



ENTRIES ARE NOW OPEN

## SUNDAY 14th APRIL

**Timings** : Start any time between 9.00am and 10.00am  
Course closes at 2.00pm

Directions: Travel along Cotter Rd to the Mt Stromlo access road. Turn right into Mt Stromlo and follow orienteering signs to assembly area.

<http://goo.gl/maps/Ejo8s>

Camping : **Cotter camping ground just down the road**

## COURSE FORMAT

**MTBO STAGE 1** : Line course, collect controls in order

**FOOT STAGE 2** : Line course, collect controls in order

**MTBO STAGE 3** : Scatter course of 30 minutes duration  
Collect as many controls as you can in a 30 minute period.

**SPORT IDENT ( Electronic timing )** will be used on all line course controls. Control card for scatter course.

## COURSES

Enter as an individual or a team of two

<b>Taster</b>	(Novice course)	30 min to 1 hour
<b>Bitte</b>	(Short course)	1.5 to 3 hours duration
<b>Twisted</b>	(Long course)	1.5 to 4 hours duration
<b>MTBO</b>	<b>Enter on the Day</b>	
<b>Club Event</b>	<b>Enter on the Day</b>	<b>Foot courses</b>

**Go hard or take your time!**

## ENTRY

To enter, visit the **Orienteering NSW website** and register online. [DuO Adventure](#) Trybooking site!

Limited entry available on the day.

**Entries close Wed 10 th April**

## TEAM ENTRY

Enter as an individual on the website. **Team up on the day!**  
Teams start together and stay together visiting each control.  
If you have entered the Bitte (Short course) you may accompany children on the Taster course as part of your entry.

**MTBO ONLY ENTER ON THE DAY**

Contact : Greg Bacon Ph 0401889688 Email [gbacon1@bigpond.com](mailto:gbacon1@bigpond.com)

Orienteering NSW website : [www.onsw.asn.au](http://www.onsw.asn.au)  
ACT Orienteering : [www.act.orienteering.asn.au](http://www.act.orienteering.asn.au)

# MOUNT STROMLO PARK ACT ROUND 4

## RUN / RIDE / NAVIGATE TEAM or INDIVIDUAL ENTRY ACT CLUB EVENT

*Sponsored by*



ONLINE ENTRIES TO EACH EVENT HAVE A CHANCE OF WINNING THE TREK COBIA 29 ER

THE LUCKY DRAW WILL BE HELD AT THE COMPLETION OF THIS EVENT

The more entries you have the more chances to win!

### What skills do I need !

Basic mountain biking skills for dirt roads and single tracks.

Basic map and compass reading skills.

### What equipment do I need !

Off road bike in good working order

Standards approved cycle helmet

Compass

Running shoes and food/water for duration

## ENTRY FEES

### Orienteering Club members

Adult	\$ 25
Under 21	\$ 17
Under 13	\$ 12

### Non - Club members

Adult	\$ 28
Under 21	\$ 20
Under 13	\$ 15
Taster Course ( Novice )	
Member	\$ 15 Non member \$ 18
MTBO only	\$ 15