



SA Interclub Relays, Sunday October 20th, Coromandel Valley

The Southern Arrows invite all orienteers to come out and run around Coromandel Primary, Frank Smith Park and Blackwood Forest on Sunday October 20th at the club relays hosted by the Southern Arrows, South Australia's elite orienteering squad, and sponsored by Snap Printing.

All you have to do is to form teams of 2 – only one member of the team has to be a current financial member of your club - and let your club secretary know who you want to run with and on which course. It's also possible to form teams where nobody is a club member although then your team won't count towards the interclub trophy.

Group	Gender; no age class restrictions	Course	Navigational difficulty	Number of legs each runner runs, and distance	Cost per team of two people
A	Men	1	Hard	Each runner runs twice; 5-5.5 km total	\$25
B	Women	1	Hard	Each runner runs twice; 5-5.5 km total	\$25
C	Mixed	1	Hard	Each runner runs twice; 5-5.5 km total	\$25
D	Men	2	Moderate/hard	Each runner runs twice; 4-4.5 km total	\$25
E	Women	2	Moderate/hard	Each runner runs twice; 4-4.5 km total	\$25
F	Mixed	2	Moderate/hard	Each runner runs twice; 4-4.5 km total	\$25
G	Men	3	Moderate	Each runner runs twice; 3-3.5 km total	\$25
H	Women	3	Moderate	Each runner runs twice; 3-3.5 km total	\$25
I	Mixed	3	Moderate	Each runner runs twice, 3-3.5 km total	\$25
J	Mixed	4	Easy	Each runner runs once; 2 km approx	\$15

Mass start at 10:30am, so you can sleep in then come along for the social event of the year. There will be catering and prizes and it will be a fabulous competition as always ☺

Team entries are to be received by Monday October 14th, so choose your partner now. Remember, a small club can win the trophy if enough of their members compete! Only limited enter on the day courses will be available...

Enquiries to jenny.casanova@sa.gov.au or phone 0427605167 (email preferred).