

Free Training at Brimbank Park, Sunday November 29 2020

Participant Information

Limit of 30 people per session

Two sessions: Start any time between 10.30-11.00am; finish by 12:00pm

Start any time between 11.30-12.00pm, finish by 1:00pm

You **MUST** register on Eventor. Sign up for one session and course only.

Entries close as soon as the maximum of 30 people is reached.

Start/Finish: Enter Brimbank Park at main park gate on Keilor Park Drive. Follow the park access road to Car Park C.

Safety warnings

You must check in before you start, and as soon as you finish. You must return before course closure time for your session. You must provide your full name and contact phone number to organisers before starting.

Remember COVID19 hygiene and physical distancing from others. Please leave once you have completed your course. Some areas of the park may be crowded – avoid large groups.

Please stay home if you are unwell or have symptoms; if you have been in close contact with someone with Covid-19; are awaiting Covid-19 test results; or have been asked to self isolate.

Contact: Debbie Dodd, 0409 135 020 or voa@iinet.net.au

MAP AND COURSES

All courses are moderate to hard navigation. Controls will be permanent markers. These are wooden posts with a yellow painted number, and a small punch. There is no need to punch or otherwise touch the control.

Map: printed map provided. Map scale 1:5000, colour

Courses:

- 5 km line course (visit controls in order)
- 3 km line course (visit controls in order)
- 60 min score course (visit as many of the 33 controls as you can in any order, within the time limit)

