

EVENT INFORMATION

EVENT: **NavDash 5 SOL Sprint.**
Murdoch University. Murdoch

DATE: **Saturday 20 August 2022**

ENTRY DETAILS:	PRE-ENTRY Strongly preferred ENTRIES CLOSE Friday 19 August 5 pm Enter on the day is available: Cash only please
START TIMES:	1.30 PM – 3 PM

COURSES CLOSE: 4:00 PM
You need to be back at the assembly area by this time, whether or not you complete the course

COURSES AVAILABLE:

COURSE	LENGTH - KM MINIMUM RUN	CLIMB - M	NAVIGATION
Long	2.8	20	Hard
Medium	2.0	12.5	Hard
Short	1.6	7.5	Hard
Easy	1.8	12.5	Easy

Age classes

To qualify for points towards Orienteers of the Year Full members need to enter a minimum of the following courses according to age group at 31 December 2022.

Men	Women	Minimum Course	Winning Time
17-20 21-44		Long	12-15 mins
15-16 45-74	15-20 21-64	Medium	12-15 mins
13-14 75+	13-14 65+	Short	12-15 mins
< or = 12	< or = 12	Easy	12-15 mins

COURSE NOTES:

All courses scale 1:4000 with 2.5 m contours.

See 'Sprint features not to be crossed.'

Beware other runners at blind corners and give way courteously to campus occupants.