

Leeming SHS - Ultra Sprint

How today works: Register once only for all three courses and pay one entry fee. The courses are all about 1km straight line distance – so expect them to be about 1.5km in actual distance. (You can choose to just complete one or two courses if you wish – I will compile results for this too)

The courses all start from different locations (all close together) and you can choose which one to do first, second and third.

There are **no control descriptions** – the challenge is to make sure you punch the correct controls based entirely on the map. Participants will need to complete three courses with the cumulative time added together for a total. If a runner punches an incorrect control and realises, this can be corrected by then punching the correct control with no penalty. However, if a runner punches an incorrect control or misses one entirely and does not correct, rather than recording a misspunch, the runner will instead receive a 30 second time penalty per missing or incorrect control. There will be a centre mark in each control circle to help you decide exactly which control is yours! (Results will be done sometime after the event).

What to do next;

- Register
- Clear and check on the way to the starts
- Choose a course, grab a map, punch the start and GO!
- Download after punching the finish
- Once you're ready to go again, head back to the starts, clear and check and go again

There will be a separate start for each course with 30 seconds between starts to speed up queues if required.

Below is an example of how controls may be distributed.

