

Location and Directions

Logans Inlet map. Turn right off Brisbane Valley Highway onto Hay Road. Keep going straight ahead, do not take left turn to campsites. The road continues and it has a locked gate if you try to proceed straight ahead. However you can turn right and please park near toilet where this road ends (only approximately 200m from turn). Same Start location as Recent OY. Look for the “Wildfire Car”.

Duration

9am to midday. **Note we are on if it rains** (this makes grass softer and running more pleasant!)

The first exercise will be near the carpark. Find us if you arrive late. The second exercise which starts around 10am you will not find us. Be any later than 9:20am and we are on the move.

What to bring? Compass, Hat, Food, **Water**, \$5, **gaiters to protect from grass seeds** – ranger has advised they are in full bloom -- and a fully charged Smartphone with the below already loaded. Some preloaded smartphones will be available if you don't have one. You do not need SI. You MAY WISH TO BRING SPARE SOCKS for BETWEEN THE TWO EXERCISES.

iPhone: <https://itunes.apple.com/au/app/myomaps/id1070056626?mt=8>

Android <http://smartphoneadventures.weebly.com/install-myomaps.html>

Under the QLD FOLDER download all of below (there may be no internet there so best to download before you get there). Note we have spare phones predownloaded if you don't have a smart phone.

Hard1

Hard 2 -

Hard Short

Moderate

Compass

Who is the training for?

There will be two trainings available. An easy Moderate standard for kids new to orienteering wishing to attend this years schools championships and a Hard standard for experienced kids.

-
- a) **Exercise 1** - short middle distance/ sprint style in most complex areas. There will be flags. Parts of the map will be whited out for you to practise your distance estimation at same time. Compass work on exits will be critical with features en-route removed. (Hard is 2.9km, Moderate 1.6km)
 - b) **Exercise 2** - Contour only (no compass allowed except for emergency use) - a series of long legs to practise route choice planning, endurance and hill running. This will be a mass start for all kids with appropriate forking and confusion so you follow other competitors at your own risk. But it is a great way to see how your fitness currently stands vs other school kids and whether you can avoid the distractions from other competitors running at the same time. Practise concentrating now and not when halfway through a major event and it is too late! (Note Hard 1/2 is 5.2km, Short Hard is 3.5km so choose accordingly on the day)
 - c) **Exercise 3** – Compass practice. Navigating using compass only to test your skills and gain confidence. (1.5km for all)