# Rock Oyster – Bush’O training

***General info:***

Come to Rock Oyster and run 2 different bush orienteering trainings. First one will be a multi technique training (bearings, windows, short legs, corridor) and the second one will be a Middle distance training. Both trainings will be with SportIdent.

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

***Date:***

Saturday 20th January – 9 AM

Date may change depending on the forecast

***Location:***

Rock Oyster – Off Murraylands Rd (turnoff on the road from Mt Pleasant to Walker Flat)

# Coordinates Google Maps (Car park): 34°41'11.7"S 139°32'34.7"E

[https://www.google.es/maps/place/34%C2%B041'11.7%22S+139%C2%B032'34.7%22E/@-34.686588,139.541503,438m/data=!3m2!1e3!4b1!4m6!3m5!1s0x0:0x0!7e2!8m2!3d-34.6865882!4d139.5429802](https://www.google.es/maps/place/34%C2%B041%2711.7%22S%2B139%C2%B032%2734.7%22E/%40-34.686588%2C139.541503%2C438m/data%3D%213m2%211e3%214b1%214m6%213m5%211s0x0%3A0x0%217e2%218m2%213d-34.6865882%214d139.5429802)



***Program:***

9.00 am: Multi technique training

11.15 am: Middle distance training

***Technical information:***

Rock Oyster North ISOM 2000 1:10.000 / 5m



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| Training | Length | Climb |
| Multi technique | 4.4 km | 150 m |
| Middle distance (short) | 3.5 km | 120 m |
| Middle distance (long) | 4.7 km | 175 m |

***Entries:***

Juniors (18 and under): $5

Adults: $10 ($5 per training)

Please confirm attendance before Thursday 18th January to Manu Jurado (atoja92@gmail.com)