



Highlands Forest Series #1, 2020

Organised by Southern Highlands Orienteers

Sunday 19th July 2020

Organiser/Planner Garry and Sandra Stewart - 0429 040 851, garsan@bigpond.net.au

Venue Boxvale Tramway, near Mittagong. Assembly area will be in Morris Road.
From Mittagong - Travel through Mittagong on the Old Hume Highway. At Welby, south of Mittagong, travel over the freeway and turn right into Wombeyan Caves Rd. Travel approx. 1km then turn right into Kells Rd then take the next right into Morris Rd. Follow signs to event. From the south - take the Mittagong exit from the Hume Freeway and turn left into Old Hume Highway. Turn right into Wombeyan Caves Rd and follow directions as above.

Time Starts from 10:30am to 12 noon. Course close 1:30pm.

Map "Boxvale Tramway", 1:10,000. Updated 2019. Sydney sandstone, complex track network.

Cost **Pre entry via Eventor only:** Senior - \$15; Junior - \$10; Family - \$30
If unable to enter via Eventor contact Lyn Malmgron - 0414 397 584
NO Enter on Day (to comply with COVID-19 requirements)

Entries Close at 23:59 on Thursday, 16 July 2020

Classes/courses (approximate lengths).

<u>Course</u>	<u>Length</u>	<u>Class</u>
Long Hard	5.0 km	M L Hard, W L Hard
Short Hard	3.2 km	M S Hard, W L Hard
Moderate	2.7 km	M Moderate, W Moderate
Easy	2.2 km	M Easy, W Easy
Very Easy	1.7 km	M V Easy, W V Easy

To comply with government COVID-19 requirements:

- SHOO reserves the right to close the entries early or refuse entry due to Government restrictions.
- Social distancing will apply – maintain 1.5m distance from others at all times..
- NO TOILETS. Please use toilets in Mittagong. Winifred West Park, Lake Alexandra, Highlands Shopping Village.
- NO WATER provided. Please bring your own water bottle.
- Control descriptions on maps only.
- Do not attend if you are feeling unwell.
- No results will be displayed at the assembly, they will be available on Eventor after the event.
- Please arrive ready for your run (start whenever you like between 10:30 and noon) and leave after your run.