

# 2011 Sydney Junior Orienteering League



ORIENTEERING NSW

## Event Two: Sunday 19 June

After a cracking start in May, Junior League two is upon us. For the second event the League returns to a favourite map: Centennial Park! The Uringa club is organizing the day and it promises to be lots of fun.

**Venue:** Lachlan Reserve (adjacent to the 'Duck Pond'), Centennial Park.

**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.

**Series Coordinator:** Barbara Hill, 0418270476,  
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**Event organiser:** Sarah Garnett,  
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## Junior League Events

19/6/11 Centennial Park  
26/6/11 Doonside  
24/7/11 Pennant Hills  
07/8/11 Cattai  
21/8/11 Waverton  
04/9/11 Callan Park  
18/9/11 Lake Parramatta

## Coaching tips

As you navigate around your course, try to keep your map orientated to north ALL the time. You can do this by aligning the map to features that you can see around you.

In Centennial Park, take note of the roads, buildings and ponds and rotate your map so that they are in the same direction on your map as on the ground.

If you do this, there is less chance of you making a navigation error and it will save you time working out which way to go!