

2011 Sydney Junior Orienteering League



ORIENTEERING NSW

Event One: Sunday 22 May

Welcome to the Junior Orienteering League for 2011.

The series will open this year with a new map in Frenchs Forest. The map will be a great warm up to the series. Word has it that the setter has included a few tricks, so remember to think before you run!

Venue: Frenchs Forest, Frenchs Forest Showground (Adj to Lionel Watts Park) Opposite the corner of Malbara Crescent on Blackbutts Road.

Arrival time: A pre-race briefing is scheduled for 9am and starts will be from 9.30am. Please try to ensure that you arrive before 9am to allow yourself ample time to warm up, catch up with friends, chat to your club coach and hear the briefing.

Wet Weather: The event will proceed even if it is raining (just remember to pack some warm dry clothes to change into if you get wet). If in doubt, please contact the organizers.

Essentials: Come prepared for your run (or walk if you prefer) in running gear and joggers. Don't forget your whistle plus water and sunscreen.

Friends and Family: Friends and family are very welcome to come along and enter a course of their own on the day.

Volunteers: Volunteers would be gratefully received to act as course marshalls on the easier courses (please make yourself known at the briefing).

Series Coordinator: Barbara Hill, 0418270476,
oanswpromotions@gmail.com
Event organiser: Nicole Sellin, Garingal
Orienteers Inc. Ph 94844403



Junior League Events

22/5/11 Frenchs Forest
19/6/11 Centennial Park
26/6/11 Doonside
24/7/11 Pennant Hills
7/8/11 Cattai
21/8/11 Waverton
4/9/11 Callan Park
18/9/11 Lake Parramatta

Safety tips

Competitors are welcome to take a mobile telephone with them on their course.

If injured, lost or concerned competitors may contact the organiser (whilst on their course.)

Competitors are reminded to ALWAYS report into the finish (even if you don't find all of the controls).

As this is the first event and some road crossings will be involved, shadowing will be allowed on any courses.