

**Classification** Club event

**Discipline** MTBO

**Classes** W14, W16, W20, W21, W40, W50, W60, W70, M14, M16, M20, M21, M40, M50, M60, M70, Short, Medium, Long, Score 90min, E-bike, Women Open Long, Score 180min

**Punching system** SI

**Event form** Individual

**Organiser** Multi Terrain Bike Orienteers

COVID Safety Plan requirements:-

- If you are feeling unwell, stay home.
- Do not to come to an event if you have any COVID-19 symptoms or have been in recent contact with someone who has COVID-19 or you are awaiting a COVID-19 test result.
- Wash your hands thoroughly before leaving home and as soon as you return
- Practice safe respiratory hygiene (coughing and sneezing into elbow etc)
- Avoid touching your eyes, nose and mouth
- Avoid contact with others. Observe social distancing (1.5m between people)

