

DRAFT TRAINING CAMP (16.02-03.03.2019)

DATES		Morning Session			Afternoon Session		Evening Session	
16.02.	SATURDAY	ARRIVAL	LENGT OF COURSE	HOTEL TO ARENA	ARRIVAL	LENGT OF COURSE	HOTEL TO ARENA	HOTEL TO ARENA
17.02.	SUNDAY	OYMAPINAR SOUTH (CONTROL PICKING)	60 min	25 KM	ILICA SPRINT	20 min		15 KM
18.02.	MONDAY	SIDE SPRINT	20 min	12 KM	OYMAPINAR NORTH (LINE-O)	60 min		27 KM
19.02.	TUESDAY	AQUADUCT- CONTROL PICKING	50min	30KM	SPRINT-FOREST (SI+CONTROL FLAGS)	4 x 6min	(ALTERNATIVE, NIGHT-O)	TITREYENGÖL- NEXT TO HOTEL
20.02.	WEDNESDAY	SELEUKEIA CONTROL PICKING	60min	25KM	SORGUN- ONE MAN RELAY (SI+CONTROL FLAGS)	45 min	(ALTERNATIVE, NIGHT-O MASS START)	5KM
21.02.	CHECK OUT FROM SIDE TO ANTALYA HOTEL	SELGE CONTROL PICKING	60min	90KM	KUMKÖY-DIRECTION TRAINING	50min	(ALTERNATIVE, RAFTING)	15KM
22.02.	FRIDAY	WRE-LONG EKSİLİ	75-90min	40KM	COMPETITION			-
23.02.	SATURDAY	WRE-MIDDLE-LARA	35-40min	1 KM	COMPETITION			-
24.02.	SUNDAY	WRE-LONG-GEBİZ	70-85min	40KM	COMPETITION			-
25.02.	MONDAY	TÖNGÜÇLÜ CONTROL PICKING	60 min	35 KM	KURŞUNLU NORTH (MEMORY-O)	60 min		15 KM
26.02.	TUESDAY	ÇAKIRLAR GEO (FIRST CONTROL)	70 min	30 KM	EXPO SPRINT- COMPETITION	15 min		20 KM
27.02.	WEDNESDAY	DÜZLERÇAMI WEST (COMPASS-O)	60 min	35 KM	ÇAKIRLAR ESA (CORRIDOR-O)	60 min		30 KM
28.02.	THURSDAY	VARSAK (BLACK-O)	50 min	30 KM	DÜZLERÇAMI EAST- (MASS START)	45 min		35 KM
01.03.	FRIDAY	DUACI (CONTOUR, LINE-O, CORRIDOR)	60 min	30 KM	UNIVERSITY-SPRINT	15 min	ALTERNATIVE, LARA-NIGHT-O	25 KM
02.03.	SATURDAY	KALEİÇİ-SPRINT COMPETITION	15 min	20 KM	GLASS PYRAMID-SPRINT COMPETITIONS	15 min		25 KM
03.03.	SUNDAY	Departure						