

Sunday 19th February 2017 13:30 - 13:30 EST

Classification Club event
Discipline FootO
Classes Long, Short, Moderate, Novice
Punching system SI
Event form Individual
Status Completed
Organiser Toohey Forest Orienteers
Contact phone 3345 4527
Contact email tfo.secretary@gmail.com

Coaching Session 3

- Route choice on the move, how the best do it!

Directions: Seven Hills Bushland, Baguette Street, Cannon Hill (UBD map 521 C17).

*** This program is open to beginners as well as orienteers and rogainers wishing to improve their navigation competency. Families are welcome. Children from seven years are ready to learn the basics.

Assembly: 1.30pm for each session

One hour instruction followed by a practise navigation course

Cost per session: Adults \$10, Children \$5, Family max \$25. (Members discount \$2)

Register for this activity by emailing tfo.secretary@gmail.com or phone Rob Simson 33454527

||| For those not joining in the coaching groups there will be Hard courses — Long 4.5km and Short 3km each week.

Also also Moderate (2km) and Novice (1.2km) courses available for the participants in the coaching. |||

Beginners welcome.

Members discounted entry fee is \$8 with a family maximum of \$20. Pay on the day.

Pre-entry on Eventor by Email as per flyer, or by phone would be appreciated to help the organiser determine the numbers of maps required.

