

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	02/10/17	02/12/17	Vancouver Sprint	Vancouver		training mid-winter	open	
	07/29/17	07/30/17	Eastern Canadians	Montreal	http://ottawaoc.ca/OFest/	regional champs; high level competition; technical terrain	open	
	08/04/17	08/07/17	Canadian Championships	Ottawa	http://ottawaoc.ca/OFest/	focus for periodization; qualify for HPP	open	
Train to Compete 19-20	02/10/17	02/12/17	Vancouver Sprint	Vancouver		training mid-winter	open	
	07/09/17	07/16/17	Junior World Championships	Tampere, Finland	http://www.jvoc2017.fi/	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
	07/22/17	07/28/17	Oringen	Värmland, Sweden	http://www.oringen.se/213/english/salen-2016.html	strong competition; concentrated exposure to Scandi terrain	open	
	07/29/17	07/30/17	Eastern Championships	Montreal	http://ottawaoc.ca/OFest/	regional champs; high level competition; technical terrain	open	
	08/04/17	08/07/17	Canadian Championships	Ottawa	http://ottawaoc.ca/OFest/	focus for periodization; qualify for HPP	open	
Train to Compete 21+	02/10/17	02/12/17	Vancouver Sprint	Vancouver		training mid-winter	open	
	04/28/17	04/30/17	Tiomila	Goteborg, Sweden	http://www.10mila.se/index.php/sv/			
	05/24/17	05/28/17	World Cup	Turku-Lohja, Finland	http://www.kisakallio.fi/fi/tapahtumat/tapahtumat/iof-orienteering-world-cup	international experience	selection	TBD
	06/17/17	06/18/17	Jukola	Joensuu, Finland	http://www.jukola.com/2017/		relay team	
	07/22/17	07/28/17	Oringen	Värmland, Sweden	http://www.oringen.se/213/english/salen-2016.html	strong competition; concentrated exposure to Scandi terrain	open	
	07/29/17	07/30/17	Eastern Championships	Montreal	http://ottawaoc.ca/OFest/	regional champs; high level competition; technical terrain	open	
	08/04/17	08/07/17	Canadian Championships	Ottawa	http://ottawaoc.ca/OFest/	focus for periodization; qualify for HPP	open	
	08/25/17	08/27/17	World Cup	Cesis, Latvia	http://wcup2017.lv/	international experience	selection	TBD
	09/29/17	10/01/17	World Cup	Switzerland	TBD	international experience	selection	TBD
Train to Win 23+	02/10/17	02/12/17	Vancouver Sprint	Vancouver		training mid-winter	open	
	04/28/17	04/30/17	Tiomila	Goteborg, Sweden	http://www.10mila.se/index.php/sv/		relay team	
	05/24/17	05/28/17	World Cup	Turku-Lohja, Finland	http://www.kisakallio.fi/fi/tapahtumat/tapahtumat/iof-orienteering-world-cup	international experience	selection	TBD

	06/17/17	06/18/17	Jukola	Joensuu, Finland	http://www.jukola.com/2017/		relay team	
	06/30/17	07/07/17	World Championships	Tartu, Estonia	http://www.woc2017.ee/	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
	07/20/17	07/30/17	World Games	Wroclaw, Poland	http://theworldgames2017.com/en/	season focus; top results in international competition	selection	
	07/29/17	07/30/17	Eastern Championships	Montreal	http://ottawaoc.ca/OFest/	regional champs; high level competition; technical terrain	open	
	08/04/17	08/07/17	Canadian Championships	Ottawa	http://ottawaoc.ca/OFest/	focus for periodization; qualify for HPP	open	
	08/25/17	08/27/17	World Cup	Cesis, Latvia	http://wcup2017.lv/	international experience	selection	TBD
	09/29/17	10/01/17	World Cup	Switzerland	TBD	international experience	selection	TBD