



COME AND TRY ORIENTEERING!

Where: Miles State High School

When: Tuesday, October 31, from 5.00 – 6.30pm

Cost: Free

Courses: Very Easy, Easy, Short, Long

For more info: email rroc@bigpond.com or ph. 46981538/0427523541

Orienteering is a sport for all levels and all ages. You can participate for fun, or aim to represent your country at world championships. It can be done in the bush or around town. This event is called a sprint event because the distances (between 1 and 2 km) are relatively short and there will be lots of controls (checkpoints). In an orienteering event, you are given a map and sometimes a compass (not needed in a school environment) to find the controls. This event will use SportIdent electronic timing. You can go around in a group or on your own. You can run or walk. Just bring a waterbottle, hat and walking shoes and come and try it!

