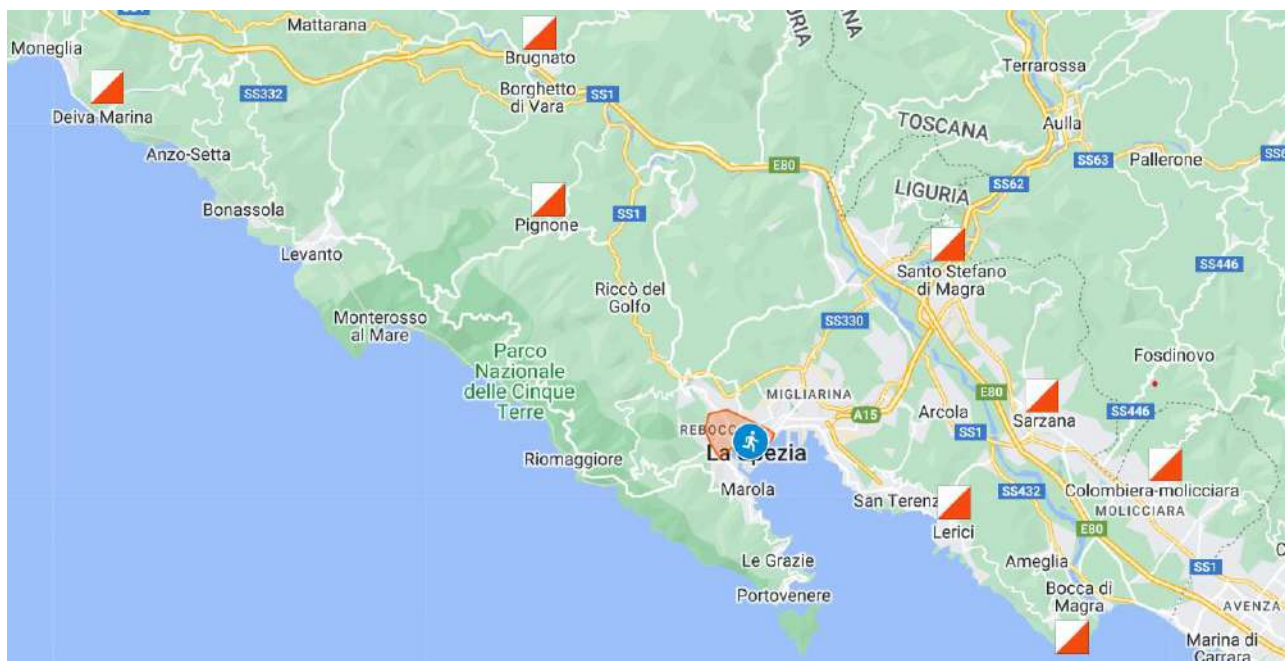


TRAININGS 24-28 MARCH 2025

In the week before Sprint WREs Coppa Italia in Arenzano e Voltri (29-30th March) we offer a training camp in the surroundings of La Spezia.

PROGRAM

- Monday 24th 10.00-12.00: Brugnato – Sprint loops
15.00-17.00: Pignone – Sprint relay (or individual/mass start)
- Tuesday 25th 10.00-12.00: Sarzana – Sprint course (longer than normal, with fake barriers)
15.00-17.00: Santo Stefano di Magra – Sprint Knock Out (or individual)
- Wednesday 26th 10.00-12.00: Castelnuovo Magra – Sprint course
14.30-17.30 official training in Lerici (flags, Sport Ident) - Sprint
- Thursday 27th 10.00-12.00: extra training in Montemarcello - Sprint
14.30-17.30 official training in Deiva Marina (flags, Sport Ident) - Sprint intervals
- Friday 28th AM: possible extra training in Lerici
14.30-17.30 model event in Pegli (GE)



Saturday 29th WRE Italian Cup Sprint in Arenzano (GE)
info: <https://www.fiso.it/gara/20251>

Sunday 30th WRE Italian Cup Sprint in Voltri (GE)
info: <https://www.fiso.it/gara/20252>

TRAININGS

During the official time window for each training small controls flags will be set in the terrain and printed maps can be collected at the meeting point.

During timed trainings in Lerici (sprint) and Deiva Marina (sprint intervals) 30x30cm control flags and SI units will be used.

Control descriptions will be on the maps, loose ones for timed trainings present at the meeting points in Lerici and Deiva Marina.

Trail running

Some trainings can be combined with trail running sessions; especially in the area around 5 Terre, Montemarcello, Lerici and Deiva Marina it's plenty of path, single track, breathtaking view along the coast. Take it in your mind while planning your training camp.



Brugnato / 24.03.2025 (10.00 - 12.00)

Parking and meeting point: Via Cavour (<https://maps.app.goo.gl/nSDuryfKunzix2kp9>)

Sprint Loops (WOC Q simulation)

Format: 4 loops with the same start. First 3 with same finish close to the start, last loop with finish at the meeting point.

Length/climb: 1,1km + 17.5; 1,05km + 15; 1,1km + 17,5; 1,3km + 12.5. Checked by course setters.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio (update of old map of Remo Madella)

Course setters: Alessio Tenani, Marcello Lambertini



Technical info: focus on flat orienteering, start routine, route choices.

Take care of the crossings of the roads, some narrow passages. 90% asphalt, 10% grass. Relevant for: WOC 2026 sprint Q+F.

Livelox: <https://www.livelox.com/Events/Show/147044/-WOC-2026-training-camp-March-2025-Brugnato-sprint-loops>

Warm up area

Pignone / 24.03.2025 (15.00 - 17.00)

Parking: Via Levanto (<https://maps.app.goo.gl/Hb1Am7BPnCuM5g9h8>)

Meeting point: Football field (<https://maps.app.goo.gl/4touzcDdnSNNgXdGA>)

Info: mass start in groups every 30' or on your own.

Sprint Relay Training

Format: 4 legs sprint relay (Woman - Man - Man - Woman) or individual (normal/mass start).

Length/climb: first and fourth leg (women) 2750+60, second and third leg (men) 3250+70. Checked by course setters.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio (update of old map of Remo Madella)

Course setters: Alessio Tenani, Marcello Lambertini



Technical info: focus on flat orienteering, wild parts, forkings, head to head orienteering.

Take care of the crossings of the small river; few centimetres of water are expected, especially in winter time or after rainy days. Some narrow passages. 70% asphalt, 30% grass.

Relevant for: WOC 2026 sprint relay.

Livelox: <https://www.livelox.com/Events/Show/148333/WOC-2026-training-camp-March-2025-Pignone-sprint-relay>

Sarzana / 25.03.2025 (10.00 - 12.00)

Parking and meeting point: Parcheggio via Pietro Gori
(<https://maps.app.goo.gl/YbiGnhKJ6c9KEtBy6>)

Sprint Training

Format: sprint course (longer than normal)

Length/climb: 4600+25. Checked by course setters.

Map: 1:4000, 2m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio (update of old map of Francesco Buselli)

Course setters: Marcello Lambertini, Alessio Tenani

Technical info: focus on flat orienteering, fake barriers, route choices. Take care of the crossings of the roads (a couple of them are compulsory, according to the course symbols also); some narrow passages. 95% asphalt, 5% grass.
Relevant for: WOC 2026 sprint Q+F, KO sprint.



Livelox: <https://www.livelox.com/Events/Show/147045/-WOC-2026-training-camp-March-2025-Sarzana-longer-sprint>

Santo Stefano di Magra / 25.03.2025 (15.00 - 17.00)

Meeting point: Piazza Aldo Moro (<https://maps.app.goo.gl/8KFRhNgXAbFKJc4g7>)

Parking in the surroundings.

KO Sprint Training

Format: 2 x knock out sprint courses

Length/climb: 1500+35, 1700+30. Checked by course setters.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio (update of old map of Francesco Buselli)

Course setters: Marcello Lambertini, Alessio Tenani

Technical info: focus on flat orienteering, route choices, multilevels, head to head orienteering. Take care of the crossings of the roads; some narrow passages. 95% asphalt, 5% grass.

Relevant for: WOC 2026 KO sprint.

Livelox: <https://www.livelox.com/Events/Show/147056/-WOC-2026-training-camp-March-2025-S-Stefano-di-Magra-KO-sprint>



Castelnuovo Magra / 26.03.2025 (10.00 - 12.00)

Parking and meeting point: Parcheggio via Provinciale.
(<https://maps.app.goo.gl/RPcArRe65aZ1SM9LA>)

Sprint Training

Format: sprint course

Length/climb: 3100+105. Checked by course setters.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio (update of old map of Remo Madella)

Course setters: Marcello Lambertini, Alessio Tenani

Technical info: focus on lot of controls, stairs, route choices, map flips. Take care of some narrow passages.
95% asphalt, 5% grass.

Relevant for: WOC 2026 KO sprint and sprint relay.

LiveloX: <https://www.liveloX.com/Events/Show/147053/-WOC-2026-training-camp-March-2025-Castelnuovo-Magra-sprint>



Lerici / 26.03.2025 (14.30 - 17.30)

Meeting point: Rotonda lungomare di Lerici

<https://maps.app.goo.gl/sRBJ78yjuvoK5s3fA>

Parking: Parcheggio Erbetta (<https://maps.app.goo.gl/TchcypV3HEf8oThq5>) or Parcheggio Venere Azzurra (<https://maps.app.goo.gl/xzZMFUAzknLpvAxt9>). Some minutes of walking to the meeting point. Parking by payment.



Format: sprint course

Length/climb: 3,4 km + 140

Orienteering flags + SI units are on controls. Session is timed, you can read out your SI-card at the meeting point. Free start.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio (New map)

Course setters: Alessio Tenani, Marcello Lambertini

Control description: also on map

Technical info: focus on route choices, tricky orienteering, change of speed, seafront, competition routine. 95% asphalt, 5% grass.

Relevant for: WOC 2026 sprint Q+F, KO sprint and sprint relay

Livelox: <https://www.livelox.com/Events/Show/147046/-WOC-2026-training-camp-March-2025-Lerici-timed-sprint>

Montemarcello / 27.03.2025 (10.00 - 12.00)

Parking and meeting point: Parcheggio Montemarcello Ameglia

<https://maps.app.goo.gl/QDCgxv6NXp3wDyXm8>

Sprint Training

Format: sprint course

Length/climb: 2800 + 100. Checked by course setters.

Map: 1:4000, 2m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio (update of old map of Francesco Buselli)

Course setters: Alessio Tenani, Marcello Lambertini

Technical info: focus on flat orienteering, route choices, map flip. 90% asphalt, 10% grass. Relevant for: WOC 2026 sprint Q+F, KO sprint.



Livelox: <https://www.livelox.com/Events/Show/147057/-WOC-2026-training-camp-March-2025-Montemarcello-sprint>



Deiva Marina / 27.03.2025 (14.30 - 17.30)

Parking and meeting point: Parcheggio pubblico Corso Italia
<https://maps.app.goo.gl/7YPwUN5s6Yg64mVp7>



Format: sprint intervals

Length/climb: 1,8km + 60 (0,1km) 1,8km + 35 (0,1km) 1,4km + 20

Orienteering flags + SI units are on controls. Session is timed, you can read out your SI-card at the meeting point. Free start.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio (New map)

Course setters: Marcello Lambertini, Alessio Tenani

Control description: also on map

Technical info: focus on multilevels, change of speed, seafront, competition routine. 90% asphalt, 10% grass/sand.

Relevant for: WOC 2026 sprint Q+F and KO

Livelox: <https://www.livelox.com/Events/Show/143313/WOC-2026-training-camp-March-2025-Deiva-timed-sprint-intervals>

Lerici / 28.03.2025 (AM) – Extra training

Meeting point: Rotonda lungomare di Lerici

<https://maps.app.goo.gl/sRBJ78yjuvoK5s3fA>

Parking: Parcheggio Erbetta (<https://maps.app.goo.gl/TchcypV3HEf8oThq5>) or Parcheggio Venere Azzurra (<https://maps.app.goo.gl/xzZMFUAzknLpvAxt9>). Some minutes of walking to the meeting point. Parking by payment.



Format: sprint course

Length/climb: 3,700km + 150 (men), 3250km + 125 (women)

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio (New map)

Course setters: Marcello Lambertini, Alessio Tenani

Control description: on map

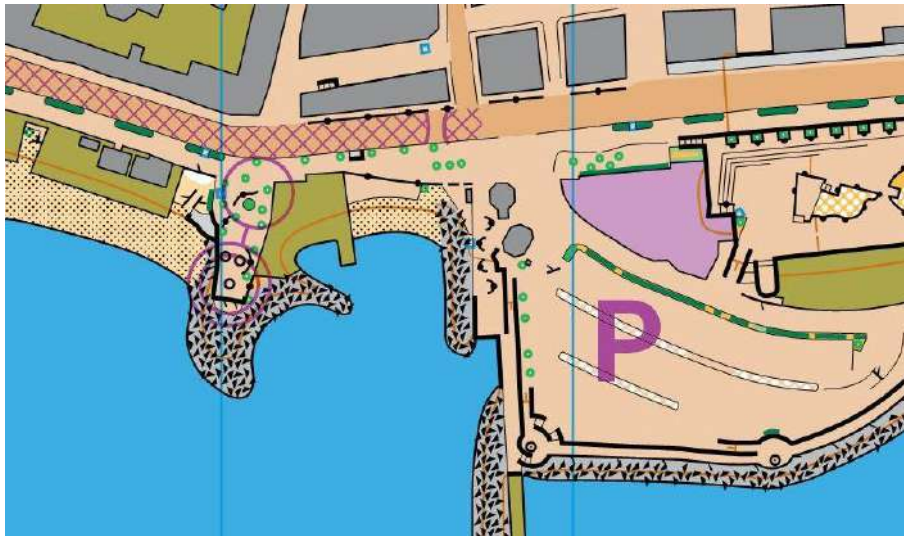
Technical info: focus on route choices, change of speed, seafront, competition routine.
95% asphalt, 5% grass.

Relevant for: WOC 2026 sprint Q+F

LiveloX: <https://www.liveloX.com/Events/Show/148121/WOC-2026-training-camp-March-2025-Lerici-extra-training>

Pegli / 28.03.2025 (11.00-18.00)

Parking and meeting point: Parcheggio Molo Archetti (close to lastc control/finish
(<https://maps.app.goo.gl/7HnuUActXn7SgeVY7>)



Format: model event, 15 free controls with suggested sprint course (with 11 controls)
Flags on the controls

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Marcello Lambertini, Samuele Curzio (New map)

Course setters: Marcello Lambertini, Alessio Tenani

Control description: on map

Technical info: focus on change of speed, seafront, park orienteering. 80% asphalt, 20% grass. Relevant for: WOC 2026 sprint relay, WREs 2025.

Livelox: <https://www.livelox.com/Events/Show/147251/WOC-2026-training-camp-March-2025-Pegli-model-event>

ENTRIES

In order to enter, teams have to fill out this form at the latest by **Sunday 9th March 2025**:

<https://forms.gle/uCcdfPLS9DACRJQM8>

ENTRY FEES

There are different possibilities to buy maps for trainings:

1. Pdf map file with course: 4 € per athlete/training
2. Printed map with course: 6 € per training

LERICI AND DEIVA MARINA

3. Official training with printed map, controls and SI units: 8 € per athlete

For specific requests please contact alessio.tenani@woc2026.it.

The invoice will be sent to the teams before the training camp.

*Note that the conversion from OOMAPPER file to OCAD file could compromise the quality of the drawing. It is forbidden to reproduce maps without the original graphic layout.

