



MFR EVENT 4 SPRINTS CARLTON ORIENTEERING RACING REDEFINED THE GRAND FINAL

Getting to the event

- The start/finish area is at the northern end of Carlton Gardens, east of the large playground (The same as for Event 1): <https://goo.gl/maps/viGkGrKggBNTr74b8>.
- We strongly recommend arriving via public transport - it's a fantastic central location near the CBD so there are plenty of public transport options. Some of these include: Tram route 86 or tram route 96 to Stop 12 (Moor St/Nicholson St), City Loop train to Parliament Station or Bus routes 250, 251 and 402 to Rathdowne Street.
- If you do need to drive, some parking is available in the surrounding streets, or there is paid parking in the underground carpark at Melbourne Museum

Start Process

- Head to the pre-start and maintain social distancing while waiting.
- We've prepared [a list of suggested groups](#) of 8-10 people, seeded based on the previous weeks' results. It is **not compulsory** that you start in these groups and we're happy for them to vary slightly, but we think it'd lead to some exciting head-to-head racing if you do start in these groups. If you would like to start in your seeded group, head to the start at the time listed in the document.
- When instructed, take a map, punch the start control and then turn over your map.
- After punching the start control, you'll have to (carefully) cross a minor road, head down an alley to the start triangle (which will be marked with a flag), then courses will turn left down a narrow alley. **This alley is quite narrow and when you come out the other side, there'll be some building works on your left (ignore this) and a safety tape to stop people from parking on a recent section of road works.** Feel free to cross under this tape, or if you'd prefer, about 20m to your right, there is a section without tape.

Maze

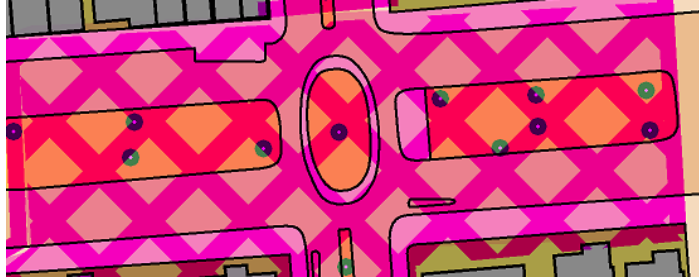
- Near the end of your course, you'll be faced with a maze section.
- Please do not cross under or over any of the tapes in the maze.
- There will be a number of people in this maze section at any time so please be careful to give other runners plenty of space and try to keep your head up when in the maze sections.





Out of Bounds

- There are a number of sections on 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 any of these sections of the map.



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 public holiday, 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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