**Team name/number:**

**Before you set off, you must record how you will travel between each control point – walk/jog/sprint. For four-control-point courses you must use one of each type of travel – a walk, a jog and a sprint. For seven-control-point courses, you must use two of each type of travel. Each time you visit a control point you must record the required information from the control marker.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Type of travel** |  | **Type of travel** |  | **Type of travel** |  |
| **Control Point** | **5** |  | **2** |  | **8** |  | **3** |
| **2nd Number** |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Type of travel** |  | **Type of travel** |  | **Type of travel** |  | **Type of travel** |  | **Type of travel** |  | **Type of travel** |  |
| **Control Point** | **6** |  | **1** |  | **9** |  | **13** |  | **1** |  | **15** |  | **5** |
| **2nd Number** |  |  |  |  |  |  |  |  |  |  |  |  |  |