

**Training Camp NEW YEAR 2010
&
International Meeting Arraiolos 2010 – World Ranking Event**

São Pedro da Gafanhoeira - Arraiolos

Overview:



From 2nd to 10th January, the Gafanhori club will have a programme full of orienteering. Don't miss it! More Information: www.gafanhori.pt/meeting10/

Programme:

2nd January 2010, Saturday

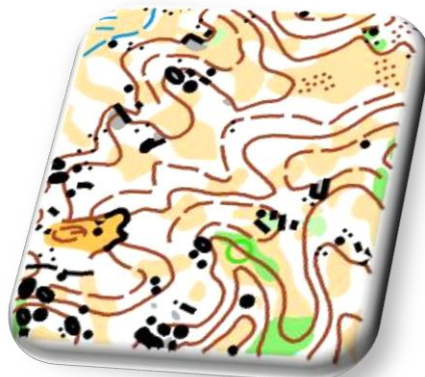
Time: 15h00 (with Sportident)

Kind of training: Long and short legs

Place: Monte dos Serrões (A)

Scale: 10.000 2,5m

Distance: Long: 9 Km, Short: 4 Km



3rd January 2010, Sunday

Time: Free

Kind of training: Sprint

Place: Sabugueiro (B)

Scale: 4.000 2,5m

Distance: 3,1 Km



Time: 15h00 (with Sportident)

Kind of training: 4x1000m (Loops)

Place: Monte da Estrelada (C)

Scale: 10.000 2,5m

Distance: 4,0 Km



4th January 2010, Monday

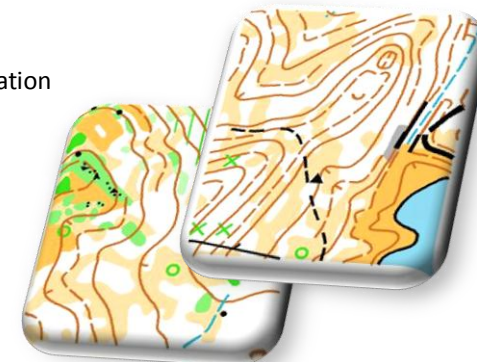
Time: Free

Kind of training: Memory/Anticipation

Place: Herdade de Santarém (D)

Scale: 10.000 2,5m

Distance: Long: 8 Km, Short: 5 Km



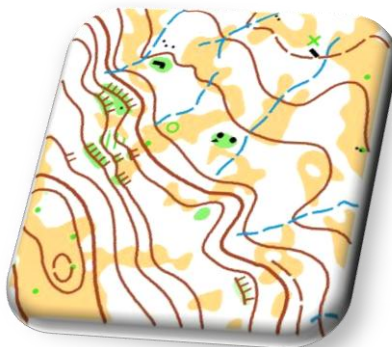
Time: 18h00 (with Sportident)

Kind of training: Night-O Mass Start

Place: Monte da Pastaneira (E)

Scale: 10.000 2,5m

Distance: Long: 7 Km, Short: 4 Km



5th January 2010, Tuesday

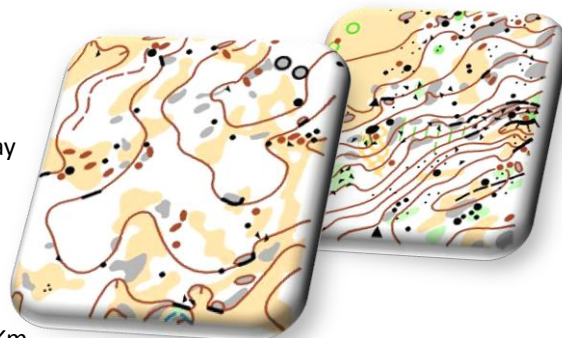
Time: Free

Kind of training: One Man Relay

Place: Bardeiras (F)

Scale: 10.000 2,5m

Distance: Long: 9 Km, Short: 5 Km



Time: 15h00 (with Sportident)

Kind of training: Middle Distance

Place: Monte da Estrelada (Mancha) (G)

Scale: 10.000 2,5m

Distance: Long: 6 Km, Short: 3 Km



6th January 2010, Wednesday

Time: Free

Kind of training: Multi-technicals

Place: Herdade de Almargem (H)

Scale: 10.000 5m

Distance: Long: 6 Km, Short: 4 Km



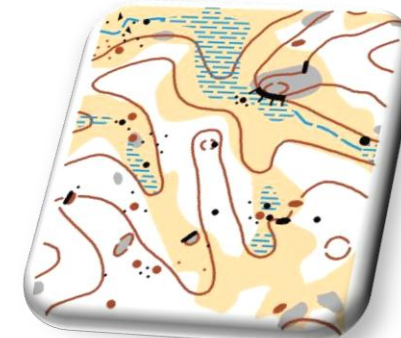
Time: 18h00 (with Sportident)

Kind of training: Night-O

Place: Bardeiras Sul (I)

Scale: 10.000 2,5m

Distance: 4,5 Km



7th January 2010, Thursday

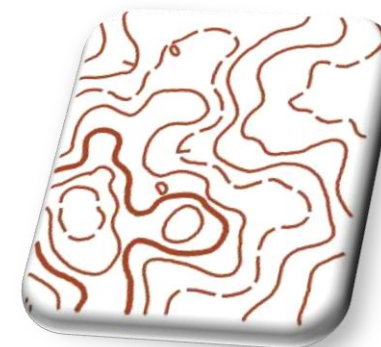
Time: 9h30 (with Sportident)

Kind of training: Contours

Place: Monte da Estrelada Oeste (J)

Scale: 10.000 2,5m

Distance: Long: 5 Km, Short: 3 Km



Time: Free

Kind of training: Control Picking/Downhill

Place: Monte do Pinheiro (K)

Scale: 10.000 2,5m

Distance: 4,5 Km



8th January 2010, Friday

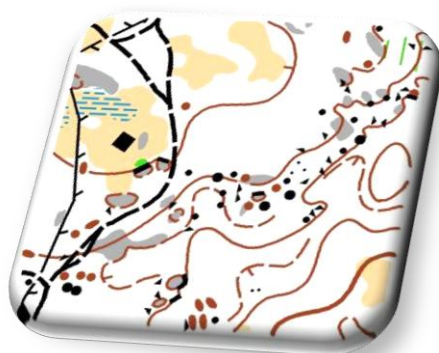
Time: From 10:00h

Kind of training: Model Event Long

Place: Monte da Ponte norte (L)

Scale: 15.000 5m

Distance: 12 Controls. Course free



Time: From 10:00h

Kind of training: Model Event Middle WRE

Place: Herdade do Barrocal e Pinheiro (M)

Scale: 10.000 2,5m

Distance: 12 Controls. Course free



9th January 2010, Saturday

Time: 11:00h

Competition: Long distance

Place: Monte Velho, Lapa, Ponte

Scale: 15.000/10.000 5m

Distance: according to the class



Time: 18:00h

Competition: Sprint distance

Place: Arraiolos village

Scale: 5.000 5m

Distance: according to the class



10th January 2010, Sunday

Time: 9:00h

Competition: Middle distance (WRE)



Place: Herdade do Barrocal

Scale: 10.000 2,5m

Distance: according to the class



OVERVIEW - Training Camp New Year'10 São Pedro da Gafanhoeira - Arraiolos

-  Training Areas
-  Competition Areas
-  Accommodation



Scale: 20 Km