



**ORIENTEERING NSW**



**GARINGAL**  
ORIENTEERS

## BULLETIN 2

**“2020” NSW MIDDLE & LONG DISTANCE ORIENTEERING CHAMPIONSHIPS:**

**10- 11 APRIL 2021 – EUGOWRA, NSW**



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### **“2020” NSW Championships**

Welcome

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The “Seldom Seen” Orienteering Map used for the 2020 NSW Middle Distance and Long Distance Orienteering Championships is located on private land.

#### ***Thanks to our landholders for their help and support***

We would like to acknowledge the land holders for their support and assistance with holding this event:

Leonie and Doug Greenhalgh “Carmina”

Lyn and Hugh Ellis “Kiembah”

## **Welcome**

Garingal welcomes you back to Eugowra – the home of the 2004 Australian Orienteering Championships. The Seldom Seen map presents a real orienteering challenge that will test your orienteering skills in complex granite terrain. You will be glad that you will have a chance to “warm-up” and prepare over the Easter weekend!

This map offers challenging terrain with extensive granite coverage. The forest is largely runnable although can be rocky underfoot in places. There is also some fallen timber. Generally, the forest area is greener than when it was originally mapped. In preparing for this event, the map has been updated with green and white areas extended. We trust that you will enjoy the beautiful landscape which also offers glorious district views.

## **Covid Safety – please stay safe!**

Due to the COVID-19 pandemic, this event will be conducted in compliance with all Public Health Orders and Government guidelines that apply at event time. A complete Covid plan for the event has been posted on Eventor. Please read this plan before you arrive at the event.



Important issues to keep in mind.

- DO NOT ATTEND if you are unwell or if you must self-isolate under NSW Health COVID guidance (see above website or <https://www.nsw.gov.au/covid-19/latest-news-and-updates>).
- DO NOT ATTEND if you live in regions where the NSW or Australian Government has restricted travel.
- All non-participants should register when you arrive. A Covid Marshal will greet you on arrival to assist with this process. If you are a non-participant and happen to miss the Covid Marshal on arrival, please check in at the Registration tent.
- Please bring your own water.
- Please maintain social distancing.
- Please bring your own hand sanitiser and wash your hands often.
- Control Descriptions will not be available at the Start – they are on the maps. They will also be available on Eventor before the event for download and printing.

### ***Location and Timetable***

The arena for both the Middle and Long Distance Orienteering Championships will be at the same location. The arena is located 6.5km west of Eugowra.

From Central Hotel, Eugowra – drive 5km west on the Escort Way – heading to Parkes. Turn right off the Escort Way at the signpost onto farm road and follow it for 800m to the parking area at the Granite Quarry.

From Parkes – Cnr of Henry Parkes Road and Eugowra Rd. – drive SE for 34.2 km to the Intersection with the Escort Way. Turn left towards Eugowra for 400m and turn left again at the signpost off the Escort Way onto farm road for 800m to parking at the Granite Quarry.

From Forbes – Cnr of Flint St and the Escort Way – drive east towards Eugowra. At 30.2km you will pass the Parkes – Eugowra Road on your left. Continue for another 400m and turn left at the signpost, off the Escort Way onto farm road for 800m to parking at the Granite Quarry.

**Parking** – Parking will be at a granite quarry 400m from the arena. Please follow the directions of the parking marshals.

**Take Care !!** – please be aware that there are pools of water around the quarry that could be a hazard for small children.

#### Saturday 10 April – 2020 NSW Middle Distance Championship

11:00 am	Parking area open
12:30 pm	First Starts
14:30 pm	Last Starts
16:30 pm	Course Closure

#### Sunday 11 April – 2020 NSW Long Distance Championship

08:00 am	Parking area open
09:30 am	First Starts
12:00 pm	Last Starts
14:30 pm	Course Closure



## **Technical Information – Applicable both days**

### **Rules**

Competition Rules: In addition to [Orienteering Australia Competition Rules](#), competitors should familiarise themselves with [ONSW Competitors Rules for Foot Orienteering](#).

Deviations to cope with COVID-19 regulations will be in place as noted below:

1. control descriptions will be available from Eventor for self-printing prior to the event rather than at the pre-start. They are also printed on course maps.
2. participants should plan to supply all of their own water. Organisers will however have emergency water available in the forest for both days. Where water is located at a control, this will be noted on control descriptions. Where the water is in the field, the location will be marked on the course map using a cup symbol. These drops are close to or on likely running routes for longer courses.
3. provisional results will not be displayed in the arena. They will however be available live from the Garingal website (<http://garingal.com.au/index.php/recent-results>).

### **Safety**

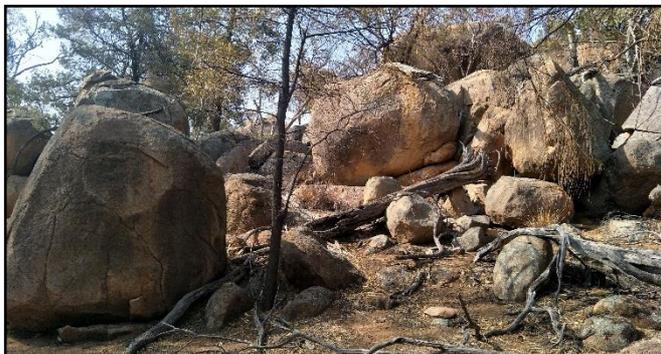
**Whistles** - recommended.

**Safety Bearing** - South to open areas and then to the Assembly.

### **Phone Coverage**

Phone reception – Please be aware that phone coverage depends on the service provider:

- Telstra - patchy
- Optus - OK
- Vodaphone - Have not been able to test.



### **Start Procedures**

There will be pre-allocated start times and a punching start.

Competitors on the same course will start 2 minutes apart, with a -2 start procedure. At pre-allocated start time – 2 minutes, please present to the start official for an SI check and then proceed to your map box.

A start clock will beep at -10 seconds, with a final beep on the minute.

All competitors should “punch” the start unit.

Please maintain 1.5m social distancing at all times.

There will a sign showing Course numbers and associated Classes, map boxes will be similarly labelled.

### ***Late Starters***

Report to the Start Official at the pre-start area where you will be given a start time.

### ***Electronic Punching***

SPORTident timing will be used for both events.

All field units will be enabled for SIAC contactless punching.

### ***Finish Procedures***

The finish control will NOT be enabled for SIAC contactless punching and should be “punched” (i.e., your control stick inserted into the unit) to register your finish time.

Even if you do not complete your course, all competitors MUST check in at the finish/download tent to ensure that a search is not initiated.

### ***Control Descriptions***

These are available from Eventor for downloading. They will also be on maps.

There will be no control descriptions at the start for either event.

### ***Maps***

All maps will be printed on Pretex synthetic paper which is water and tear resistant.

Seldom Seen – 2004. Mapped by Eric Andrews.

The map has been field checked and updated for this event by Hugh Moore, Graeme Dawson and the event team.

Contour interval 5m

#### Middle Distance Map Scales

1:10,000 All Hard courses

1:5,000 Moderate, Easy and Very Easy courses

#### Long Distance Map Scales

1:10,000 for Hard and the Moderate courses.

1:5,000 for Easy and Very Easy courses.



## ***Mappers Notes***

The map being used in 2021 has not been revised since it was initially drawn by Eric Andrews. This 2021 review is not a comprehensive revision.

That said, much of the map where competitors are expected has been reviewed. All of the fences and tracks have been updated and areas of vegetation in many places have been revised. However, it is possible particularly on some of the longer courses there may be some features still needing attention. As for all Australian terrain the mapping of vegetation boundaries is challenging, cannot be precise and should not be relied on for fine navigation.

The newest fences have been constructed using only a single barbed strand on top with no wire netting so are easy to squeeze through. To show this capacity to pass they have been mapped using the ruined fence symbol. These new fences are only present in the open field areas.

Eric's approach to this very rocky terrain was to lightly map the rock detail. This has not been changed during this 2021 revision. As a result, there are many boulder sized rocks that are not mapped individually and are shown as rocky ground. There has also been a liberal use of triangles in rock areas. Overall, there is much less individualised rock mapping than in many other granite maps.

Shaped small to medium boulders have not been modified and are not ISOM 2017 compliant.

Boulder field symbols on the original map were usually hand-drawn and vary somewhat in sizing depending on neighbouring boulders. In most cases these "triangle shapes" were left in place to maintain the terrain interpretation and are not ISOM 2017 compliant.

## ***Special Notes for Runners***

Competitors in Saturday's Middle Distance should note that some controls will also be in the forest for the following day's Long Distance event. Whilst the controls are not close to each other and are unlikely to be encountered, please be aware and check your control numbers.

Leg cover and ankle support are recommended.

Whistles strongly recommended.

Fences: Where fences are hard to cross, crossing points have been marked on course maps. At the marked points there will be hay bales and carpet over barbed wire to make the crossing easier.

## **Results**

No results will be displayed at the event. Provisional results will be available live from the Garingal website (<http://garingal.com.au/index.php/recent-results>).

Result page QR code



Final results will be posted to Eventor.

## **String courses**

String Courses will NOT be available.

## **Map Return**

Competitors maps will not be collected at the finish. All competitors are to respect the idea of “fairness”. Each competitor has a responsibility not to attempt to gain any advantage by looking at another competitor’s map and competitors are not to show their map to anyone who has yet to compete.

## **Water**

Competitors should plan to bring all their own water, including any water they want on the course.

Emergency water will be available on course and will be marked on control descriptions when at a control and on the map with a cup symbol when not at a control. Water on course will be bottled. Please be sure to only drink from unopened bottles and to leave used bottles in the recycling bag provided.

## **Out of Bounds**

These areas will be clearly marked with OOB signs and black and yellow tape.



### ***Registration***

Please visit the Registration Tent for: Enter on the Day, Covid check-in for non-runners, enquiries; SI stick number changes; SI stick hire; complaints; protests; compliments.

### ***Enter on the Day***

Limited Enter on the Day Courses are available – please head to the Registration Desk to determine which course are available and what time you can start.

### ***First Aid***

There will be First Aid facilities and personnel available at all events.

Closest Hospital:

Forbes District Hospital - Elgin St., Forbes (02) 6850 7100

Alternate Hospital:

Orange Hospital - 1530 Forest Rd, Orange (02) 6369 3000

### ***Awards***

Awards will be available to the winners and placegetters of all Championship classes. They will be distributed in a Covid safe and socially distanced way.

Badges will be awarded for placegetters in all classes.

Middle Distance prize winners will be able to collect their awards from the Registration tent at the Long Distance event.

Long Distance prize winners will be able to collect their awards after finalisation of placings on the Sunday.

Uncollected awards will be posted to clubs.

### ***Catering***

Catering will be provided on both days by:

NSW Juniors – drinks and cakes

Local Supplier -. Steak/ sausage sandwiches, egg & bacon rolls, veggie burgers, plus cold sandwiches, tea, coffee and soft drinks.

Prices around the \$5 to \$8 mark – please bring change and small notes as EFTPOS may struggle due to the location.

### ***Split Starts***

In developing the start list all efforts have been made to meet all requests. However, there are some classes and courses where there are multiple requests for splits and it just wasn't possible to provide them as requested.

Where the timing doesn't work you can delay your start and start later than your advertised start time or start earlier with the Volunteer early starters at around 11:30am on Saturday and 8.30am on Sunday morning. Please ensure that you punch the start unit.

### ***Shadowing - "M/W10N"***

Orienteers in M/W10N shall be permitted to receive assistance on the course (shadowing or direct assistance) and shall also be given the opportunity to study their course with a parent or mentor for up to 10 minutes before their start time. M/W10N is not an orienteer of the year class. Times shall not be recorded for this class.

Shadowing parents or coaches must run their own course before shadowing novices on the Saturday event.

### ***Start Lists***

Start Lists will be available through Eventor.

**“2020” NSW MIDDLE DISTANCE CHAMPIONSHIPS: SATURDAY 10 APRIL 2021**

Map:	Seldom Seen 2004
Scale:	1:10,000 All Hard courses 1:5,000 Moderate, Easy and Very Easy courses
Contour interval	5m
Mappers	Eric Andrews- Field checked in 2020 by Hugh Moore, Graeme Dawson, and others
Planner	Tony Hill
Controller	Graeme Dawson

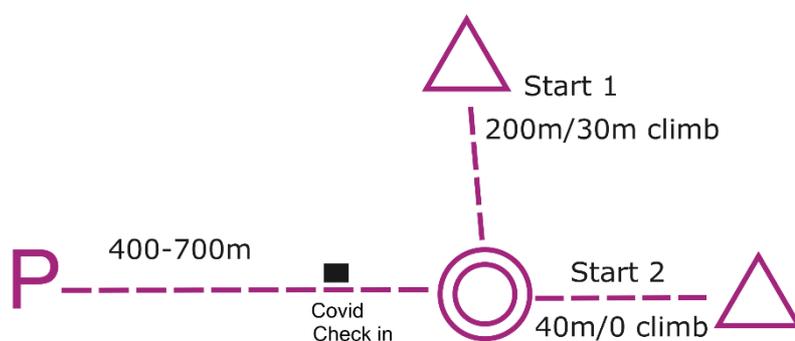
11:00 am Parking area open

12:30 pm First Starts

14:30 pm Last Starts

16:30 pm Course Closure

**Distance from Arena to Start:**



**START 1:** All Hard courses

**START 2:** Moderate, Easy and Very Easy courses

**Safety Bearings are printed on the Map**

**All Courses** - South to open areas and then to the Assembly.

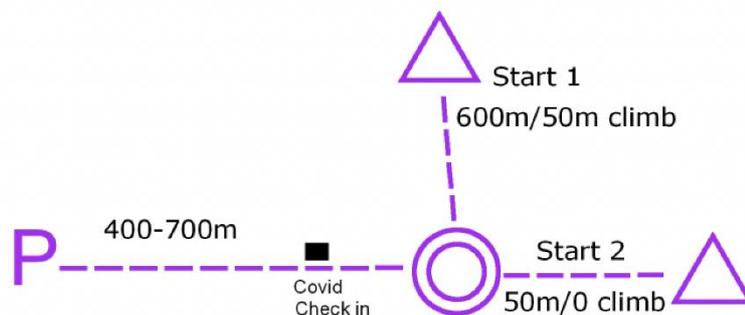
<b>“2020” NSW Middle Distance Championship</b>				
<b>Course</b>	<b>Classes</b>	<b>Length</b>	<b>Climb</b>	<b>Controls</b>
1	M21A, M35A	5.6km	180m	19
2	W21A, M18A, M20A, M40A, M45A, M50A, M55A	4.6km	180m	17
3A	W18A, W20A, W35A, M16A, M60A, M21AS	3.8km	130m	15
3B	W16A, W40A, W45A, M65A, M35AS,	3.8km	150m	17
3C	W50A, W55A, W60A, M70A, EOD	3.7km	130m	15
4A	W21AS, W35AS, M75A, M45AS, M55AS	2.9km	100m	15
4B	W65A, W70A, W45AS, W55AS	2.7km	100m	12
5	W75A, W80A, W85A, W65AS, M802A, M85A, M65AS, EOD	2.2km	70m	12
Mod	W14A, W OpenB, W Jun.B, M14A, M OpenB, M JunB, EOD	2.8km	60m	13
Easy	W12A, M12A, Open Easy, EOD	2.6km	55m	11
Very Easy	W10A, M/W10N*, M10A, Open Very Easy, EOD	1.8km	30m	11



**2020" NSW LONG DISTANCE CHAMPIONSHIPS: SATURDAY 10 APRIL 2021**

Map:	Seldom Seen 2004
Scale:	1:10000 (Easy and Very Easy Course 1:5000)
Contour interval	5m
Mappers	Eric Andrews- Field checked in 2020 by Hugh Moore, Graeme Dawson, and others
Planner	James Lithgow
Controller	Barbara Hill

**Distance from Arena to Start:**



**START 1:** Hard and Moderate courses

**START 2:** Easy and Very Easy courses

**Safety Bearings are printed on the Map**

**Hard and Moderate Courses** - South to open areas and then to the Assembly.

**Easy and Very Easy Courses** – West to open areas and then to the Assembly.

<b>“2020” NSW Long Distance Championship</b>				
<b>Course</b>	<b>Classes</b>	<b>Length (km)</b>	<b>Climb (m)</b>	<b>Controls</b>
1	M21A	10.7	380	18
2	M20A, M35A, M40A	8.6	360	15
3	M18A, M45A, W21A	7.5	300	13
4	M50A, M21AS, W20A, W35A, W40A, W45A	7.0	250	11
5	M16A, M55A, M60A, M65A, M35AS, W18A, W50A	5.8	200	12
6	M70A, M45AS, W16A, W55A, W60A, W21AS, EOD	5.1	210	12
7	M75A, M55AS, W65A, W70A, W35AS, W45AS, W55AS	4.1	150	11
8	M80A, M85A, M65AS, W75A, W80A, W85A, W65AS, EOD	2.9	100	8
Mod	W14A, W OpenB, W Jun.B, M14A, M OpenB, M JunB, EOD	3.5	90	10
Easy	W12A, M12A, Open Easy, EOD	2.2	80	6
Very Easy	W10A, M/W10N*, M10A, Open V. Easy, EOD	1.8	40	13

