



Melbourne Sprint Weekend

12-14 MARCH 2022

BULLETIN TWO

V03



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INTRODUCTION

Melbourne Sprint Weekend (MSW) is a series of six exciting sprint orienteering races over the three days of Victoria's March long weekend. Courses are offered to suit everyone who enjoys sprint orienteering, from age 12 and under, to 70+, and from novice to elite.

Races are on predominantly campus terrain, with one forest event.

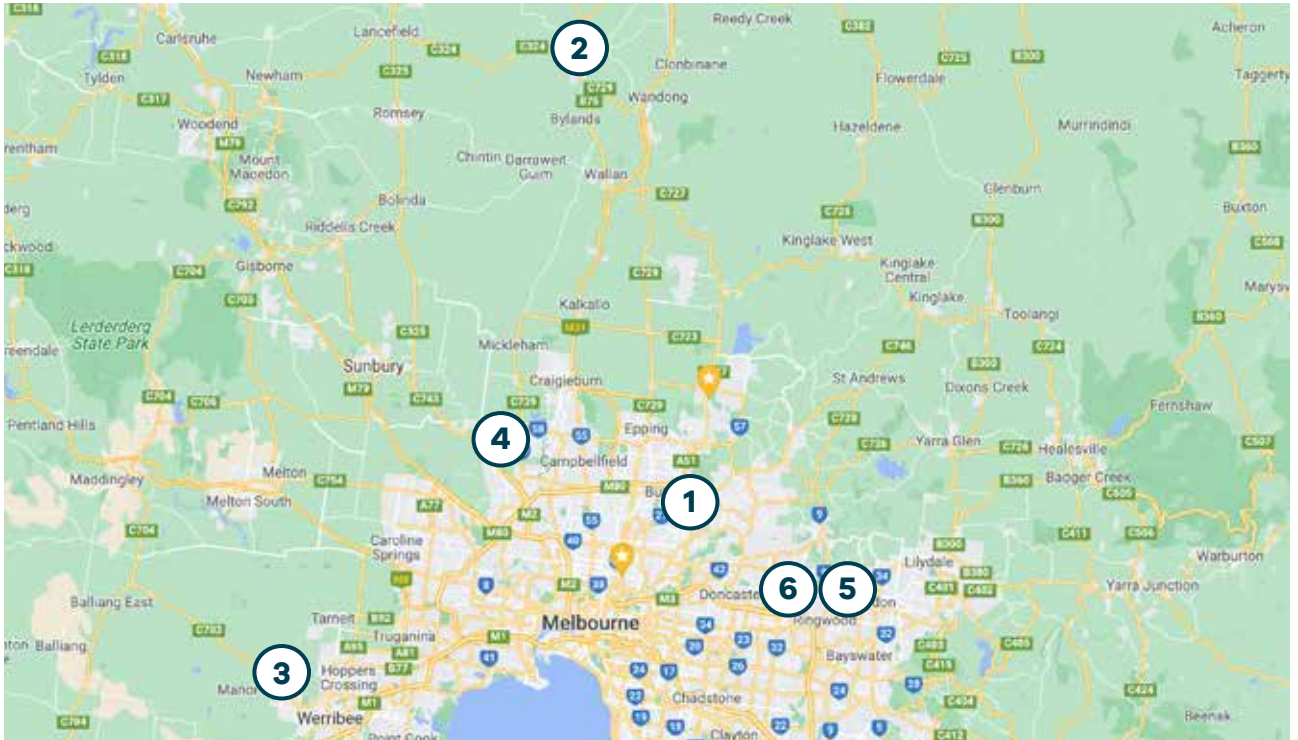
For elites the Saturday afternoon and Sunday races (Races 2, 3 and 4) form Round 1 of Orienteering Australia's National Orienteering League (NOL) and will also be Australian selection trials for the World Orienteering Champs (WOC), Junior World Orienteering Champs (JWOC), World University Orienteering Champs (WUOC) and the World Games. The Monday Knock-out sprint races are also part of the selection trials for WOC.

We welcome everyone to this sprint orienteering carnival.

PROGRAM

	Saturday 12 March		Sunday 13 March		Monday 14 March	
	1	2	3	4	5	6
	AM	PM	AM	PM	AM	PM
Location	La Trobe University, Bundoora	Assumption College, Kilmore	Manor Lakes College, Manor Lakes	Gellibrand Hill Greenvale	Yarra Valley Grammar, Ringwood	Whitefriars College, Donvale
Competitions	MSW	WRE NOL MSW	NOL MSW	NOL MSW	MSW	MSW
Format	Individual 'Two-level map'	Individual	Individual	Relay for NOL Individual for other classes	Elite Knock-out Q & QF Individual for other classes	Elite Knock-out SF & F Individual for other classes
Planner	Aislinn Prendergast	Ricky Thackray	Bruce Arthur	Kerrin Rattray - Relay Daniel Stott - Carnival	Natasha Key	Brodie Nankervis
Event advisor	Kathy Liley	Barry McCrae	Chris Norwood	Geoff Adams	Blair Trewin	Blair Trewin
Start times	10:15-11:30	4:15-5:30	10:00-11:15	3:30-5:45	9:15-11:00	2:25-4:40
Presentations						5:00

LOCATIONS



Interactive Google Maps on [MSW website](#).

Traveling by public transport

Most of the races are not close to public transport. It is advised to seek alternate transport arrangements for the carnival.



EVENT TEAM

Technical Director:	Ted van Geldermalsen
Event Organiser:	Margi Freemantle
Entries:	Margi Freemantle
OE setup, start lists:	Simon Rouse
On-the-day IT/Results:	Ian Dodd, Debbie Dodd & Jim Russell
Map Printing:	Jim Russell (Stay in Control)
Equipment:	Carl Dalheim
Registration:	Ize Yeates, Peter Yeates, Pam King
Start Managers:	Geoff Robinson, Greg Tamblyn
KO Start Manager:	Nicola Dalheim
Commentary:	Carl Dalheim & friends
Design:	Stuart McWilliam (stuartconcepts)
Prizes:	Anne Robinson

Contact details

Website:	www.vicorienteeing.asn.au/msw
Facebook:	facebook.com/VicOrienteering/
Enquiries:	Email: msw2022@vicorienteeing.asn.au or Ph. 0428 618 848 (Margi Freemantle)



MSW EVENT INFORMATION

Registration and Competition Bibs

On arrival at the first race, all competitors must show their vaccination certificates, collect their competition bib, and hire SIAC if applicable, and pay any outstanding money (or collect refunds) at the Registration/Information tent. Safety pins for bibs will be available if you haven't brought your own. If a QR code check in poster is displayed at the tent, competitors must also scan the code. Registration will be sign posted at the arena.

All competitors are to wear their competition bib for all races.

Competition bibs for the NOL relay will be issued later.

Event Centre Opening Times

Please pay attention to the event centre opening times. Due to the nature of MSW and the two races in one day, the event centre set up will not be completed before this time. Therefore competitors are requested not to arrive before these times. This is to maintain fairness for all competitors as well as give the organisers the required time to set up the event centre.

Safety and Traffic

All the venues will be open to the public during the competitions. Competitors need to be aware of moving cars on the roads and in car parks plus foot traffic. Competitors must exercise caution at blind corners, near doorways etc. to avoid the possibility of collisions with other competitors and people who may be unaware of the orienteering event. Please respect all pedestrians and give them the right of way.

Security

Events are in public areas. Remember to lock cars and keep possessions secure at the arenas.

Extreme Weather

Orienteering Victoria policy is for events to be cancelled on Code Red days.

In other extreme weather conditions, the organisers will make an informed decision (i.e. consult



BOM etc.) to cancel or go ahead.

Covid Safe Requirements

Vaccination Status Condition of Entry

A number of the MSW host venues require visitors to be fully vaccinated, or have a valid exemption. This includes all MSW competitors and spectators.

All competitors must show proof of being fully vaccinated, or have a valid exemption certificate at registration. This will only need to be completed when the MSW bibs are collected.

QR Code Registration

Some of our venues may require attendees to check in using the Services Victoria QR code. Where this is the case the QR code posters will be located in prominent positions. Please bring a smartphone in case you need to register. If you don't have a smartphone or there is no internet coverage at the event location, a self-managed manual check-in will be available near the registration.



The Service Victoria app links for download

Covid-Safe

Stay safe by keeping your distance, and please stay home if unwell.

All orienteering events in Victoria are Covid-safe, and operate under the OV Return to Sport Plan. For more information, visit <https://www.vicorienteering.asn.au/return-to-orienteering/>

Snakes

As MSW2022 is being held in summer there is a possibility that snakes may be active in some of the competition areas or nearby.

Please report snake sightings to the event officials so other competitors / spectators can be advised of the snake sighting area.

If you come across a person who has been bitten by a snake out on your course:

- Attract another competitor to help by going to seek medical help
- Keep the affected person calm and as still as possible until help arrives
- DO NOT apply a tourniquet, cut the wound or attempt to suck the venom out
- Avoid washing the bite area - any venom left on the skin can help identify the snake

A pressure immobilisation bandage will be located in the event First Aid kit located at Registration.

First Aid

First Aid will be available at the Information desk if required.

Water

Water will not be supplied at the events. Please bring your own.

Clothing and Equipment

Competition footwear: No shoes with metal spikes or metal studs of any description are to be worn at any race venue, except race 4 (Gellibrand Hill) where normal bush orienteering shoes may be used.

Competition clothing: There are no special restrictions on clothing. Running shorts and tops are suitable for all events.

BYO Coffee

No coffee providers will be at any of the events. Please get your coffee fix before arriving from local coffee shops.

O Gear for Sale

A selection of Orienteering gear will be for sale at the events should you want to boost your O kit, or if you forget to bring an essential item. Look out for Warren (Str8, NVii), Colin (Aussieogear) and Ian Dodd (SIAC).

No Smoking

No smoking is allowed at any of the events. All venues are non-smoking.

Dogs

Dogs are not permitted at any of the race venues.

Rubbish

Please do not leave rubbish lying around. Take it away with you when you leave.

Club Tents and Banners

Only free standing tents and club banners that do not require tent pegs and banner spikes can be used at any of the campus venues. Tent pegs are not permitted to be used at Gellibrand Hill.



MELBOURNE SPRINT WEEKEND COMPETITION



Points will be allocated for each race and the overall places in each class will be based on a competitor's best 5 results. The NOL forest relay will not be included in the points competition. Rankings will be progressively published on Eventor.

At each race, the winner of each class scores 100 points; second place scores 99 points, etc. All competitors score points for each race they finish. If a competitor starts, but does not finish a race, they will score 5 points for that race.

PRESENTATIONS

Prizes will be presented to the overall carnival winners in each class. The presentations will be held in the arena at MSW 6 Whitefriars College at 5.00pm, immediately after the knockout sprint finals.

Spot Prize Draw

The final presentations will include a spot prize draw for a STR8 compass for all competitors who enter all six races. You must be present to be eligible. If necessary there will be a redraw process until a winner is found.

Contact warrenkey@me.com for Str8 compass queries.



Victorian Junior Squad Fundraising Raffle

\$2 per ticket or 3 for \$5

Tickets will be for sale on Day 3 of MSW at the information desk and from roving DROC members

Prizes will be drawn at the MSW Presentations. You must be there to claim your prize.

Prizes donated by Dandenong Ranges Orienteering Club.



1st PRIZE
Garmin Forerunner 245
Watch – MapRun compatible

ULTRASPIRE PROTON TWO BOTTLE WAIST PACK



2nd PRIZE
Ultraspire Proton 2-bottle
hydration belt, with bottles



3rd PRIZE
Free Entry to the Melbourne
City Race Weekend 2022
(3 races, Oct 8 and 9)

All money raised from ticket sales will be used to assist the Victorian Junior Squad with training and travel expenses.

NOL Competition

The NOL competition comprises three of the Melbourne Sprint Weekend races, Race 2 on Saturday 12 March and Races 3 & 4 on Sunday 13 March. Race 4 will be a forest relay (non sprint) for NOL competitors.



NOL teams are reminded that all runners are required to run in team uniform and wear competition number bibs (provided by the organisers). NOL competitors should also ensure that they enter as members of their NOL team. If you enter as a club member you will not be included in the NOL team point score.

Each of the two individual events will score NOL points toward both the individual and team competitions. The forest relay will only count for team points.

Individual

For the individual races (Races 2 & 3) points will be awarded to the top 25 finishers on a decreasing basis for each race, 30 points for 1st, 27 for 2nd, 24 for 3rd, 22 for 4th, 21 for 5th, etc. ([Guidelines](#))

If two or more competitors are tied in a race, they shall each be awarded the points for the place for which they are tied.

Teams

Team point scores are awarded to the top seven teams on a decreasing basis ([Guidelines](#)). After each race, points from each of the four divisions (classes) are added to give the NOL Team scores.

For the individual races (Races 2 & 3) teams in each of the four divisions are ranked according to the sum of the times of their best three competitors in each division, with the following provisos:

- Teams with less than three finishers are awarded points on the basis of the next best results. That is in order, the sum of the best two competitors or one competitor;
- Teams which have no finishers receive no points;
- Teams with an equal total time are placed according to the results of the highest placed competitors in each team;
- Teams still equal shall be considered to have tied.

Relay

For the relay (race 4), team point scores are doubled ([Guidelines](#)). Teams in each of the four divisions shall be ranked according to their placing in that division and only the highest-placed team from each state/territory shall count towards points in each division

Teams where one or more members fail to complete the relay course receive no points.

○ AUSTRALIAN TEAM SELECTION TRIALS

Race 2 on Saturday 12 March and Races 3 & 4 on Sunday 13 March, are selection trials for the Australian teams for the:

- World Orienteering Championships [Selection Criteria](#)
- Junior World Orienteering Championships [Selection Criteria](#)
- World University Orienteering Championships [Selection Criteria](#)
- World Games

The knock-out sprint races on Monday 14 March are also part of the selection trial for the World Orienteering Championships. Any competitor who has nominated for WOC who is knocked out at the Qualifier or Quarterfinal stages should run Race 6 of the MSW carnival, which will be taken into consideration by the selectors.

To nominate for selection for one or more of the Australian teams, complete the form [HERE](#)

○ WORLD RANKING EVENT

Race 2 of the weekend's competition at Assumption College, Kilmore, is a sprint distance world ranking event (WRE) for elite orienteers.



Only M/W21E and M/W20E competitors who have provided their IOF ID number are eligible for world ranking points.

All M/W20E competitors who wish to receive World ranking points should have entered M/W20E for this event and have provided their IOF ID number. Junior elites will run the same courses as senior elites and be included in the same start draw. The organisers will compile WRE Men and Women results lists that include the eligible M/W20E competitors.

If you don't have an IOF ID number then you have only been entered into the NOL not the WRE.



KNOCK-OUT SPRINT COMPETITION

Everyone who has entered MSW 5 and MSW 6 in elite classes is automatically included in the Knock-out sprint competition. 21E and 20E athletes compete together. There are separate competitions for men and women.

The Knock-out Sprint will follow the standard IOF format as closely as possible.

For both Men and Women there is a qualification race in the morning with a winning time of approximately 10 minutes. For this, athletes will be divided into three qualification heats. The start interval will be at 1 minute with the first start at 9.00 am. The make-up of these heats will not be disclosed in advance. The top 12 in each heat will qualify for the knock-out rounds.

The knock-out rounds will be mass starts. The 36 qualifiers in each of the Men's and the Women's fields will be split into 6 quarter-final heats of 6 athletes each. The distribution into quarter-final heats will follow the IOF format shown below.

QF1	QF2	QF3	QF4	QF5	QF6
1st H3	2nd H2	1st H1	2nd H3	1st H2	2nd H1
4th H1	3rd H3	4th H2	3rd H1	4th H3	3rd H2
5th H2	6th H1	5th H3	6th H2	5th H1	6th H3
8th H3	7th H2	8th H1	7th H3	8th H2	7th H1
9th H1	10th H3	9th H2	10th H1	9th H3	10th H2
12th H2	11th H1	12th H3	11th H2	12th H1	11th H3

The top 3 in each quarter final will qualify for the semi-finals. The 18 semi-finalists will be divided into 3 semi-finals of 6 athletes, with the top 2 in each semi-final going through to the A final.

Unlike in the official IOF format, all athletes who make the semi finals will run a final. There will be a B final for the 3rd and 4th placegetters in each semi final group and a C final for the last two in each group. This way all competitors who qualify for the semi finals will get two races in the afternoon.

Semi-final allocation will follow the IOF format.

SF1	SF2	SF3
1st QF1	1st QF3	1st QF5
2nd QF1	2nd QF3	2nd QF5
3rd QF1	3rd QF3	3rd QF5
1st QF2	1st QF4	1st QF6
2nd QF2	2nd QF4	3rd QF6
3rd QF2	3rd QF4	3rd QF6

All the knock-out rounds, including the final, will have winning times of approximately 8 minutes.

In the knock-out rounds the various recommended methods of splitting will be used. These include butterfly loops, phi-loops and map choice. In the latter version, at the pre-start, athletes will be

given 20 seconds to choose which of 3 possible variations in the course they wish to run. No athlete will know which option has been chosen by any other athlete.

Athletes who have only entered MSW 5 and not MSW 6 will not be eligible to compete in the semi-finals, **unless they have an exemption from the organisers.**

Athletes who have entered MSW 6 and do not qualify for the semi-finals will run in MSW 6 at Whitefriars College in their normal class.

Start procedure for Knock-out rounds

There will be 6 start lanes. Each athlete will be directed to the appropriate lane. If the map choice option is being used, at -1 minute each athlete will be presented with 3 versions of the split leg(s). Each version will show the start of the split with a triangle. The split controls and the control at the end of the split will not be numbered. Each athlete will have 20 seconds to make a choice after which they will be given the appropriate full map and will wait on the start line for the start signal. If a choice is not made within 20 seconds the official will allocate the athlete a map.

Knock-out Sprint and MSW overall competition scoring

Non-elites who enter the knock-out competition will not gain points in their class in MSW 5. However, if they are knocked out in the qualifying round or quarterfinals they can run in their normal class at MSW 6 and hence still potentially score points in 5 races. Even if they make the knock-out semi-final they can choose to drop out of that and run their normal class at MSW 6 if the overall competition is more important to them.

At MSW 5, elites' points for the overall MSW competition will be determined by their qualifying heats times.

At MSW 6, elites' points for the overall competition will be based on their placings in the A, B and C finals. Competitors who did not qualify for the semi-final will be ranked after the finalists based on their individual results in MSW 6.



○ Competition Rules

For the World Ranking Event (Assumption College, Kilmore), the Competition Rules for IOF Foot Orienteering Events apply to M/W21E and M/W20E competitors.

The Competition Rules for Orienteering Australia Foot Orienteering Events (including the National Orienteering League Guidelines) apply to all other competitors in these events.

WRE AND NOL COMPETITORS: PLEASE TAKE NOTE OF THE RULES COVERING GPS DEVICES.

○ Map Details

The maps conform to the ISSprOM 2019-2 (Jan 2022) specification as far as possible and will be printed on SRA4 Pretex waterproof paper.

The NOL forest relay map conforms to the ISOM 2017-2 (April 2019) specification as far as possible and will be printed on SRA4 Pretex waterproof paper.

○ Out of Bounds and Forbidden to Cross Areas

Please respect all Out of Bounds and forbidden to cross areas.

Prior to your run

All the campus / park areas, marked as competition area in the event layout maps, are out of bounds. Warming up is not permitted in these areas.

Tapes and Out of Bounds (OOB) signs will be displayed where practical.

While running

Out of Bounds and forbidden to cross areas are marked on your map by olive green, dark green or purple stripes. Some of these areas will also be marked in the field with red and white tape, and some will have marshals. Competitors will be disqualified for crossing out of bounds and forbidden to cross areas.



○ Tape Colours



Out Of Bounds (OOB)/un-crossable for competitors



Competition area boundary, out of bounds until competing.



Route from maps to start triangle



Routes to arena, start area, taped routes, etc.

○ Embargo

The use of existing orienteering maps of all the venues is embargoed, including training with one of these maps. Other activities including other training and sports events within each of the campuses are not included in this embargo.

The full embargo notice can be viewed at <https://www.vicorienteeing.asn.au/victoria-map-embargoes/>

○ Previous maps

Previous copies of the maps for races 1, 4 (NOL relay map) & 5 are available to view at www.vicorienteeing.asn.au/msw. Races 2, 3, 4 (MSW sprint map) & 6 will both be on new maps which will not be displayed prior to the event.

Competitors are not permitted to bring a previous version of the maps to the competition.

○ Electronic Punching

Competitors are responsible for ensuring their presence at each control is recorded with an electronic punch. If (and only if) the SI unit at a control fails to respond, record your presence by using the manual punch in one of the reserve punch boxes on your map, and notify officials when you finish. If no correct punch is recorded at a control, you will be listed in the results as MP (mispunch), or as DNF (did not finish) if you abandoned your course.

This event will have optional SI Air contactless punching. SI units will be in “beacon mode” for SIAC contactless punching but will also record normal SI sticks that are “punched” in the normal way.

The SIAC Battery check station and the Clear station will be located at the prestart area.

The Check station will be located in the -2min start box.

SIAC Stick Hire

If you ordered a hire SIAC stick, please pick it up at Registration at Race 1 or from the Information desk. This stick will need to be used for all Melbourne Sprint Weekend events entered.

SIAC Stick Return

There will be a container labelled 'SIAC Stick return here' at the finish. At your final event drop your SIAC in the container after downloading.

If you lose or fail to return your SI Air stick a replacement fee of \$120 will be charged.

SportIdent Timing

SI Air is a contactless electronic timing system. If you have hired a SIAC stick for the carnival please pick this up from the information desk.

Using SI Air:

With SI Air you do not have to 'punch' the control, only bring the stick close to the SI unit. The SI Air stick will flash and beep when it has registered. The range is between 30 & 40 cm around the unit and a little more above it. This is not very far and if you run past with your stick on the wrong side of your body it might be too far away.

Touching a unit or swiping the air very close to it are the safest methods.

If you think your card has not flashed and beeped, don't wave it around for a longer time. Instead punch in the normal manner.

SI Air at the start:

Before commencing each event test the stick in the SIAC battery test unit before clearing the stick.

Punch your SIAC stick in the Clear unit to clear data from previous events.

At the 2 minutes before start box punch the Check unit. This turns the stick on (into air mode). There will also be a test unit where you can verify that your stick has actually turned on and is operating in air mode.

After turning your SIAC on do not go near the finish control, until you finish your course.

SI Air use in the finish chute:

At the finish punch you only have to touch or swipe the finish unit. This will turn off your SI stick.

Download:

Please follow the tapes to the download tent and download as usual.

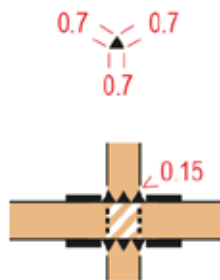
If it is your last run of the weekend remember to return your hire SIAC stick.

○ New Map Symbols

The latest IOF sprint map specification, ISSprOM 2019-2, came into effect on 15 Jan 2022.

Notable changes in this update, which you will encounter at MSW, include:

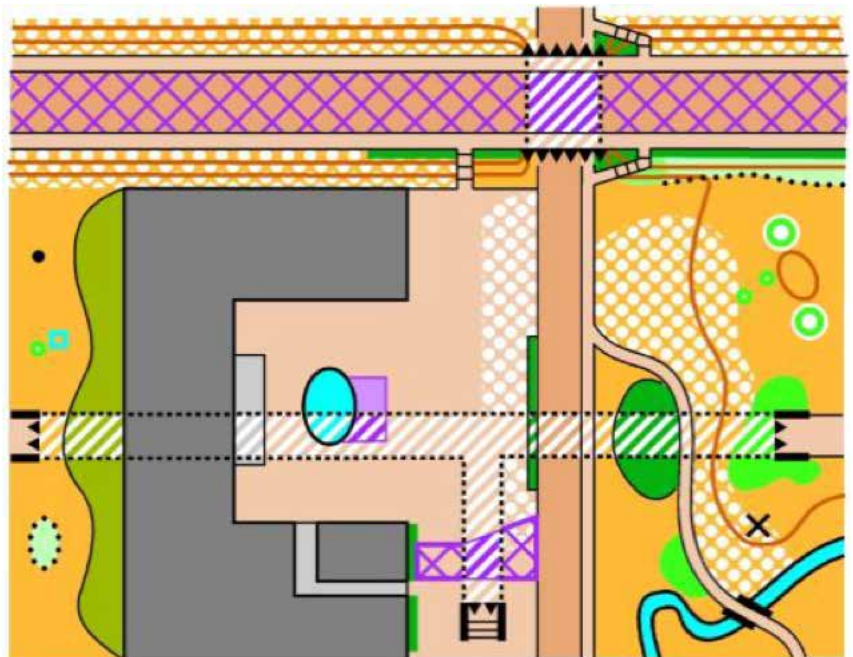
Map symbol 512.1 Bridge or tunnel entrance



Map symbol 512.3 Area passable at two levels

Map symbol 512.3 Area passable at two levels is the redefinition and renumbering of map symbol 501.2 Paved area in multilevel structures which was first published in ISSprOM 2019 first version. The use of the symbol is now extended to other area symbols by corresponding coloured diagonal lines.

Only two-level situations can be represented. Features on the upper level are shown by the colours. No features on the lower level are shown except pavement edges that are essential for orientation.



There are multi-level structures mapped using these symbols at some of the MSW events.

Map symbol 501.2 Step or edge of paved area at lower level (of two level structure)



Map symbol 411 Uncrossable vegetation

Dark Green (with 30% black) has been reintroduced for Vegetation that shall not be crossed or passed through e.g. hedges.



The new ISSprOM specification is [here](#)

Examples of the application of the new specification to multi-level situations are [here](#)

○ Temporary uncrossable barriers

Some races will use the temporary out-of-bounds boundary symbol to show temporary uncrossable barriers that have been created for the event.

In the terrain these temporary barriers will be marked with OOB tape.



○ Control Descriptions

Control Descriptions will be printed on the front of each map, and loose descriptions will be available for collection as part of the pre-start process for all events.

International symbols will be used, except for Course 6, easy navigation, where the control descriptions will be in English.

○ Two Part Courses

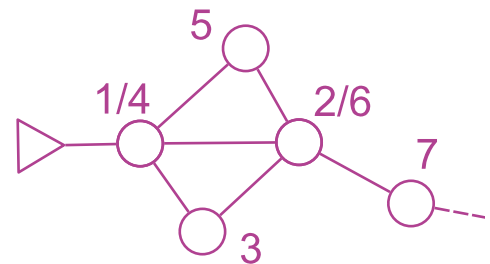
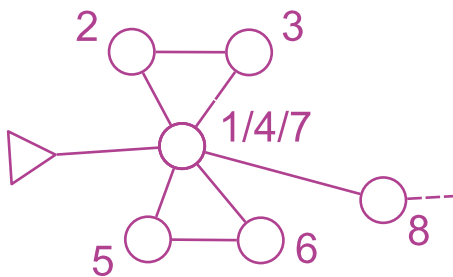
Some races will have two part courses. These may either require a map flip, or be side by side or one above the other on the same side.

For two part courses that are on the same side, Part 1 will be on the left or top.

When changing from Part 1 to Part 2 on a course, the final control on Part 1 will be shown as the same numbered control on Part 2. i.e. if last control on Part 1 is 11, then control 11 is repeated on Part 2.

○ Butterfly and Phi Loops

Some races will have Butterfly and/or Phi loops as part of the course as shown in these diagrams. Be sure to complete these in the correct order.



○ Start Lists

The MSW and Knock-Out Qualification start lists will be on Eventor and will be displayed at the event centre and the pre start.

The race start times for each of the Knock-Out Quarter Finals, Semi Finals and Finals is provided in the Race information in this bulletin. The allocation of runners to each of these will be displayed at the arena as soon as possible after each of the knock-out rounds.

○ Start Procedure

A silent start procedure will be used.

There will be a two minute prestart:

Time	Box	Actions
Start time – 2 mins	Box 1	Names checked against start time on entry. Punch Check unit - This also turns on the SIAC Collect control descriptions
Start time – 1 min	Box 2	Stand at maps. Note sign advising distance to triangle.
Start time		Take map and Go Follow tape to start triangle. The start triangle will be marked with a control flag. Note: there is no control to punch

○ Late Start

See late start official. Don't waste time explaining reason for lateness. You will be started with a start punch on the next available half minute. Time adjustments, if appropriate, will be resolved at the finish.

○ Finish Procedure

If using a standard SI stick, punch the finish control, or if using a SIAC stick swipe the finish control, then download at the finish tent and pick up split times printout.

No map collection but respect fair play.

Apart from at the NOL sprint relay (see below), finishers will be allowed to retain their maps but please respect and follow the fair play rules and don't show or discuss your map with competitors who have yet to run.

○ Results

A live results display operated by Jim Russell (Stay in Control) will be located next to the finish tent. Results will be displayed on Eventor and Winsplits after each event has been completed.

Live results will be available at liveresultat.orientering.se

Live results can to be accessed by scanning the QR code on each race map, or through the LiveOL app.

Download the app at



○ Control Etiquette

At controls do not linger around the control stand.

You must punch/swipe and move away from the control stand quickly. If you have not planned your next leg before approaching the control you should move away from it immediately after punching/swiping, in order to clear the way for other runners, before you stop to do any map reading. Parents please brief children on this.

Complaints and Protests

Participants who are unhappy or uncertain about any aspect of the competition are advised to report the issue to the Information Desk immediately. If, following discussion with an appropriate official you wish to make a formal complaint, you must lodge this in writing with the Information team no later than 15 minutes after the results for the relevant age class are complete. The Information team will note the complaint and deliver it to the organiser.

Similarly, any protest about the outcome of a complaint must be lodged in writing with the Information team no later than 15 mins after the outcome of the complaint is notified to all competitors affected by the decision. The Information team will contact the appropriate officials to deal with the protest.

Complaints, protests and appeals will be handled by the event organiser and jury in accordance with the relevant (IOF and/or OA) Competition Rules.

Jury

The Jury for any protest will be selected on the day from available OA Level 3 Controllers according to the relevant (IOF or OA) Rules. If necessary, due to the unavailability of sufficient Level 3 controllers, the jury may include OA Level 2 Controllers.

WRE Jury

Paul Prudhoe

Tim Hatley

Cathy McComb



MSW
**Saturday
14 March
AM**

1

**LA TROBE
UNIVERSITY**

EVENT DETAILS

Event Status:	MSW Race 1
Organising club:	Yarra Valley Orienteering Club
Course Planner:	Aislinn Prendergast
Event Advisor:	Kathy Liley
Mapper:	Ted van Geldermalsen & Mikkel Kaae-Nielsen
Map Scale:	1:4,000
Contour interval:	2 m
Event Centre Opening Time:	9.00am
Start Times:	10.15am – 11.30pm
Course Closure:	12:30pm



EVENT LOCATION



La Trobe University, Bundoora

From Melbourne Airport to La Trobe University

Distance by road: 27km, via Tullamarine Fwy, Metropolitan Ring Rd, Plenty Rd and Main Drive.

Access to the arena is only via Car Park 6.

If you are travelling via public transport you will need to walk / ride around the University Ring Road and enter the arena via Car Park 6 and past the University Sports Centre.

Access via any other entrance is Out Of Bounds.

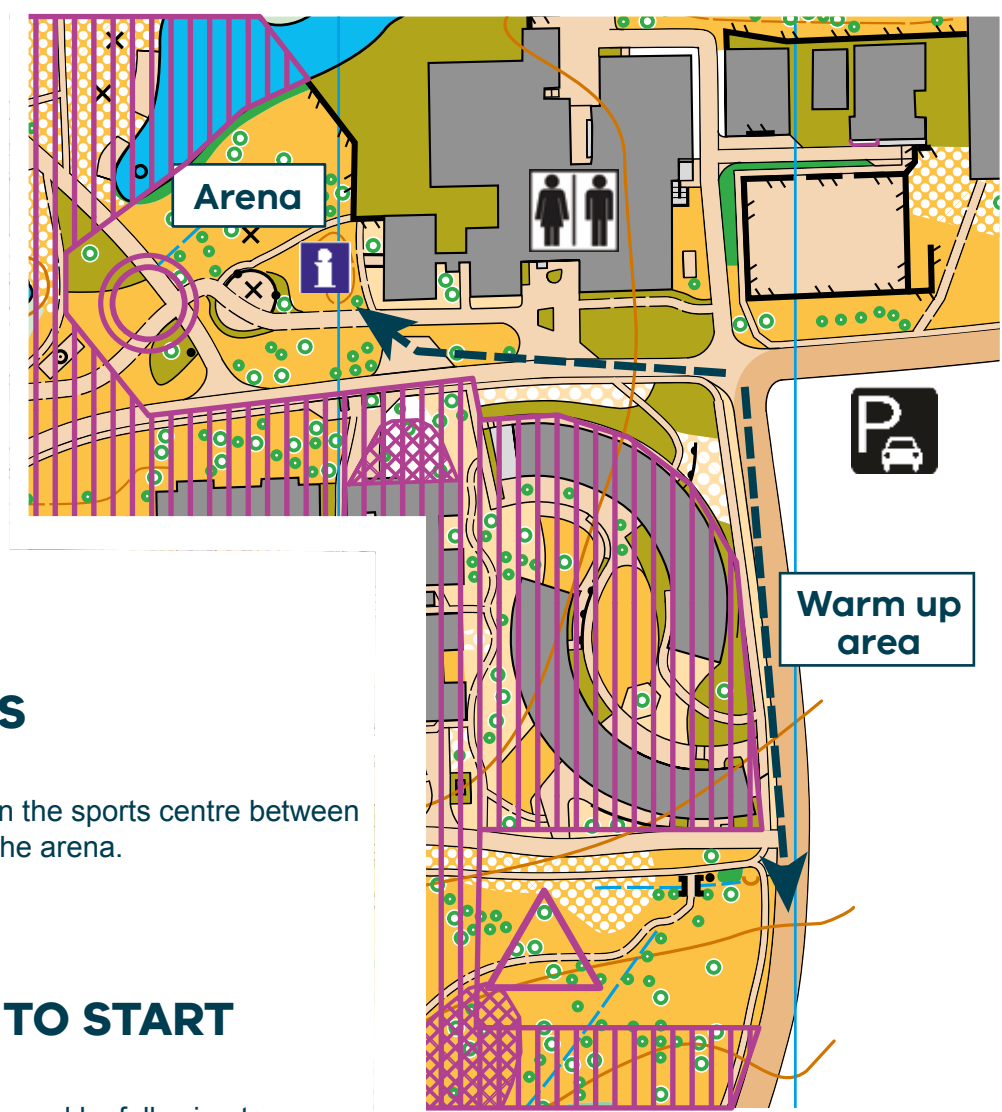
[Google Maps Link to car park entrance](#)

CAR PARKING

Parking is only in Car Park 6, La Trobe University Ring Road. See diagram.

The arena is on the western side of the Indoor Sports Centre and will be signposted from the North Western edge of the car park.

EVENT CENTRE LAYOUT



TOILETS

Toilets may be found in the sports centre between the parking area and the arena.

ROUTE TO START

The Start may be accessed by following tapes to the South of the parking area / arena, on the South-West corner of the parking area. It is 300m from the arena to the pre-start.

WARM UP ZONE

Competitors may only warm up in the car park and on the route to the start.

Please see Event Centre diagram.



COURSE / CLASS DETAILS

Course	Classes	Distance (km)	No of Controls
1	M21E, M20E	3.9	19
2	W21E, W20E M40, M Open, Senior Boys	3.2	15
3	W40, W Open, Senior Girls M50, Junior Boys	2.9	15
4	W50, Junior girls M60	2.3	12
5	W60, W70+ M70+	2.0	10
6	W12 M12, M/W Novice Open	1.9	13

Distances are actual distances measured by the shortest feasible route

COURSE PLANNERS NOTES

There may be some small temporary construction zones which may not appear on maps, but will be out of bounds. No courses involve running indoors or through closed doorways. There will be roving marhsalls out on the courses.

The map makes use of both the upper and lower levels of the university. The upper level may be reached using stairwells which are labelled on both the upper and lower levels with a letter (see below for an example):



LOWER LEVEL



UPPER LEVEL

Areas to the West of the arena and pre-start are out of bounds.



MSW
**Saturday
12 March
PM**

2

**ASSUMPTION
COLLEGE**

EVENT DETAILS

Event Status:	WRE, NOL, MSW Race 2
Organising club:	Melbourne Forest Racers
Course Planner:	Ricky Thackray
Event Advisor:	Barry McCrae
Mapper:	Neil Barr
Map Scale:	Course 1 & 2: 1:4,000; All other Courses: 1:3,000
Contour interval:	2 m
Event Centre Opening Time:	3.15pm
Start Times:	4.15pm – 5.30pm
Course Closure:	6:30pm



EVENT LOCATION

Assumption College, Kilmore

From La Trobe University Bundoora to Assumption College, Kilmore
Distance by road: 60km, via Plenty Rd, Metropolitan Ring Rd, Hume Fwy, B75 Northern Hwy. Only access college via Green St, then right onto Sutherland St.

Entry into the college is only via Gate 1.

DO NOT enter the college from any other entrance.

[Google Maps link to car park entrance](#)



CAR PARKING

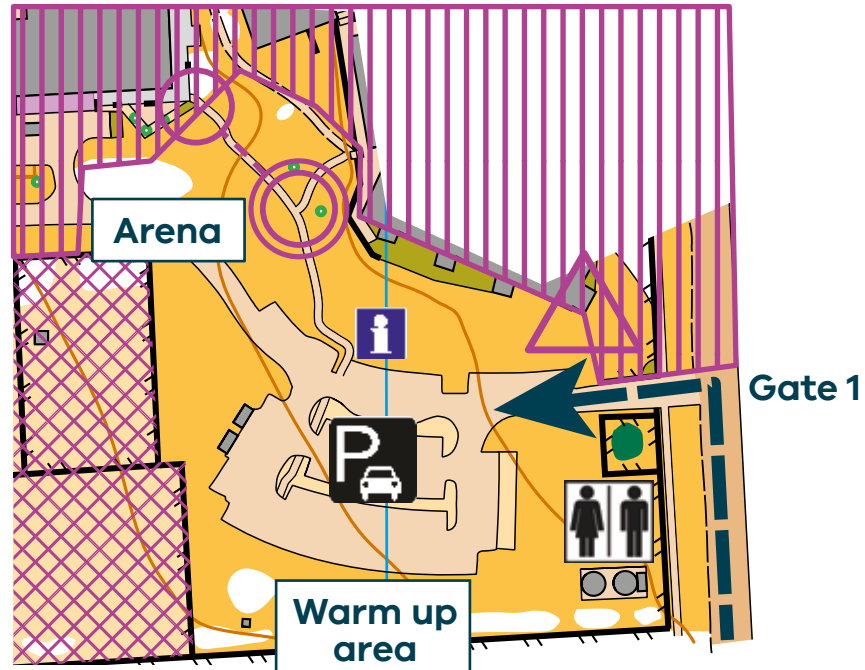
Only approach Assumption College from the south along Sutherland St.

Car parking is in the car park immediately inside Gate 1.

If the car park is full park on Sutherland Road, south of the gate 1 entrance, on the western side of the road.

Sutherland Rd north of gate 1 is out of bounds.

EVENT CENTRE LAYOUT



TOILETS

Portable toilets will be located near gate 1. See diagram.

The college toilets will not be available.

ROUTE TO START

The pre-start is on the north east corner of the parking area and can be easily seen and accessed at a short distance from the arena.

WARM UP ZONE

Competitors can warm up south of the car park or out on the street to the south of the campus entrance to gate 1. Under no circumstances can competitors venture north of the gate prior to or during the event as this is out of bounds.



Course / Class Details

Course	Classes	Distance (km)	No of Controls
1	M21E, M20E	3.6	26
2	W21E, W20E M40, M Open, Senior Boys	3.1	24
3	W40, W Open, Senior Girls M50, Junior Boys	2.7	19
4	W50, Junior girls M60	2.4	16
5	W60, W70+ M70+	1.9	16
6	W12 M12, M/W Novice Open	1.9	19

Distances are actual distances measured by the shortest feasible route

COURSE PLANNERS NOTES

The event area consists of old and modern, irregularly shaped campus buildings with numerous gardens and pathways, a church and grounds to the north and a separate primary school further north. In the eastern tennis court are nets that are used in this event as impassable features (shown on the map with as uncrossable walls). Do not attempt to cross these nets as this will result in disqualification. This area will be marshalled.

Assumption College was long known as “the football factory” in AFL circles, with its famed Carroll Oval. This large oval is in the western part of the campus and is mapped with purple cross hatch. **It is not to be entered in any circumstances.**



MSW
**Sunday
13 March
AM**

3

**MANOR LAKES
COLLEGE**

EVENT DETAILS

Event Status:	NOL; MSW Race 3
Organising club:	Dandenong Ranges Orienteering Club
Course Planner:	Bruce Arthur
Event Advisor:	Chris Norwood
Mapper:	Ted van Geldermalsen
Map Scale:	Course 1 & 2: 1:4,000; All other Courses: 1:3,000
Contour interval:	2 m
Event Centre Opening Time:	8.45am
Start Times:	10.00am – 11.15am
Course Closure:	12:00 noon



EVENT LOCATION

Manor Lakes College, Manor Lakes

From Melbourne CBD to Manor Lakes College, Manor Lakes.

Distance by road: 38 km via westgate Fwy, Princes Fwy, exit 17 to Princes Hwy (Werribee exit), C703 Ballan Rd, Manor Lakes Blvd and Howqua Way. (or come in from the north via Kinglake Drive and Eureka Dr).

Menindee Road south of Scholar Drive and Manor Lakes Blvd west of Howqua Way are out of bounds.

Everyone is to approach parking via Manor Lakes Blvd and Howqua Way or come in from the north (Kinglake Drive and Eureka Dr).

[Google Maps link to Parking](#)

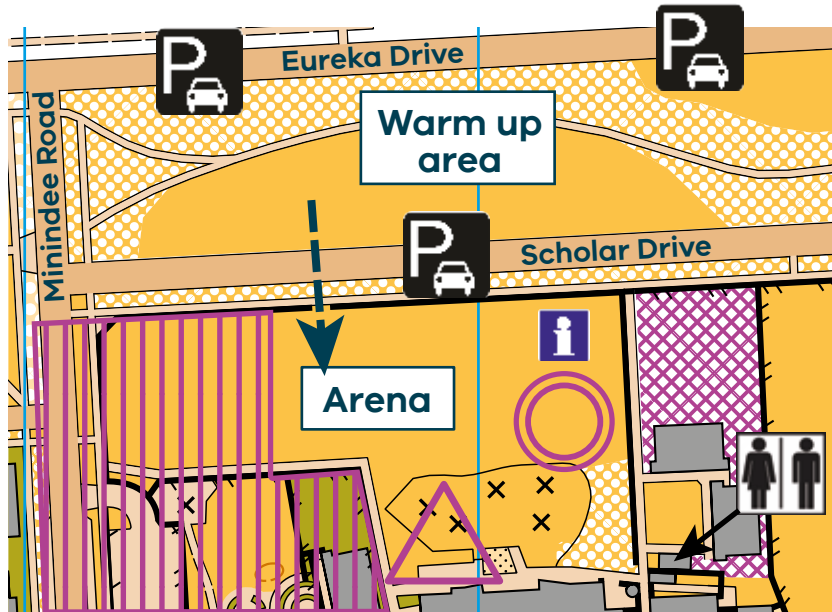


CAR PARKING

Parking is along Scholar Drive and Eureka Drive as outlined in the event Centre layout diagram.

Menindee Road south of Scholar Drive and Manor Lakes Blvd west of Howqua Way are out of bounds.

EVENT CENTRE LAYOUT



TOILETS

The toilets are located adjacent to the arena.
Please see diagram



ROUTE TO START

Pre-start is located adjacent to the arena.



WARM UP ZONE

Warm up is permitted in the park across the road from the northern edge of the school. No warm-up or driving is allowed south of the northern boundary fence of the school, including Minindee Road.



COURSE / CLASS DETAILS

Course	Classes	Distance (km)	No of Controls
1	M21E, M20E	3.4	23
2	W21E, W20E M40, M Open, Senior Boys	2.9	21
3	W40, W Open, Senior Girls M50, Junior Boys	2.6	17
4	W50, Junior girls M60	2.3	15
5	W60, W70+ M70+	1.9	14
6	W12 M12, M/W Novice Open	1.6	15

Distances are actual distances measured by the shortest feasible route

COURSE PLANNERS NOTES

The terrain is a flat school campus, including numerous buildings, paved areas and canopies.

There are many benches, tables, poles and items of play equipment around the campus. To maintain legibility these are mostly not mapped.



Orienteers need to beware of many un-crossable fences and gates. The map will clearly show if a gate is unlocked/open to pass through. Many gates are locked and shown on the map as un-crossable. Some fences may appear on the map as walls (without the tags) to enhance legibility. Artificial turf is mapped as grassy open ground (yellow). Painted courts are mapped as pavement (brown). Garden beds are shown as olive green and are forbidden to cross. Some low walls, particularly around garden beds, are mapped using the step/edge of pavement symbol (thinner line).

There are many narrow passages and blind corners on the map. Please take care and stay left if possible.

Courses 1-4 have 2 parts. Part 1 commences with the start triangle. Part 2 continues at the last control from Part 1.

EVENT DETAILS

Event Status:	NOL Relay; MSW Race 4	
Organising club:	Nillumbik Emus Orienteering Club Tuckonie Orienteering Club	
Course Planner:		
NOL Relay:	Kerrin Ratttray	
MSW:	Daniel Stott	
Event Advisor:	Geoff Adams	
Mapper:	Warwick Davis	
Map Scale:		
NOL Forest Relay:	1:7,500	
Sprint courses:	1:4,000	
Contour interval:		
NOL Forest Relay:	5 m	
MSW:	2 m	
Event Centre Opening Time:	2.30pm	
Start Times:	NOL Relay:	3.30pm
	MSW:	4.30pm – 5.45pm
Course Closure:	6.30pm	



tuckonie



EVENT LOCATION

Gellibrand Hill, Greenvale

From Manor Lakes College to Woodlands Historic Park, Greenvale

Distance by road: 50km, via Princes Fwy, Western Ring Rd, Tullamarine Fwy and Mickleham Rd.

The entry into the car park will be sign posted at the park entrance.

DO NOT enter the park from any other entrance.

Access via any other entrance is Out Of Bounds.

[Google Maps link to Car Park](#)

CAR PARKING

Cars are to park on a diagonal basis along the northern side of the road only. Please follow the

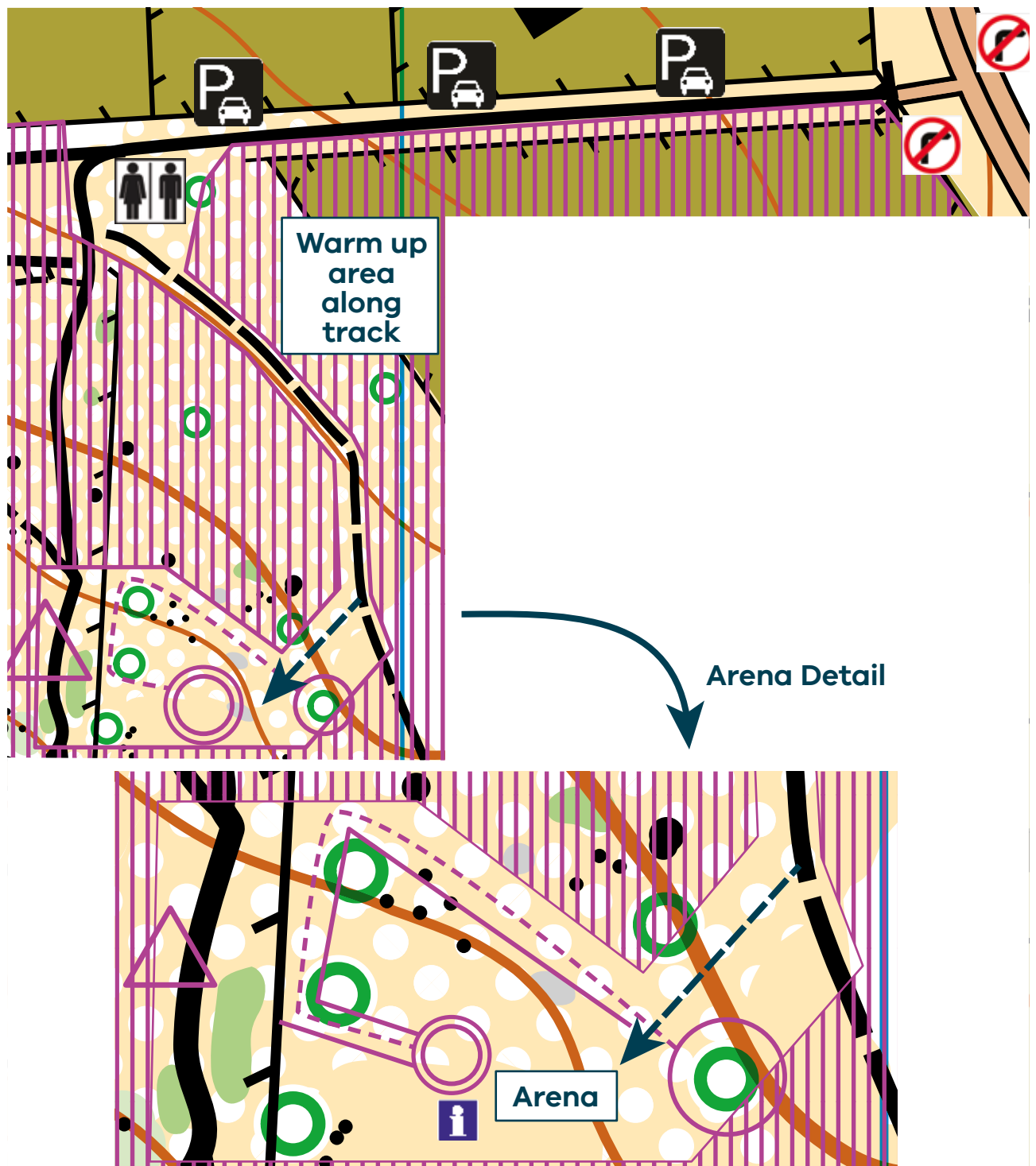
directions of the car park official.

The parking area is not large so try not to leave large gaps between cars and do not park parallel to the road.

Warning: do not park outside the gate on Mickleham Rd grass verge unless you can afford the fine.

Remember on leaving that you can only turn left.

EVENT CENTRE LAYOUT



TOILETS

Two portaloos will be available as shown on the event centre map.

If you want to avoid the queues please find a public toilet on the way to the event. Toilets are available at the Greenvale Shopping centre on Mickleham Rd north of the car park entry.

ROUTE TO START

The start for both the NOL relay and the MSW sprints is at the arena. Please see event centre layout.

WARM UP ZONE

The warm up zone is on the track north of the arena, and on the entry road back towards the park entrance. Please respect the OOB areas as shown on the event centre map.

MSW COURSE / CLASS DETAILS

Course	Classes	Distance (km)	No of Controls
1	M21E, M20E	2.7	23
2	W21E, W20E M40, M Open, Senior Boys	2.3	19
3	W40, W Open, Senior Girls M50, Junior Boys	2.2	16
4	W50, Junior girls M60	1.8	15
5	W60, W70+ M70+	1.4	10
6	W12 M12, M/W Novice Open	1.5	14

Distances are actual distances measured by the shortest feasible route.



COURSE PLANNERS NOTES

This hill has it all. Rock, erosion, historical features, super-fast open areas, slow and low visibility areas, prickly bushes, views of the city and views of the airport.

Full leg cover is recommended.

Rabbit Holes

Be aware there are rabbit holes in the terrain. Some of these may be hidden by long grass. Be careful.



COURSE 6 STARTS

Course 6 competitors will start individually. Due to this race being held on terrain that is different to most sprint events, competitors on Course 6 will be allowed look at their map from 1 minute before their pre-allocated start time and, if desired, ask questions about the map before setting off on their course. A helper will be on hand at the start to answer any questions. The helper will also walk around the course after the last Course 6 starter to provide additional assistance if needed.

CONTROL DESCRIPTIONS

Individual competitors will collect their control descriptions at the pre-start. Relay competitors will only have their descriptions printed on the map.



FOREST RELAY FOR JUNIOR ELITE, SENIOR ELITE

Relay Course Summary

Course estimates may change slightly on the day.

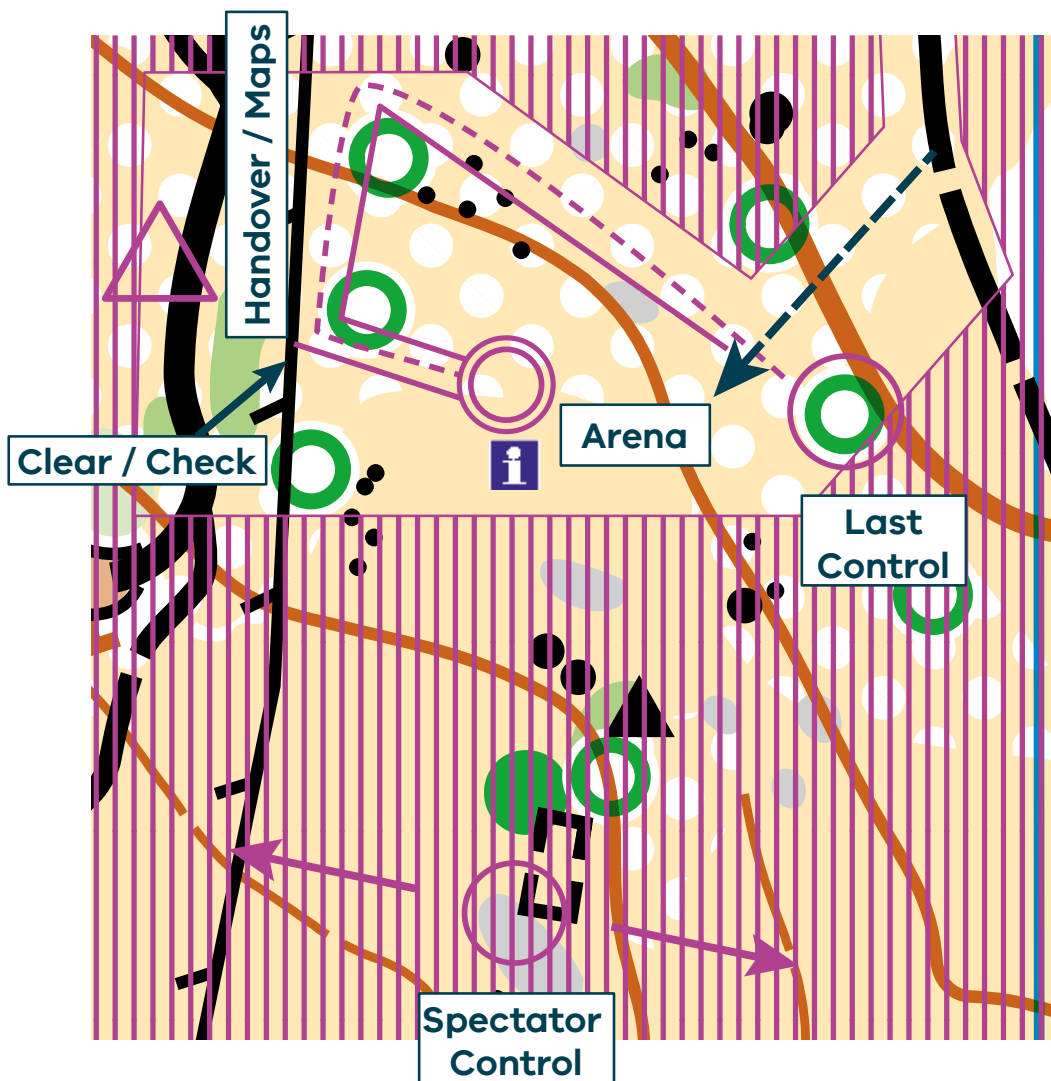
Men (21E and M20E)	~4.2km (climb ~100m)	~22 controls
Women (W21E and W20E)	~3.4km (climb ~85m)	~20 controls

Forking All relay legs contain numerous forking. To ensure close racing the split control locations can be quite close. Please make sure you punch your control.

Map Flip All relay courses will contain a Part 1 and Part 2. The two parts will be on opposite sides of the page. Make sure you start on the Part 1 side.

Control Descriptions are only on the map.

Relay Set- up



Relay Start Procedure

Clear and Check units are at the entry to the tagging area. The Check unit turns on your SIAC.

DO NOT go near the finish control once you have punched the Check as the finish unit will turn it back off.

Relay competitors should make their way to the start/tagging area across the fence when their previous runner visits the spectator control (Ruin) for the second time (at which there is 800m remaining).

Maps will be hanging on the fence. The outgoing runner should stand behind their map which aligns to their bib and runner number. The incoming runner will tag across the fence at which time the outgoing runner can take their map and make their way to the start triangle.

Relay competitors must take the map that matches their bib number, or they will be disqualified.

Spectator/Radio/Pre-warning

The old ruin south of the arena will be visited twice by all relay runners at approximately 1/3 around the course and with approximately 800m remaining prior to the finish.

On the second visit, the next runner should clear and check and enter the tagging area, ensuring that they have cleared their card and turned their SIAC on.

Tagging Procedure

Incoming runners will tag first, and then run to the finish control and punch. Outgoing runners will collect their map off the fence as outlined above and make their way to the start triangle, marked with a flag but no punch.

Relay Finish Procedure

The first and second leg runners in each team will each need to tag their next runner before they punch/swipe the finish control, then download at the finish tent and pick up splits time printout. The third leg runner goes directly from the last control to the finish.

Maps will be collected at the completion of your run and will be distributed on completion of the relay. As other MSW competitors may not have run yet please respect and follow the fair play rules and don't show or discuss it with competitors who have yet to run.

Relay Start Times

3.20pm: A short demonstration of the tagging procedure.

3.25pm: call up of first leg (M21E and M20E) runners to the tagging area.

3.30pm Start for leg 1 (M21E and M20E)

3.30pm call up of first leg (W21E and W20E) runners to the tagging area.

3.35pm Start for leg 1 (W21E and W20E)

4.30pm Mass start of remaining runners.

Spectators

Spectators are encouraged to arrive early and watch this exciting format of our sport. Multiple run throughs, spectator controls, radio controls, head to head racing and split controls will make this race one of the highlights of the weekend.

○ RELAY TEAM NOMINATION - FOR NOL MANAGERS

Managers can self-manage running order changes in Eventor, until Friday March 11.

Last Changes to Relay Teams

The final cutoff for changes to Relay teams is 5.30pm on Saturday March 12.

Absolutely no late changes will be accepted.

If on the day a team wishes to change a relay member – work it out within the team by supplying the new runner with the registered SI stick for that team and leg.

Wrong SI number = DNF

○ HEADING TO THE AIRPORT AFTER THIS EVENT

For competitors leaving Melbourne after this event, by road the airport terminals are 9-12km from the car parking (depending on route) via Mickleham Road.

Don't be fooled into thinking that the distance is less!



MSW
**Monday
14 March
AM**

5

**YARRA VALLEY
GRAMMAR**

EVENT DETAILS

Event Status:	MSW Race 5; Knockout Sprint Qualifying and Quarterfinals		
Organising club:	Bayside Kangaroos Orienteering Club		
Course Planner:	Natasha Key		
Event Advisor:	Blair Trewin		
Mapper:	Fredrik Johansson Ricky Thackray (updates 2022)		
Map Scale:	1:3,000		
Contour interval:	2 m		
Event Centre Opening Time:	8.15am		
Start Times:	KO Qual first start:	9.15am	
	MSW:	9.40am – 10.30am	
Course Closure:	11.40am		



EVENT LOCATION

Yarra Valley Grammar, Ringwood

From Melbourne CBD to Yarra Valley Grammar, Ringwood

Distance by road: 33 km via Hoddle St, Eastern Fwy, EastLink (Toll Rd), Ringwood Bypass, Maroondah Hwy, Kalinda Rd and Plymouth Rd.

Access to the arena is only via the Plymouth Rd car park.

The main entrance to the school on Kalinda Rd is out of bounds.

[Google Maps link to carpark](#)



CAR PARKING

Car parking is only in the sports centre car parks on the eastern side of the school. All other car parks are out of bounds.

Please see event centre layout diagram.

NOTE: The forest area alongside the car park and sports centre is Out Of Bounds for all MSW attendees. Please do not enter.

EVENT CENTRE



TOILETS

In the Pavillion adjacent to the arena.

ROUTE TO START

The start for Race 4 and the Knock-out Qualifiers is remote from the arena. Please follow the marked route from the north of the arena. Once on the path, do not deviate off the path until you reach the car park the prestart is located in.

Please see event centre diagram

The start for the Knock-out Quarterfinals will be at the arena, west of the finish.

WARM UP ZONE

The warm up area is on the northern oval as marked in the event centre diagram.

DO NOT warm up along either Kalinda Rd or Plymouth Rd. These roads are both Out of Bounds to competitors.

COURSE / CLASS DETAILS

Course	Classes	Distance (km)	No of Controls
KO Qual	M21E, M20E	2.1	15
KO Qual	W21E, W20E	1.9	14
KO Qtr Final	M21E, M20E	1.9	14
KO Qtr Final	W21E, W20E	1.4	11
2	M40, M Open, Senior Boys	2.8	22
3	W40, W Open, Senior Girls M50, Junior Boys	2.6	20
4	W50, Junior girls M60	1.9	18
5	W60, W70+ M70+	1.7	16
6	W12 M12, M/W Novice Open	1.7	18

Distances are actual distances measured by the shortest feasible route

COURSE PLANNERS NOTES

A large modern combined high school and primary school campus, on a gentle sloping hillside with many small staircases. There are many out of bounds garden beds that are obvious in some places but in others are only tan bark and small low plants.

Out of bounds: The roads adjacent to the school, the area directly behind the Arena on the west side, and the second oval to the south.

KNOCKOUT SPRINT QUALIFICATION & QUARTER FINALS

An outline of the format of the Knockout Sprint can be found in the Competitions section of this bulletin.

Quarter Final Start Times

For qualifiers your QF heat number and time will be displayed as soon as is practicable at the arena.

Start Schedule

0915: First starts Qualification Heats

0930: Last starts Qualification Heats (approx.)

1036: First Quarter Final - Women (4 min intervals between each QF group)

1100: First Quarter Final - Men

Knockout Sprint spectating opportunities

The competition area is Out Of Bounds until after the completion of the MSW 5 race. From 10.36am, non-elite competitors may enter the area used for MSW 5 to watch the KO quarter finals.



EVENT DETAILS

Event Status:	MSW Race 6; Knockout Sprint Semifinals and Finals	
Organising club:	Bayside Kangaroos Orienteering Club Yarra Valley Orienteering Club	
Course Planner:	Brodie Nankervis	
Event Advisor:	Blair Trewin	
Mapper:	Callum White	
Map Scale:	1:3,000	
Contour interval:	2m	
Event Centre Opening Time:	1.30pm	
Start Times:	KO SF first start:	2.25pm
	MSW:	3.00pm – 3.50pm
Course Closure:	5.00pm	
Presentations:	5.00pm	



EVENT LOCATION

Whitefriars College, Donvale

From Yarra Valley Grammar to Whitefriars College, Park Rd, Donvale.

Distance by road: 8 - 12 km dependent on route. There are various route options - check Google on the day.

If in doubt travel via Maroondah Hwy, Mitcham Road and Park Rd.

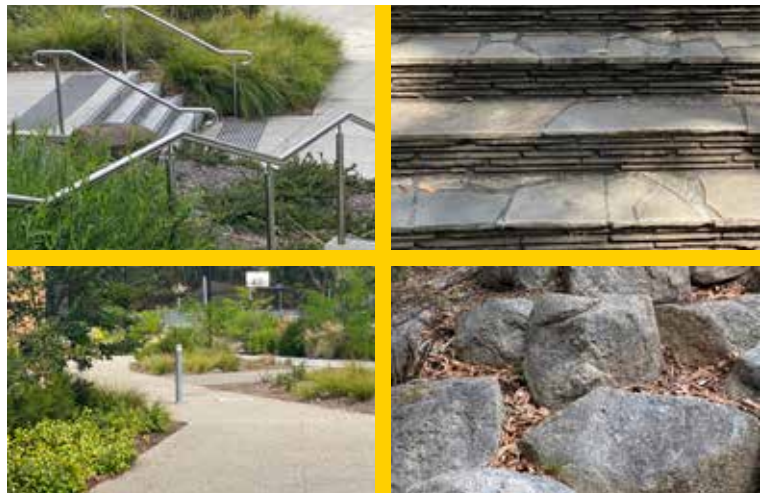
[Google Maps link to Carpark entrance](#)



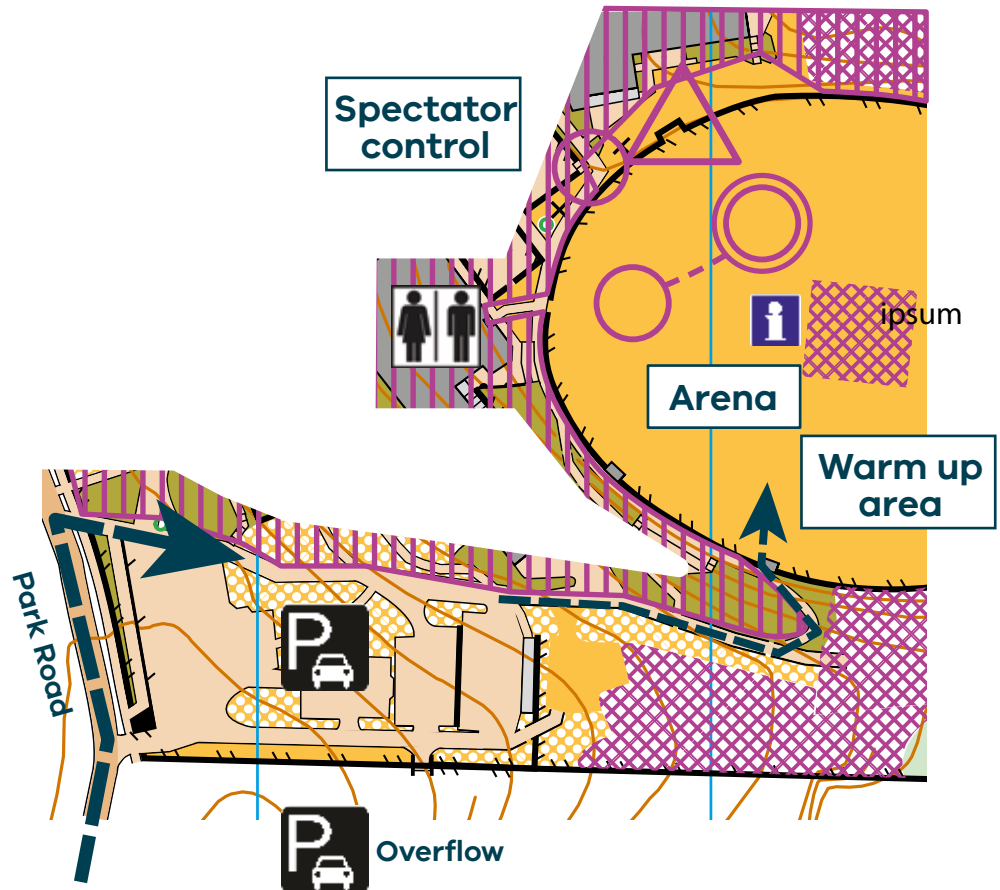
WHITEFRIARS
CATHOLIC COLLEGE FOR BOYS

CAR PARKING

Park in the car park as outlined in the event centre diagram



EVENT CENTRE LAYOUT



TOILETS

Toilets are in the building to the west of the sports oval / arena and will be sign posted. This route crosses an OOB section which will have competitors passing through it. Please give way to competitors - they have the right of way. The area immediately north and south of the toilets entrance is out of bounds.

ROUTE TO START

The Pre Start is visible from the arena (within 100m). The entry into the -1min start box is before the unpassable fence. Competitors will then proceed to the control descriptions within the same minute.

WARM UP ZONE

Warm up is only allowed on the playing field as shown in the Event Centre diagram.



COURSE / CLASS DETAILS

Course	Classes	Distance (km)	No of Controls
KO SF M	M21E, M20E	2.0	19
KO SF W	W21E, W20E	1.7	16
KO F M	M21E, M20E	2.0	18
KO F W	W21E, W20E	1.6	14
1	M21E, M20E (non KO or knocked out)	2.7	24
2	W21E, W20E (non KO or knocked out) M40, M Open, Senior Boys	2.5	22
3	W40, W Open, Senior Girls M50, Junior Boys	2.3	19
4	W50, Junior girls M60	2.1	19
5	W60, W70+ M70+	1.9	17
6	W12 M12, M/W Novice Open	1.8	25

Distances are actual distances measured by the shortest feasible route

COURSE PLANNERS NOTES

The terrain consists of a school campus located on a slope, with all the typical features – small irregular shaped buildings, canopies and small passageways, gardens and outdoor seating/play areas. There are many areas marked as OOB and these are forbidden to cross – including garden beds, hedges and impassable walls/fences. Please familiarise yourself with how these areas are indicated with the new Sprint mapping standing ISSprOM 2019-2. Notable changes are shown on Page 17 of this bulletin. Ambiguous areas of OOB will be taped with red and white tape. Any competitor observed to be crossing OOB features will be disqualified.

The low fence surrounding the oval where the arena is located is mapped as an uncrossable fence. It is not to be crossed under any circumstances, before, during or after your run. Only use the marked openings (gates).

The map features some areas where two levels are passable, represented by the new ISSprOM 2019-2 Bridge or tunnel entrance symbol. Please familiarise yourself with this symbol shown on Page 17.

Two Part Course:

Knock-out semi-finals, knockout finals and courses 1-4 will be a two part course. Please see the Two Part Course section in the Technical Information section.

Spectator Control

Knock-out semi-finals, Knock-out finals and courses 1-4 will visit the spectator visible from the arena. There is no run through before or after the spectator control. The spectator control will be the transition control between Part 1 and Part 2 of the course. When competitors reach the arena for the second time they should take care to visit the correct last control and then run down the finish chute to the finish.

KNOCK-OUT SEMI FINALS & FINALS

An outline of the format of the Knock-out Sprint can be found in the Competitions section of this bulletin.

Semi Final and Final Positions

For semi-final & finals qualifiers your position in each of the finals will be confirmed and displayed as soon as is practicable at the arena.

Start procedure for Knock Out rounds

The pre start location for the knock-out rounds will be the same as for MSW 6. See race layout diagram.

Start Schedule

- 1425: First starts semi-final
- 1450: Last start semi-final (approx.)
- 1600: C Final (Women)
- 1605: C Final (Men)
- 1610: B Final (Women)
- 1615: B Final (Men)
- 1630: A Final (Women)
- 1640 A Final (Men)

Quarantine/Fair Play

There is no quarantine zone for athletes competing in the Knock-out semi-final and final. However, athletes are not allowed to enter any areas marked as Out of Bounds on event centre diagram. Warm up/cool down is allowed on the playing fields south of start/finish and in surrounding streets.

Athletes may access toilets by following the marked route in the Event Centre diagram. However, they must enter and exit toilets promptly – anyone observed waiting unnecessarily on route to toilet/outside toilets will be disqualified.

Knock-out sprint spectating opportunities

The competition area is Out of Bounds to all MSW competitors until after the completion of the

MSW 6 race (see the Event Centre diagram demarcating Out of Bounds area).

It will not be possible to spectate on the semi-final courses, except from the arena, if you are competing in MSW 6.

A spectating zone in the arena is shown on the event centre diagram. The route to this area is to the east of the finish but will not be taped off as competitors will be passing. Please take care when crossing Out of Bounds to the spectating area – competitors have right of way.

After the completion of MSW 6 you are welcome to spectate anywhere on the course for the Knock-out finals. Competitors will pass by the arena on several occasions and the organisers will show the way to a great spectating area on the map for those interested. If spectating away from these two areas please do not stand in large groups, block passages or stand within 15m of any controls. Again competitors have right of way.

We encourage you to watch the finals races while the organisers determine the overall MSW results and prepare the presentations.

KO Competitors who have been Knocked Out

For those KO competitors who have been knocked out in qualifier or quarterfinal, they are automatically registered for MSW 6 in their normal class and may choose to run in this race.

Semifinalists who are knocked out will run in a B or C final, not the individual MSW race.

HEADING TO THE AIRPORT AFTER THIS EVENT

45km, allow 1 hour. There are various route options - check Google on the day.

NOTE: South end of Greenborough Hwy may be affected by delays due to construction work.

Graphic design:

By Stuart McWilliam - stuartconcepts

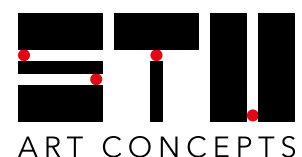
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VERSION UPDATES

Version 02 - 8 March 2022

Front page: Updated NOL logo on cover

Page 9: Melbourne Sprint Weekend competition – updated wording on the elite class competition.

Page 10: NOL Competition – updated Guideline links

Version 03 - 11 March 2022

Page 22: Map scale for MSW 1 at La Trobe University is 1:4,000

Page 32: Amended arena diagram

Page 35: Map Flip - the two parts of the relay courses are on opposite sides of the page and require a map flip.

Page 35: Amended arena diagram