



Gold Coast 25-26 March

Women's skills development camp

For more info:
<https://oq.orienteeing.asn.au/events/17808>



A training weekend to help you improve your orienteering skills and learn from some of our top orienteers.

Final Program

			Map/Location	
Sat 25 Mar	10:00	Session 1	Shelter Rd (Coombahbah)	Finer points of navigating by contour and compass. Led by Su Yan Tay
	12:30	BYO picnic	Doug Jennings Park (The Spit) 25 mins if traffic ok	Café & toilets available. (Swim if you like)
	14:00	Session 2	The Spit Coastal Reserve	Challenging sand dune terrain! Led by Mikaela Gray. (Swim after if you like)
	16:30	check in	Gold Coast Performance Centre (25 mins)	Enter via Sports Drive. Proceed through entrance gate and park on left. Showers, relax
	18:00	dinner	GCPC	(included)
	19:00	Session 3	GCPC Conference Room	Route choice and navigation exercises Led by Su Yan Tay
Sun 26 Mar	7:00	breakfast	GCPC	(included)
	9:00	Session 4	Nerang National Park (cnr Mylor St/Yarrayne Rd – allow 25 mins)	In conjunction with public event. MapRun + flags. Debrief at Assembly
	11:30	informal lunch options	Shops corner Ferry St / Price St (650m from Assembly)	Subway, Cadence Café, Coles Express, Pub Or picnic by the river at Lavelle St Park

