

Lost Lagoon

Scale 1:5000

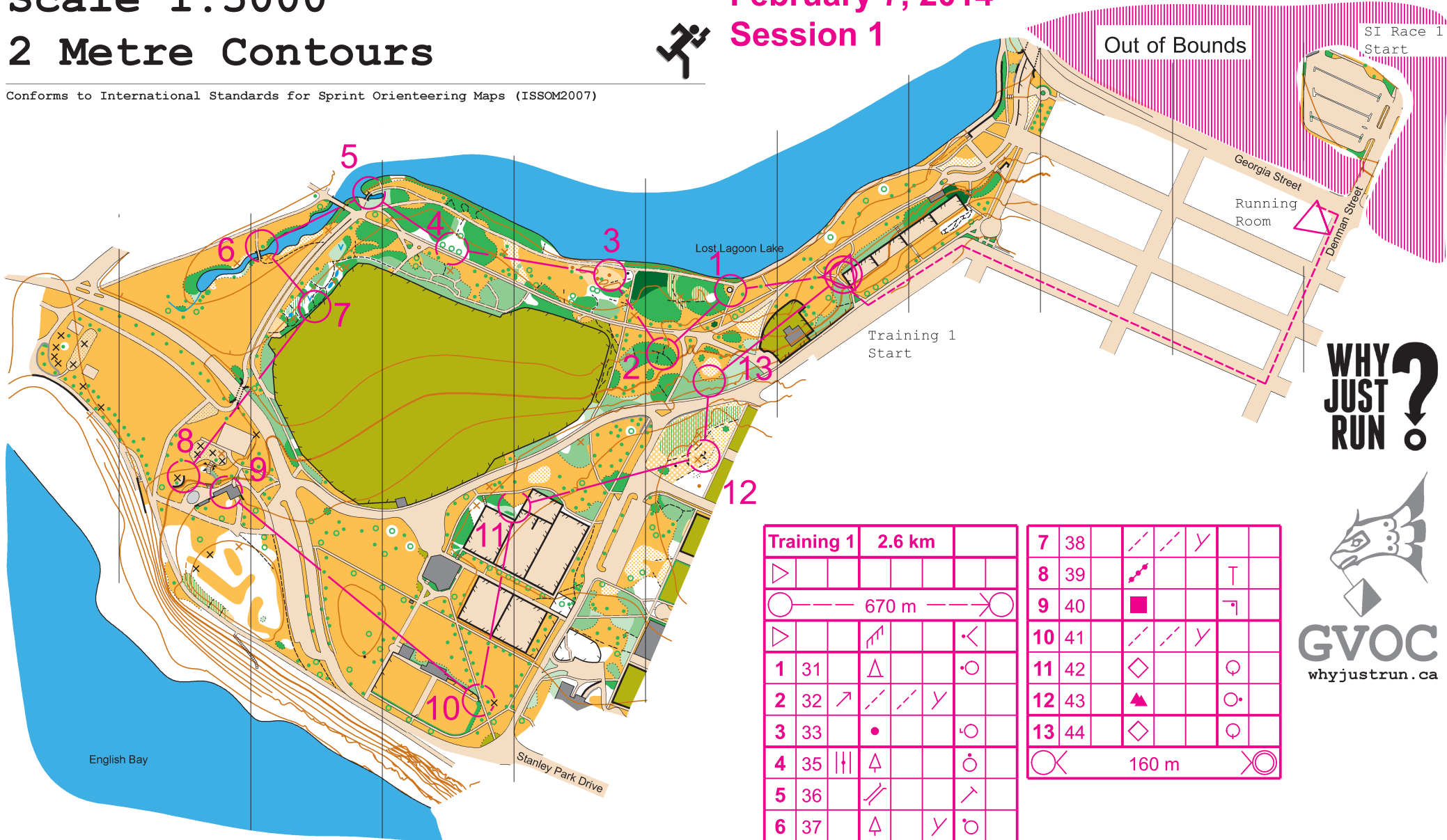
2 Metre Contours

Conforms to International Standards for Sprint Orienteering Maps (ISSOM2007)



Vancouver Sprint
Camp
February 7, 2014
Session 1

Training 1



Out of Bounds

SI Race 1 Start

Georgia Street
Running Room
Denman Street

Training 1 Start

WHY JUST RUN ?



Training 1		2.6 km			
▷					
○	670 m				◁
▷		↗		◁	
1	31	△		◦	
2	32	↗	↘	∩	
3	33	•		◦	
4	35		△	◦	
5	36	↗		↗	
6	37	△	∩	◦	

7	38	↘	↘	∩	
8	39	↗		∩	
9	40	■		∩	
10	41	↘	↘	∩	
11	42	◇		◦	
12	43	▲		◦	
13	44	◇		◦	
		160 m			