

|                        |  |
|------------------------|--|
| <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:TTOC4810@gmail.com">TTOC4810@gmail.com</a> |

**COME AND TRY BUSH ORIENTEERING.**

Adrian and Russell have developed a morning of orienteering and navigation training and cross-country orienteering courses for a) participants who have never bush orienteered before, b) those who need a refresher on what they are doing with a map and compass in the scrub and c) those who just want to go for a run/ walk around JCU by themselves (or small group)

**TIMINGS**

- \* Courses Open - 9-11am
- \* Course Closure - 12.00
- \* Group Training / Coaching - starts 9.15am

**CROSS-COUNTRY COURSES :**

- \* Green - easy navigation, approx 2km as the crow flies
- \* Orange - moderate navigation, approx 1.85km
- \* Orange Long - moderation navigation, approx 3.9km

**TRAINING / COACHING :** There will be a group session kicking off at 9.15am where the lads will take you through Practical Orienteering 101 - using O maps, compasses, bearings, route selection, judging distance and orienteering symbols as you head out in a group to track down some bush CP's together before later tackling one of the Cross-country courses if you are keen.

Training- coaching will be at walking speed with lots of stopping and starting - so nothing over stressful, especially if its hot !!

If you just want to come out and run a course without joining in the training-coaching session; no problems, just turn up anytime between 9-11am and we'll send you on your way ! Yes you can head out into the scrub with a mate or your family, you don't need to go it alone !!

**LOCATION :** James Cook University, Engineering Carpark. Come into JCU and stay on the ringroad (heading anticlockwise)until you hit the most southern point of the ring road - the carpark can be seen on the inside of the ringroad from there (entry to the carpark is on the eastern side as you pass the top of the ring-road driving anticlockwise)

**WHAT TO BRING:**

- \* Attire - Vegetation thickness and scratchiness is Ok, so shorts and t-shirt will be fine, but if you prefer a little more protection light long pants is the go. Comfortable running / walking shoes.
- \* Hat and Suncream is a definite bring
- \* Suggest a hydration pack or waterbottle
- \* Compass if you own one (and safety whistle)

TTOC will provide spare compasses, safety whistles, water and softies for the end, maps and great training !