# Sprint The Hills

***General info:***

Come to Adelaide Hills and run 3 different sprint courses in one day. All trainings will be with SportIdent.

Trainings set by Manu Jurado (Coach and mapper in residence)

***Date:***

Sunday 10th December

***Location:***

Blackwood Forest and Heathfield High School

Coordinates Google Maps

Blackwood Forest (Start / Finish)

https://www.google.es/maps/@-35.0291947,138.6259909,114m/data=!3m1!1e3

Heathfield Oval (Start / Finish)

https://www.google.es/maps/@-35.0230041,138.7143973,121m/data=!3m1!1e3

***Program:***

10.00 am: Sprint Intervals Blackwood Forest

1.00 am: Sprint Qualification Heathfield High School

2.00 pm: Sprint Final (Chasing start) Heathfield High School

***Technical information:***

Blackwood Forest (new map Nov 2017) ISSOM 2007 1:5.000 / 2.5m

 

Heathfield High School (new map Nov 2017) ISSOM 2007 1:3.000 / 2.5m



***Entries:***

Juniors (18 and under): $5

Adults: $10

Please confirm attendance before Thursday 7th December to Manu Jurado (atoja92@gmail.com)