



GALAXY FORMAT
HEAD-TO-HEAD
MULTI-LOOP
Don't panic.

2021 Jim Sawkins Memorial Handicap

Map

Stringybark Hill, Jerrabomberra.
1:5,000, 5m contours
Mapped in 2020 by Tate Needham

Event

Queuing Starts: 10am - 12pm
Course closure: 2pm

Course planner: Tate Needham
Controller: Andrew Cumming Thom
Organising club: Red Roos

Galaxy Format

This year, the Jim Sawkins Memorial Handicap will use the Galaxy format, which is head-to-head racing on multi-loop courses. The Galaxy format was developed by Mike Dowling in March 2001 to prepare Australian and New Zealand orienteers for the 2001 World Games races for individuals.

Hard 1: Three loops (4.1km, 2.7km & 2.7km: Total 9.5km)

Hard 2: Two loops (4.2km & 3.5km: Total 7.7km)

Hard 3: Two loops (3.5km & 2.8km: Total 6.3km)

Hard 4: One loop (3.7km)

Moderate 1: One loop (4.6km)

Moderate 2: One loop (2.8km)

Easy: One loop (2.4km)

Very easy: One loop (1.6km)

Hard 1

The second and third loops on the Hard 1 course all start adjacent to the assembly area with a spectator control. At the end of the **loop 1** you will need to discard your map and pick up a new map. There will be a single box of new maps. The new map you pick up will be double sided, and you are to first complete **loop 2** and then **loop 3**. You will return to the same point at the end of **loop 2**. You need to punch the control and then flip your map and complete **loop 3**.

There will be a small table adjacent to the control where you can leave a water bottle, gels, etc.

Hard 1 course has over 30 controls, so ensure your SI can store more than 30. There will not be loose controls descriptions.

Hard 1, 2, & 3

The first loop on these courses also includes a phi-loop to split up the runners.

Head-to-head (Hard 1, 2 & 3)

These courses have been designed for head-to-head racing. To get the most out of the event, find another competitor on the same course (ideally of similar speed) and start at the same time. There will be A and B maps.

Map and Course notes

The terrain is mostly fast and open with good visibility (but quite steep and rocky in places). There are tea-trees, blackberries and other nasty vegetation in and around the main creek and some of the other gullies, so pick your crossing points well.

There are some physically demanding legs and control sites on the Hard 1 and Hard 2 courses.

The area has an extensive network of mountain bike and walking tracks - please watch out for other people using the area.



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