

EVENT INFORMATION

EVENT: Bush 6: Middle Distance SOL

DATE: 16th June 2024

ENTRY DETAILS: PRE-ENTRY PREFERRED

By SATURDAY at 4:59pm

ENTER ON THE DAY FROM 9:00 - 10:30 AM

START TIMES: 9.30 – 11.30 AM

COURSES CLOSE: 1:00 PM

You need to be back at the assembly area by this time,

whether or not you complete the course

DISTANCES:

Parking - Start 1 (E,VE) : 0-200 m

Parking - Start 2 (H,M): 500-700 m (will be marked)

Parking - Finish: 800-1000 m

COURSES AVAILABLE:

| COURSE | LENGTH | CLIMB | NAVIGATION | WATER POINT |
|--------|--------|-------|------------|----------------|
| H1 | 5.7 km | 150 m | Hard | 3.6/4.3/5.2 km |
| H2 | 4.9 km | 135 m | Hard | 2.2 km |
| Н3 | 3.0 km | 75 m | Hard | 2.2 km |
| H4 | 2.5 km | 60 m | Hard | 2.0 km |
| M | 2.7 km | 70 m | Moderate | 2.0 km |
| E | 2.2 km | 30 m | Easy | 1.5 km |
| VE | 2.1 km | 25 m | Very Easy | 1.5 km |

COURSE NOTES:

H1: 2 map flips (on the first page A4 the first part, on the other side the second and third part - A5 next to each other)

H1,H2: "butterfly" separation method, different for odd/even competitors



