

# AASC (NSW) Orienteering Coaching

## Week 7 Event

### **Week 7 - Event**

1. Event
2. Scatter or Score Course - mass start

Activities	Instructions	Time	Equipment	Comments
<b>Activity 1</b>  <b>Event</b>	Conduct a formal event with preallocated start times, turned down maps and timing.	30 min	Maps for all students  Control cards  Pencils  Control flags and punches	Quicker students can assist with timing, calculating run times, checking cards and publishing results.

<p><b>Activity 2</b></p> <p>Scatter or Score Course - mass start</p>	<p>Introduce a scatter (no time limit to visit all controls) or score course (students visit as many controls as possible within a set amount of time).</p>	<p>30 min</p>	<p>Marked maps for all students.</p> <p>Pencils and control cards.</p> <p>Control flags and punches.</p>	<p>A mass start will add excitement and confusion.</p>
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