**WA Middle Distance Orienteering Championships**

**Sunday 15th August, 2021**

**Malmalling SW**

**Organising club:** LOST

**Course Setter**: Anthea Feaver

**Organiser**: Edward Plummer

**Controller:** Carol Brownlie

**Directions:** Take Great Eastern Hwy through Mundaring and 25km from the intersection of Roe Hwy and Great Eastern Hwy, turn right into Gorrie Road. After 6.8km, where Gorrie Rd sweeps to the right, turn left into Chambers Road. Continue on Chambers Road for 2.1km to the assembly area in a clearing on the left.

NOTE: Please slow on approach to the assembly area (final 400m), as competitors will be using this road on their way to the start and during their courses. Please look for the signs.

**Entries:**

**Championship Entries Close: 11.59pm Sunday 8th August**

The WA Middle Distance Championships are a pre-entry event with allocated start times.

Enter-on-the-Day courses (Non-Championship courses) will be available for courses 3, 5, 6 and7. Registration will be from 9.30am to 11.00am.

**Map**

Malmalling SW, 1:10,000, 5m contours

Mapped by Eric Andrews 1998, revised 2021.

Maps will be printed on waterproof paper.

**Courses**

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| **Course** | **Difficulty** | **Men** | **Women** | **Length** | **Climb** |
| **1** | Hard | M17-20A, M21A, M35A |  | 4.2k | 130m |
| **2** | Hard | M16A, M45A, M55A | W17-20A, W21A, W35A | 3.3k | 90m |
| **3** | Hard | M65A, M70A, Sledge | W16A, W45A, W55A | 2.8k | 70m |
| **4** | Hard | M75A, M80A, M85A | W65A, W70A W75A, W80A | 2.5k | 60m |
| **5** | Moderate | M14A, M Open B | W14A, W Open B | 2.2k | 70m |
| **6** | Easy | M12A, M Junior B | W12A, W Junior B | 2.2k | 45m |
| **7** | Very Easy | M10A | W10A | 1.7k | 40m |

**Start times**

The Start List for the Championship courses will be posted on Eventor, as soon as possible after entries close. The first start will be 9.30am.

Enter-on-the-Day starts will be after the official Championships entrants, from approximately 10.15am.

**Terrain notes**

The terrain used for the courses is varied, and includes open jarrah forest, areas of dense grass trees, some patches of thick vegetation, steeper hillsides with rock detail, and open fast-running areas.

Being a middle distance event, the hard courses have an emphasis on detailed navigation in technical terrain.

**Clothing**

Full leg cover is recommended. Eye protection is also recommended for competitors on courses 1-5, due to the areas of mature grass trees.

**Starts**

There are two Starts.

**Courses 1-6:** the start is 500m along a generally flat marked route, initially NW along Chambers Road then through open bush.

**Course 7:** the start is adjacent to the assembly area, just to the west of the finish.

**Start Procedure**

Clear and check SI sticks before approaching the start grid.

Starts will be at 2 minute intervals.

Competitors must present themselves to the official at the start grid six minutes before their start time.

The grid sequence is:

**Box 1**: Your name and SI stick number will be checked; re-check your SI has been cleared

**Box 2:** Collect control descriptions

**Box 3:** Move to the correct map box and write your name on the back of your map;

**Start time**: Pick up your map, punch the Start SI unit before looking at your map, start your course.

**Late Starters**

Late starters should report to the Start official. They will be started as soon as possible but timed from their assigned start time, unless delayed by a fault of the Organisers or by events considered by the Controller to have been unavoidable by the competitor.

**Courses Close:** 1pm Please return to the assembly area by this time.

**Control Descriptions**

Control descriptions will be printed on the front of maps.

IOF symbols will be used for courses 1 – 4, IOF symbols and English for Course 5, and English for courses 6 – 7.

Loose control description slips will be provided at the pre-start.

**Flagged routes**

Courses 6 and 7 have flagging leading away from some controls and also where tracks are indistinct and not easy to see. The flagging does not always continue for the entire leg. Control descriptions will indicate this.

**Water**

In keeping with OWA’s Covid policy, there will be no water supplied on courses, at the start or the finish. Please bring your own as required.

**Care of the Environment**

As this event is being held in a public drinking water catchment area, please avoid contact with any running water. To prevent any spread of Dieback, please clean your shoes before and after the event. The event area is owned by DWER, and they have requested that we minimise the disturbance to the environment, especially in environmentally sensitive areas such as water courses and rock outcrops.

**Facilities**

Toilet.

**Complaints and Protests**

Complaints should first be made orally to the Controller, as soon as possible. Protests about the outcome of a complaint must be made in writing and given to the Controller. If this occurs, a jury consisting of three Level 2/3 Controllers will be convened to consider the protest.

Protests should be submitted by 12 noon.

**Presentations**

Awards will be presented as early as possible.