USING THE MAPRUN APP AT CABOOLTURE

1. Have you loaded the MapRun App onto your phone? If not, go to the website http://maprunners.weebly.com/ and load it from Google Play or the Apple App Store. If you already have it on your phone, make sure you have the latest version. It's been recently upgraded. (V50.9 on Android; 10.0.6 on iOS)

2. Downloading the App will use 2MB's of Data. To download the Map and the course will use approx. 0.5 to 1MB's of data. Best to do these on your home WIFI.

3. On the day, the App does not even need data switched on while running, or, if it is, Google Maps will use very little.

4. Be sure to also register your personal details on the App before you compete. You only have to do this once.

5. Make sure your phone is charged enough to last a few hours.

6. Check that your phone Settings / Notifications for MapRun has both "Allow Notifications" and "Sounds" switched ON. Some newer Android phones restrict which Apps can run in the background. It is best if you allow MapRun to run in the background (ie when the screen blanks).

7. Open the App and click on "Select Event", then the folder "Queensland" and the folder "Sunshine Coast". Select the course you have entered at Caboolture.

8. Click on "Go to start". You can now view the map and your course.

9. Be sure now to register with the event organiser and to collect a paper copy of your course map. It is best to carry your phone in your hand or in a holder on your arm/shoulder. Putting the phone in your pocket or waist-band reduces the quality of the GPS signal.

10. Press "Start the GPS" on the App to give the GPS time to lock on. You will get a warning on the screen if the GPS is not locked on.

11. Now proceed to the starting triangle on the map. As soon as you get close to the start, the App will "punch" the start with a beep and the timer will start.

12. You can now use your paper course map to travel to your controls in the correct order.

13. As you approach the control site, you'll hear a beep if you pass the right spot. If you don't hear a beep, then double check you're in the right spot. You can check the number of the last control you punched and the total number of punches on the screen of the phone There will be flags at control locations for

this event. If you are at the flag and the phone has not punched this control, just keep running to the next control, as your GPS track will show that you have visited this control.

14. As you approach the Finish, the App will beep and "punch" the finish and the timer will stop.

15. You will then see your track and your elapsed timed.

16. Press "Time Detail" to see your splits.

17. Finally, press "Upload Results" to have your results included in the results for the event. Your results will be automatically uploaded (if your phone is connected to data). The "Upload Results" button changes to "Upload to Strava" for those who wish to do this.

You'll be able to see how you went against the other competitors via the "All Score Results" button on the phone.

You can also check the results on the Results page on the MapRunners website - http://maprunners.weebly.com/