

**Orienteering Queensland
Training Camp
9th – 11th November, 2018
Activities**

Friday 9th November

Evening Arrival Leslie Dam YMCA Camp Tim McIntyre

Notes:

1. No food provided on Friday evening
2. Orienteers available to give directions to accommodation
3. Remember to bring pillow, sheets, towel

Saturday 10th November

0800 Breakfast (Dining Hall)

0900 – 1130 Training activities (Sandy Creek) Anna Sheldon

1200 - Lunch (Dining Hall)

1330 – 1615 OQ Conference (Conference Room) Tim McIntyre/Liz Bourne
Discussion groups: Juniors, Seniors

1630 – 1700 Sprint (Start/Finish near Dining Hall) Tim McIntyre

1800 Dinner (Dining Hall)

Evening Free time

Sunday 11th November

0800 Breakfast (Dining Hall)

Departure from Leslie Dam YMCA Camp

0900 – 1100 Bush event (Brooklands) Liz Bourne

Notes:

1. All participants are asked to help with control collection and running events
2. SI Units will be in use at each event, please bring your SI stick

Questions should be directed to Tim McIntyre (0403 123 242)