

# GRIFFITH FERAL JOGGERS 2018 SOLSTICE CUP



## COURSE NOTES

### ALL RUNNERS

Collect as many points as you can in the allocated time. Punch your control card with the marker punch at each control in the corresponding box on your card. Which way you go and which controls you go for is up to you. Points only awarded for correct punch in correct square eg. Punch control 21 in square 21

Controls 10 - 19 = 10 Points. Controls 20 - 29 = 20 points. Controls 30 - 39 = 30 Points.

Start / Finish over the Mats - PLEASE CROSS THE MATS IN THE 'USUAL' DIRECTION

### LATE PENALTY

10 POINT PENALTY FOR EVERY MINUTE LATE OR PART THEREOF

### SHORT COURSE

Short Course is restricted to area west of Remembrance Drive. DON'T CROSS ANY ROADS! Points for controls east of Remembrance Drive won't be awarded

Start off your allocated handicap, you must cross the mats and finish at or before race clock time: 30 minutes. Running time = 30 - handicap

### LONG COURSE

Start off your allocated handicap, you must cross the mats and finish at or before race clock time: 50 minutes. Running time = 50 - handicap

**30** MIN SHORT

**50** MIN LONG

**10** POINT  
PENALTY EVERY  
MINUTE LATE