

Weekly Schedule for Frame Running

Development Camp & CPISRA International Cup 10th - 17th July 2022

Sunday 10 th July	
10:00 - 16:00	Arrival, accommodation and a light lunch (12:00-14:00)
13:00 - 18:00	Technical Frame Runner assistance and open shop with Connie Hansen
16:00 - 18:00	Optional training session
18:30 - 20:30	Dinner
21:00 - 22:00	Team Manager meeting for all nations

Monday 11 th July	
07:00 - 09:00	Breakfast
09:00 - 12:00	Technical Frame Runner assistance and open shop with Connie Hansen
09:00 - 18:00	Classification
09:00 - 10:00	Training session, group 1
10:00 - 11:00	Training session, group 2
11:00 - 12:00	Training session, group 3
11:30 - 13:00	Lunch
12:45 - 13:15	Team Manager meeting for all nations
13:00 - 17:00	Technical Frame Runner assistance and open shop with Connie Hansen
13:15 - 13:30	Time for Team Managers to update their teams
14:00 - 15:00	Training session, group 4
15:00 - 16:00	Training session, group 5
16:00 - 17:00	Training session, group 6
17:00 - 18:30	Relaxation
18:30 - 20:30	Dinner
20:30 - 22:00	Social hour/orienteering

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Tuesday 12 th July	
07:00 - 09:00	Breakfast
09:00 - 12:00	Technical Frame Runner assistance and open shop with Connie Hansen
09:00 - 18:00	Classification
09:00 - 14:00	Portraits of new athletes
09:00 - 10:00	Training session, group 1
10:00 - 11:00	Training session, group 2
11:00 - 12:00	Training session, group 3
11:30 - 13:00	Lunch
12:45 - 13:15	Team Manager meeting for all nations
13:00 - 17:00	Opportunity to purchase track shoes from Globalsport
13:00 - 17:00	Technical Frame Runner assistance and open shop with Connie Hansen
13:15 - 13:30	Time for Team Managers to update their teams
14:00 - 15:00	Training session, group 4
15:00 - 16:00	Training session, group 5
16:00 - 17:00	Training session, group 6
17:30 - 18:00	Meeting for athletes and helpers that are going to assist on the track
18:30 - 20:30	Dinner
20:30 - 21:00	Athlete meeting with athlete representative, Lasse Kromann
20:30 - 22:00	Social hour

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Wednesday 13 th July	
07:00 - 09:00	Breakfast
09:00 - 12:00	Technical Frame Runner assistance and open shop with Connie Hansen
09:00 - 10:00	Training session, group 1 & 2
10:00 - 11:00	Training session, group 3 & 4
11:00 - 12:00	Training session, group 5 & 6
10:00 - 12:00	Kids Cup
11:30 - 12:15	Lunch
12:15 - 13:00	Setup and preparation for the opening ceremony
13:00 - 14:00	Opening Ceremony
15:00 - 16:00	Celebration of the 25 th Anniversary of the Camp
16:00 - 17:00	Opportunity to try start with startgun
16:30 - 17:00	Team Manager meeting all nations
17:15 - 17:30	Time for Team Managers to update their teams
18:30 - 20:30	Dinner
20:30 - 22:00	Social hour
20:30 - 21:30	Annual general meeting for the Danish FR supportgroup

Thursday 14 th July	
07.00 - 09.00	Breakfast
08.00 - 08.30	Team manager møde alle nationer - med om info om CPISRA International Cup
09.00 - 09.30	Time for Team Managers to update their teams
10.00 - 18.00	Technical Frame Runner assistance and open shop with Connie Hansen
11.00 - 13.00	CPISRA International Cup
11.30 - 12.15	Lunch
13.00 - 17.00	CPISRA International Cup
18.30 - 20.30	Dinner
20.30 - 21.00	Team Manager meeting all nations (possibly)
20.30 - 22.00	Social hour
20.30 - 22.00	CPISRA International Frame Running Committee presents their Developmentplan 2022-2025 (Everyone is welcome)

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Friday 15 th July	
07:00 - 09:00	Breakfast
09:00 - 09:30	Time for Team Managers to update their teams
10:00 - 13:00	CPISRA International Cup
10:00 - 19:00	Optional Frame Runner check/help by Connie Hansen
13:00 - 14:00	Lunch
14:00 - 19:00	Technical Frame Runner assistance and open shop with Connie Hansen
14:30 - 17:00	CPISRA International Cup
18:30 - 20:30	Dinner
20:30 - 21:00	Team Manager meeting all nations (possibly)
20:30 - 22:00	Social hour

Saturday 16 th July	
07:00 - 09:30	Breakfast
08:30 - 17:00	Optional Frame Runner check/help by Connie Hansen
09:30 - 13:00	CPISRA International Cup
13:00 - 14:00	Lunch
14:30 - 17:00	CPISRA International Cup
17:00 - 18:00	Closing Ceremony
18:00 - 19:30	Relaxation
19:30 - 02:00	Farewell-party/disco

Sunday 17 th July	
09:00 - 10:30	Breakfast
10:30 -	Departure