

DUO ORIENTEERING EVENT

COURSE INSTRUCTIONS

Registration	Complete details on control cards 1 x Foot & 1 x MTB Collect control description sheet & MTBO map Attend start desk with control cards and entry fee Start times allocated at entry Do you have enough food and water	
Prior to start	Secure MTBO control card to bike Secure MTBO map to bike Bring your bike and all other gear to the bike holding area near the start. Ready to start! Have your foot control card ready Be ready to go at least 5 min before your start time	
Start Stage 1	Start in two minute intervals Pick up Map 1 (Foot stage 1) two minutes prior to start Start on the clock signal	Scatter course Long- All controls Short- Collect 10 controls only
Finish Stage 1	Return to finish desk, your name and time will be taken Keep your control card	
Start Stage 2	Pick up your bike and start (Stage 2) MTBO	Pick up controls in order
Finish Stage 2	MTBO control 9 will be manned Your name and time in will be recorded Place your bike and gear clear of control	
Start Stage 3	You will be handed Map 2 (Foot stage) Start foot stage when you are ready Complete stage as per instructions	Scatter course Long - collect all controls Short- Collect 7 controls only
Finish Stage 3	Return to Manned control Your name and time in will be recorded	
Start Stage 4	Pick up your bike and start (Stage 4) MTBO	Pick up controls in order Short- Collect controls 10, 11, 12,13 then to 20, 21,22,23 and finish Long- all controls
Finish Stage 4	Return to finish desk and hand in both control cards Your overall time will be recorded Keep the finish area clear of bikes Results will be placed on blocks near the finish	

Foot Controls	Located on stand with punch, check Control Number and corresponding stand numbers are correct Example : Control 4- Stand no 308
MTBO Controls	Numbered 1 to 23 and hanging beside track with punch attached to string