

## White Rock Training Day

Sunday 02nd March 2014 00:00 - 00:00 EST

**Classification** Other event  
**Discipline** Foot  
**Classes** This event has no classes  
**Punching system** manual  
**Status** legacy  
**Organiser** Ugly Gully Orienteers  
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This training day is going to be used as a fund raiser towards the cost of the Qld Junior school team's expenses for travel to Perth for the Australian Schools Championship this year.

It will have a similar format to the Stanthorpe training weekend with various exercises that will be conducted with likely one session in the morning followed by a lunch break. Then 2 more training sessions in the afternoon.

It will be ideal bush orienteering preparation for the Australian Easter Carnival, as well as the bush orienteering season this year.

Training exercises will be targeted towards Moderate (orange) level and Hard (red) level orienteers. It is NOT suitable for beginners. If you are a beginner, do attend the Get Going Bush Series and Introduction to coaching sessions that are conducted now by Rob Simson. This training day is not appropriate for Green (easy) or Blue (very easy) orienteers.

Please BYO lunch, and enough snacks and water for the day. You will need a water bottle for remote starts. Sunscreen and full body protection is highly recommended.

Also bring your compass and control description holders.

**NO LATE ENTRIES WILL BE ACCEPTED.**