

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>Mini Putt</p> <p>Putt the ball into the hole with one hit from behind the marked line. You can have 1 attempt and if you miss you may 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 they complete a loop of 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 3 question multichoice quiz and hand in your answers to the Quiz Marshal. All 3 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 to the quiz location. Questions will change every 20 minutes.</p> | Competitors on 5km loop | 1 hour | 2km |
| 1-2pm | <p>Four Legged Lap</p> <p>Three team members tie their shoelaces together to create four legs 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. (2 person teams go three legged)</p> | Three team members (or 2 for 2 person teams) | 1 hour | 3km per lap |
| 2-3pm | <p>Mental Bender</p> <p>Collect the Question Sheet from half way around the 5km 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 3km 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 | 3km |
| 4-4.30pm | <p>Event Centre Sprint (compulsory for all)</p> <p>The 3 forest loops are temporarily closed and you can only do 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 | 1km per lap |
| 4.30-5.30pm | <p>Ping Pong</p> <p>Use a straw to carry the ping pong between the two points. Only the straw is allowed to touch the ping pong ball and the . 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 they complete a loop of the course.</p> | Current competitor on course | 1 hour | 1km |
| 3-4pm | <p>Baby Egg</p> <p>Your egg will be dropped from a height of 2 metres by an official. You must only use the supplied materials to prevent it from breaking. No team members may be involved in the drop process. Collect the supplied material from the central admin area. Read the instructions and start planning. One team member must collect an egg from the 5km loop. Once complete come to the official egg dropping area (central admin) to complete the egg drop. Bonus points of 1km for most creative design and 1km for most stylish/visually appealing.</p> | Current competitor on course | 1 hour | 3km |