

Orienteering - Open

Warm up prior to participation and warm down upon conclusion.

Covered footwear must be worn.

Keep hydrated by drinking water, before during and after participation.

- 1 Teams of 3 (Open) (**General Rule 1.1 apply**)
- 2 Teams will be set off at 2 minute intervals.
- 3 All three team members **MUST** stay together at all times whilst completing the course.
- 4 A starting point will be set up in a bushland setting. On arrival to the starting point, each team will be given a sheet detailing locations with grid references along with a compass.
- 5 Teams must find each station before returning to the finishing area (starting point)
- 6 A time penalty will be added if a station is missed whilst on the course
- 7 The team with the best time & all stations found will be the winner

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment which includes covered footwear