Details

www.sboc.org.uk/events

KNOCK OUT SPRINT

ALL ABILITIES WELCOME *FUN FOR ALL*

WED 2ND 6PM



Location: Swansea Enterprise Park, Llansamlet
Parking: Fendrod Lake ///topped.baked.good

Download the Usynligo App to your phone before arriving.

CLUB NIGHT - CLUB NIGHT - CLUB NIGHT - CLUB NIGHT - CLUB NIGHT

TRAINING - TRAINNG - TRAINING - TRA

Knock Out Sprint
Details

Location: Swansea Enterprise Park, Llansamlet
Parking: Fendrod Lake ///topped.baked.good

You've heard about it, you've seen it on the telly as part of this years WOC, now it's time to have a go yourself!

Upon arrival you'll be allocated to Heat 1, 2, 3 or 4.
Top finishers of Heat 1 & 2 will progress to semi final 1, top finishers of Heat 3 & 4 progress to semi final 2.
Top finishers of semi final 1 & 2 will progress to the Grand Final.
All other finishers will be allocated to semi final 3 & 4 and then finals 2 or 3 .
Courses are roughly 1 - 1.5 km each.

As this is a training event, control sites will be marked with small training kites., and we will be using the UsynligO app to record peoples runs.

Make sure you Download the Usynligo App to your phone before arriving. How to guide on the BOK website - https://www.bristolorienteering.org.uk/hints-and-tips-using-usynligo-app

Post Session Social: The Fendrod
W3W ///supper.burns.traps

www.sboc.org.uk/events

CLUB NIGHT - CLUB NIGHT - CLUB NIGHT - UB NIGHT

AINING - TRAINNG - TRAINING - TRA