

TRAINING POSSIBILITIES



**WYSPA
O-CUP**

12-13 MARCH 2022

**TECHNICAL START OF
SEASON**

Technical trainings

We have prepared 2 technical trainings in Sobieszewo Island forests - right next to this year's competition terrain. Similar terrain with microrelief will be a great opportunity for a warm up.

Trainings available from **8th till 17th of March 2022**.

Courses: short, middle, long, all controls.

All control points will be marked with white-red tapes with control number. Digital maps will be sent out via e-mail to interested runners. Please send your entry via e-mail to wyspa@harpagan.pl.

Training costs: 3 EUR/person.

From Michał Olejnik - course setter

Courses on Świbno and Orle will be a perfect way to prepare yourself to the start in Wyspa O-Cup. Both trainings are prepared in scale 1:7500 - same as maps during competitions. Maps without any modifications (like no roads etc.), so more experienced runners should run these trainings with higher intensity.

Technical training no 1 - Świbno

Map: Świbno

Scale: 1:7 500

Equidistance: ca 2.5 m

Author: Jacek Morawski

Topicality: October 2021

Map printing: map to print by yourself, A4 format, control descriptions on map

Location: near Świbno Harbor, end of street Świbnieńska in Gdańsk

Start triangle: **54.338941 N, 18.929112 E**

Notes: Training is located right next to Mewia lacha reservoir - you can to viewing platform located in the most eastern part of Gdańsk. If you are lucky, you will see our seals and birds.

Training no 1 - Świbno		
Course	Control Points	Distance [m]
Short	9	2600
Middle	16	4270
Long	24	6120
All controls	31	depends on you

Technical training no 2 - Orle Hotel

Map: Sobieszewo Orle

Scale: 1:7 500

Equidistance: co 2.5 m

Author: Jacek Morawski

Topicality: May 2021

Map printing: map to print by yourself, A4 format, control descriptions on map

Location: near Orle Hotel, street Lazurkowa w Gdańsku

Start triangle: **54.344614 N, 18.877465 E**

Training no 2 - Hotel Orle		
Course	Control Points	Distance [m]
Short	7	2740
Middle	14	3930
Long	22	5000
All controls	29	depends on you

Recreational courses

Every Saturday we open new recreational & family courses "Samodzielny Harpuś". Each location is active for 9 days.

Courses are prepared especially for teaching purposes and recreational walks with map.

Scorelauf, 30 control points.

All control points will be marked with white-red tapes with control number. Digital maps will be sent out via e-mail to interested runners.

Participation is 20 zł/4 EUR per whole participating team.

There will be 2 courses available:

Samodzielny Harpuś #97 Złota Karczma from 5th till 13th of March 2022, start at the end of Wiolinowa street in Gdańsk.

Samodzielny Harpuś #98 Bąkowo from 12th till 20th of March 2022, start at street Otomińska 6 in Bąkowo near Gdańsk

Entries possible via website www.harpagan.pl/harpus/

In case of any trouble (Polish site only), please reach out to wyspa@harpagan.pl :)

Plan your next orienteering weekend with us!

Otomin Forests, 16-19th June 2022

4 Foot-O stages (Polish ranking),

**4 MTBO stages (World Masters Series, Polish Individual
and Club Champs)**



City of Gdańsk, 16-18th September 2022

3 city stages (City Race Euro Tour, Polish ranking)

Gdańsk City Race



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