

Classification Club event

Discipline FootO

Classes MQF, WQF, Short, Easy, MSF, WSF, MF, WF, Round3

Punching system SI

Event form Individual

Status Completed

Organiser QLD Cyclones

Get your Knockout Sprint Training at Redbank Plains SHS! The Knockout class will consist of 2-3 races, depending on numbers. The winning time of each race is 6-8 minutes (~1.5km). There will be repechage races as well, so everyone who enters the knockout will get at least 2 races.

Splitting methods may include: map choice, forking, butterfly loops and long legs.

All ages welcome in the KO! -- Veterans - think of it as 2 short sprints with a breather in-between!
SI Air activated

There are also some classic sprint races (Short ~2km, Easy ~ 1km). These will start at the conclusion of the KO sprint, and will be followed by presentation of the OQ Annual Awards and a celebratory picnic.

3:00 pm Knock-Out Sprints
~3:30 pm Classic Sprints
~4:00 pm OQ Annual Awards + free picnic

Members (Non-members): senior \$10 (\$13); under 25 yrs \$6 (\$9); family maximum \$26 (\$35)
Enter online and pay on the day ("tap & go" preferred).

The Cyclones Sprint series raises funds for our elite Qld athletes (the Cyclones) to compete in the National Orienteering League,.

PARKING: Bruce St or Keidges Rd. Please ENTER SCHOOL VIA SOUTH ST. ***Assembly area is under cover***

