

OFFICIAL TRAINING CAMP N.2 | 17-22 APRIL 2025

Welcome to the second official training camp for JWOC 2025 in Trentino!

We offer you the possibility to train on sprint and forest maps, relevant for JWOC competitions.

Official training courses have been available since May 2024 and new courses were ready from October 2024. The next and final training package will include Official Training Camp n.2 courses and some extra sessions in Primiero Valley, together with the PRE-JWOC Test Races.

All training activities should be coordinated with the organizers, contact training@jwoc2025.it

Official training camps will be organized in the following dates. All the sessions will have orienteering flags and sometimes SPORTident timing:

1. **17-22 April 2025** JWOC official training camp n.2

Thursday 17 th	16:00 Borgo Valsugana (TC25S01) - Intro Sprint
Friday 18 th	10:00 Roncegno Terme (TC25S02) - Sprint Relay [SPORTident] 16:00 Sella Valsugana (TC25F01) - Intro Forest
Saturday 19 th	10:00 Monte Mezza (TC25F02) - Middle [SPORTident] 16:00 Pieve Tesino (TC25S03) - Sprint Simulation
Sunday 20 th	09:30 Lavarone (TC25F03) - Long [SPORTident]
Monday 21 st	10:00 Montevaccino (TC25F04) - Forest Loops 16:00 Telve Valsugana (TC25S04) - Sprint Intervals
Tuesday 22 nd	10:00 Sella Valsugana (TC25F05) - Forest Relay

2. **30 May - 2 June 2025** JWOC selection races and camp n.3

Friday 30 th	Free training from Camp n.2 or in Primiero Valley
Saturday 31 st	PRE-JWOC National Competition - Sprint (Mezzano)
Sunday 1 st	PRE-JWOC National Competition - Long distance (Passo Cereda)
Monday 2 nd	Free training from Camp n.2 or in Primiero Valley

The times indicate approximately the first start, or mass start, or from what time you can start freely (basically it means that after that time everything is ready for the training, including orienteering flags, artificial barriers, street crossings controllers, etc...). Later on, it will be published also what time we will start collecting controls and controllers will end their duties.

JWOC course setters have prepared one training each (the same specialty that they are setting at JWOC), so you can test their courses during the Official Camp n.2.

You find the location of all the training areas with a preview of each map (low resolution image, click on the polygonal shapes) [HERE](#)

Note that the embargoed area of Argentario - Pian del Gac has been reduced, in order to have an extra training map; be careful not to exit the training area, as the northern part is forbidden!

Preliminary courses data and other relevant info of each training are written in the next pages, following the order of the schedule of the Official Camp n.2.

Note that teams can organize their own training camps anytime.

TRAININGS

BORGO VALSUGANA (TC25S01)

Parking: <https://maps.app.goo.gl/FEiKYW74mBUpGSx86>

Format: sprint, intro training with MICRO course in the middle, free start

Courses: MW20 3.2km | 55m | 18c

Map: 1:4.000, 2.5 m, 2024 (ISSprOM 2019-2 version 2025)

Mappers: Stefano Raus, Giuseppe Simoni

Course setter: Stefano Raus

Control description: printed on the map and also separate.

Info: classic sprint course in a nice city center. The MICRO course (1.2km | 15m | 11c) is between controls 14-15, at 1:2.500 scale. Use the warmup map to reach the start (0.7km).

Livelox: <https://www.livelox.com/Events/Show/143433/JWOC-2025-training-Borgo-Valsugana-TC25S01>



RONCEGNO TERME (TC25S02)

Parking: <https://maps.app.goo.gl/846UVvKHjh9ZFWNq5>

Format: sprint relay (teams of 4: W-M-M-W) with SPORTident

Courses: LEG1&4 2.6km | 70m | 21c - LEG2&3 3.1km | 80m | 21c

Map: 1:4.000, 2.5 m, 2024 (ISSprOM 2019-2 version 2025)

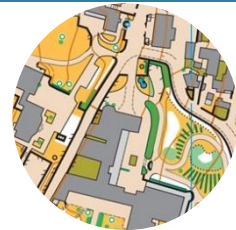
Mapper: Marco Bezzi

Course setter: Federico Venezian (*JWOC Sprint Relay course setter*)

Control description: printed only on the map.

Info: start, spectator control and finish will be near Hotel Flora. A spectator control is located at approximately 50% of the course length. Warmup map is available.

Livelox: <https://www.livelox.com/Events/Show/143434/JWOC-2025-training-Roncegno-Terme-TC25S02>



SELLA VALSUGANA (TC25F01)

Parking: <https://maps.app.goo.gl/AmtKW8yywL4Ymntz6>

Format: forest, intro training with Micro course at the end, free start

Courses: MW20 4.3km | 190m | 18c

Map: 1:10.000, 5 m, 2024 (ISOM 2017-2 version 2025)

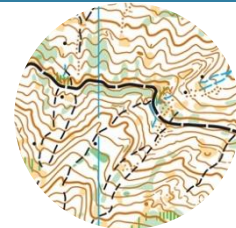
Mappers: Victor Kirianov, Vadim Prokopchuk

Course setter: Stefano Raus

Control description: printed on the map and also separate.

Info: 4x intervals printed on different maps but on the same side. The MICRO course (1.2km | 50m | 9c) is at the end, printed at 1:4.000 scale. The start and finish area is near the parking.

Livelox: <https://www.livelox.com/Events/Show/143435/JWOC-2025-training-Sella-Valsugana-TC25F01>



MONTE MEZZA (TC25F02)

Parking: <https://maps.app.goo.gl/p37WZApzBvyDf8wT9>

Format: forest, middle distance with SPORTident and startlist

Courses: M20 4.8km | 210m | 14c – W20 3.4km | 180m | 12c

Map: 1:10.000, 5 m, 2024 (ISOM 2017-2 version 2025)

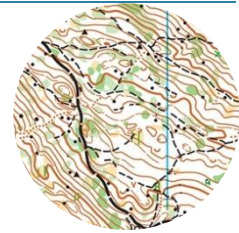
Mappers: Victor Kirianov, Vadim Prokopchuk

Course setter: Simone Grassi (*JWOC Middle distance course setter*)

Control description: printed on the map and also separate (available in the start corridor).

Info: classic middle distance course in a nice and fast forest. Warmup map is available and the start is located 0.8km +70m climb from the parking.

Livelox: <https://www.livelox.com/Events/Show/143436/JWOC-2025-training-Monte-Mezza-TC25F02>



PIEVE TESINO (TC25S03)

Parking: <https://maps.app.goo.gl/1JtLLSKYfRjebaPq8>

Format: individual sprint simulation, free start

Courses: M20 3.2km | 125m | 27c – W20 2.8km | 110m | 22c

Map: 1:4.000, 2.5 m, 2025 (ISSprOM 2019-2 version 2025)

Mapper: Stefano Raus

Course setter: Aaron Gaio (*JWOC Sprint course setter*)

Control description: printed on the map and also separate.

Info: classic sprint course in a small village with narrow streets and steep staircases. A warmup map will be available to reach the start (0.3km +25m climb). The finish is near the parking.

Livelox: <https://www.livelox.com/Events/Show/143437/JWOC-2025-training-Pieve-e-Cinte-Tesino-TC25S03>



LAVARONE (TC25F03)

Parking: <https://maps.app.goo.gl/uhGLxtWsLVTUyMCGA>

Format: forest, long distance with SPORTident and startlist

Courses: M20 7.0km | 400m | 20c – W20 5.6km | 330m | 18c

Map: 1:15.000, 5 m, 2024 (ISOM 2017-2 version 2025)

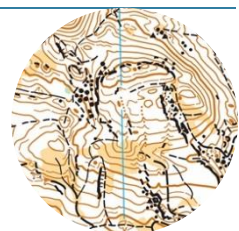
Mappers: Victor Kirianov, Vadim Prokopchuk

Course setter: Daniele Pagliari (*JWOC Long distance course setter*)

Control description: printed on the map and also separate.

Info: classic long distance course in a nice and fast forest, where WOC 2014 Long distance took place. Use the warmup map to reach the start (1.4km +10m). The finish is at the parking.

Livelox: <https://www.livelox.com/Events/Show/143432/JWOC-2025-training-Lavarone-TC25F03>



MONTEVACCINO (TC25F04)

Parking: <https://maps.app.goo.gl/imzHzinnBxr9fvJEA>

Format: forest loops, free start

Courses: Loop A 1.3km | 65m | 4c - Loop B 1.8km | 70m | 6c
Loop C 2.1km | 100m | 5c - MICRO 1.3km | 75m | 8c

Map: 1:10.000, 5 m, 2017 (ISOM 2017-2 version 2025)

Mappers: Victor Kirianov, Vadim Prokopchuk

Course setter: Emiliano Corona

Control description: printed on the map and also separate.

Info: 4 courses in total. A and B at 1:10.000 scale, C at 1:15.000 and the MICRO at 1:4.000. The start is 800m with 70m climb from the parking. The MICRO starts near the parking.

Livelox: <https://www.livelox.com/Events/Show/143439/JWOC-2025-training-Montevaccino-TC25F04>



TELVE VALSUGANA (TC25S04)

Parking: <https://maps.app.goo.gl/9NSwbY8AyUsWAXHF7>

Format: sprint intervals, free start

Courses: MW20 4.7km | 140m | 25c

Map: 1:4.000, 2.5 m, 2024 (ISSprOM 2019-2 version 2025)

Mapper: Alessio Dalfollo

Course setter: Stefano Raus

Control description: printed on the map and also separate.

Info: 5x intervals printed on different maps but on the same side, with recommended mass start. The start is located 450m +30m climb from the parking. Warmup map is available.

Livelox: <https://www.livelox.com/Events/Show/143438/JWOC-2025-training-Telve-Valsugana-TC25S04>



SELLA VALSUGANA (TC25F05)

Parking: <https://maps.app.goo.gl/EHrtsHSNTc3qt5xv6>

Format: forest relay (teams of 2), mass start

Courses: M20 5,0km | 220m | 20c - W20 4,5km | 200m | 17c

Map: 1:10.000, 5 m, 2024 (ISOM 2017-2 version 2025)

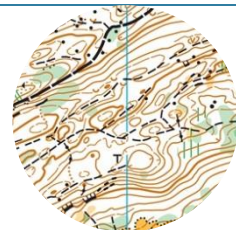
Mappers: Victor Kirianov, Vadim Prokopchuk

Course setter: Fabio Hueller (*JWOC Relay course setter*)

Control description: printed only on the map.

Info: start, spectator control and finish will be near the parking. Teams are formed by 2 runners. Warmup on the asphalt road, towards east.

Livelox: <https://www.livelox.com/Events/Show/143440/JWOC-2025-training-Sella-Valsugana-TC25F05>



ENTRIES

If you want to join the Official Training Camp n.2 we kindly ask you to book the trainings before **Friday 11th of April at 23:59**, in order to make sure we print enough maps in that period.

Please write via email before that deadline your runners/teams with names and SIAC numbers for the **Sprint Relay** training (TC25S02), the **Middle distance** training (TC25F02) and the **Long distance** training (TC25F03).

The Middle distance training will take place together with a Regional Competition. If coaches and team leaders want to register to different classes, please check [FISO website](#) for the info. M20 and W20 courses will be the same as the Elite classes and the entries for the runners of the Official Training Camp n.2 are made with the booking form and the email mentioned above.

We will use a WhatsApp group where all coaches and team leaders will receive additional info, updates, startlists and results, or to assist you if needed.

BOOKING

In order to book trainings, you can contact training@jwoc2025.it and you will receive the order form. If different national teams organize camps together, all of them must fill out the form.

The invoice will be sent to the recipient indicated in the form at the end of the training camp. Booked printed maps will be shipped or handed over at the training based on the agreement.

If you are not taking part to the Official Training Camp n.2, please send us the booking form no later than 7 days before your arrival in order to receive your printed maps in time. If you take part, please send everything before Friday 11th of April.

USAGE AND COST

You have different possibilities to buy maps for training:

- A. Printed map with official training course: 6 € per athlete/training
- B. PDF map file with/without course for own printing: 3 € per athlete/training
- C. Purchase of the map file (OCAD): 30 € per team + 3 € per athlete/training
- D. Printed map with official training course and SI timing: 10 € per athlete/training

For the trainings of the Official Training Camp n.2 you can choose options A, B or C for all the maps apart for the **Sprint Relay** (TC25S02), **Middle distance** (TC25F02) and **Long distance** (TC25F03). Sprint Relay and Middle distance maps will be available only at the start, for the Long distance you can choose to print the maps yourselves but the cost is the same (D).

TECHNICAL INFO

Booked printed maps will be of the same quality, material and printing company as it will be at the JWOC 2025 competitions (IOF Certified Printer – DBS Rasai).

The control description will be printed directly on the map and in some case also separately. For the Middle distance and Long distance trainings the separate control description will be available in the start corridors. All control points in the trainings are marked with 30x30cm flags during the days of the Official Camp n.2, also start and finish locations.

ACCOMMODATION

The Organizing Committee in collaboration with the Valsugana Tourism Board has already collected the availability of some structures located mainly in Roncegno Terme and Borgo Valsugana (within running distance to some of the trainings) in Bed&Breakfast, Half Board (breakfast and dinner) and Full Board (with options for packed lunches).

Quotations for accommodation are available on request sending an email to booking@jwoc2025.it, valentina.planer@visitvalsugana.it and eventi@visitvalsugana.it.

Nearby the accommodations are located several shops where it is possible to buy food and drinks, a pharmacy and various restaurants and coffees. JWOC Organising Committee can support specific requests related to the use of the Sport Center of Borgo Valsugana (Track&Field Stadium, Swimming Centre and Gym&Fitness Centre).

Take also the chance to ask quotations and book your accommodation for the JWOC event!

GUIDELINES

Please respect also the following notes during your trainings, as we need to work together for a great JWOC 2025 in the beautiful Trentino! We have a good cooperation with local authorities in the Region and we want to take good care that it stays like this. The goal must be that everyone will be happy with our JWOC organization and locals will look forward to welcome you and follow the competitions in June and July 2025. That means:

- no car traffic on roads which are forbidden or closed, especially in the forest areas;
- parking is only permitted on dedicated and allowed places;
- train only in the time periods when it is allowed and respect the embargoed areas;
- if you put orienteering flags, tape or plastic bands to mark controls you need to collect them after and please let us know in advance;
- be respectful to other people you may encounter during your trainings: landowners, forest workers, mountaineers, tourists, cyclists, pedestrians. Talk to them, explain what you are doing and highlight orienteering as an amazing sport;
- behave in a respectful manner towards the environment. Sort the waste into the prepared containers. Do not leave any garbage in the forest or basically anywhere;
- be careful when running on roads and respect cyclists and vehicles
- it is forbidden to build tents and sleeping in the forest, making fire, crossing fences which are in good condition, entering places where forest work is carried out;
- keep your distance when you hear a chainsaw or harvester or machines in the forest;
- carefully check for ticks after each forest training, especially in the Spring. If you find one, don't panic but remove the tick as soon as possible. The safest way to remove a tick is to use a proper removal tool. Keep an eye on the bite site. If a large red rash develops, or if you feel unwell, tell the coaches;
- everyone participates in the training/competitions at their own risk.



See you soon in Trentino!