

POINT-TO-POINT PHOTO ORIENTEERING IRONMAN RACE

Working with your team, navigate the orienteering portion of the race as quickly as possible using photos to find each control point before completing the physical portion of the race. Your team's total race time is determined by subtracting the target heart zone (THZ) deduction from the number of minutes team members were in their zones.

Orienteering Portion

Examine the photo and clue of your first control point and then proceed to that point. At each control point, do the following:

- Identify the control point and write the location on your task sheet.
- Read the question located in the plastic bag and write your answer on your task sheet.
- Take the letter from the bag and write it on your task sheet.
- Examine the photo and clue to determine your next control point and repeat the process.

After finding your last control point, return to the start to complete the physical challenge portion of the race and solve your secret word.

Control point	Name of control point	Answer to question
1		
2		
3		
4		
5		
6		
7		
8		

Letters from control points:

1 2 3 4 5 6 7 8

The secret word is _____.

Physical Challenge Portion

Identify the team members who completed each event on the following chart and record the number of minutes they were in their THZs during the race. Add all three members' times to determine your team's total THZ time and record it on the chart.

Event	Team member	Time in THZ
Swim (50 m)		
Bike (100 m)		
Run (250 m)		
Total time in THZ		

Total Race Time

Your team's final standing is determined based on your placement in the overall class standings (e.g., first place = 1 minute; second place = .55 seconds).

Total race time (TRT) – THZ deduction (THZD) = Final race time