

LTAD Event and Athlete Pathways (LEAP) - 2020+

Colour guide:

high priority race

medium priority race

low priority race/training camp

Orienteering Canada - High Performance Program

Note that additional events can be found in the following calendars:

Attackpoint: great for races of all levels in North America

<https://www.attackpoint.org/events.jsp>

IOF Eventor: great for major multi-day events in Europe and across the world

<https://eventor.orienteering.org/Events?startDate=2020-01-01&endDate=2020-12-31&organisations=1&mode=List>

Date from	Date to	Event	Location	Website	Comments	Selection? (blank is no selection)	Learn to Compete (17-18)	Train to Compete (19-20)	Train to Compete (21+)	Train to Win (23+)
Dec-1										
Jan-1										
Jan-17	Jan-20	Georgia Navigator Cup	Rutledge, Georgia	http://gaorienteering.org/Local_Events/schedule.htm				Great North American winter training and racing opportunity		
Jan-18	Jan-20	Anza-Borrego Desert Orienteering Festival	Borrego Springs, California	https://www.desert-orienteering.com/				Great North American winter training and racing opportunity		
Feb-1										
Feb-15	Feb-23	Southwest Spring Week	Tuscon, Arizona	http://www.southwestspringweek.com/				Great North American winter training and racing opportunity		
Feb-20	Feb-26	Portugal O Meeting	Sines, Portugal	http://pom.pt/2020/programme/				Great European winter racing and trainign opportunity - can be combined with other European events and training camps		
Mar-1										
Mar-13	3/15/2020	Vancouver Sprint Camp	Vancouver, BC	https://gvoc.whyjustrun.ca/events/view/3887			Great early season sprint weekend for training and racing		This event should be a higher priority for athletes targeting WOC (Sprint)	
Apr-1										
Apr-3	Apr-5	Flying Pig / 2020 USA Nationals	Cincinnati, Ohio	http://www.ocin.org/			First larger spring (forest) event of the season in North America			
Apr-17	Apr-19	2020 USA Junior Nationals	Coupeville, Washington	https://jn2020.cascadeoc.org/			Event with great competition for juniors			
Apr-25	Apr-26	West Point National Event	West Point, NY				Good spring racing opportunity for HPP athletes in Ontario and Quebec			
May-1										
May-2	May-3	10Mila	Upplands-Bro, Sweden	https://10mila.se/index.php/en/	Large Swedish relay Primary team trials event for World Champs (see selection policy)		Athletes are encouraged to coordinate and put together a team			
May-16	May-18	Sage Stomp and Team Trials	Kelowna, BC	https://teamtrials.sageorienteering.com/			High quality sprint event with lots of competition regardless of intentions for Team Trials		Athletes wanting to go to WOC should treat this as a high priority race	
May-20	May-24	World Cup 1	Neuchatel, Switzerland	https://www.ol-weltcup.ch/	Long Distance, Sprint, Knock-out Sprint Annual training camp hosted by Orienteering Alberta	Orienteering Canada selection	World Cup rounds can be a great learning experience for juniors aiming for WOC		The HPC is encouraging senior athletes to attend and prioritize in a big way, the World Cup. Note that the Team Trials should be a priority for those wanting to go to WOC	
TBD	TBD	Orienteering Alberta Training Camp	TBD							
Jun-1										
TBD	TBD	Orienteering Ottawa Spring Training Weekend	TBD	https://ottawaoc.ca/	Likely on 2019 COC terrain north of Montreal					
Jun-13	Jun-14	Jukola	Rovaniemi, Finland	https://www.jukola.com/2020/en/	Large Finnish relay		Athletes are encouraged to coordinate and put together a team			
Jun-27	Jul-3	JWOC	Turkey	http://www.jwoc2020.org	Coach and team leader supported	Orienteering Canada selection, U20	Younger HPP juniors should treat this as a learning experience for future international competition while setting appropriate competition goals	Along with NAOCs and COCs, this should be one of the main targets for HPP juniors		
Jul-1										
Jul-3	Jul-5	WCOCs	Kananaskis, AB							

Jul-6	Jul-11	WOC	Denmark	https://www.woc2020.dk/	Sprint WOC, coach and team leader supported	Orienteering Canada selection			WOC should be one of the most important targets of the season for senior athletes along with the NAOCs
Jul-10	Jul-12	COCs	Cranbrook, BC				Athletes should attend COCs if possible		Athletes not competing at WOC and WUOC should attend COCs if possible
Jul-14	Jul-18	WUOC	Smolensk, Russia	http://www.wuoc2020.com/	Coach/team leader supported	Orienteering Canada selection, various requirements		WUOC is a great event to target for eligible athletes	WUOC is a great event to target for eligible athletes
Jul-24	Jul-27	NAOCs	Truckee, California	https://www.cal-o-fest.com/#/	Coach supported		Along with JWOC and COCs, this should be one of the main targets for HPP juniors	NAOC Champion is awarded WOC 2021 spot	NAOC Champion is awarded WOC 2021 spot
Aug-1									
Aug-19	Aug-23	World Cup 2 and European Champs	Rakvere, Estonia	https://eventor.orienteering.org/Ev	Long, Middle, Relays	Orienteering Canada selection		World Cup rounds can be a great learning experience for juniors aiming for WOC	The HPC is encouraging senior athletes to attend and prioritize in a big way, the World Cup.
Sep-1									
TBD	TBD	Ottawa O-Fest	Gatineau, Québec	http://ottawaoc.ca/OFest/	Likely to use a middle and chasing start long format.				
Oct-1									
Oct-1	Oct-6	World Cup 3	Cansiglio, Italy	https://wcup.it/en/	Long, Middle, Relays	Orienteering Canada Selection		World Cup rounds can be a great learning experience for juniors aiming for WOC	The HPC is encouraging senior athletes to attend and prioritize in a big way, the World Cup.
Nov-1									