

WA Middle Distance Championships - Calophylla
State Orienteering League Event No. 3
Sunday 17 August 2014

Organising Club: LOST
 Setter: Toivo Pedaste –toivo@arach.net.au
 Controller: Anthea Feaver – adf@hotmail.com.au
 Organiser: Theresa Howe
 Map: Calophylla 1:10,000
 Bring: Membership card, SI tag, compass, whistle, tick repellent, leg protection
 Facilities: Cake Stall, toilet
 Directions: Travel on Great Eastern Hwy to the Lakes turn-off. Turn right onto Great Southern Highway towards York. After 13km, turn right into Yarra Rd. After 8km, turn left onto Ridley Rd. Follow Ridley Rd for approximately 3km, then turn right on to the track leading to the assembly area.
 Please take care on Ridley Rd – there are several large depressions that hopefully will be dry.

Pre-entry via Eventor is required for this Championship Event. Start times (9.30am onward) will be allocated once entries have closed.

Entries close Sunday 10 August.

People may enter any course unofficially but to score OY points a competitor must run the correct course for his/her age class or a more difficult one.

Enter-on-the-day will be available for some courses but competitors will not be eligible for Championship awards. EOD starts will be after all the official starts.

Course	Difficulty	Approximate Distance	Men	Women	Estimated Winning Time
H1	Hard	4.8km	M20, M21, M35	W20, W21	25-35 mins
H2	Hard	3.3km	M16, M45, M55	W16, W35, W45	25-35 mins
H3	Hard	2.7km	M65, M70	W55	25-35 mins
H4	Hard	1.9km	M75, M80	W65, W70, W75, W80	25-35 mins
M	Moderate	2.9km	M14, M Open B	W14, W Open B	25-35 mins
E	Easy	2km	M12, M14B	W12, W14B	20-25 mins
VE	Very easy	1.7km	M10	W10	15-20 mins