



DON'T MISS OUT

Sub 24 hour Junior

Orienteering

Training

The big final for 2020 😊

AND

The last exciting opportunity to try  
**Mountain Bike Orienteering (MTBO)**  
always a wild ride😊!

7.30pm Friday 18 December till  
6.30pm Saturday 19 December

Then wrap up the weekend with the final  
**2020 Sprint** event at John Knight Park  
**Register Here**

Contacts: Ken ([ken@taxrambling.com](mailto:ken@taxrambling.com)) re Admin stuff, Toni re foot O training  
([totoni@iinet.net.au](mailto:totoni@iinet.net.au)) Marina re MTBO training [marina.iskhakova@gmail.com](mailto:marina.iskhakova@gmail.com)

## Sub 24 hour O Training Program

Day	Time	Location	Training Type	Leader
Fri 18 Dec	7.30pm – 9pm	Campbell Park – <a href="#">meet here</a>	OWLS – orienteering with lights	Mark Gregson (David Poland assist)
Sat 19 Dec	9am-11am	Bruce Ridge – <a href="#">meet here</a>	MTBO* – orienteering with bikes Plus focused foot O for freshers	Marina Iskhakova Toni Brown
Sat 19 Dec	1pm – 3pm	Black Mountain Peninsula – meet here	Picnic lunch and play time (water park open)	Blue Lightning Squad
Sat 19 Dec	4pm – 6pm	Haig Park – <a href="#">meet here</a>	Sprint O and relay fun	Patrick Miller
<b>Additional - separate entry</b>				
Sun 20 Dec	9.30am – 10.30am	John Knight Park	Sprint <a href="#">entry</a> by 5pm Sat 19 Dec	Tate Needham

### MTBO Details

#### ENJOY ORIENTEERING AT HIGHER SPEED 😊!

Questions: Marina Iskhakova 0412 308 310 [marina.iskhakova@gmail.com](mailto:marina.iskhakova@gmail.com)

**BRING:** MTBike and helmet, and MTB map board if you have (we will have several additional Map boards)

#	Structure	Content and Practice	Time
1	Why MTBO is so exciting?	MTBO vs FOOT-O specifics	9am – 9.15am
2	Route Choice	Route Choice Theory Route Choice Exercises Route Choice – Pairs work (20 min)	9.15am – 9.45am
3	Map Memory	Map Memory Theory Map Memory Exercises	9.45am - 10am
4	A little course in pairs	Route choice, map reading, map memory in practice	10am – 10.30am
5	Discussion and Session Completion	Learnings and Insights from today Summary and Completion	10.30am - 11am