

MADNESS ACTIVITIES



Time of Activity	Description of Activity	Who can do?	Duration of Activity	Bonus kms
Throughout the day	<p>Bonus km for fastest time of the day for each loop</p> <p>1km for fastest 3km loop 1km for fastest 5km loop 1km for fastest 6km loop Updates will be posted on the info/results notice board</p>	All competitors can attempt more than once	Whole day	1km for each of the 3 loops
11-12noon	<p>Basketball Hoop</p> <p>Get the ball through the basketball hoop from behind the marked line. You can have 1 attempt and if you miss you must then go to the back of the line and wait for another go. A competitor may only score once per lap, but teams can score as many times as the get members out on the course.</p>	Current competitor on course	1 hour	2km
12noon - 1pm	<p>Multichoice Quiz</p> <p>The current team member on course will come across the Quiz on the 5km loop. Complete the 4 question multichoice quiz and hand in your answers to the marshal at the Quiz. All 4 questions must be correctly answered to get the bonus. No cellphone use! One attempt per lap. Teams can attempt as many times as they can get members onto the lap. Questions will change every 20 minutes.</p>	Competitors on 5km loop	1 hour	2km
1-2pm	<p>Three Legged Lap</p> <p>Two team members tie their shoelaces together and complete the 3km loop. Marshalls will be on course to ensure you stay connected. If you are spotted unconnected you will be penalised 5km.</p>	Two team members	1 hour	3km bonus on top of normal 3km loop
2-3pm	<p>Mental Bender</p> <p>Collect the Question Sheet from half way out on the 6km Loop. Bring this back to the event centre to your team to start working on the question. Someone must then go out and collect the official Answer Sheet from out on the 5km loop. Bring this back to your team to write the answer on it. Hand in the Answer Sheet to the Registration/Information shed before 3pm.</p>	Whole Team	1 hour	4km
3-4pm	<p>Paper Darts</p> <p>Build a dart with the paper provided and fly the dart through the hole in the wall. You have 1 attempt and then you must go to the back of the line and wait for another go. Teams can attempt as many times as they can get members onto the lap.</p>	Current competitor on course	1 hour	2km
4-4.30pm	<p>Event Centre Sprint</p> <p>The 3 forest loops are temporarily closed and you must only do sprint laps around the event centre course (through the tent city). Once your team member returns from the forest after 4pm, you will not be allowed out onto the main three loops again until 4.30pm</p>	Whole Team	1/2 hour	Compulsory for all - each lap worth 1km
4.30-5pm	<p>Coat Hanger Sculpture/Art</p> <p>Use the provided wire coat hanger to create some art. Hand in your art to the Registration/Information shed. No other materials can be used apart from the wire hanger</p>	Whole Team	1/2 hour	2km for honest attempt and 4km for best three
5-6pm	<p>Long lap (6km) is now worth 7kms - an extra km bonus</p> <p>You must finish the lap within the hour from 5pm</p>	Current competitor on course	1 hour	1km bonus on top of normal 6km loop