

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 17-18	02/16/18	02/18/18	Vancouver Sprint	Vancouver	https://gvoc.whyjustrun.ca/	training mid-winter	open	
	3/17/2018	3/25/2017	California Orienteering Week	California	http://baoc.org/wiki/Schedule/2018/COW	early spring competition in western North America	open	
	4/6/2018	4/8/2018	Flying Pig	Cincinnati, Ohio	http://www.ocin.org/schedule/schedule.html	spring competition in eastern North America	open	
	TBD	TBD	West Point	West Point, New York	TBD	spring competition in eastern North America	open	
	4/28/2018	4/29/2018	Troll Cup / & Interscholastics/ Intercollegiate Championships	Holyoke, Massachusetts	https://www.newenglandorienteering.org/	spring competition in eastern North America	open	
	5/19/2018	5/21/2018	Sage Stomp	Kamloops, BC	https://sage.whyjustrun.ca/events/view/3085	spring competition in western Canada	open	
	07/21/18	07/27/18	Oringen	Hoga Kusten, Sweden	http://www.oringen.se/213/english/hoga-kusten-2018.html	strong competition; concentrated exposure to Scandi terrain	open	
	08/17/18	08/21/18	North American Orienteering Championships	Whitehorse	http://yukonorienteering.ca/naoc2018/	focus for periodization; qualify for HPP	open	Win the Future Champions Cup
	08/21/18	08/24/18	Canadian Championships	Whitehorse	http://yukonorienteering.ca/naoc2018/	focus for periodization; qualify for HPP	open	
Train to Compete	02/16/18	02/18/18	Vancouver Sprint	Vancouver	https://gvoc.whyjustrun.ca/	training mid-winter	open	

19-20	3/17/2018	3/25/2017	California Orienteering Week	California	http://baoc.org/wiki/Schedule/2018/COW	early spring competition in western North America	open	
	4/6/2018	4/8/2018	Flying Pig	Cincinnati, Ohio	http://www.ocin.org/schedule/schedule.html	spring competition in eastern North America	open	
	TBD	TBD	West Point	West Point, New York	TBD	spring competition in eastern North America	open	
	4/28/2018	4/29/2018	Troll Cup / & Interscholastics/ Intercollegiate Championships	Holyoke, Massachusetts	https://www.newenglandorienting.org/	spring competition in eastern North America	open	
	5/19/2018	5/21/2018	Sage Stomp	Kamloops, BC	https://sage.whyjustrun.ca/events/view/3085	spring competition in western Canada	open	
	07/08/18	07/14/18	Junior World Championships	Kecskmet, Hungary	http://www.jwoc2018.hu/	highest competition for juniors; gain international experience; peak focus of periodization	selection, 20 and under	1x top 20, 3x top 60, 2 x top 80; W relay - top 20; M relay - top 25
	07/21/18	07/27/18	Oringen	Hoga Kusten, Sweden	http://www.oringen.se/213/english/hoga-kusten-2018.html	strong competition; concentrated exposure to Scandi terrain	open	
	08/17/18	08/21/18	North American Orienteering Championships	Whitehorse	http://yukonorientee ring.ca/naoc2018/	focus for periodization; qualify for HPP	open	Win the Future Champions Cup
	08/21/18	08/24/18	Canadian Championships	Whitehorse	http://yukonorientee ring.ca/naoc2018/	focus for periodization; qualify for HPP	open	
Train to Compete	02/16/18	02/18/18	Vancouver Sprint	Vancouver	https://gvoc.whyjustrun.ca/	training mid-winter	open	
21+	3/17/2018	3/25/2017	California Orienteering Week	California	http://baoc.org/wiki/Schedule/2018/COW	early spring competition in western North America	open	

4/6/2018	4/8/2018	Flying Pig	Cincinnati, Ohio	http://www.ocin.org/schedule/schedule.html	spring competition in eastern North America	open	
TBD	TBD	West Point	West Point, New York	TBD	spring competition in eastern North America	open	
4/28/2018	4/29/2018	Troll Cup / & Interscholastics/ Intercollegiate Championships	Holyoke, Massachusetts	https://www.newenglandorientering.org/	spring competition in eastern North America	open	
04/28/18	04/29/18	Tiomila	Nynashamn, Sweden	http://www.10mila.se/index.php/sv/	strong competition; exposure to Scandinavian terrain; relay experience	relay team	
05/05/18	05/13/18	European Orienteering Champions & World Cup Round 1	Ticino, Switzerland	http://www.eoc2018.ch/eoc2018/news.html	international experience	selection	
5/19/2018	5/21/2018	Sage Stomp	Kamloops, BC	https://sage.whyjustrun.ca/events/view/3085	spring competition in western Canada	open	
06/16/18	06/17/18	Jukola	Lhati-Hollola, Finland	http://www.jukola.com/2018/en/	strong competition; exposure to Scandinavian terrain; relay experience	relay team	
07/17/18	07/21/18	World University Orienteering Championships	Kuortane, Finland	http://www.wuoc2018.com/	international experience	selection, 25 and under	TBD
07/21/18	07/27/18	Oringen	Hoga Kusten, 2018	http://www.oringen.se/213/english/hoga-kusten-2018.html	strong competition; concentrated exposure to Scandi terrain	open	
08/17/18	08/21/18	North American Orienteering Championships	Whitehorse	http://yukonorienteeering.ca/naoc2018/	focus for periodization; qualify for HPP	open	Win the Bjorn Kellstrom Cup; obtain 3 of 4 of the individual WOC spots

	08/21/18	08/24/18	Canadian Championships	Whitehorse	http://yukonorientee ring.ca/naoc2018/	focus for periodization; qualify for HPP	open	
	08/31/18	09/02/18	World Cup Round 3	Ostfold, Norway	https://woc2019.no/en/	international experience, exposure to WOC 2019 terrain	selection	
	10/04/18	10/07/18	World Cup Round 4	Prague, Czech Republic	http://www.wcup.cz/	international experience	selection	
Train to Win 23+	02/16/18	02/18/18	Vancouver Sprint	Vancouver	https://gvoc.whyujustrun.ca/	training mid-winter	open	
	3/17/2018	3/25/2017	California Orienteering Week	California	http://baoc.org/wiki/Schedule/2018/COW	early spring competition in western North America	open	
	4/6/2018	4/8/2018	Flying Pig	Cincinnati, Ohio	http://www.ocin.org/schedule/schedule.html	spring competition in eastern North America	open	
	TBD	TBD	West Point	West Point, New York	TBD	spring competition in eastern North America	open	
	4/28/2018	4/29/2018	Troll Cup / & Interscholastics/ Intercollegiate Championships	Holyoke, Massachusetts	https://www.newenglandorientee ring.org/	spring competition in eastern North America	open	
	04/28/18	04/29/18	Tiomila	Nynashamn, Sweden	http://www.10mila.se/index.php/sv/		relay team	
	05/05/18	05/13/18	European Orienteering Champions and World Cup Round 1	Ticino, Switzerland	http://www.eoc2018.ch/eoc2018/news.html	international experience	selection	TBD
	5/19/2018	5/21/2018	Sage Stomp	Kamloops, BC	https://sage.whyujustrun.ca/events/view/3085	spring competition in western Canada	open	
	06/16/18	06/17/18	Jukola	Lhati-Hollola, Finland	http://www.jukola.com/2018/en/		relay team	

	08/04/18	08/11/18	World Championships	Riga-Sigulda, Estonia	http://woc2018.lv/	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
	08/17/18	08/21/18	North American Orienteering Championships	Whitehorse	http://yukonorienteering.ca/naoc2018/	focus for periodization; qualify for HPP	open	Win the Bjorn Kellstrom Cup; obtain 3 of 4 of the individual WOC spots
	08/21/18	08/24/18	Canadian Championships	Whitehorse	http://yukonorienteering.ca/naoc2018/	focus for periodization; qualify for HPP	open	
	08/31/18	09/02/18	World Cup Round 3	Ostfold, Norway	https://woc2019.no/en/	international experience, exposure to WOC 2019 terrain	selection	
	10/04/18	10/07/18	World Cup Round 4	Prague, Czech Republic	http://www.wcup.cz/	international experience	selection	