

## Sprint Training Saturday on the Gold Coast

Saturday 03rd September 2016 13:00 - 16:30 EST

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| <b>Classification</b>  | Club event   |
| <b>Discipline</b>      | FootO  |
| <b>Classes</b>         | Long, Short  |
| <b>Punching system</b> | SI   |
| <b>Event form</b>      | Individual   |
| <b>Status</b>          | Completed  |
| <b>Organiser</b>       | Paradise Lost Orienteers   |
| <b>Contact phone</b>   | 0404 50 99 24  |
| <b>Contact email</b>   | <a href="mailto:paradiselost@oq.asn.au">paradiselost@oq.asn.au</a> |

This is an informal training opportunity in the run-up to the National Sprint and Schools Sprint Championships on the Gold Coast. Maps have been created by the same mapper, venues somewhat resemble the venues for the Nationals. We will use SI for starts and finishes but not for all controls. There may be a map exchange at one or two races.

Fees are \$4 members / \$6 non-members but will be discounted for families and for those who enter all three races. Pre-enter now to claim a map (or email [paradiselost@oq.asn.au](mailto:paradiselost@oq.asn.au)) and pay on the day.

Please be ready promptly at the start times of 13:00 (AB Paterson), 14:30 (Pac Pines SHS), 16:00 (Helensvale SHS) because we will begin to pack up as soon as everyone has started.



