



2019 Junior Invitational Tour Oceania Carnival

Sept 28 - October 6 2019

Bulletin 2

Welcome to the Junior Invitational Tour.

Over 100 Oceania competitors have signed up to enjoy the benefits of the Junior Invitational Tour. We are working to make this Tour engaging and entertaining.

Most importantly there will be lots of learning and loads of laughs!

Contact details for Tour Convenors are:

Toni Brown totoni@inet.net.au

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The Program

The Tour offers a packed program of activities which are outlined below.

There is no obligation to attend all sessions.

Pick and choose what best suits you 😊

With so many keen to participate, **additional (repeat) Tour Talks** will now be available for Saturday, Sunday and Monday.

Take the time to review the offerings in the updated Tour program included below.

We will have an “intentions” sheet available at the Camp Hub – Wagga Wagga Beach Caravan Park – and beside the registration desk at events for the first weekend.

On this “intentions’ sheet we hope all those registered in the Tour will indicate their likely attendances for JIT activities. This will help with planning activities and bookings.

Tour Hub 28 September to 3 October: Wagga Wagga Beach Caravan Park

Tour Hub 4 October to 6 October: Wodonga Caravan and Cabin Park

Tour Tee-shirts

Our very “cool” Tour- tees have been so popular. Expect to see a few paraded. A second order has been placed (which includes children’s sizes) and there’s still a few available. Get in fast, we expect them all to be snapped up.



A short sleeve running top made from Tech Lite fabric, perfect for training, competition or just relaxing post orienteering. The shirts are \$40 each and we have a collection of sizes (Children’s Medium to Adult Large). The adult shirts come in both a male and female cut.

To reserve your shirt EMAIL barbara@boldhorizons.com.au with your preferred size (see [sizing guide](#)).

Coaching support

Throughout the Tour, coaching support will be available from multiple coaches and highly experienced orienteers. These include Tour Convenors Barbara Hill and Toni Brown as well as Tour Talk Speakers, Martina Craig, David Poland and Tony Hill.

We also have many highly experienced Tour parents who have kindly offered to share their knowledge and expertise at our daily de-brief sessions.

If you have something to offer, don't be shy, step up and share.

TOUR PROGRAM

Date	Carnival Event	JIT Activity and Time	JIT Activity Location	Tour Talks
Tour Hub 1: Wagga Wagga Beach Caravan Park				
Sat 28	Oceania Sprint	4:00pm Welcome and introductions to coaches Icebreaker/team activity	In caravan park. Meet at the Camp Kitchen.	
		Independent meal arrangements		
		5-6pm Tour Talk 1	St John's Anglican Church Hall (5 min walk)	Big Rock Presenter: Greg Barbour
		6.30-7.30pm Tour Talk 2 (repeat)		Repeat
Sun 29	Australian Long	4-5pm small group debrief with JIT coaches	In caravan park (to be sign posted)	
		5-6.15pm Pot Luck Dinner (Share or DIY)	Meet at the Camp Kitchen.	
		5-6pm Tour Talk 1	St John's Anglican Church Hall (5 min walk)	Direction and structure - you do have time! Presenter: Steve Craig
		6.30-7.30pm Tour Talk 2 (repeat)		Repeat
Mon 30	Oceania/ Australian Relay	4-5pm small group debrief with coaches Meeting with 12-18 years schools for start allocations for RR sprint	In caravan park (to be sign posted)	Allocation of start times to JIT student runners on school's courses.
		5-6.15pm Pizza/ pasta (share or DIY)	Meet at the Camp Kitchen.	
		5-6pm Tour Talk 1	St John's Anglican Church Hall (5 min walk)	MTBO to improve your foot orienteering Skills Presenter: Marina Iskhakova
		6.30-7.30pm Tour Talk 2 (repeat)		Repeat

TOUR PROGRAM

Date	Carnival Event	JIT Activity and Time	JIT Activity Location	Tour Talks
Tour Hub 1: Wagga Wagga Beach Caravan Park				
Tues 1	Riverina Run Day 1	4-5pm small group debrief with coaches Meeting with 12-18 years schools for start allocations for RR Long	In caravan park (to be signed posted)	Allocation of start times to JIT student runners on school's courses.
		Independent meal arrangements		
		6- 7.30pm Tour Talk (one session only)	St John's Anglican Church Hall (5 min walk)	Running technique to minimise injury risk and improve performance in the adolescent orienteer Presenter: Cathy Hogg
Wed 2	Riverina Run Day 2	3-5pm Beach activities. Express your creative side, but you'll need your thinking cap on too!	On the mighty Murrumbidgee Beach!	Maybe a drop in by a World Champion
		5-5.45pm small group debrief with coaches		
		6pm Out for a meal together or DIY	Dinner at Romano's Hotel	

TOUR PROGRAM

Date	Carnival Event	JIT Activity and Time	JIT Activity Location	Tour Talks
Tour Hub 2: Wodonga Caravan and Cabin Park				
Thurs 3	Riverina Run Day 3	Albury	Transition Day Some will move on down the highway	
		6:30pm Out for a meal together or DIY	Dinner at Edwards Tavern Wodonga	
Fri 4	Rest Day but there's an optional Model Course to prepare for the next events.	Plan your own sightseeing. Float down the Mighty Murray? Visit the Beechworth. Lolly Shop or Bakery?		
		4pm Tour Talk (one session only)	Noreuil Park , Albury by the Murray River, Albury	Girls run wild - women in Orienteering Presenter: Asha Steer
		5pm BBQ and sprint/maze O relay (may or may not be under lights)	Noreuil Park	
Sat 5	Oceania Long	3.30pm Tour Talk (one session only)	Under a shady tree at the Oceania Long event (to be signed posted)	Your coach and you – dare to be the best Presenter: Belinda Lawford
		5pm The final gathering	At event after Tour Talk	
		Independent meal arrangements		
Sun 6	Oceania Middle	Pack and depart		☹️☹️☹️