

## EVENT INFORMATION

EVENT: **METRO 7 KEWDALE**

DATE: **SATURDAY 6<sup>th</sup> of January**

ENTRY DETAILS:	<b>PRE-ENTRY PREFERRED</b> By 4:00pm on Saturday, OR REGISTER ON THE DAY FROM 4:15PM
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START TIME: **MASS START AT 5PM**

COURSES CLOSE: **6:15 PM**  
You need to be back at the assembly area by this time, whether or not you complete the course

### COURSES AVAILABLE:

COURSE	LENGTH	NUMBER OF CONTROLS
<b>SHORT</b>	2-3 km	7
<b>MEDIUM</b>	4- 5 km	12
<b>LONG</b>	6-7 km	19

Course lengths are approximate.

### COURSE NOTES:

- Assembly area is about 100m south of Tomato Lake café.
- Parking will be either Tomato Lake Car Park 1 or 2.
- There are public toilets close to the assembly area.
- There are some busy roads on the map particularly Oats Street and Orrong Road, please take care when crossing or running near these roads.
- Metro Series events are a scatter-style event, where controls may be punched (tagged) in any order. The aim is to punch the total number of controls required for your course in the shortest time. All ages and abilities are welcome.

**DO REMEMBER WATER, SUNSCREEN AND A HAT – IT CAN STILL BE HOT OUT ON THE COURSE AT THAT TIME.**