



## 2019 Easter DuO General Information April 20, 22



## ORIENTEERING NSW

### Welcome

Orienteering NSW is resurrecting the DuO format – where you do a course on mountain bike and a course on foot. These events are aimed at newcomers: trail runners, MTB riders, adventure racers, and orienteers who traditionally only one do one of the disciplines.

**Navigation:** for Foot O, the Short Course is Easy standard and for the Long Course is Moderate.

**Compulsory:** each participant must have a mountain bike and a Standards Australia-approved helmet. If you do not have a bike, you may be able to borrow one from another participant.

**Format:** MTBO will be done first as a line course (you must visit the controls in order). Foot O will be done second as a scatter course (any order) with a compulsory first control. Participants can have a short break between their last MTBO control and their first Foot O control. This time will be deducted from their total race time.

### Program

Day	Suburb	Location	Start Window
Sat Apr 20	Belrose	Wyatt Reserve, Wyatt Ave	1-2pm
Mon Apr 22	St Ives	St Ives Showground, off Mona Vale Rd	10am-12pm

Course Lengths	Long Bike	Short Bike	Long Foot	Short Foot
Belrose	6.5km	4km	3km	2km
St Ives	5.7km	3.7km	3.5km	2.8km

**Entry fees: \$10 per person.** Orienteering club members can pre-enter via [Eventor](#) until noon **Thursday April 18.** Otherwise pay cash on the day.

**Facilities:** each assembly area will have toilets, drinking water.

**Electronic timing:** both events will cater to SI Air+ and normal SI.

### FAQ

Q: Can I just do one of the disciplines?

A: Yes, but you must still pay the \$10 entry fee.

Q: Can I go with a buddy or in a small group?

A: Yes.

