

## Crows Nest MTBO

Sunday 27th June 2021 13:00 - 13:00 EST

**Classification** Club event

**Discipline** MTBO

**Classes** W14, W16, W20, W21, W40, W50, W60, W70, M14, M16, M20, M21, M40, M50, M60, M70, E-Bike, Long 35km, Medium 25km, Short 15km, Women Open Long

**Punching system** SI

**Event form** Individual

**Status** Completed

**Organiser** Range Runners Orienteering Club

COVID Safety Plan requirements:-

- If you are feeling unwell, stay home.
- Do not to come to an event if you have any COVID-19 symptoms or have been in recent contact with someone who has COVID-19 or you are awaiting a COVID-19 test result.
- Wash your hands thoroughly before leaving home and as soon as you return
- Practice safe respiratory hygiene (coughing and sneezing into elbow etc)
- Avoid touching your eyes, nose and mouth
- Avoid contact with others. Observe social distancing (1.5m between people)

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Map