



# JWOC

Junior World  
Orienteering  
Championships  
**2019 Denmark**



## **JWOC 2019 Official Precamp Instruction**



# JWOC 2019 Official Precamp 3. July – 5. July 2019

The organizers of JWOC 2019 in Denmark, OK Pan and Silkeborg OK, are welcoming you to the official training camp prior to JWOC 2019.

## General information

All maps are printed using offset print on tear-resistant and waterproof paper.

In terms of map delivery, maps for the entire week, the team leaders **pick up the maps for all the days at the event center** at College360.

Control points will have standard control flags, but without SPORTident units.

The route from meeting point to start will be marked with marking band.

At all meeting points there will be toilets, but there will be no showering options.

Teams can use their own transport during the Training Camp.

It will be possible to use public transportation to all of the trainings in the Silkeborg area, and it costs 22 Dkr. (ca. 3 EUR) each way. When planning your journey use: [www.rejseplanen.dk](http://www.rejseplanen.dk).

Transport Schedule Training Camp Thursday July 4th:

From	To	Departure	Arrival
<b>Event Centre</b>	<b>Sprint Training</b> Aarhus	9.15	10.00
<b>Sprint Training</b> Aarhus	<b>Event Centre</b>	11.30	12.15
<b>Event Centre</b>	<b>Forest training</b> Silkeborg Vesterskov	14.15	14.30
<b>Forest training</b> Silkeborg Vesterskov	<b>Event Centre</b>	16.00	16.15

# Forest distance: Wednesday 3. July

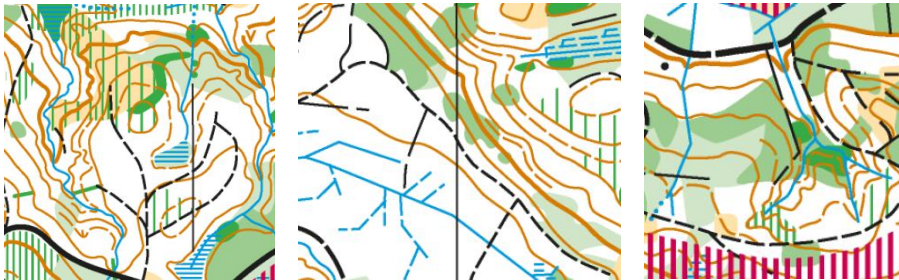
**Location** Silkeborg Sønderskov

**Time** The controls are in the forest between 9:00 AM and 5:00 PM.

## Meeting point

Nøjkærhus, Horsensvej 99, 8600 Silkeborg.

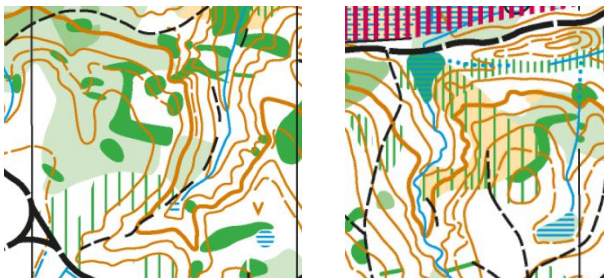
GPS: 56°07'14.9"N 9°34'03.4"E



## Information

Scale: 1:10.000, Contour interval: 5 meters

Fallen trees and piles of fallen trees are drawn as below ie. not green lines. Although the map is relatively new, there are several places where these piles of trees are no longer clearly visible in the terrain. This is particularly relevant at the start of the course. In the start of the course, there is an area of rough open land with undergrowth. This area is more difficult to go through than drawn on the map.



Meeting point to start: 1000 m

Finish to meeting point: 500 m

## Courses

	Lengths	Controls
<b>Men</b>	6,3km	20
<b>Women</b>	3,9km	12

## Public transport

Using [www.rejseplanen.dk](http://www.rejseplanen.dk)

Silkeborg Sønderskov      Bus 110 from Silkeborg st

From College 360/ Teknisk Skole (Silkeborg Kom)

To: Virklund Skole, Silkeborg Kommune

# Sprint distance: Thursday 4. July

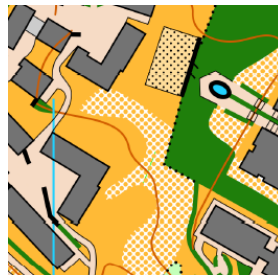
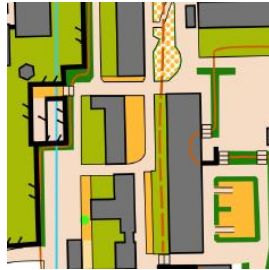
**Location** Skejby Vejlbj

**Time** It is possible to run the course between 10:00 and 11:30 AM.

## Meeting point

Vejlbj-Risskov Hallen, Vjlbj Centervej 51, 8240 Risskov

GPS: 56°11'36.5"N 10°12'23.9"E



## Information

Scale: 1:4000, Contour interval: 2,5 meters

The map is not approved for competition use and therefore there may be some deviations from the ISSOM 2007 sprint norm. A forbidden area has been added to the card, after the offset print. It is drawn with a black line as seen below.



Meeting point to start: 450 m

Finish to meeting point: 200 m

## Courses

	Lengths	Controls
<b>Men</b>	3,6km	20
<b>Women</b>	3,0km	17

**Courseplanner** Søren Bobach, JWOC Sprint Courseplanner.

# Forest distance: Thursday 4. July

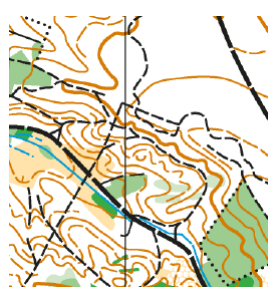
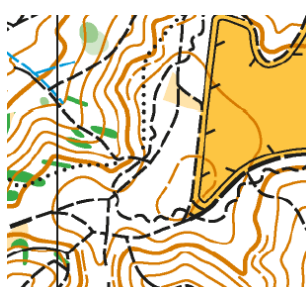
**Location** Silkeborg Vesterskov

**Time** The controls are in the forest between 1:00 PM and 5:00 PM.

## Meeting point

Østre Søbad, Horsensvej 2, 8600 Silkeborg.

GPS: 56°08'54.0"N 9°33'23.7"E



## Information

Scale: 1:15.000, Contour interval: 5 meters

Meeting point to start: 1200 m

Finish to meeting point: 1300 m

Possibility for lakeside bath

## Courses

	Lengths	Controls	
<b>Men/Women</b>	6,9/5,7/4,2km	17/14/10	(One course, shorting possibilities)

**Courseplanner** Niklas Ingwersen, JWOC Tour Courseplanner.

## Public transport

Using [www.rejseplanen.dk](http://www.rejseplanen.dk)

Silkeborg Vesterskov, Bus 4/ Bus 215 from Silkeborg st

From College 360/ Teknisk Skole (Silkeborg Kom)

To: Østre Søbad, Silkeborg Kommune

# Forest distance: Friday 5. July

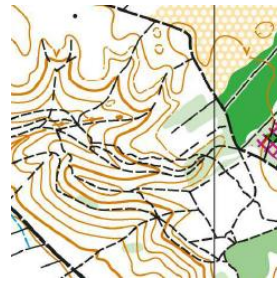
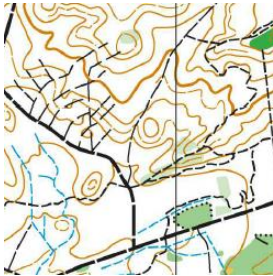
**Location** Silkeborg Nordskov

**Time** The controls are in the forest between 9:00 AM and 5:00 PM.

## Meeting point

De Smaa Fisk, Sejsvej 40, 8600 Silkeborg

GPS: 56°08'45.2"N 9°35'19.3"E



## Information

Scale: 1:10.000, Contour interval: 5 meters

There is a lot of indistinct paths and mountainbike trails on the map. There might be some additional paths and trails in the terrain, which are not updated on the map.

Meeting point to start: 600 m

Finish to meeting point: 600 m

Possibility for lakeside bath

## Courses

	Lengths	Controls
<b>Men</b>	4,8km	12
<b>Women</b>	4,0km	12

**Courseplanner** Kent Lodberg, JWOC Middle Courseplanner

## Public transport

Using [www.rejseplanen.dk](http://www.rejseplanen.dk)

Silkeborg Nordskov, Bus 7 from Silkeborg st

From College 360/ Teknisk Skole (Silkeborg Kom)

To: De Små Fisk, Park Anlæg, Silkeborg Kommune



## Contact

For questions about the training camp please write: [trainingcamp@jwoc2019.dk](mailto:trainingcamp@jwoc2019.dk)

Contact information for questions during the training camp:

Lasse Grøn, OK Pan Aarhus: +45 60767434 or at [trainingcamp@jwoc2019.dk](mailto:trainingcamp@jwoc2019.dk)

