



XMAS 5-DAYS ORIENTEERING CARNIVAL 2014

DAY 5 (Wed Dec 31st) – Moore Park



What is an Ultra Sprint?

An Ultra-Sprint is regular sprint orienteering with a few twists:

1. There are no control descriptions. Instead there is a dot in the middle of the control circle identifying the exact location of the control.
2. There is an artificial (man-made) maze to contend with.
3. There will be some dummy controls to try to trick you.
4. A mis-punch (miss a control) will not disqualify you, but will add 30 seconds to your time for each error.

Take a normal sprint event and make it a much more intense, frantic affair.

The map

The Ultra-Sprint map has been drawn from scratch. It will be printed at 1:1500 to include more detail than you can handle at full speed. There are over 250 individual trees marked on the map to make sure you keep concentrating. You will have new challenges for each race, as each map visits a slightly different area.

The Course:

You will run 3 legs. Each leg will be approx. 500-900m long and feature many controls. In the mapped area there will be a maze which you will visit each leg - just to make things more interesting. You will be able to run your legs in any order, just make sure you report to the correct start and download at the correct computer (eg Leg 1 start- Leg 1 Download. Leg 2 Start Leg 2 Download. Leg 3 Start – Leg 3 Download)

Start List

There isn't one. The start will be open from 8 – 10am. You start yourself at 30second intervals. Line up in your course queue and off you go when the clock beeps!

The Punishment

Should you miss a control on your course you do not mp but have an additional 30 seconds added to your time

Accuracy is the key!

The result

The winner in each class will be the orienteer with the fastest combined times for the 3 legs.

Have a look at the following to get an insight into the event.

<http://www.youtube.com/watch?v=R8RmY8LERcc>

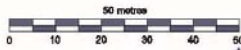
<http://www.youtube.com/watch?v=FBarSXqgV5I&feature=youtu.be>

The following maps will whet your appetite for the Centennial Parklands Ultra-Sprint!

Regent's Park St Katharine's Gate

Scale 1:1250 1m contours

Magnetic North 2011

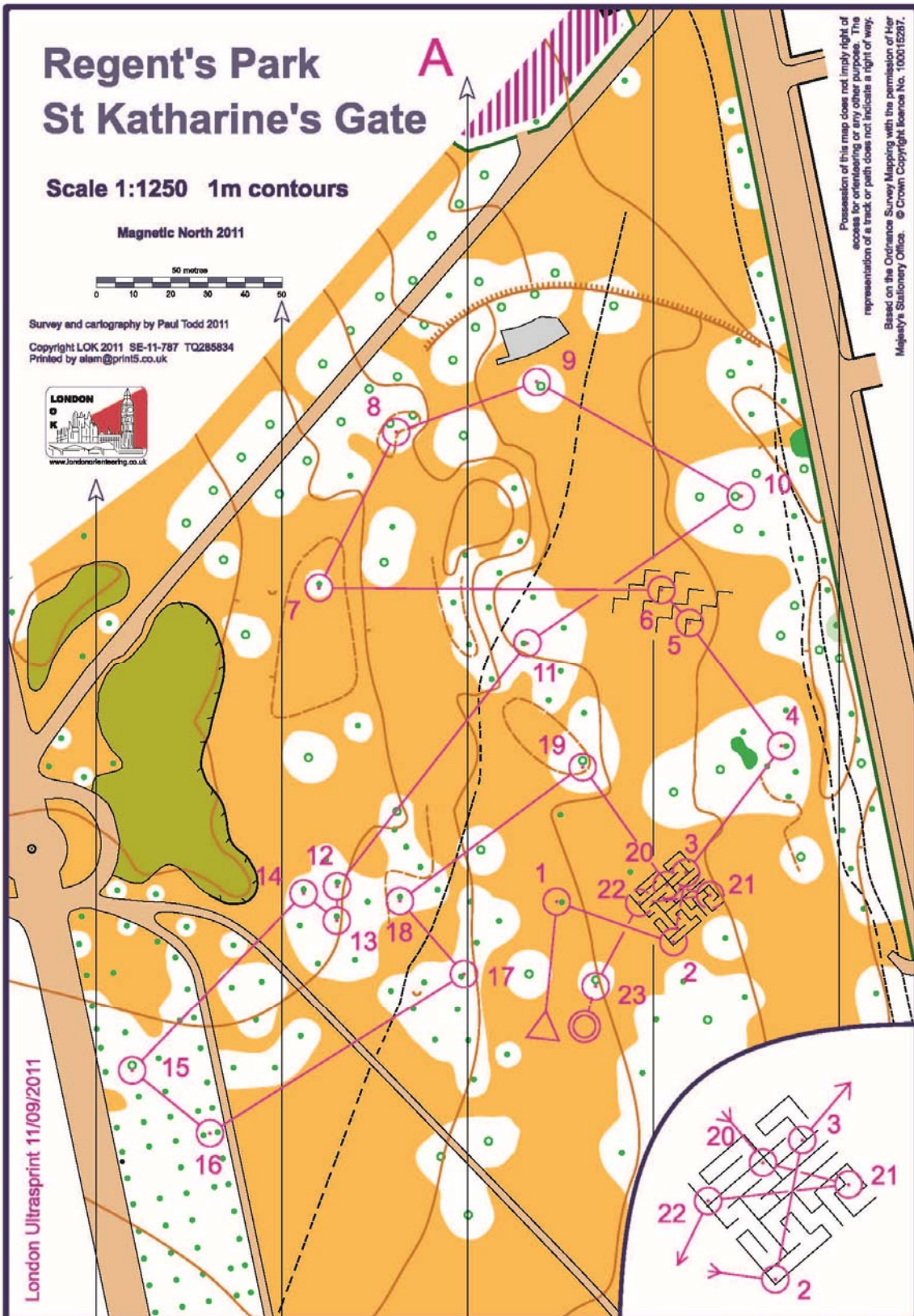


Survey and cartography by Paul Todd 2011

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London Ultrasprint 11/09/2011

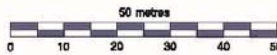


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Regent's Park St Katharine's Gate

Scale 1:1250 1m contours

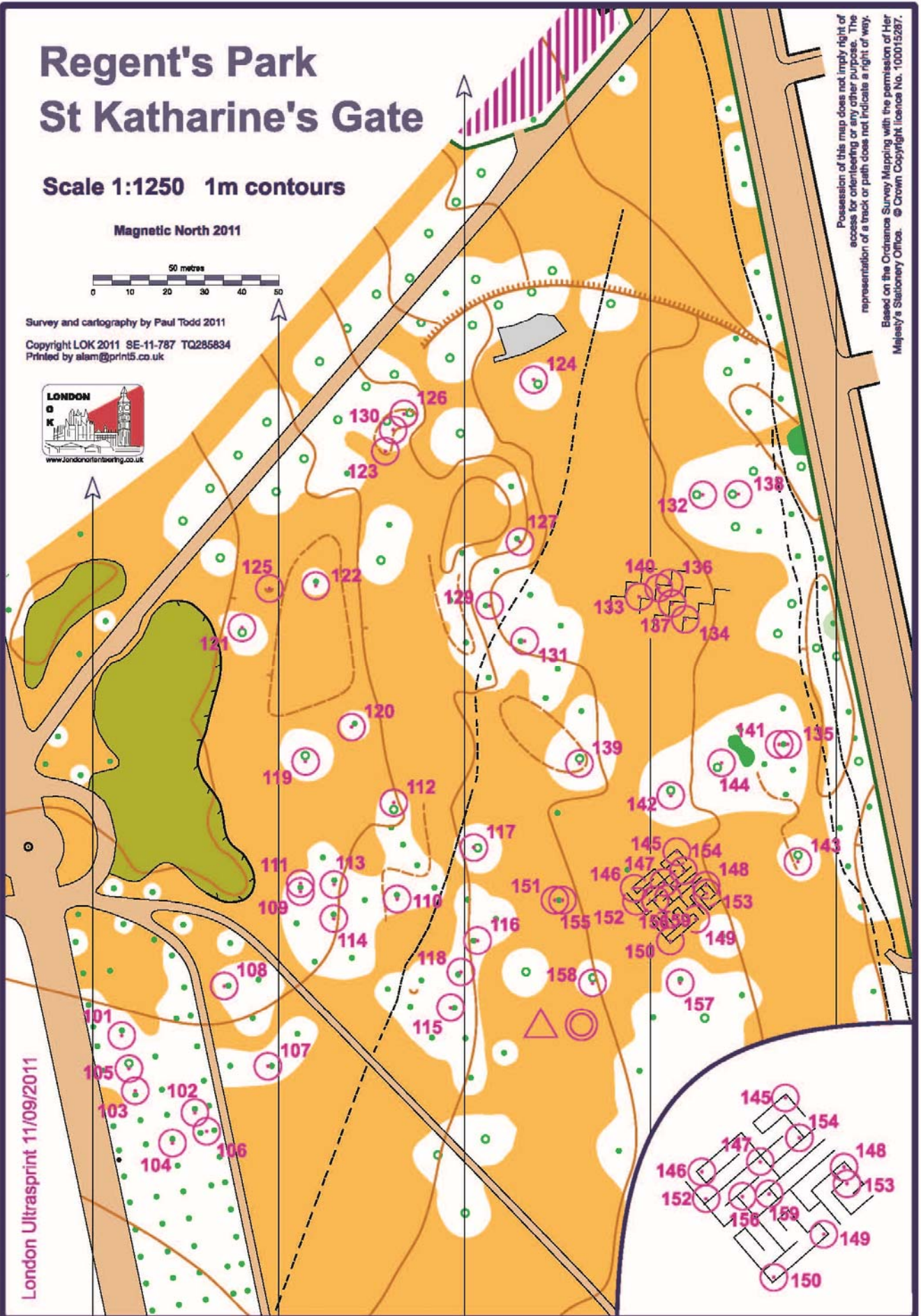
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