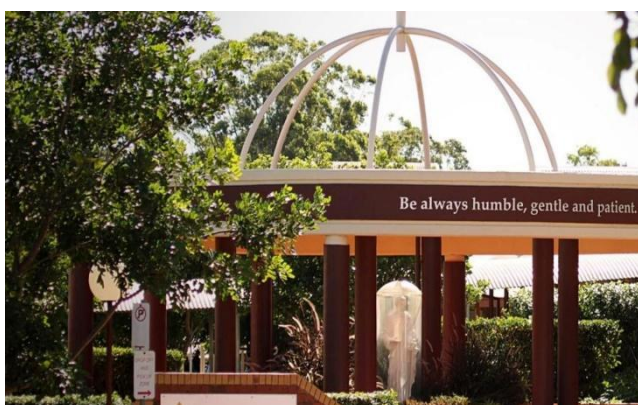# ORIENTEERING NSW

State League #10 and #11
Port Macquarie, NSW
9th and 10th July 2022

STATE LEAGUE #10 - SPRINT - MACKILLOP COLLEGE
Saturday 9th July 2022

Organisers: Jenny Friend, Geoff Peel
Course Setter: James Stevenson
Controllers: Matt Bell, Andrew Power

Thank you for supporting Port Macquarie's first State League event, which has been two years in the making!! We hope that you enjoy your weekend of orienteering on the mid north coast.

Hastings Orienteering Group acknowledges the traditional owners of the lands on which we meet, the Birpai people, and pay our respects to elders past, present and emerging.

Hastings Orienteering Group would like to thank Newcastle Orienteering Club, who have provided valuable guidance and mentoring to our organisers, course setters and controllers. Thanks also to Mackillop College for allowing us access to the school campus.

Location
Mackillop College, Lochinvar Pl Port Macquarie
Enter via Ocean Dr, approximately 4km south of Port Macquarie CBD.
Please note, there is no entry to the event via Hockey Pl. Entry is via Lochinvar Pl only.

Parking
Parking Area: 31°27'13.8"S 152°53'58.5"E
There are approximately 120 car parking spaces available at the north end of Lochinvar Pl, in the green highlighted areas. If all of these spaces are taken, competitors can be dropped off and vehicles parked in the overflow car park on the western side of Ocean Dr, accessed via Greenmeadows Dr.
Please do not park along the outside of the designated parking areas on Lochinvar Pl or adjacent to the retirement residences.

Time and Entry
Start window 1pm - 2:30pm
Course closes 3:30pm
Queued starts, no start times allocated. Some courses will have larger queues due to entry numbers.
Volunteers and those with travel or childminding considerations will be fast tracked during the first 15 mins.

Map
New map 'Mackillop College' Scale 1:3000 Contour interval 2m
Mapped by Hamish Mackie & James Stevenson
Mapped to ISSprOM2019-2 (March 2022)
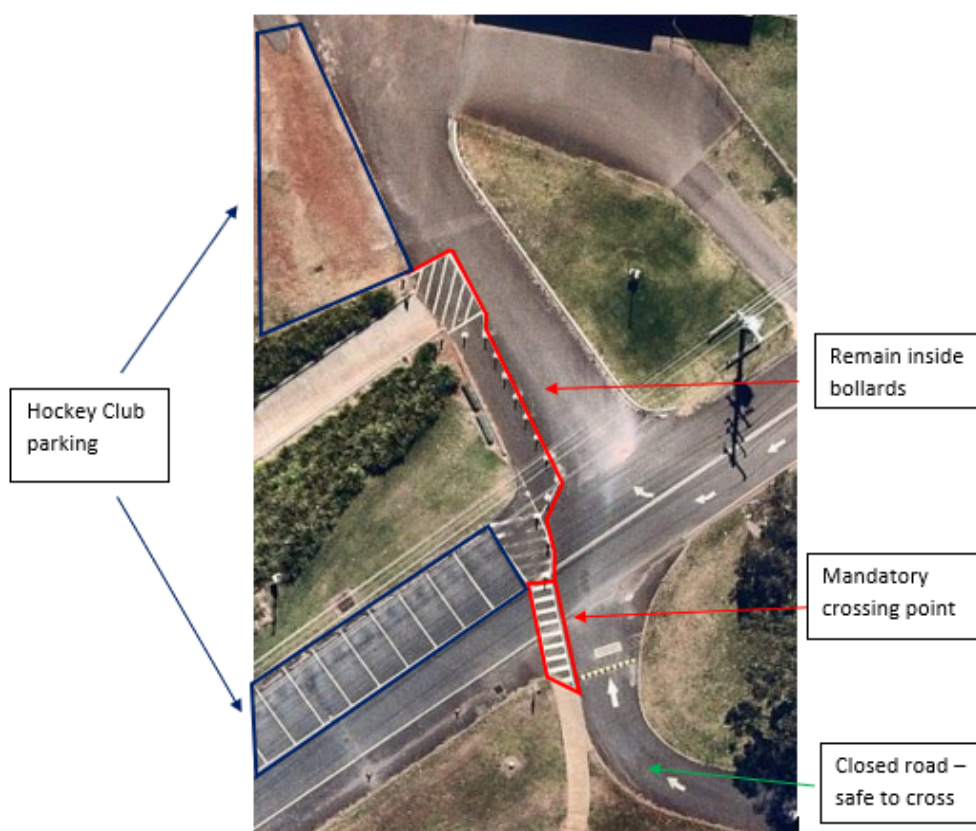Printed on Pretex synthetic waterproof & tear resistant paper

Course Setters Notes

To compensate for not being able to provide a double sprint event, we have made the courses longer than a standard sprint event. Winning times are expected to be in the range of 25 - 30 minutes.

Courses Hard 1, Hard 2, Hard 3 and Moderate will have a map flip with both sides printed on A4 at a scale of 1:3000. All other courses will be single sided A4 at 1:3000.

The Hard 1 course will have 35 controls. Competitors in Hard 1 should ensure they have a SI stick that is capable of holding more than 30 controls.

There is a mandatory crossing point marked on the map, at the pedestrian crossing on the east side of the Ocean Dr tunnel. Competitors must cross the road at the pedestrian crossing, checking for traffic before crossing. There will be vehicles seeking to park in the areas marked on the map. We will have signs and a marshal at this crossing point, however you must check for traffic before crossing the road. Please see the map below for greater detail.

Port Macquarie has not yet been affected by the East Coast low, however showers are predicted for Tuesday through to Thursday. Please come prepared to get wet and muddy feet. Please wipe your feet prior to entering the hall to download.

Please be aware of other competitors running around corners and into controls from opposite directions.

Black X symbols on the map represent man-made objects and signs.
The well symbol (shown below) on the map represents a fountain.

Courses

Course	Classes	Approximate running distance	Number of controls
Hard 1	M21A, M16A, M18A, M20A, M35A	6.2km	35
Hard 2	M40A, M45A, M50A, M55A, M60A, M65A, W18A, W20A, W21A, W35A, W40A, W45A, M21AS	4.5km	26
Hard 3	M70A, M75A, W16A, W50A, W55A, W60A, W65A, W70A, M35AS, M45AS, M55AS, W21AS, W35AS, W45AS, W55AS, EOD Hard	3.8km	25
Hard 4	M80A, M85A, W75A, W80A, W85A, M65AS, W65AS	2.0km	16
Moderate	M14A, W14A, M Open B, W Open B, M Junior B, W Junior B, EOD Mod	4.6km	28
Easy	M12A, W12A, Open Easy, EOD Easy	2.0km	22
Very Easy	M10A, W10A, M/W10N, Open Very Easy, EOD Very Easy	1.5km	19

* The Hard 1 course has more than 30 controls. Please ensure you have a SI stick that can hold the required number of controls (SI-Card9, SI-Card10 or SIAC)*

Enter on the Day (EOD)
EOD is available for Very Easy, Easy, Moderate and Hard 3 courses. Please register for EOD courses in the hall adjacent to Lochinvar Pl.

EOD Cost
Senior $12 member, $16 non-member
Junior $6 member, $8 non-member
Family $30 member, $40 non-member

Assembly Area
The assembly area is located in the school hall adjacent to Lochinvar Pl. Enter on the day registration, first aid and download will be located in the hall.

Start
Located near the main entrance to Mackillop College. From the parking area on Lochinvar Pl, please head north and cross the pedestrian crossing, then walk west through the tunnel under Ocean Dr and south for 120m to the pre-start area.
* Please keep left in the tunnel as there will be competitors coming in the opposite direction. There will be witches hats down the middle of the tunnel to prevent collisions*

Start procedure: Arrive at prestart, clear and check, SIAC battery test, SIAC Test
Join the queue for your course, no name tick off is required
Start - 3 min: Obligatory SI "safety check"
Start - 2 min: Collect control descriptions
Start - 1 min: Move to map boxes
Start - start on the clock beep, punch the "start unit", proceed to the start triangle and enjoy your run

Punching System
SI Air will be activated for all controls. The Start and Finish will require a manual punch. Use the reserve boxes on the map should any SI unit fail.

Clear and Check
All competitors are to clear and check their SI stick before starting. Clear and check units will be available in the pre-start area

First Aid
First Aid trained personnel and equipment will be available in the hall adjacent to Lochinvar Pl. For medical emergencies, the nearest hospital is Port Macquarie Base Hospital, Wrights Rd Port Macquarie.

COVID cancellations
Please do not attend if you have any COVID-19 symptoms or have been advised to isolate
A refund of 70% will be given if the organisers are notified by email before Saturday 9th July
No refunds given after 9th July

Control descriptions
Control descriptions will be printed on the front of your map. **IOF symbols** for H1-H4 and Moderate, **English** for Easy and Very Easy will be available as a loose leaf cut in the pre-start area. Moderate, Easy and Very Easy courses will use English descriptions on the map.

Finish and Download
After punching the finish control, please make your way to the Finish desk to download. All competitors must report to download even if they fail to finish

Results will be available online at https://sportident.itsdamp.com/directory.php

Map Collection There will be no map collection. Please do not show your map to other competitors until they have finished.

Photography
Please have your best orienteering pose ready as we will have roving photography by Dennis Photography! We will provide a link to the photos after the event

Special Notes
No dogs permitted on school grounds
No spikes
No ball games in hall area
Do not cross out of bounds areas

Facilities
Toilets will be available inside the hall
Tap water is available on site
No bottled water provided, please bring your own

Catering
The adjacent Hockey Club has generously opened their canteen to State League competitors. if you would like to purchase food and/or beverages from the Hockey Club, please head north from Lochinvar Pl, cross the road at the pedestrian crossing, and continue across the open area to the canteen

Contact Information
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