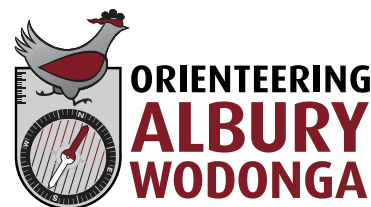


High O 2024: 26-28 Jan @ Dinner Plain

Entry Form



- High O 2024 comprises 5 events over the Australia Day weekend of 26-28 January, hosted by the Albury Wodonga Orienteering Club
- Nominate to enter as many or as few events as you prefer below
- Single Entry Fee: \$50 senior, \$25 junior (20 or under at end of 2024) covers all five events (pre-entry only, no enter on the day)
- Entry fees payable in advance by direct deposit to AWOC:
Hume Bank BSB 640000 Ac. No. 111106820
Please include your name in the transaction reference field

Complete this form and send to info@awoc.org.au

Contact Info

Name	Mobile
<input type="text"/>	<input type="text"/>
O Club	Email
<input type="text"/>	<input type="text"/>

Entries

Name	Age	SI Number	Events (see info page - tick to enter)						
			Fri		Sat			Sun	
			1	2	3L	3M	3S	4	5
<input type="text"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pairing

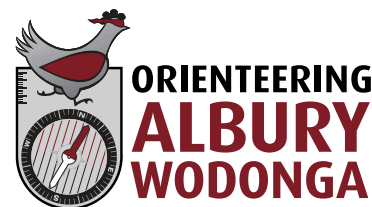
Please detail pairing (names of competitors) for events 3 and 5 if known

Event 3 - High-O

Event 5 - Real Keen Relay

High O 2024: 26-28 Jan @ Dinner Plain

GENERAL INFORMATION



Event contact:

Leigh Privett (leighprivett@bigpond.com, 0416 278 488)

Firstly, **Book your Accommodation**

- AWOc members contact Norm McCann: 0409 604 124 or info@awoc.org.au
- Others contact *Dinner Plain Accommodation*: 03 5178 3088 or <https://www.dinnerplainaccommodation.com.au>

It's meant to be a sociable and pleasant weekend - as competitive or as easy as you wish around a unique alpine village and surrounding high plains. Drive up Thursday or early Friday. There are foot and bike events.

Date	Event	Format	Start	Notes
Day 1 Friday 26 th	1 – Foot Sprint	Sprint around the village	2:00 to 3:30 pm	3.2 km Assemble to east of village entrance, next to the info hut
	2 – MTB Sprint	Sprint around the village	3:30 to 4:30 pm	4.8 km (direct)
	BBQ	Casual BBQ for everyone	6:30 pm onwards	Currawong Lodge (cnr Big Muster Drive/Halter Lane) BYO everything. Best to bring food and drinks up the mountain with you as little chance of shopping at Dinner Plain. BBQ supplied with separate cooking for alternate eaters.
Day 2 Saturday 27 th	3 – High O Foot	Long bush (pairs only)	10:00 am	18 km, plenty of rugged going
		Medium bush (pairs only)	10:30 am	11 km, some rugged going
		Short bush (may do alone)	11:00 am	6 km, no rugged going
	4 – High O MTB	Bush	11:30 am (or after completing Short Foot)	15 km (estimated actual distance)
	Dinner	Dinner at Hotel High Plains	6 pm onwards	Book direct with Hotel High Plains (03 5159 6324) Eat, drink and socialise
Day 3 Sunday 28 th	5 – Real Keen Relay	Pairs sprint relay with chasing start	Assemble 9:30 am	One long leg, one short leg and one 'together' leg (approx 2.8, 2.4 and 1.2 km, respectively - TBC). Staggered starting groups at 4 min intervals graded by the organiser and with (fun!) challenges by you. The oldest, youngest and slowest start first, the elites maybe 16 mins later. One special class: the very oldest, very youngest and very slowest start last and only do the shorter and 'together' legs singly.
			(same location as day 1 sprints)	
No MTB today but join the <i>Real Keen Relay</i> and/or ride the Brabralung Trail to Mt Hotham.				

Timing – Standard SI (no SI Air). Dip to start and finish.

Entry (see the entry form!) - \$50 adult, \$25 junior, one entry fee covers all events for the weekend.

Pairing – Enter together **OR** enter separately and advise where indicated your partner **OR** allow us to partner you by indicating so **OR** as a last resort, at the Friday or Saturday dinner sort it out with an event organiser.

Prizes – None. Just the glory of winning! Results will be published on Eventor, WinSplits and Livelox.

Weather – Mean high about 26°C, mean low about 15°C but expect anything!

Dogs – Allowed within the village but not the surrounding national park. No dogs on courses thanks.