

2020 WA Long Distance Championships

Water on Courses

Due to Covid 2019 safety measures, water is not usually provided at Orienteering Western Australia events, and many competitors have become accustomed to carrying their own water.

At the WA Long Distance Championships, water will be provided on the course, however we still expect that some competitors will prefer to carry their own.

Water will be provided in 250ml sealed bottles, one per competitor, at control points on courses 1 to 7.

Courses 8 to 10 will not have water controls because their winning time is less than 30 minutes, therefore water is not required under Orienteering Australia competition rules. **Competitors on these courses may wish to carry their own water.**

At water controls, take **ONE** bottle only, drink it while at the control, and deposit the used bottle in the waste bag provided. **DO NOT** take more than one bottle, and **DO NOT** handle any other bottles.

DO NOT leave the control until you have deposited the bottle into the waste bag.

NB According to the Bureau of Meteorology weather forecast for the day of the event, as at Monday 14th September, it should be a cool day (19C) with possible showers.