

Top End Orienteers invites you to line events at

MANTON DAM RECREATION AREA

WHEN: Sunday 11th July 2021

WHERE: Head south "down the track" 70kms from Darwin. Manton Dam turnoff on the R. Follow road to end to main car park. Look for TEO signs W side of carpark. Walk across elevated walkway to Start.

COURSES: Line courses - Easy (1.45km, NOT pram friendly), Moderate (2.6km), Short Hard (4.4km), Long Hard (6.8km)



What to bring: water bottle, strong footwear, suggest boots (rocks+++), leg protection (long grass). TIME: Start between 7:30 & 9:30am, courses close at 11.30am. Coaching available from 8:00am

What is a line event? Line course maps have checkpoints that must be visited in order. If you miss a control and go on to the next, you must retrace your steps and visit all controls in order to complete the course.

Please stay afterwards for a drink & fruit. Pretty spot for a picnic.

- Regular event fees apply (individuals \$5/\$10 & groups \$8/\$15 for member/non-member, family fee available)
- Great for all ages and all fitness levels
- The ideal way to exercise your mind and your body
- Beginners and new members welcome
- Membership form available from <u>www.teo.asn.au</u> or on the day.



For more information please call: 0408856662 (Marj) or 0400481175 (Annie)

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