

## JCU Cross-Country Event

Sunday 03rd April 2016 08:00 - 11:30 EST

<b>Classification</b>	Club event
<b>Discipline</b>	FootO
<b>Classes</b>	This event has no classes
<b>Punching system</b>	manual
<b>Event form</b>	Individual
<b>Organiser</b>	Totally Tropical Orienteering Club
<b>Contact phone</b>	0418 154 026
<b>Contact email</b>	<a href="mailto:TTOC@bigpond.com">TTOC@bigpond.com</a>

You've conquered the streets during the Urban Adventure and you've nailed the JCU CATI - so now it's time to show us your style in a traditional Cross-Country event on the JCU Map. Linda is your course setter and she's been told to be nice !! ... So its time to step out of your urban and training comfort zone, grab a mate or two and take on a course or two at JCU !!

### TIMINGS

- \* Courses Start times will be between 8am and 10am
- \* Course Closure is 11.30am ... ie be back before then !!

### COURSES

- \* Easy (green) - approx 2.5km, a great starter event to get the feel of bush orienteering if you are new, young or taking the family for a nice wander in the scrub
- \* Moderate (orange) - approx 3.5km, the next step up in regards to navigation but lots of catching features in case you get a bit disorientated.
- \* Short-Hard (short red) - approx 4km, navigation is definitely a step up, but I'm sure there are a few of you ready for the challenge.
- \* Long-Hard (long red) - approx 6.5km, not only are you up for some more technical navigation but you're keen for a decent run-walk as well.

### LOCATION

- \* JCU Gym Car-park - come in the main gate, through the first roundabout, right at the 2nd roundabout (near the rugby fields) then left into the gym - lots of signs !

### EQUIPMENT

- \* Suggest long pants and water-carrying ability, comfortable runners / boots and a hat or cap.
- \* If you own a compass bring it along
- \* We will have compasses, whistles, maps, water and softies at the start-finish.

### COST

- \* \$8 per person and \$15 for a family