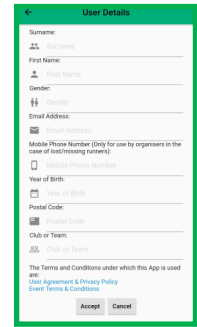


User Instructions for MapRunF App

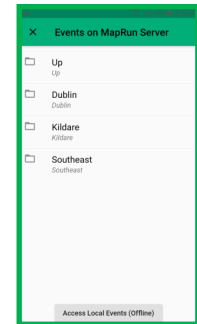
Downloading and Signing up to MapRunF App

- 1 Search for 'MapRunf' app in Google Play or App Store
- 2 Install Map Run F on your smart phone
- 3 The first time you use it you will be asked to enter your name, email, year of birth and Postcode. This information is used to display results. You don't have to use all your real details. Only enter the first part of your postcode.





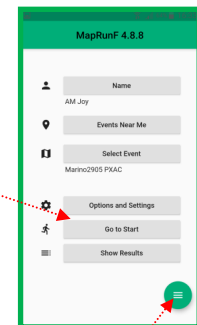
To use the app to orienteer

- 1 Connect to wifi or data to select and download your event. You don't need to have data on while you are doing the course but you must have location ON
- 2 Events are listed by Country, so pick 'Ireland' from the list and then your county and event.
- 3 It is best to have your phone fully charged before you start.



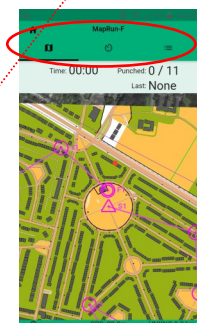
Ready to go

- 1 When you are ready select 'Go to Start', this will show you the location of the start triangle 
- 2 The app will show your track (in red) as to you go the Start Triangle, but this will disappear once you begin
- 3 Your phone will beep when you pass through the start location and your time will begin. It will also beep at each control & the control circle will turn green
- 4 When you have visited each control in order go to the Finish (double circle),  your timing will stop.



Using the app during the course

- 1 Zoom in and out to view your entire course
- 2 You have 3 viewing options, 'flag' to see map, 'clock' to see your progress and '3 bars' to see the GPS details
- 3 Options and Settings' can be set before you Start', but not during a course, you have to exit the course to change settings.



Results

- 1 After the Finish the app will ask if you want to upload results.
- 2 You can also view all results for the course and compare how you did on each leg with your friends.

Checksites Event

- 1 This is an event where you enter a pin code to access the map. Usually this is used to trial events before they are made public
- 2 From the MapRunF home screen, select the Menu bar at the bottom right
- 3 Pick Check Sites & enter 6 digit pin. Wait for a moment for the map to upload

