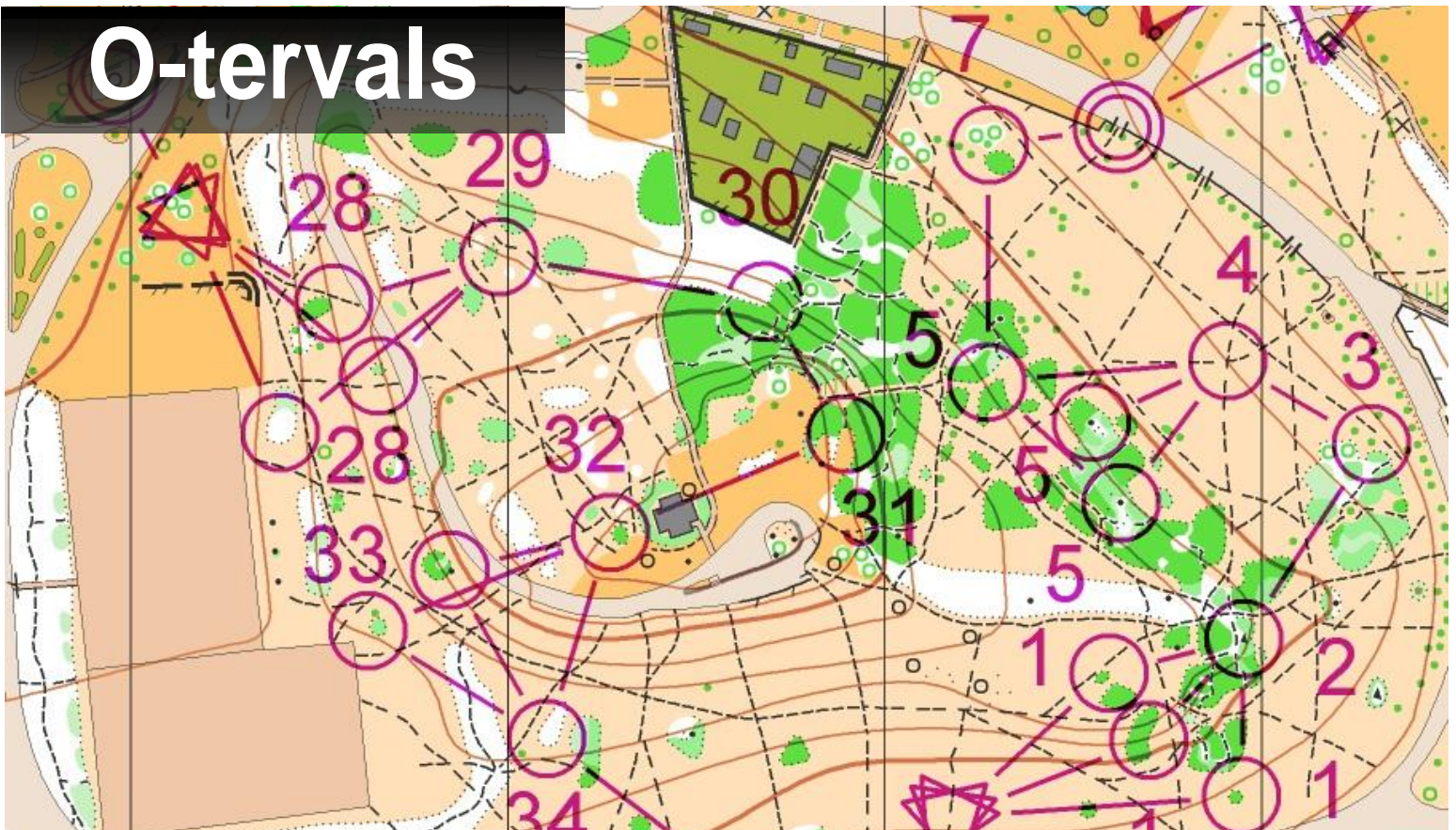


# O-tervals



## ACTIVITY DETAILS

### AGE

14+

### MATERIALS

Maps  
Pinflags

### TIME

30 minutes

### GOAL

To learn to orienteer independently in a group. The short distance of the courses, the opportunity for rest, and the head to head competition of the mass start encourages participants to orienteer at their top speed

## INSTRUCTIONS

### SET UP

- On one map, plan a series of short courses that are no longer than 500m
- Each course should have A, B, and C variations that have all the same starts and finishes, some common controls, and some forked controls. The A courses are often slightly longer than the B and C courses. The C course is often the shortest
- Place a pin flag at each control site

### ACTIVITY

- Divide the participants into groups of three. Each participant in the group should have a different map
- The group of three will mass start at start number 1. Participants will run their forking as fast as they can to try and reach the finish first
- At finish number 1, the participants will stop and wait for their group members. Once the whole group has arrived, they will walk or jog the short distance to start number 2
- The participants switch maps. The person who finished first on the last course should have map A, second should have map B, and third should have map C
- At start number 2, they will mass start again and repeat the process until all of the mini-courses have been completed