

Orienteering Australia Sprint Squad Tour: Bulletin 2

Updated program:

Day/Date	Location	Activity/event
Thursday 23rd Jan	Auckland	Arrival. Potential short training session/shakeout (TBC). Accomodation organised for those arrived today.
Friday 24th	Auckland-New Plymouth	Latest arrival 1200 - travel to New Plymouth. Model Event for Lonely Mountain Sprints
Saturday 25th	New Plymouth	Lonely Mountain Sprints: Sprint Knockout (4 races).
Sunday 26th	New Plymouth	Lonely Mountain Sprints: Sprint Qual and Final
Monday 27th	New Plymouth	Lonely Mountain Sprints: Sprint Relay (2 person team)
Tuesday 28th	New Plymouth-Rotorua	Sprint training in am with NZL team then travel to Rotorua.
Wednesday 29th	Rotorua	Touristing/rest day/easy running
Thursday 30th	Rotorua-Hawkes Bay	Travel to Hawkes Bay. Potential for forest training in the pm.
Friday 31st	Hawkes Bay	Sprint the Bay: Stage 1 and 2
Saturday 1st Feb	Hawkes Bay	Sprint the Bay: Stage 3 and 4
Sunday 2nd	Hawkes Bay	Sprint the Bay: Stage 5 and 6
Monday 3rd	Hawkes Bay-Auckland	Travel to Auckland - earliest flight 1200.

Arrival/Departure Information:

Now that you have confirmed your attendance for the trip we suggest that you organise your flights ASAP. Please book your flights to/from Auckland and:

Latest arrival flight time: Friday 24th Jan 12 midday

Earliest departure flight time: Monday 3rd Feb 12 midday

If you need to book flights outside of these times, please liaise with Brodie before booking.

Once you have booked your flights please fill in the following survey - <https://forms.gle/VRRJV3Cws8S7zaMP7>. The survey also includes information on dietary requirements/allergies.

Medical/consent forms:

Everyone attending the tour will need to complete the medical form uploaded to eventor (by 20/12/19) and return to Brodie by December 31st, 2019. Parent/guardians of those under the age of 18 will need to sign the attached consent form.

Accommodation:

At all accommodations we will be self catering (see below). At this stage it does not look like we will need to provide our own bedding but this will be confirmed ASAP

New Plymouth: We will be staying at Egmont Eco Leisure Park - <https://www.egmont.co.nz/>.

Rotorua: We will be staying at the Rotorua Thermal Caravan Park - <http://www.booking.com/Share-bwiBvC>

Hawkes Bay: We will be staying 25-35 minutes from events at Omatua Lodge - <https://www.bookabach.co.nz/holiday-accommodation/p7930337?adultsCount=40&noDates=true>

Food:

We will be self catering throughout the trip. Shared groceries will include main meals (breakfast, lunch, dinner) and “healthy snacks”. If individuals would like to purchase extra snacks or other groceries outside of this they will have the opportunity to. If you have any dietary requirements or allergies please outline these on the accompanying survey and medical forms.

Depending on the facilities at each accommodation we will cook either as one large group or multiple smaller groups. A roster will be arranged for cooking/cleaning duties so these are shared equally.

Approximate costs:

At this stage the approximate cost for the tour (excluding flights, entry fees and individual purchases) will be \$1000 AUD. Those attending only part of the trip (or providing their own transport/food) will be notified separately on what their contribution to the trip will be.

It is suggested that each participant has access to at least \$200 NZL for personal expenses during the trip (food, souvenirs, tourist activities in Rotorua etc.).

Payment:

OA will collect payment before the trip and will refund any leftover money when the accounts are finalised following the trip. Please enter and pay \$1000 AUD through this eventor event - <https://eventor.orienteering.asn.au/Events/Show/9446>

OA high performance is providing \$1000 towards the tour. This amount will be split between only those who pay **before** December 31st, 2019 (so please pay on time!)

Contact:

If you need anymore information please don't hesitate to contact Brodie:

E: brodie_nank@live.com.au

M: 0429433323