

This Event's Format

Motala format on a Sprint (symbol) Map*

Motala events are characterized by mass-starts on multiple courses.

In this case competitors are started three at a time every minute on three separate courses, A, B and C.

When they finish their course and get their "download printout" they will "clear-check" their E-stick and proceed to do the next course in sequence.

Each course will have a winning time (total time for all three courses is optional)

Purpose:

This is a good training course for small groups (30 students) happening over a runner-friendly terrain like this City Park Map and completed in a short period of time.

Training "Take-aways":

1. Reading and understanding "Sprint" map symbols.
2. Orienting the map to North (to the ground) without the compass.
3. "Following" is discouraged – **self-confidence in one's own decisions is built.**

Setting up requires the typical computer-based results equipment and software as for CLASSIC ORIENTEERING EVENTS.

***Sprint map symbols are an international recognized symbol set for large scale (1:4000+/-) orienteering maps.**