, and have as high relevancy as possible. The priority is put on the quality training of the 05th (Middle), 06th (long) and 08th (Relay).

Non elite runners are also welcome to join those trainings, outside the start window set for the elites.

PRELIMINARY PLAN:

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

FINNISH NATIONAL TEAM - "HOME EOC CAMP" - JUNE 2022/1						
	SATURDAY 04	SUNDAY 05	MONDAY 06	TUESDAY 07	WEDNESDAY 08	
MORNING		07:30 SUNRISE ACTIVITY 07:30-9:00 BREAKFAST 09:15 EOC MIDDLE Joutenlampi [W:5,0km M:6,1km] (driving 33') 10:45 First start	07:30 SUNRISE ACTIVITY 07:30-9:00 BREAKFAST 09:15 EOC LONG DISTANCE Tipasoja [W: 80' M: 100'] (driving 26') 10:45 First start	07:30 SUNRISE ACTIVITY 07:30-9:00 BREAKFAST 09:30 CONTOURS Hiukka [9,3km] (driving 15')	07:30 SUNRISE ACTIVITY 07:30-9:00 BREAKFAST 09:00 EOC RELAY Joutenlampi [2 X 15-20'] (driving 33') 10:20 First start check-out	MORNING
AFTERNOON	16:00 MODEL EVENT Tipasoja [6,8km] check-in	12:00 LUNCH 16:00 CORRIDOR Vuokatti [4,2 7,4km] (by foot)	13:30 LUNCH REST ALTERNATIVE TRAINING	12:00 LUNCH REST ALTERNATIVE TRAINING	12:30 LUNCH	AFTERNOON
EVENING	18:00 DINNER 19:00 WELCOME & CAMP INFO 21:00 EVENING SNACK	18:00 DINNER 19:00 ANALYSIS MIDDLE 21:00 EVENING SNACK	18:00 DINNER 19:00 ANALYSIS LONG DISTANCE 21:00 EVENING SNACK	18:00 DINNER 19:00 EOC 2022 IN FOCUS 21:00 EVENING SNACK		EVENING
VUOKATTI SPORT Opistontie 4, 88610 Vuokatti						

Accommodation: Vuokatti Sport for the national team runners.

Cost per training: 5€



CONTACT PERSONS:

Thierry Gueorgiou
Jari Sipilä (on spot)

thierry.gueorgiou@suunnistusliitto.fi
jari.sipila@suunnistusliitto.fi

+46 73 7671688
040 5937016

ENTRIES:

For the runners outside the national team, entering thru this link **latest the Tuesday 31st May:**

https://docs.google.com/spreadsheets/d/12g_v6Bne-10rHk3FFuryFTloX1rZt8dla6yVlxJG8c/edit?usp=sharing

Tervetuloa!

SSL Leadership