

## New Year's Ski-O Meet in Kuusamo

### 29 DEC 2024 - 6 JAN 2025

Dear ski-orienteeers!

We are happy to welcome you to Kuusamo for the official training camp for the European Ski-Orienteering Championships, World Cup, Junior World Ski-Orienteering Championship and European Youth Ski-Orienteering Championship. Tracks and courses will be planned and prepared by the same people who act as course setters for the IOF events taking place in Posio in March 2025.

The training camp will begin with an Open Sprint Prologue on Sunday 29th DEC. Free starting times. Classes on following levels are available for both sexes:

**ELITE:** The course is planned for competitors in all age classes between 17 and 21 and others willing to test their skill and physics to the fullest

**CHALLENGE:** For juniors in the age class 15 and those who want to enjoy some challenges but nothing too extreme.

**MASTERS:** For the most experienced participants who want to challenge their navigation but no longer need to feel the excitement of the fastest downhill or steepest uphill.

**JUNIORS:** For children under the age of 13 and those with no experience whatsoever.

There will be some lottery prizes, no prizes will be given based on the results. Sign up in Fees 15 € / person, participants under 15 years 10 €/person. EmiTag punching will be used.

There will be a selection of different training maps and courses available from Monday 30th onwards:

- Sprint intervals, 5 x ca. 1 km.
- Sprint relay, 3 x 2 km loops (one-man relay or team training)
- Control picking (short legs, ca. 5 km)
- Route choice (long legs, ca. 7 km. Obs! Some 1-way tracks and no-shortcuts sections!)
- Corridor
- Empty map, all tracks

Maps can be purchased against a map fee of:

- 10 €/ training / person
- 40 €/ person / all trainings at once

Additional information, sign up instructions etc. will be updated in:

<https://kev.fi/suunnistus/hiihtosuunnistus-ski-o/>

Hoping to see you around the New Year!

KEV suunnistus

