

Mt Peel Coaching

Sunday 06th March 2022 10:00 - 10:00 EST

Classification	Club event
Discipline	FootO
Classes	Very Easy, Easy, Short Moderate, Long Moderate
Punching system	SI
Event form	Individual
Status	Completed
Organiser	Range Runners Orienteering Club

Newcomers Welcome! This is a coaching session ideal for beginners, offering games as well as very easy and easy courses, and moderate/hard route choice exercises. Leg covering is highly recommended for the route choice exercises (old thick jeans are good - op shop?). Ultra Mini Cyclones, bring your books! <https://oq.orienteering.asn.au/training-squads> Cost is \$5 per member or \$8 per non-member (\$15 for a member family, \$25 for a non-member family). You can borrow a compass, SI hire is \$2. Assembly area is at the south western end of Westminster St, at the top of the hill. Starts from 10.00am - 11.00am, courses will close at 12.30pm. Please enter online or email rroc.oq@gmail.com as we preprint the maps, thanks.



<https://oq.orienteering.asn.au/events/17039> | Generated Saturday 20th April 2024 10:23 pm