

2023/24 MetrO Series Event 2 – High Wycombe

Parking & Transport:

There are limited parking bays at Fleming Reserve. Overflow carparking is on the grass around Fleming Reserve. Closest bus stop for public transport is 300 m away from the arena, on bus routes 276 and 277. Distance from Parking bays to arena is 50 m.

Arena & Event timetable:

- Arena opens at 4:15 pm for those entering on the day, livestreaming will commence at 4:20 pm.
- Beginners Briefing commences at 4:45 pm. Debutant competitors will have 15 minutes to look at the course & plain their route before all other competitors.
- Main event briefing begins at 4:50 pm, revising course/event notes, as well as new class category changes.
- Mass Start at 5:00 pm, competitors begin their courses.
- Presentations & Course Closure at 6:00 pm.

Course notes:

MetrO series events are a scatter course. There are a total of 28 controls placed, and each course must punch the following total of control sites:

- Short: 8 Controls, approx. 3km, 15-20 minutes winning time
- Medium: 14 Controls, approx. 5km, 20-25 minutes winning time

 Long: 22 Controls, approx. 8km, 30-40 minutes winning time

There will be a fastest finish split, control 1 will be placed at 5:05pm, 5 minutes after the mass start. You will not be able to punch control 1 until 5 minutes after the mass start.

All controls are in normal metropolitan street suburbs, so normal running clothes and shoes are recommended.

New Class Categories:

We now have reduced total class winning categories to the following:

- Long: Open Male & Female

- Medium: Open Male & Female

- Short: Open Male & Female

Good luck and share the livestream!







