

Inter-club Relay Championships 2022

Minim Cove, Mosman Park

Setters/controllers: Noel Schoknecht, Karen Staudte

Organising Club: LOST

Organiser and contact : Moreen Cox 0405 816 575

Controller: Karen Staudte

Courses:

Hard Open Teams of 2, 3 or 4 members

Legs: Hard Navigation

Hard Masters Teams of 2, 3, or 4 members for men over 50 and women over 45.

Legs: Hard navigation..

Mixed Teams of 3 members.

Legs: Hard, using a Masters Team course, a Medium course and an Easy course (shadowing of < 12-year olds is allowed on this course).

Course lengths:

Hard long – 2.7 – 2.8 km

Hard Short – 1.8 – 1.9 km

Moderate – 1.6 km

Easy – 1.0 km

Note that distances are straight line. The terrain is very open and fast, but out-of-bounds areas will increase actual course length on hard courses.

Unofficial teams. The Organiser may make up teams from 'leftover' members from different clubs but these will not count towards the Ruddy Rock or B-O Trophies.

Enter on the day

A Hard Short, and the Moderate and Easy courses will be available from 10.30.

Entry and payment are via Eventor only:

You can run one leg or two legs non-consecutively, in Hard Open or Hard Masters teams.

Please indicate how many legs under Services (1 Leg, 2 Legs). There is no charge for running a second leg. Mixed team members may run only one leg and in the order allocated by the organisers.

Club Convenors will allocate teams, to be shown in Eventor, and notify their members before the event. Make sure you know which team you are in before you come to the event as this will make everything so much easier for you and your team mates.



At the event: At 9.15 am Club Conveners will collect packets of chest numbers for their Club's teams from the caravan and will distribute them to one person from each team. Be there on time to ensure everyone can get organised before the start.

Procedural matters:

Team members must wear chest numbers.

The running order is: White 1st leg, Blue 2nd leg, Yellow 3rd leg, Red 4th leg.

For Hard Open and Hard Masters teams with two runners the 1st leg runner must also run leg 3 and the 2nd leg runner must also run leg 4. For Hard Open and Hard Masters teams with three runners the 1st leg runner must also run leg 3.

Use your SI tag for both legs but remember to Clear and Check **before** your first run and Download **after** your first run. Then, if you're doing a second leg, Clear and Check **before** you start again and Download **after** you finish. If you don't get this right, the computer operators cannot retrieve your results and your Team will be recorded as MP.

Control descriptions will only be printed on the maps.

Facilities: Toilet.

Bring: E-tag and compass. Drinking water (no water on courses or at the assembly area). Sunscreen, insect repellent, leg protection.

Schedule:

9.15am Latest arrival time

9.50 am briefing.

Start Times:

10.00 Hard Open teams

10.02 Hard Masters Teams

10.04 Mixed teams

There will be a mass start at 11.30 for any remaining runners

Courses close: 12.30 pm.

Map:

Minim Cove

Minim Cove 2022. Scale 1:4000 with 2.5 m contour intervals.

Based on 2008 Minim Cove map by Jen Graham-Taylor, updated by Noel Schoknecht 2022.

Scoring method:

Hard Open Teams: 30 points for 1st team, declining to 1 point for 30th team.

Hard Masters Teams: 25 points for 1st team, declining to 1 point for 25th team.

Mixed Teams: 20 points for 1st team, declining to 1 point for 20th team.

The club with the most points is awarded the Ruddy Rock Interclub Relay trophy. If there is a tie, the club with more points in the Hard Open category wins.

Interclub B-O trophy points will be allocated as usual according to the final order of the clubs.

Unofficial teams will not count towards the Ruddy Rock or B-O Trophies.

Directions:

Parking area for Mosman Park Tennis Club and Russell Brown Adventure Park, off Downey Drive (eastern end of McCabe Street) Mosman Park.

