

Orienteering Australia Squads Camp

East Coast of Tasmania

8th-11th of March, 2019

With the first NOL race starting later this year and not taking place on the March Long Weekend (some states), Orienteering Australia has decided to hold a squad camp on this weekend.

The camp will take advantage of 3 races occurring in high quality terrain on the east coast of Tasmania. Prizes (hopefully prize money) will be offered to the winners and placegetters of the elite classes.

Draft Program:

Friday 8th March:

Arrive in Launceston by Friday evening/night. Group will either stay in Launceston or travel to East coast. If needed you can arrive Saturday morning and transport will be organised.

Optional sprint training on Launceston map.

Note: If more convenient you could arrive in Hobart and I will try to organise transport for you with a Hobart orienteer.

Saturday 9th March:

Am: Travel to St Helens via either Rajah Rocks (Avoca) or Bicheno for O training.

Pm: Compete in Short distance Race at Chiron. Optional short relay training post event.

Night: Analysis of race/trainings

Sunday 10th March:

Am: Long distance race at Transit Flat

Pm: Beach time/relaxation. Option for training if athletes interested.

Night: EVOC BBQ. Squad members to help with cooking/games/talk

Note: Athletes needing to travel home Sunday night will be assisting in making their way back to Launceston.

Monday 11th March:

Am: Middle distance (hopefully chasing start) at Argonaut

Pm: Travel back to Launceston for mid-late afternoon and night flights

Note: If enough athletes interested could be opportunity for extra 1-2 days of training in St Helens area.

Accommodation, Transport, Food:

This will be organised by Orienteering Australia, co-ordinated by Brodie Nankervis. The nature of transport and accommodation will depend upon the numbers of athletes attending the camp.

Hence you need to enter on Eventor by **Sunday 24th February** -

<https://eventor.orienteering.asn.au/Events/Show/7841>

Cost of camp:

The cost of the camp will be subsidised by OA. The size of the subsidy will be determined by the number of athletes who attend.

The remaining costs will be paid by each individual athlete. Each athlete will need to enter on Eventor and pay \$75 for the above costs. If the final expenses are more than \$75 then athletes will be invoiced by OA. If they are less then athletes will be reimbursed.

Athletes will also need to enter the events at

<https://eventor.orienteering.asn.au/Events/Show/7573>