Club Sprint Relays - Griffith University, Nathan Campus

Come and join us in a fun sprint relay on a map used for the national orienteering league in 2014. It will offer some technical challenge without totally wearing you out. Cheer your team, and your fellow club members racing the inter club relay challenge.

The more the merrier!

This year, you will have the option of ordering delicious Vietnamese roast pork with salad rolls (with crackling) for the special sum of $5 each. Entry into the sprint relays is free of charge for OQ members. The morning will finish off with presentation of OQ awards.

Assembly - small 'arena' at the northern part of the campus. Access from the North Ring rd , 400 m west of intersection of University and North Ring Rd, and walk down Johnson path. Parking is free on the North Ring road. There will be a flag at the start of the path.

Starts - mass start at 10 am. Instructions will be given at 9:45 am, but you need to assemble by 9:30 am to organise your teams and allocate runners for the courses.

Team composition - each team must be made up of 3 members, including either 1 junior and 1 senior, or 2 juniors or 2 seniors. Juniors are members 14 years and under, and seniors are 60 years and over. Non standard teams are fine but will not be allowed to run the easy course, substituting it with one of the other courses instead.

Format - there will be 5 courses and team members will be running one at a time and tagging the next runner till all 5 courses are completed. The first team back, having done all 5 courses (without mispunching!) wins. There will be start and finish punches and each runner must download after their run, before they run again (assuming they are doing two courses). Runners cannot run 2 courses in a row.

Teams must submit a form detailing the order and the courses each runner will be doing, before the mass start. You must stick to the courses chosen and write the name and SI number against each course on the form provided. All club co-ordinations must submit the teams (noting the non standard teams as well), to suyantay@gmail.com by Friday, the 13 th of October.

Courses – Hard 1 – 1.8k, Hard 2 – 1.6k, Hard 3 – 1.4k, Moderate – 1.5k, Easy 0.8k. These are straight line distances, not optimal routes. As non standard team are not allowed to do the easy course, they can substitute it with one of the hard courses, or the moderate course. Individuals are NOT allowed to run the same course twice! Young juniors doing the easy course should not run the first leg and can be shadowed.

Catering - if you wish to have the Vietnamese roast pork with salad rolls, you must order them via the Eventor website. They are $5 each and you can pay on the day. You can order more than one roll if you wish. They are not available for purchase on the day. Drinks will also be on sale.

Toilets are available at assembly.