

When?	Friday, 25 th . Start 6pm
Where?	St. Marys map. Meeting at St. Marys District School (-41.584635, 148.188758)
What?	Sprint-O. Medium to high intensity.
Course data	2.9k / 13 controls

When?	Saturday, 26 th . Start 10am
Where?	Littlechild's Creek map. Turn off Ansons Bay Rd a little into the forest (near the billabong) (-41.255874, 148.180410)
What?	Partner-O. Please bring something you can use as a control! (coloured bag, shirt, ...). Easy intensity.
Course data	6k / 14 controls (short-cuts possible)

When?	Saturday, 26 th . Start 2pm (depends on how long the first session takes)
Where?	Same map and assembly as training #2. We will stay there in between the trainings.
What?	Chasing Controls. High intensity.
Course data	Long: 5.7k / 16 controls / Short: 3.5k / 8 controls

When?	Sunday, 27 th . Start 10am.
Where?	Golden Fleece map. Turn off Tasman Highway. (-41.286439, 148.166591)
What?	Beat the elite – middle distance
Course data	Long: 4.2k / 21 controls / Medium: 3.5k / 19 controls / Short: 1.6k / 8 controls

When?	Sunday, 27 th . Start 3pm.
Where?	Constable Creek map. On Transit Track. (-41.353491, 148.158030)
What?	Multitech – compass, corridor, steep slope, contours only loops
Course data	6.9k / 19 controls (if you do all of it)

When?	Monday, 28 th . Start depending on when we leave St. Helens in the morning.
Where?	Rajah Rock map. Off Leona Rd. (-41.745180, 147.766172)
What?	Middle distance with focus on long and short legs.
Course data	Long: 4.8k / 15 controls / Short: 2.7k / 8 controls