



ACT & NSW Orienteering Camp
 Sydney Passage 21-23.02.2020
 Programme 17.02.2020



Welcome

On behalf of orienteering ACT and orienteering NSW we would like to warmly welcome all participants to our camp.

Organizers

Coaches in residence:

ACT Fryderyk Pryjma Fryderyk.bno@gmail.com 0484277455

NSW Alastair George arg6@optusnet.com.au 0413254534

Programme

Friday

When	What	Form	Coordinates
To 18:45	Arrival to accommodation	Everybody with their cars or other arrangements	-34.531759, 150.258946
18:45	Start of Evening training – possibility to be done at night. The Piggery map, Tree cave map	Semi long easy orienteering session. Few technical forms getting to know terrain + micro sprint.	-34.531759, 150.258946
20:30	Dinner preparation	Together preparing dinner	-
21:00	Short discussion about sprint orienteering + time together		

Saturday

When	What	Form	Coordinates
8:00	Breakfast together	-	
10:30	Start of morning training.	One men sprint forked super fun intervals. Memory exercise afterwards.	-34.507057, 150.408960
13:30	Lunch together in Belanglo	Together preparing lunch	-34.531759, 150.258946
14:30	Trainings analysis + social time	We analyse what was done so far	-
16:30	Start of afternoon training.	Orienteering training – short mass start forked training + putting out controls in pairs exercise. Miners Despair map.	From Belanglo cottage
18:30	Dinner together	-	-
20:00	Optional night training	Tree cave track	From Belanglo cottage

Sunday

When	What	Form	Coordinates
8:00	Breakfast together	-	
10:30	Start of morning training.	Shorten long distance simulation	-34.331709, 150.483012