

LTAD Event and Athlete Pathways (LEAP) - 2019							Colour guide:	high priority race	medium priority race	low priority race/training camp		
Orienteering Canada - High Performance Program												
Date from	Date to	Event	Location	Website	Purpose in attending	Selection?	Learn to Compete (17-18)	Train to Compete (19-20)	Train to Compete (21+)	Train to Win (23+)		
12/7/2018	12/9/2018	Sprint San Francisco	California, USA	http://baoc.org/wiki/Schedule/2018/Sprint_SF	training mid-winter	open						
1/18/2019	1/21/2019	Georgia Navigator Cup	Georgia, USA	http://www.gaorienteering.org/index.htm	training mid-winter	open						
1/19/2019	1/20/2019	Anza Borrego Weekend	California, USA	https://www.desert-orienteering.com/	training mid-winter	open						
2/15/2019	2/17/2019	Vancouver Sprint Camp	Vancouver, BC	https://gvoc.whyjustrun.ca/events/view/3582	training mid-winter	open						
2/16/2019	2/24/2019	Southwest Spring Week	Arizona, USA	https://southwestspringweek.blogspot.com/	training mid-winter	open						
3/1/2019	3/5/2019	Portugal O Meeting	Portugal	http://pom.pt/2019/	training mid-winter, early spring competition	open						
3/22/2019	3/24/2019	Flying Pig XXIII	Kentucky, USA	TBD	early spring competition	open						
4/4/2019	4/5/2019	Okanagan Adventure Running Tournament II	Kelowna/Vernon, BC	https://sage.whyjustrun.ca/events/view/3470	early spring competition	open						
4/13/2019	4/14/2019	QOC Middle and Long	Virginia, USA	TBD	early spring competition	open						
4/27/2019	4/28/2019	Tiomila	Sweden	https://10mila.se/index.php/en/ https://www.usma.edu/orienteering/SitePages/National%20Meet.aspx	relay experience, exposure to Scandinavian terrain	open						
4/27/2019	4/29/2019	West Point	New York, NY		early spring competition	open						
TBD	TBD	Orienteering Ottawa Spring Training Weekend	Near Ottawa, ON	https://ottawaoc.ca	early season training camp	open						
6/7/2018	6/11/2019	World Cup Round 1	Finland	http://helsinkiowcup.fi/	strong competition, exposure to elite international orienteering, exposure to Scandinavian terrain	selection						
6/15/2018	6/16/2019	Jukola	Finland	http://www.jukola.com/2019/en/	relay experience, exposure to Scandinavian terrain	open						
7/6/2018	7/12/2019	Junior World Orienteering Championships	Denmark	https://www.jwoc2019.dk/	highest competition for juniors; gain international experience; peak focus of periodization	selection, 20 and under						
7/21/2018	7/27/2019	Oringen	Sweden	http://www.oringen.se/213/english.html	strong competition, exposure to Scandinavian terrain	open						
7/20/2018	7/22/2018	Ottawa O-Fest	Ottawa, ON	http://coc2019.ca/wp/	Good competition as part of the COC festival week	open						

7/26/2018	7/28/2019	Canadian Orienteering Championships	Rawdon, QC	http://coc2019.ca/wp/	focus for periodization, qualify for upcoming HPP	open				
8/12/2019	8/17/2019	World Orienteering Championships	Norway	https://woc2019.no/en/	highest level of competition	selection				
9/2/2019	9/29/2019	World Cup Round 3	Switzerland	TBD	strong competition, exposure to elite international orienteering	selection				
10/19/2019	10/20/2019	UNO Boulder Dash	New Hampshire, USA	TBD	training mid-fall	open				
10/25/2019	10/29/2019	World Cup Round 4	China	TBD	strong competition, exposure to elite international orienteering	selection				