



MFR EVENT 3 SPRINTS PRINCES ORIENTEERING RACING REDEFINED HILL

Getting to the event

- The assembly area in the north-east part of Princes Park, near the junction of Bowen Crescent and Holten Street West (<https://goo.gl/maps/HKTfQdqCUHBaq49m7>)
- Carparking is available on nearby streets although MFR encourages participants to make use of public transport, such as by catching the 18 Tram to Princes Park/Royal Parade or the train to Jewell Station (on the Upfield line). The start/finish is right next to the Inner City Rail Trail, so we encourage people to ride to the event.

SI-stick Programming

- In previous weeks, some people's details have had to be manually entered at the finish as they are not registered within that person's Sportident stick. To fix this problem, Ian Dodd will be available to help add these details into your stick before you run.
- If you have had to have your details entered into the tablet for either of the first two events, please arrive a little bit early so that you can have the data entered into your SI.
- This service will be available from 9:30am.

Start Process

- Head to the pre-start and maintain social distancing while waiting
- Organisers will group you in waves of 8-10 people ready to start.
- When instructed, take a map, punch the start control and then turn over your map.

'Mini-scatter' section

- The first part of the course is the 'mini-scatter'.
 - You must visit **three out of the first five controls** marked on your map, **in any order**.
 - It's up to you which two controls you choose to drop
 - Once you've punched three of the controls, you can then proceed onto control 6, at which point the course becomes a line course
 - For example: you could punch controls 1,3,4 (then 6,7,8...) or instead 2,5,3 or 5,1,4 etc.

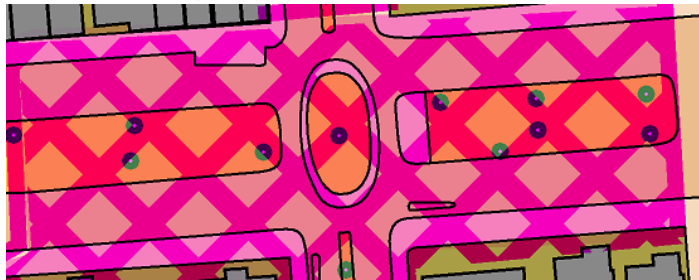




An example of how the mini-scatter section may look on the map (note: this isn't the actual course)

Out of Bounds

- There are two large sections of the map that are marked as Out of Bounds.
 - This is marked extremely clearly on the maps (as shown in this example).



- Do not cross through either of these sections of the map.
- As this is a low key/fun event, there are some fences and walls that are mapped as impassable, even though in reality, they are quite low and easily crossible. **We ask that all participants follow the principles of fair play and do not cross these features.**



COVID-19

- These events will fully comply with Victorian Government Regulations and [Orienteering Victoria's COVID Safe Plan](#)
- Participants should familiarise themselves with the [OV COVID Safe Participant Guidelines](#).





- All participants must provide an up-to-date contact phone number in Eventor. To do so, login to Eventor, go to 'My Pages' and then the 'Contact Details' tab to add your mobile and/or landline number (or check that they are up to date).

Caution

- The event will be taking place in a suburban area with numerous minor street crossings and one slightly larger one. There will be very little traffic there on a Sunday morning, but we still ask all participants to take care and look both ways before crossing a street. **Parents are also advised to go with younger children around this week's course.**
- Part of the course goes through a section of alleyways, these are usually quiet but any cars that are entering/exiting driveways off these may not expect to find runners, so please also be careful in these sections.
- **Please remember to come to the download table after you have finished** (or else your run won't be counted in the results)

Contact

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