

# Sprint Orienteering Workshop

Presented by Nick Dent, IOF Senior Event Adviser

Guest presenters OA Head Coach Natasha Key and junior world sprint champ Aston Key. Learn from the best!



**ORIENTEERING NSW**

<b>Date</b>	Sat Feb 26, from 9am-4pm
<b>Location</b>	Sydney Olympic Park
<b>Cost</b>	\$30 inc lunch and morning tea
<b>Class limit</b>	30 participants
<b>Register</b>	via <a href="#">Eventor</a>



This workshop is for everyone:

- orienteers - improve your sprint O by getting into the mindset of a course setter
- setters – learn how to make great courses that wow competitors
- controllers – ensure great events

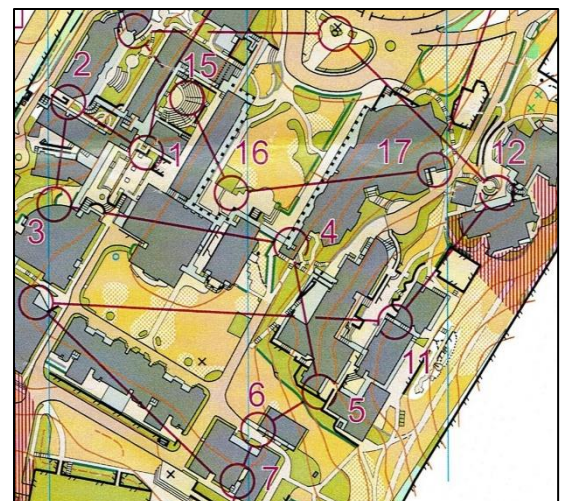
Theory + Practical sessions

## Program

1. Recent trends in Sprint O - overview (rules, formats, IT, arena design etc.)
2. Controlling Sprint Events
3. Sprint mapping issues
4. Course setting Sprint Events



The workshop location is:  
Australian College of Physical Education,  
10 Parkview Drive,  
Sydney Olympic Park  
(Parking provided at rear of Sports House next door)



## Workshop Background

Sprint Orienteering is now a significant component of the international orienteering calendar, with a Sprint world champs every second year.

Many changes have occurred in Sprint format, mapping and course setting in recent years.

Find out what will bamboozle your competitors and spot the tricks early! Learn what to expect on a map that uses the latest standards and what makes a quality course that provides the challenges that makes everyone come back for more.

## Workshop Target Group

- a) Any orienteer wanting to improve their knowledge of sprint orienteering to help their performances improve
- b) Current Level 1 controllers wanting to progress to Level 2
- c) Current Level 2 controllers wanting to maintain their accreditation or progress to Level 3
- d) Any orienteer interested in being a Sprint Course Setter at state or national level in the next few years, eg state champs, NOL, Australian champs and schools champs.

In each session there will be presentation of information followed by practical lessons.

Preliminary reading will be made available in late January along with a more detailed program.

**The attendance of Natasha and Aston Key** is dependent on the covid situation.

