

Dates of Camps and Competitions					Domestic Selection Races										Number of Domestic Races	
					17-Mar	24-Mar	25-Mar	06-Apr	07-Apr	08-Apr	05-May	02-Jun	04-Jun	05-Jun		07-Oct
Camps/ Competitions and Squads	From	To	Days	Notes	BUCS Long	British Sprint	British Middle	JK Day 1 - Sprint	JK Day 2 - Middle	JK Day 3 - Long	British Long	Scottish Long	WOC Selection Sprint	WOC Selection Long	UK Cup Final	
International Competitions																
EOC 2012 - Falun and Mora, SWEDEN (WC1 -3)	12-May	21-May	10	Self Help	☒	☒	☒	✓	✓	✓	☒	☒	☒	☒	☒	3
WC 4-5 - St. Gallen, SWITZERLAND	22-Jun	01-Jul	10	WOC Team and Reserves	☒	☒	☒	☒	☒	☒	☒	✓	✓	✓	☒	3
EYOC 2012 - Bugeat, FRANCE	27-Jun	01-Jul	5	Introduction to International Competition	☒	☒	✓	✓	✓	✓	☒	☒	☒	☒	☒	4
WUOC 2012 - Alicante, SPAIN	30-Jun	07-Jul	8	Racing for High Performance	✓	✓	✓	✓	✓	✓	☒	☒	☒	☒	☒	6
JWOC 2012 - Korsice, SLOVAKIA	06-Jul	14-Jul	9	Developing High Performance	☒	✓	✓	✓	✓	✓	☒	☒	☒	☒	☒	5
WOC 2012 -Lausanne, SWITZERLAND (WC 6-8)	12-Jul	22-Jul	11	Delivering High Performance: Podiums and Top 10's	☒	☒	☒	☒	☒	☒	☒	✓	✓	✓	☒	3
Nordic Orienteering Tour 2012	30-Aug	08-Sep	10	Self Help	☒	✓	☒	✓	☒	☒	☒	☒	?	☒	☒	3?
World Cup New Zealand 2013				Self Help	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	✓	1
Camps (Coaching, Training and Racing)																
Talent Development Coaching Camp 2012 - Scotland	21-Jul	28-Jul	8	Progressive development of physical, technical and mental capacities	☒	☒	✓	✓	✓	✓	✓	☒	☒	☒	☒	5
Elite Development Coaching Camp 2012 - Austria	08-Aug	19-Aug	12	Athletes striving to WIN, but emphasis on learning from experience, rather than on winning	☒	✓	✓	✓	✓	✓	☒	✓	✓	✓	☒	8
International Competition Training Camps																
Pre WOC 2012 Preparation Camp - St Gallen, SWITZERLAND	22-Jun	01-Jul	10	WOC Team and Reserves	☒	☒	☒	☒	☒	☒	☒	✓	✓	✓	☒	3
Pre WOC 2013 Preparation Camp - Vuokatti, FINLAND	08-Sep	16-Sep	9		☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	0
British Orienteering Performance Squads																
Talent Development Squad				Confirmation that athletes possess the required foundation of sport-specific skills and can progress to in-depth specialisation	☒	☒	✓	✓	✓	✓	✓	☒	☒	☒	☒	5
Elite Development Squad				Athletes are expected to be preparing for WOC 2015 and have agreed milestone targets that contribute towards personal performance	☒	✓	✓	✓	✓	✓	☒	✓	✓	✓	☒	8
Elite Performance Squad				Athletes are expected to gain individual Top 10's	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	0