

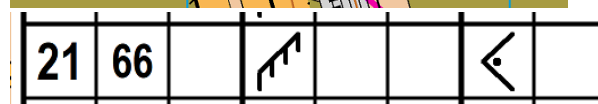
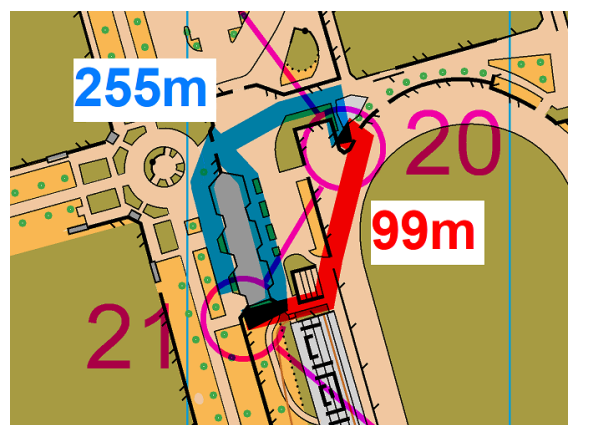
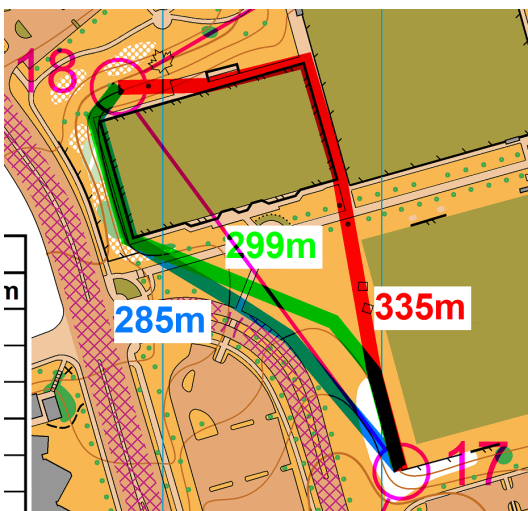
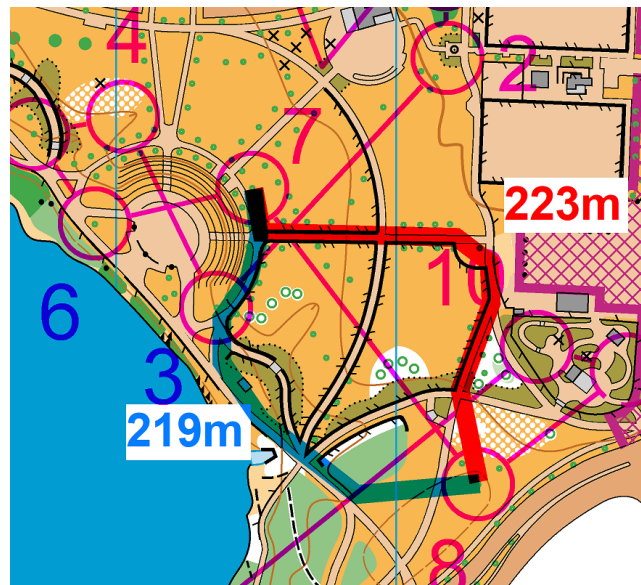
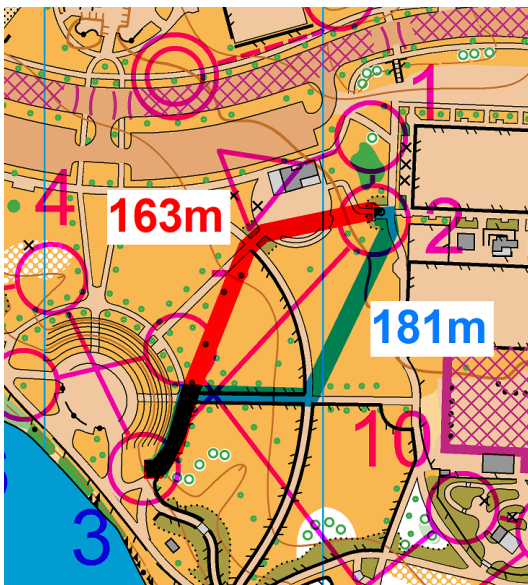
Sprint Camp 2024 Course Planning Notes

Lafarge

For 2-3, the blue option is longer, even though the red deviates further from the straight line. This is because the blue has a larger "kink" in it, and even crosses back across the purple line before you get to the control.

For 17-18, the shortest route involves going back down the hill and through some trees. This might be a bit slower than just hammering it along the fence and staying high. Green is my choice here.

I heard a lot of stories of people going to the wrong side of the fence for 21 and having to backtrack. Whenever there is a control on an impassable fence/wall, the most important thing to check is the control description to see which side it's on! My shortcut to interpreting it is just to look where the "dot" is in the 7th column (dot represents the control, the angled line represents the fence/wall). In this case the dot is to the east of the wall, so I know I've got to approach the control from the east.

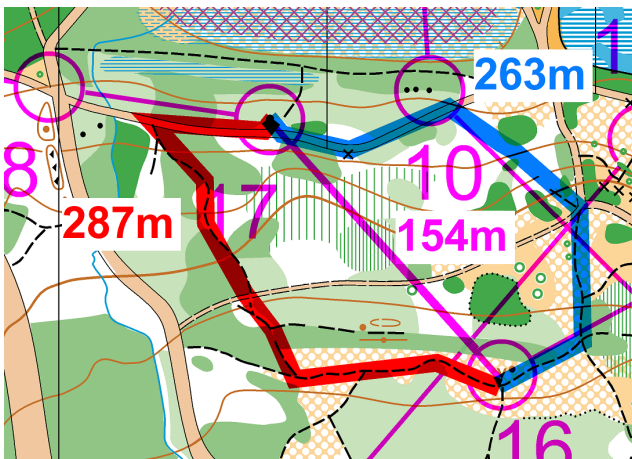
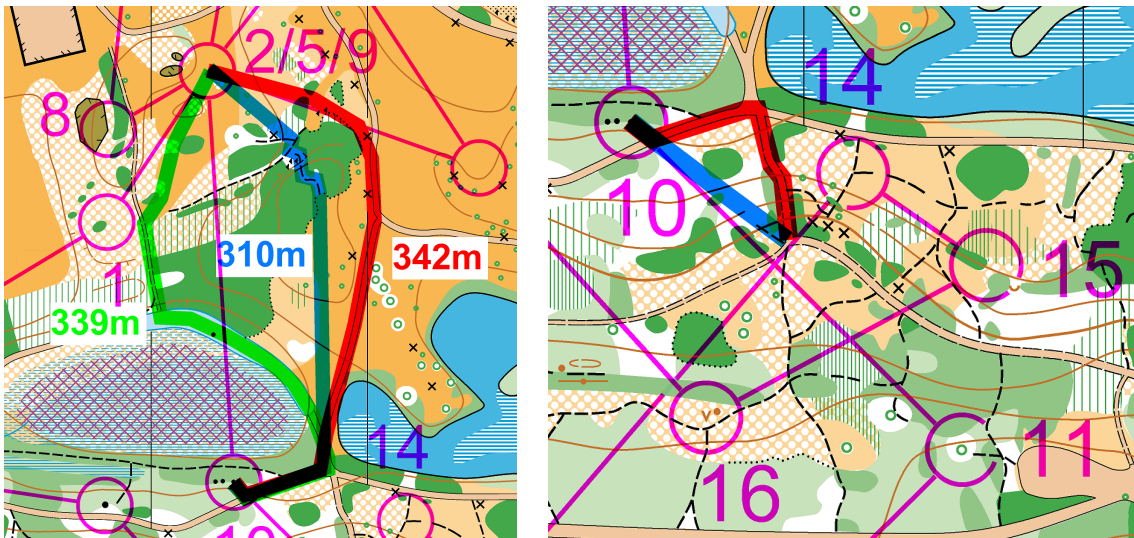


Jericho

For 9-10, it's shortest to wiggle through the forest. But the risk is higher. You're already seen the red route during the butterfly loop, so you know exactly where to go. For the blue route you've got to find the trail (and deal with a slippery muddy uphill section). Both are good choices. Green becomes a more reasonable choice in summer when that bit of trail is no longer flooded...

For 10-11, it's 30m shorter to cut through the forest rather than stick to the path.

For 16-17, the path routes are over 100m longer than the straight line. But going straight goes through a lot of green. And if it's marked as dense undergrowth on a Vancouver map, you know it's gonna be bad. A hybrid route that starts off straight then veers left through the pockets of white is probably fastest if you're well-skilled at running through terrain, but has the potential for a big time loss if you end up thrashing through some of the darker green pockets.



Setup

For 6-7, it's definitely shortest to go right at the first decision point. At the end it's ~30m shorter to go down the stairs rather than down the ramp. Most people lose a lot of speed when going down stairs, but is 30m too much distance to account for it? If you're running at 4min/km, then it takes you 7s to cover 30m. It might be worth testing your "stair speed" to get an idea of how much time you lose going down a flight of stairs. I don't expect you to do precise math during a race, but knowing rough metrics is still useful.

For 10-11, the sneaky canopy route is significantly shorter, and still fairly simple to execute once you've spotted it (and in a real World Ranking Event, all the artificial walls would be marked in the terrain, so it would be even easier to execute). For the other two routes, it doesn't really matter which you choose.

For 12-13, all the options are reasonable. Red is shortest and you can avoid stairs by running on the grass next to them, but you'll lose way more time by hesitating to make a decision - read ahead on the simple route from 11-12, make a decision and go!

