



## QBIII Coffs Harbour 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> June, 2016

### INFORMATION FOR ALL 3 DAYS

#### **SPORTIDENT**

Sportident timing will be used on all courses. Please ensure you use the SI Stick number corresponding to your entry. This becomes a Safety Issue if Search and Rescue is required.

SI sticks can be hired at the time of entry at a cost of \$4.00 per event. Collect hire sticks from the registration tent at the event and return after Finish download. If hiring for more than 1 day, return the hired SI stick after your last event.

#### **CONTROL DESCRIPTIONS**

Control descriptions using IOF symbols have been printed on the map for all Hard courses and the Moderate course. Descriptions on the map are in English for Easy and Very Easy courses. Loose descriptions are available with IOF symbols for the Hard and Moderate courses and in English for the Moderate, Easy and Very Easy course.

#### **START PROCEDURE**

There will be queuing starts at 1 minute time intervals, which means you will not have an allocated start time. When you reach the start area:

1. Clear and check
2. Collect the control descriptions for your course
3. Enter the correct queue for your course. Courses Hard 1 & Hard 2 will be starting from the one lane, on Day 1 & Day 2, so there will not be simultaneous starters on these courses.

When you reach the front of the queue, register your SI stick in the "CHECK" unit being held by a start official. Wait until the next start time.

Start time –

1. Pick up map,
2. Punch the start unit,
3. Turn map over, and check you have picked up the map for your course and class. **It is YOUR responsibility to take the correct map.**
4. Follow directions to Start Triangle,
5. Find your first control and subsequent controls in the order numbered on the map,
6. Return and report to the Finish (You must report to the Finish even if you have decided to abandon your course, or if you have run out of time.)

#### **MAPS**

All maps will be printed on waterproof paper. Plastic bags will not be provided.

## **CONTROL ETIQUETTE**

Parents, please brief children.

At control stands, do not linger around the control. You must punch and move away from the control stand quickly. If you have not planned your next leg before approaching the control you should move away from it immediately after punching, in order to clear the way for other runners, before you stop to do any map reading.

## **STRING COURSE**

A string course will be provided for young children, adjacent to the Arena, on Days 1 and 2. A special thanks to Geoff and Margaret Peel from Newcastle!

## **INJURED COMPETITORS**

If you are injured and need assistance, you should (if possible) blow your whistle (x6 blasts) in line with a recognised distress signal or 'cooee' periodically. All competitors are reminded of the requirement to help an injured runner.

## **FIRST AID**

The first aid area will be adjacent to the Registration Tent.

## **WHAT DO I DO IF I GET LOST?**

Your map will contain some safety information. This includes an emergency phone number and the course closure time. On Saturday and Sunday, there will also be a Safety Bearing and information on how to find the Finish area. The Finish area is denoted by the double-circle on the map.

## **MAP COLLECTION**

Maps will not be collected at the finish. The responsibility is on competitors not to show other competitors their map until they have also run, nor to seek to view maps of competitors who have completed their courses.

## **TICK WARNING**

The Coffs Coast is a tick-prone area, though June is not the 'season' for ticks. We recommend that insect repellent is worn for this event. Check your body for ticks after your run. In the event that you have a tick on your body, we recommend seeing our first aid tent for appropriate treatment (rather than just pulling it out).

## **TICK TREATMENT**

If you discover the tick after you have returned to your accommodation then we recommend the following products, which can be bought over-the-counter at local pharmacies.

For tiny ticks: Lyclear (this is a treatment for scabies, but it instantly kills the tick.) Remove the dead tick with tweezers.

For large ticks: Wart-off (this is a treatment for warts, but it instantly kills the tick with 1 or 2 sprays). Remove the dead tick with tick removers or tweezers. Try not to squeeze the body of the tick as you remove it.

## **DAY 1, NSW STATE LEAGUE 6, MIDDLE DISTANCE EVENT**

### **VENUE**

Coffs Harbour Jetty Area, New South Wales.

### **MAP**

"Boambee Dunes" 1:7500, Contour Interval 2.5m. (Base Map: Russell Rigby 2015; Field Work and Cartography: Alex Tarr 2016)

Course Planner: Tony Woolford; Controller: Rob Vincent; Organiser: BBOC. Helen O'Callaghan, email [bushnbeachoc@gmail.com](mailto:bushnbeachoc@gmail.com)

### **TERRAIN & COURSE PLANNER'S NOTES**

The terrain consists of forested sand dunes, and a tiny stretch of rocky coast. The dunes are bounded on the West by the North Coast Railway Line, and on the East by Boambee Beach. There should not be cause to run anywhere near the railway.

A few minor tracks traverse the area and a few man-made features occur. Small sandy knolls, depressions, saddles, sharp spurs and minor gullies are typical across the area. A few indistinct marshes are found in some depressions. Areas of rough open (yellow 50%) occur regularly and provide good access through the complex terrain. Control sites are relatively close together, so check your control descriptions carefully.

The thickest vegetation is on the west side, and has control sites close to its edges. Areas of solid green (100%) contain lantana, lawyer vines and/or other nasty plants with thorns so should be avoided. Areas of slow run (30% green) and walk (60% green) occur around many controls in the Western areas and require care to avoid the odd lawyer vine or other thorny plants. Streamer trails occur on some courses but their location is only marked on those applicable courses so should be ignored by other competitors. Water is located at control sites as indicated in the control descriptions.

LandCare activities occur across the Northern half of the area and competitors should avoid coming into contact with newly planted items, or wire protectors.

### **WARNINGS**

- 1) Water hazards exist in the adjacent area with a boat ramp, harbour area, and surfing beaches. Children should be carefully supervised and given boundaries in order to keep them safe.**
- 2) Course closure is only just before sunset. Please make sure that you get yourself onto the beach before sunset, so that you can easily head north along the beach to the Finish. You must report to the finish by 16:45 (4:45pm).
- 3) A busy beach access road and car park areas are adjacent to the Arena so care should be taken when crossing these or supervising children.

## Special map symbols

- X (black cross)      Man-made habitat  
O (black circle)      Sewerage pipe vent (4-5m high)

## DIRECTIONS

From the centre of Coffs Harbour:

Follow the Harbour Drive southeast from the Pacific Hwy for approx. 3.5km. Immediately after the road curves sharply to the left, turn right on to Marina Drive to cross the railway. At the roundabout, turn right onto Jordan Esplanade. Travel south along Jordan Esplanade for approx. 1km. Please follow the directions of the parking officials. Allow 10 minutes.

## ARENA

We have access to a large undercover area as well as an open grassy area for our Arena, thanks to the Coffs Harbour Deep Sea Fishing Club. We will be able to use their facilities (including toilets) by quoting QB3 at reception. There will be no need to sign in to the club for anybody wishing to have dinner afterwards. (You will need to sign in if you wish to go to the gaming section of the club).

## CATERING

NSW juniors will be offering catering to help raise funds. Please support them in their efforts. On Day 1 they will be selling drinks, cakes and sandwiches.

## TOILETS

There are public toilets along Jordan Esplanade, as well as access to the toilets in the Deep Sea Fishing Club. Tell reception you are part of QB3 Orienteering.

## COURSES AND CLASSES

This event is a Middle Distance format

Course	Distance (km)	Climb (m)	No. of Controls	Classes
Hard 1	4.8	120	26	M21A, M35A
Hard 2	3.9	90	19	M20A, M40A, M45A, M50A, M55A, W21A
Hard 3A	3.3	60	16	M60A, M65A, M21AS, W35A, W40A, W45A,
Hard 3B	3.2	60	17	M16A, M70A, M35AS, W16A, W20A, W50A, W55A, W60A
Hard 4	2.2	45	12	M75A, M80A, M45AS, M55AS, W65A, W70A, W75A, W80A, W21AS, W35AS, W45AS, W55AS (EODH)
Moderate	2.7	50	16	M14A, M Open B, M Junior B, W14A, W Open B, W Junior B, (EODM)
Easy	2.3	25	13	M12A, W12A, Open Easy, (EODE)
Very Easy	1.8	20	13	M10A, W10A, M/W10N, Open Very Easy, (EODVE)

## **ENTER ON THE DAY / REGISTRATION**

Registration will be open from 1pm. There will be 4 enter-on-the-day courses available: Very Easy (EODVE), Easy (EODE), Moderate (EODM), and Hard (EODH). You must register for Enter-on-the-day no later than 2.30pm.

### ***Beginners' Briefing***

A Beginners' Briefing will be held for all newcomers at 2.30pm adjacent to the Registration Tent. Please attend this briefing so that our organisers do not have to explain to each individual separately.

If you have hired an SI stick, then this can be collected from the Registration tent.

## **CLOTHING AND EQUIPMENT**

Full arm and leg covering is recommended, as well as eye protection, as the areas of mapped green have thorns in them.

## **START & FINISH**

These will be within 5 minutes walk of the car park. The Start is 400m, first along the Jordan Esplanade access road (West), then a sharp left turn SE along a track. The Finish is 40m adjacent and below the Arena. There will be no water at the start, or clothing return.

## **START TIMES**

Early starts for Volunteers and those with Family Commitments will start at 13:00 (1:00pm). Please be ready for your early start.

Starts will be from 14:00 (2:00pm). There will be queuing starts, which means you will not have an allocated start time.

The start procedure is described under "Information for all 3 days" (page 1).

Starts will close at 15:45 (3:45pm).

## **COURSE CLOSURE**

All courses close at 16:45 (4:45pm). Please return to the finish, even if you have not completed your course. This is important for the safe running of the Event.

*Please note that the sun will set at 4:54pm. It is important that you get yourself onto the beach before this time, so that you can easily and safely return to the Finish before Course Closure.*

## **SAFETY INSTRUCTIONS**

Do NOT approach or cross the railway line. This line is NOT FENCED and it has regular trains on it. Courses do not go near the railway line and it is marked on the maps as "Forbidden Route".

If you are lost, head EAST until you reach the beach, then follow the beach NORTH until you reach the Deep Sea Fishing Club and the Finish.

## **DAY 2, NSW STATE LEAGUE 7, LONG DISTANCE EVENT**

### **VENUE**

Bom Bom State Forest, 6km south of Grafton, New South Wales.

### **MAP**

“Oppy’s Gully” 1:15 000 (Hard 1-4), 1:10 000 (Hard 5-7, Moderate), 1:7 500 (Easy, Very Easy). Contour Interval 5m. (Previous Map: Bruce Meder 2014; Base Map: Russell Rigby 2015; Field Work and Cartography: Rob Vincent 2016).

Course Planner: Tony Howes

Controller: Jenny Hawkins

Organiser: Julie Irvine - Bush ‘n’ Beach Orienteering Club (BBOC) with assistance from Northern Tablelands Orienteering Club (NTOC) Contact email:

[bushnbeachoc@gmail.com](mailto:bushnbeachoc@gmail.com)

### **TERRAIN**

The area is open spur/gully with few steep climbs. Some parts have distinct valleys with meandering watercourses, numerous waterholes, embankments, areas of deep erosion gullies that impede progress, and many minor water courses or gullies off to the sides. Some termite mounds, pits, depressions, small knolls and made-made features occur across the area. There is a complex network of forest tracks and mountain bike paths. An intact fence and forest track border the forest.

The area is eucalypt forest, mainly spotted gum, generally fast running. Runnability can be impeded by regrowth, principally of wattles, or areas of entangled dead bushes from previous bushfires. These areas are indicated with striped green lines. Lantana thickets (solid green patches - fight) occur along one major creek, while other thick patches of small trees are found across the map (60% green – walk). Some small patches of farmer’s friend/cobblers’ peg mostly in minor watercourses may be seeding and there are areas of ragweed along the main creek where it runs east-west. As this can cause allergic reactions in some people, full body cover is recommended.

Vegetation boundaries should not be relied upon for precise navigation.

**Please note** that new bike tracks are being added all the time and it is possible that the most recent tracks will not be shown on the map.

The control flags used for this day have the control numbers on them. There will also be numbers on top of the SI units. There will be no control numbers on top of the stands.

### **Special map symbols**

**X** (black cross)      Various types of man-made features including wreckage.

**X** (brown cross)      Termite mound

**Notes on Specific Courses:** The Very Easy Course follows streamers between controls 4 and 5.

### **DIRECTIONS**

From the centre of Coffs Harbour:

Follow the Pacific Hwy north (towards Grafton) for just under 80km. Watch for signs on the left to Old Lillypool Rd, and turn left. After 2km, watch for signs on the left, and turn left to enter the State Forest area. It is a further 200m on gravel road to the parking area. Please follow the directions of the parking officials. Allow 1 hour.

From the centre of Grafton:

Follow the Summerland Way towards South Grafton, cross the Clarence River and continue to the second roundabout (which is the Gwydir Hwy junction). Continue straight ahead at the roundabout and follow Ryan Street as it bends to the left, then Armidale Road as it bends to the right. Continue along Armidale Road for approx. 3km, then turn left onto Lillypool Road. Follow Lillypool Road for approx. 4km and turn right to enter the State Forest area. It is a further 200m on gravel road to the parking area. Please follow the directions of the parking officials. Allow 15 minutes.

### **PARKING & ARENA**

Parking will be in a flat grassy paddock, suitable for conventional two wheel drive vehicles. Please respect the landowner's property and remove all rubbish when departing the event.

The Arena will be 120m from the parking, and the Start is a further 200m from the Arena.

### **MOBILE PHONES**

You would expect to have full mobile phone coverage at this event.

### **OUT-OF-BOUNDS**

All areas outside the car park and marked arena are out of bounds. Athletes may warm up alongside the car park area.

### **CATERING**

NSW juniors will be offering catering to help raise funds. Please support them in their efforts. On Day 2 they will be selling drinks, cakes and sandwiches, hot soup and spicy bean wraps. There will also be a Coffee Cart on site.

### **TOILETS**

There will be portaloos adjacent to the parking area.

### **CLOTHING AND EQUIPMENT**

Full arm and leg covering is recommended, as the areas of mapped green have lantana in them.

## COURSES AND CLASSES

This event is a Long Distance format.

Course	Distance (km)	Climb (m)	No. of Controls	Classes
Hard 1	13.3	225	19	M21A,
Hard 2	10.7	180	14	M20A, M35A, M40A,
Hard 3	7.9	140	11	M45A, W21A, (EODHL)
Hard 4	6.6	120	11	M50A, W20A, W35A, W40A, W45A, M21AS
Hard 5	5.7	105	9	M16A, M55A, M60A, M65A, W50A, M35AS
Hard 6	4.9	95	7	M70A, W16A, W55A, W60A, M45AS, W21AS
Hard 7	4.0	80	7	M75A, M80A, W65A, W70A, W75A, W80A, M55AS, W35AS, W45AS, W55AS (EODHS)
Moderate	4.1	80	7	M14A, M Open B, M Junior B, W14A, W Open B, W Junior B, (EODM)
Easy	2.3	45	9	M12A, W12A, Open Easy, (EODE)
Very Easy	1.9	45	10	M10A, W10A, M/W10N, Open Very Easy, (EODVE)

### ENTER ON THE DAY / REGISTRATION

Registration will be open from 9.30am. There will be 5 enter-on-the-day courses available: Very Easy (EODVE), Easy (EODE), Moderate (EODM), Short Hard (EODHS) and Long Hard (EODHL). You must register for Enter-on-the-day no later than 11.00am. If you have hired an SI stick, then this can be collected from the Registration tent.

### *Beginners' Briefing*

A Beginners' Briefing will be held for all newcomers at 10.30am adjacent to the Registration Tent. Please attend this briefing so that our organisers do not have to explain to each individual separately.

If you have hired an SI stick, then this can be collected from the Registration tent.

### WARM UP AREA

Athletes may warm up adjacent to the car park areas and on the trail to the start. All other areas are out-of-bounds.

### WATER

Water will be provided at controls on courses in accordance with the rules, and at the Finish.

### COURSE CLOSURE

All courses close at 14:30 (2:30pm). Please return to the finish, even if you have not completed your course.



## **START**

There is one Start, and it will be approximately 200m from the Arena. Follow the streamers. There will be no water at the start, and no clothing return.

Starts will be from 10:30am. There will be queuing starts at 1 minute time intervals, which means you will not have an allocated start time.

The start procedure is described under “Information for all 3 days” (page 1).

Starts will close at 12:30pm.

## **SAFETY INSTRUCTIONS**

**Note:** 4 Wheel Drive Vehicles, Horses and Mountain Bikes may be on the roads and tracks in the forest during our event, so please take care.

**Safety Bearing:** is West to Old Lillypool Road (sealed), or Boundary Road (unsealed). Do not cross any fences. The safety bearing is printed on the map together with the organiser’s mobile number.

**Getting Lost and Being Unable to Find the Finish:** Participants who do not know how to find the finish can ask for assistance from another competitor or follow the safety bearing information on the map. Waiting at a control, especially if it is on your course, or staying on a drivable track are sensible options – orienteers’ preliminary searches will concentrate on these. An orienteer lost overnight should stay in one place – Police searches are designed to find people who are not moving.

**Boundaries:** This area is State Forest and has a number of major forest tracks traversing it. It is bordered on the west by Boundary Road, which passes alongside the Arena, and joins Old Lillypool Road (sealed). The Pacific Highway borders the area to the north.

**Carry a Whistle:** All competitors are encouraged to carry a whistle and be aware of the international distress signal (x6 blasts).

## **MOUNTAIN BIKING**

The complex network of mountain bike tracks makes this a great area for mountain bikers. If you bring your bike, you will be welcome to try the forest trails out after courses have closed. There is a mini bike warm up area in the assembly area and junior bikers are welcome to use this during the event. It’s very small, so only small riders on small bikes (they’ll love it!). Please note however that the forest area is strictly out of bounds until the event has concluded.

Please note that no camping is permitted within the forest until after the conclusion of the event.

## **DAY 3, NSW STATE LEAGUE 8, SPRINT EVENT**

### **VENUE**

Coffs Harbour Education Campus (CHEC), Coffs Harbour, New South Wales.

### **MAP**

"Coffs Campus" 1:4000. Contour Interval: 2.5m. Base Map: Maurice Anker 2013; Field Work and Cartography: Bruce Meder 2013; Update: Andrew Lumsden 2015

Course Planner: Bruce Meder

Controller: Andrew Lumsden

Organiser: Helen O'Callaghan, BBOC, email [bushnbeachoc@gmail.com](mailto:bushnbeachoc@gmail.com)

### **TERRAIN**

This area is a detailed university campus with playing fields and a large hill. The old map is available for viewing.

### **SPECIFIC WARNINGS**

#### **Parents with young children – note 1 and 2 below**

1. All courses cross the Arena at least once. When you are in the arena, please keep out of the way of competitors
2. There is a shallow pool in the Arena area. Please do not enter this pool.
3. Courses cross some roads within the campus grounds. Traffic should be light, but please take care and obey normal road rules.
4. Please avoid collisions with other pedestrians and competitors, including those on the wheelchair-friendly courses, especially when running around blind corners.
5. Masked lapwings seem to be nesting early this year. They can be aggressive and may swoop or even strike you. They generally call loudly before swooping, so please take evasive action.

### **ORIENTEERING WITHOUT LIMITS (OWL) COURSE AND MAP**

This course is designed for competitors who use a wheel chair or mobility scooter. It is also suitable for young navigators in strollers or prams.









The map for this course is 1:3000. Symbols are the same as a normal sprint orienteering map.

The crossing point symbol is used in several places to indicate a wheelchair ramp.



## MAPPER AND COURSE SETTER NOTES

**Forbidden to Cross:** please note that the following features are Out-of-Bounds and forbidden to cross. You may be disqualified if you breach this.

Out of bounds or forbidden to cross	
pond	
hedge	
gardens & out of bounds	
buildings	 
wall - impassable	
fence - impassable	
temporary out of bounds	

The purple screen (left hand) temporary out of bounds symbol is used in areas where, if you continue through the out of bounds area, you will find yourself on a balcony above the mapped level. A road cone will be placed at the edge of these areas.

**Campus Traffic:** please be aware that there could be some road traffic on the campus roads during the event. Please take care when crossing roads. Roads are shown with a darker brown than pavements that are pedestrian only.

**Underpass symbol:** ..... has been used to denote under cover car parks and loading bays.

**Prominent man made features:** a sculpture is denoted with a black circle.

## DIRECTIONS

From the centre of Coffs Harbour:

Follow the Pacific Hwy south (towards Kempsey) for approx. 4.5km to a large roundabout. Turn left at the roundabout onto Stadium Drive. Follow Stadium Drive for 2.5km to reach a roundabout. Go straight ahead at this roundabout to enter the Coffs Harbour Education Campus (CHEC). Take the first turn right and enter a car park. Parking will be in bitumen car parks. Allow 15 min.

From Coffs Harbour Airport:

Follow Airport Drive for 1km to reach the junction with Hogbin Drive. Turn left at the roundabout onto Hogbin Drive. Follow Hogbin Drive for approx. 2km to reach a large roundabout. Turn left at this roundabout to enter the Coffs Harbour Education Campus (CHEC). Take the first turn right and enter a car park. Parking will be in bitumen car parks. Allow 5 min.

## TOILETS

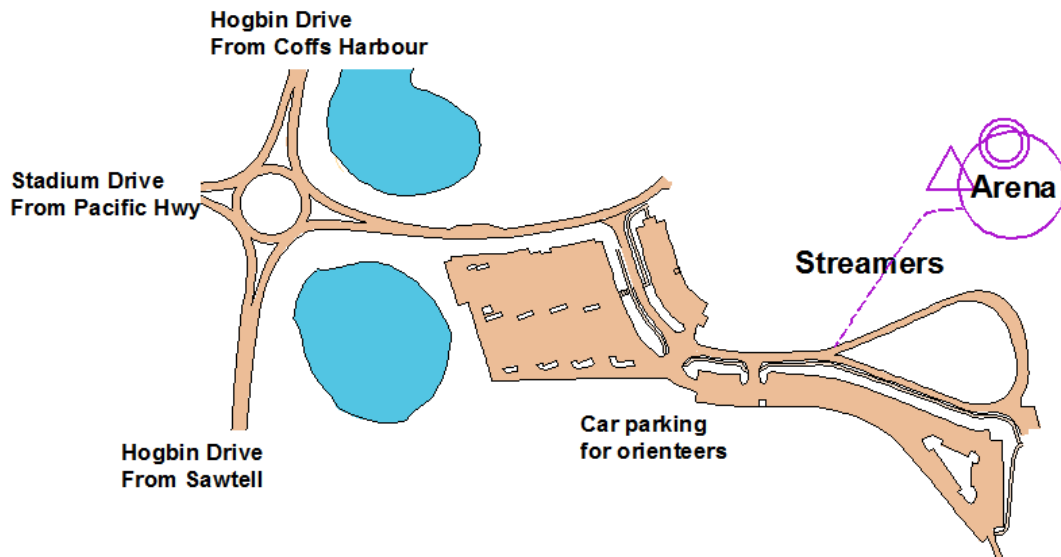
The building adjacent to the arena will be open and toilets (including wheelchair-friendly) available for use. Please leave the toilets spotlessly clean.

## SPECTATORS AND OUT OF BOUNDS

Before you start, please do not venture beyond the car parks, streamers and Arena. You may warm up between the ovals and the car parking.

Orienteers who have finished their course are encouraged to go into the campus and barrack for their favourite runners. There are good views of the area around Coffs Harbour from the hill to the east of the Arena.

## COFFS HARBOUR EDUCATION CAMPUS



## CATERING

NSW juniors will be offering catering to help raise funds. Please support them in their efforts. On Day 3 they will be selling drinks, cakes and sandwiches, hot soup and spicy bean wraps.

## ENTER ON THE DAY / REGISTRATION

Registration will be open from 7.30am. There will be 3 enter-on-the-day courses available: Easy (EODE), Moderate (EODM) and Hard (EODH). You must register for Enter-on-the-day no later than 9.00am.

### *Beginners' Briefing*

A Beginners' Briefing will be held for all newcomers at 9.00am adjacent to the Registration Tent. Please attend this briefing so that our organisers do not have to explain to each individual separately.

## CLOTHING AND EQUIPMENT

No spikes or metal studs are to be worn at this venue. Arm and leg protection is not needed.

## COURSES AND CLASSES

This event is a Sprint format. Distances include deviations around forbidden-to-cross and out-of-bounds areas.

Course	Distance	Climb	Controls	Classes
Hard 1	3.3km	80m	18	M21A, M16A, M20A, M35A,
Hard 2	2.7km	50m	14	M40A, M45A, M50A, M55A, M60A, M65A, M21AS W20A, W21A, W35A, W40A, W45A, (EODH)
Hard 3	2.0km	35m	12	M70A, M75A, M80A, W16A, W50A, W55A, W60A, W65A, W70A, W75A, W80A, M35AS, M45AS, M55AS, W21AS, W35AS, W45AS, W55AS
Moder- ate	2.4km	45m	16	M14A, M Open B, M Junior B, W14A, W Open B, W Junior B, (EODM)
Easy	1.9km	50m	17	M12A, W12A, Open Easy, (EODE) M10A, W10A, M/W10N, Open Very Easy
OWL	1.7km	10m	10	OWL (Orienteering Without Limits)

**Very Easy Course:** Due to the complexity of the campus, there will not be a Very Easy course. Participants in the M10A, W10A, M/W10N, Open Very Easy class may be shadowed. The M/W10N class will not have recorded times. The other classes will be competitive. Any instruction should be given when both the shadower and competitor are stopped.

## START TIMES

Starts will be from 8:30am. Early starts may be requested for those flying out from Coffs Harbour Airport.

The start procedure is described under "Information for all 3 days".

Starts will close at 10:30am.

## COURSE CLOSURE

All courses close at 11:30am. Please return to the finish, even if you have not completed your course.

## RESULTS AND PRESENTATIONS

The presentations will be at 11.30am, or earlier, if possible.