



Sunday 12th July. Coochin Creek, Glasshouse Mountains.

This event will be Covid compliant. Numbers capped at 95. So get your entries in.

Participants encouraged to download Covid safe App.

NO FOOD AVAILABLE AT THIS EVENT. Drinks are available to be purchased with correct money.

Covid-19 Safety Guidelines must still be maintained at events for competitors, family members, organisers and volunteers • If you are feeling unwell, stay home • Do not to come to an event if you have any Covid-19 symptoms or have been in recent contact with someone who has Covid-19 or you are awaiting a COVID-19 test result. • Wash your hands thoroughly before leaving home and as soon as you return • Practise safe respiratory hygiene (coughing and sneezing into elbow etc) and no spitting • Avoid touching your eyes, nose and mouth • Avoid contact with others. Social distancing (1.5m between people) • **Notify us if you develop Covid symptoms after the event.**

info@sunshineorienteers.com.au Phone Geoff Moore: 0411231006

Start times: Courses 1, 2, 3 and 90 min Recreation start from 8:50 to 9:30.

3 Hour Score starts between 8:20 and 8:50am.

Course closes: All courses close at midday.

Course Distances:

Course 1: 37 km. Mens: M0, M40, M50. Long.

Course 2: 27.5 km. Mens : M20, M60. Womens: W0, W20, W40, W50. Medium.

Course 3: 16 km. Mens: M14, M16, M70+. Womens: W14, W16, W60+. Short.

SCORE: 3 Hours. Start from 8:20am to 8:50am. Course closes midday.

Recreation: Up to 90mins. E_Bike can in this division only. Start 8:50 to 10:00am.
Course closes midday. Members will be on hand to help novices.

Entry: Entry is online at <https://eventor.orienteering.asn.au/Events/Show/9384>

Entries close at midnight on the Wednesday 8th July midnight. \$10 Late fees apply until Friday. No entry after Friday.

Cost:

Members Junior \$10.00. Senior \$15.00.

Non-Members Junior \$15.00. Senior \$25.00.

Rec Course only: Under 14's free when accompanied by a paying adult.

SportIdent (timing) stick hire fees is \$5.

Mapboard Hire is \$10.00ea.

Equipment: A suitable mountain bike, helmet, water and compass are the basic requirements for this event. A handlebar mounted mapboard that rotates is the best way to hold the map. These are available for hire, if you need one then please request it when entering the event. Enquiries: Geoff Moore 0411231006 info@sunshineorienteers.com.au