

## LTAD Event and Athlete Pathways (LEAP)

Orienteering Canada - High Performance Program

LTAD Stage	Date from	Date to	Event	Location	Website	Purpose in attending	selection?	OC International Results Goals
Learn to Compete 16-18 yr olds	02-12-16	02-14-16	Vancouver Sprint	Vancouver		training mid-winter	open	
	07-23-16	07-25-16	Western Canadians	Alberta		regional champs; high level competition; technical terrain	open	
	07-30-16	08-01-16	Canadian Championships	Alberta	<a href="http://www.coc2016.ca">http://www.coc2016.ca</a>	focus for periodization; qualify for HPP	open	
	09-23-16	09-25-16	NAOC	Hanover, NH	<a href="http://www.naoc2016.us">http://www.naoc2016.us</a>	Introduction to international competition	open	win Future Champs Cup (430 pts)
Train to Compete 19-20	02-12-16	02-14-16	Vancouver Sprint	Vancouver		training mid-winter	open	
	07-10-16	07-15-16	Junior World Championships	Engadin, Switzerland		highest competition for juniors; gain international experience; peak focus of periodization	selection	1x top 20, 3x top 60, 2 x top 80; W relay - top 20; M relay - top 25
	07-23-16	07-25-16	Western Canadians	Alberta	<a href="http://www.coc2016.ca">http://www.coc2016.ca</a>	regional champs; high level competition; technical terrain	open	
	07-30-16	08-01-16	Canadian Championships	Alberta	<a href="http://www.coc2016.ca">http://www.coc2016.ca</a>	focus for periodization; qualify for HPP	open	
	07-30-16	08-04-16	World University Champs	Miskolc, Hungary		further experience at international level;	selection	15th Men Relay; 15th Women Relay; 3x50th for men; 3x50th for women
	09-23-16	09-25-16	NAOC	Hanover, NH	<a href="http://www.naoc2016.us">http://www.naoc2016.us</a>		open	win Future Champs Cup (430 pts)
Train to Compete 21+	02-12-16	02-14-16	Vancouver Sprint	Vancouver		training mid-winter	open	
	04-30-16	05-02-16	World Cup	Wroclaw, Poland		international experience	selection	TBD
	05-21-16	05-28-16	World Cup/European Champs	Jesenik, Czech Republic		international experience;	selection	TBD
	07-23-16	07-25-16	Western Canadians	Alberta		regional champs; high level competition; technical terrain	open	
	07-23-16	07-29-16	Oringen	Sälen, Sweden	<a href="http://www.oringen.se/213/english/salen-2016.html">http://www.oringen.se/213/english/salen-2016.html</a>			
	07-30-16	08-04-16	World University Champs	Miskolc, Hungary		major international focus for young seniors; development at international level	selection	15th Men Relay; 15th Women Relay; 3x50th for men; 3x50th for women
	07-30-16	08-01-16	Canadian Championships	Alberta	<a href="http://www.coc2016.ca">http://www.coc2016.ca</a>	focus for periodization; qualify for HPP	open	
	09-23-16	09-25-16	NAOC	Hanover, NH	<a href="http://www.naoc2016.us">http://www.naoc2016.us</a>		open	win Björn Kjellstrom Cup (450 points); Qualify 3/4 individual spots for WOC 2017

Train to Win 23+	02-12-16	02-14-16	Vancouver Sprint	Vancouver	training mid-winter	open	
	04-30-16	05-02-16	World Cup	Wroclaw, Poland	international results and experience	selection	TBD
	05-21-16	05-28-16	World Cup/European Champs	Jesenik, Czech Republic	international results and experience;	selection	TBD
	08-20-16	08-28-16	World Championships	Strömstad, Sweden	season focus; top result in international competition	selection	Women 180 div pts; Men 30 div pts; top20; 1x top30; 1x top 40; M relay - 25th; W relay - 16th; mixed relay - 20th
	07-23-16	07-25-16	Western Canadians	Alberta	<a href="http://www.woc2016.se/en/">http://www.woc2016.se/en/</a> regional champs; high level competition; technical terrain	open	
	07-30-16	08-01-16	Canadian Championships	Alberta	<a href="http://www.coc2016.ca">http://www.coc2016.ca</a> compete for podium against best in country; role models for younger athletes	open	
	09-14-16	09-16-16	World Cup	Aarau, Switzerland	<a href="http://www.coc2016.ca">http://www.coc2016.ca</a> international results and experience	selection	1x top30; 1x top40
	09-23-16	09-25-16	NAOC	Hanover, NH	<a href="http://www.naoc2016.us">http://www.naoc2016.us</a>	open	win Björn Kjellstrom Cup (450 points); Qualify 3/4 individual spots for WOC 2017