



ORIENTEERING NSW



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



STATE LEAGUE #11 - MIDDLE DISTANCE - BROKEN BAGO STATE FOREST, WAUCHOPE

Sunday 10th July 2022

Organisers: Matt Bell, Geoff Peel

Course Setter: Dan McLachlan

Controllers: Jenny Friend, Rob Vincent

Thank you for supporting Port Macquarie's second 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 NSW Forestry Corporation and Wauchope Scouts for providing access and supporting this event.

Start Location

2nd Wauchope Scout Hall, Tallowood Ave, Wauchope. Enter via Cameron St, approximately 20km west of Port Macquarie CBD and 2km south of Wauchope CBD.

Parking

Parking Area: [31°28'09.2"S 152°43'49.5"E](#)

There are approximately 30 parking spaces within the Scout Hall grounds. Once these spaces are taken, please park in the surrounding streets - Tallowood Ave, Turpentine Cr and Stringy Bark Ave.

Please be courteous to local residents and do not block any driveways.

Please do not park on the southern side of Mahogany Way adjacent to the competition area, as shown in the diagram below.



Time and Entry

Start window 9:30am - 11am

Course closes 2pm

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 'Lone Palm' scale 1:10,000 contours 5m

Mapped by Rob Vincent April 2021, updated May 2022

Printed on A4 Pretex synthetic waterproof & tear resistant paper

Course Setters Notes

The vegetation has been remapped in May 2022, and the forest is generally slower, and more physical running due to past Forestry operations and regrowth. Leg and eye protection are highly recommended.

Large areas of thick vegetation, such as lantana, occur across the area leading to almost impassable barriers. Careful route choice decisions will be advantageous.

Leeches and ticks are active in the forest. Competitors should take precautions.

Motorbikes and 4WD vehicles are active in the area. Take care when you hear them in your vicinity.

A permanent creek runs through the map and will be crossed by most Hard courses as well as the Moderate.

There will be two marked crossing points on the map, one of which is a fallen log over a 1m deep pool. The approaches and exits to this crossing point have been marked with blue and white tape, as shown in the photos below.



The other marked crossing point is adjacent to Cameron St and involves stepping down from the bank and across blocks of concrete. The approach, creek crossing, and exit from the creek can be seen in the below photos and have been marked with blue and white tape.



*** Cameron St is out of bounds and running on the road to cross the creek is not permitted. This will be marked on maps and on the ground with signs and red and white tape***

No other creek crossings have been marked, however the creek can be crossed at many points, except in areas mapped as large pools. There are a number of fallen logs that can be used to cross the creek. Please exercise caution when crossing the creek.

Please come prepared to get muddy and wet feet. Port Macquarie has not yet been affected by the East Coast low, however showers are predicted for Tuesday through to Thursday. There are still many puddles on tracks and all areas that have been mapped as marshy ground are wet.

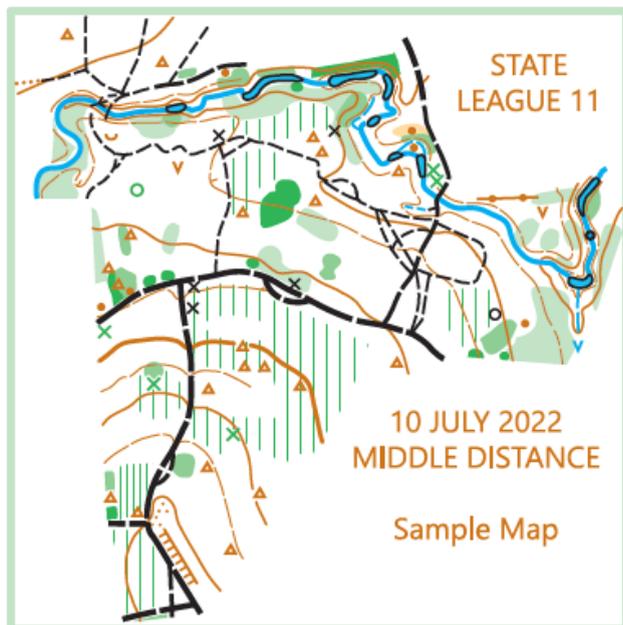
Several ruins are present and have been mapped, they are simply concrete foundations and look similar to the image below.



"Tree-root mounds" occur across the area. Larger root mounds have been mapped (shown with a green "X")

"Termite mounds" occur across the area and generally only significant ones have been mapped (shown with a brown triangle)

An example of the terrain and features mapped can be seen below.



Courses

Course	Classes	Distance	Controls	Climb
Hard 1	M21A, M35A	4.5km	25	145m
Hard 2	W21A, M18A, M20A, M40A, M45A, M50A, M55A	3.5km	19	110m
Hard 3A	M16A, M21AS M60A, M65A	3.0km	14	80m
Hard 3B	W16A, W18A, W20A, W35A, W40A, W45A, W50A, W55A, W60A, M35AS, M70A, EOD Hard	2.7km	13	70m

Hard 4	W21AS, W35AS, W45AS, W55AS, W65A, W70A, M45AS, M55AS, M75A	2.4km	12	60m
Hard 5	W65AS, W75A, W80A, W85A, M65AS, M80A, M85A	1.2km	7	40m
Moderate	M14A, W14A, M Open B, W Open B, M Junior B, W Junior B, EOD Mod	2.5km	11	70m
Easy	M12A, W12A, Open Easy, EOD Easy	2.4km	12	40m
Very Easy	M10A, W10A, M/W10N, Open Very Easy, EOD Very Easy	2.4.km	13	35m

Enter on the Day (EOD)

EOD is available for Very Easy, Easy, Moderate and Hard 3B courses. Please register for EOD courses in the scout hall, entrance via Tallowood Ave.

EOD Cost

Senior \$12 member, \$16 non-member

Junior \$6 member, \$8 non-member

Family \$30 member, \$40 non-member

String Course

Due to the layout of the site, there will **not** be a string course available for younger orienters

Assembly Area

The assembly area is located adjacent to the scout hall. Enter on the day registration, first aid and download will be located in the scout hall.

Start

Located 50 metres east of the assembly area

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 - 6 min: Obligatory SI "safety check"

Start - 4 min: Collect control descriptions

Start - 2 min: Move to map boxes

Start - start on the clock beep, punch the "start unit", proceed to the start triangle and enjoy your run.

Adults shadowing M/W10N, please allow enough time to complete your own course before shadowing children.

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 scout hall. For medical emergencies, the nearest hospital is Wauchope Hospital, 69 High St Wauchope.

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-H5 and Moderate, **English** for Easy and Very Easy, and these will be available as loose leaf cut in the pre-start area. Moderate, Easy and Very Easy courses will use English descriptions. **Control Codes** will be on the SI unit for all controls and on the stand for most. Ignore any markings on flags. Be careful to check the CORRECT CODE for your control as there are many controls in close proximity out in the Competition Area. Standard control stands will be used.

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 in scout hall

No ball games in scout hall

No water provided on course

*** All State Forest roads will be open to traffic, please be aware of vehicles on forest roads and give way where necessary. Broken Bago State Forest is very popular with 4WD vehicles and motorbikes ***

Catering

There will not be any onsite catering, however Waterman's Cafe in Wauchope is open from 8am - 12:30pm. Please consider supporting this local business by purchasing coffee and/or breakfast. They are located at 56 High St Wauchope, next to Bain Park.

Facilities

Toilets will be available inside the scout hall as well as portaloos on site.

There is a large grassed area next to the scout hall where competitors and spectators can set up chairs and club flags.

No bottled water provided, please bring your own.

Contact Information

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