



Leiripäivä ja Suunta Huipulle-seurasparraus Pajulahdessa sunnuntaina 8.3.2020

Aikataulu

10:00-12:00 Viestisuunnistusharjoitus / Stefu
12:00-13:00 Iso Kukkanen lounas
13:00-14:00 Palaveri luokka1 leiriläisille
13:00-15:00 Palaveri Kokouspaju1 SuuntaHuipulle-seuraohjelma
14:00-15:00 Sisäharjoitus Voimistelusalissa / Ansku

VIESTISUUNNISTUSHARJOITUS

Harjoituksen kuvaus

The training consists in 3 courses to run with mass start. There are different type of legs and forkings (short legs, long legs, 1 control forking, 2 controls forking, controls close to each other or dispersion). Start in order with course A, then B and at the end C. The starts are in 3 different places but the finish is always the same. Distance from finish to start is around 250 meters each time.

Meeting at 10:00 in Pajulahti Urheiluopisto.

Ensimmäinen lähtö A ja A_short klo 10:30, be on time.

For the second course (B) runners will start in pairs every 10 seconds.

Last course (C) mass start in small groups with small starting intervals between the groups (20-30s.)

Harjoituksen tavoitteet

Goal for the training is preparation for relay competitions, with everything that it involves. 100% concentration at the start and use of other runners to your advantage, not the opposite.

As there are 3 courses, you can think that they are the 3 legs of a relay.

A - we start with the first leg so the goal here is to be in the leading group at the end, and not losing too much time. Have guts to stop and read if the situation starts to get out of control. Primary objective is not to win the first leg but be close to the front runners at the change over.

B - this is the second leg so what your team wants from you is to maintain the position and possibly gain some good seconds from the lead. Try to take the best route choices, depending also with whom you are in the pack.

C - in the last leg yes here you have to win and give 100% especially towards the end. Watch out not to make mistakes if the speed gets faster and anticipate the control exit directions, no hesitation in the last leg!

Kartta ja rastimääritteet

Pajulahti 1:10.000 / 5m / ISOM2017 / A5

Stefano Raus päivittää kartan 3/2020.

Isot rastiliput koodeilla. Omat karttamuovit mukaan.

Matkat

A: 2,3 km / 7 rastia (hajontaa)

A_short: 1,9 km / 5 rastia (hajontaa)

B: 2,2 km / 5 rastia (hajontaa)

B_short: 1,7 km / 4 rastia (hajontaa)

C: 2,1 km / 7 rastia (hajontaa)

C_short: 1,8 km / 4 rastia (hajontaa)

Normal: Ansku, Saara, Anu, Mikael, Matias, Valtteri, Allu, Juha

Short: Voimis, Henkka, Eerika, Petri, Anniina, Juuso, Kirsi, Kaapo, Maiju, Timo, Vili, Mika, Niilo, Aapo, Eetu

Muuta

- Parking at Pajulahti Urheilukeskus or like you see on the map below.
- If you run from Pajulahti to the finish point, the distance is 2,5 km.
- There will be GPS-seuranta so remember to pick your gps device before the start!
- Some forest works (tree cutting) have taken place around the first controls of exercise B and B_short, so there might be some new tracks made by tractors but they give no problems to navigation.
- If you don't have live gps device and want to load your track on GPS-seuranta save the activity only at the end of the 3 intervals, you can stop between the finish and next start but save only at the end.
- No emit needed, but remember to touch the flags :)

Forest intervals, mass start with forking

Interval A:	Interval B:	Interval C:
2,3km / 7 rastia	2,2km / 5 rastia	2,1km / 7 rastia
A_short:	B_short:	C_short:
1,9km / 5 rastia	1,7km / 4 rastia	1,8km / 4 rastia

