

3h-relay @ Pittwater

Date: Saturday, 9th February

Assembly: At the far end of Centre Rd. (-42.835434, 147.599593)

Map: Pittwater. 1:7.500 / 2.5m

Time schedule:

10am	Assembly (gates at beginning of Centre Rd) opens
10.40am	Short briefing about what actually will happen
11am	Massstart for all 3h-relay teams
11.05 am	Individual runners start
2pm	Last possible change-over
3pm	Assembly closes. Controls are put in (Happy for help!)

How does it work?

Each team has **3h** to run **as many of the 10 courses** as possible. In the end the **number of finished courses** is decisive.

It is up to every team to decide which team member is running which courses – **there is no compulsory order of courses!**

All the first leg runners do course S1.

There will be a lot of controls out in the forest, so make sure you **check numbers!**

Courses:

Long 1: 2.3k / 10c

Long 2: 2.3k / 11c

Medium 1: 2.1k / 8c

Medium 2: 1.9k / 8c

Medium 3: 1.7k / 7c

Short 1: 1.7k / 7c

Short 2: 1.4k / 6c

Short 3: 1.2k / 7c

Short 4: 1.4k / 5c

Short 5: 1.1k / 6c

Searching for someone to run with?

Let me know if you want to run in a team but can't find anyone – I'll help you finding a team!

Individual starts:

If you do not want to run in a tea you can individually run one of the long courses.