

## ACT Middle Distance Championships.

2022 ACT League #10

2022 NSW State League #12

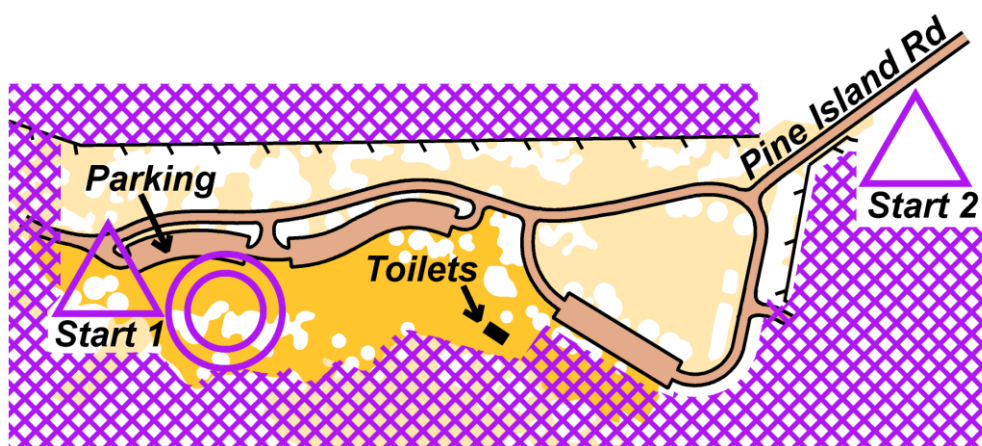
**COVID 19:** Do not attend if you have cold/flu like symptoms. Practice physical distancing and hand hygiene – hand sanitiser is provided.

**NOTE:** Water will NOT be provided at the finish or on any course. Please bring your own water.

**Venue:** : Pine Island Reserve. The event area is located in Tuggeranong, and is 25km south of the centre of Canberra.

**Directions:** Approximately 25 minutes from central Canberra.

From the intersection of Don Dunstan Dr and Pine Island Rd in Greenway follow signs to parking areas at the reserve.



**Parking:** Use western end of parking area. Please park in parking bays. Note that this area is open to the public.

**Assembly Area:** Adjacent to western end of parking and Finish. Please maintain COVID 19 social distancing requirements.

**Out Of Bounds:** The bush area surrounding the assembly area is out of bounds to all competitors before their race.

**Map:** Pine Island. 1:7,500. 5m contours

**Mapper/Course Setter Notes:** The area for the event is the northern part of the new Pine Island – Mt Stranger map which covers the area between the Murrumbidgee River and the suburbs of Bonython and Gordon. The map covers a variety of terrain including fast open native forest, rocky steeper areas with rock detail typical of the Deakin volcanics evident in a number of maps to the west of Canberra, and, along the river, complex rock detail interspersed with patches of green, that will provide a unique Canberra orienteering experience.

The higher than average rainfall in recent months means that some areas along the river bank and other low-lying areas that were high and dry when mapped may be partially submerged.

## Courses/Classes:

Course	Classes	Indicative length (km)	Difficulty
1	M21A, M20A, M35A, M40A	5.9	Hard
2	M45A, W21A, M16A	4.9	Hard
3	M50A, M55A, W20A, W35A, W40A, M20AS, M21AS	4.3	Hard
4	M60A, M65A, W16A, W45A, W50A, M35AS, W21AS	4.0	Hard
5	M70A, W55A, W60A, M45AS, W35AS	3.4	Hard
6	M75A, W65A, W70A, M55AS, M65AS, W20AS, W45AS, W55AS	2.8	Hard
7	M80A, M85A, M90A, M95A, W75A, W80A, W85A, W65AS	1.8	Hard
8	M14A, M Junior B, M Open B	3.5	Moderate
9	W14A, W Junior B, W Open B	2.5	Moderate
10	M12A, W12A, M/W Junior Easy, M/W Open Easy	2.4	Easy
11	M10A, W10A, M/W Junior Very Easy, M/W Open Very Easy, M/W10 Novice	1.7	Very easy

**Entry fees:** (GST included): Adults (21 years and older) \$21. Junior (20 years old and younger) \$12. Family fees are based on the three most expensive entry fees in an eligible family and Eventor works this out. Entries close at 11:59pm on Sunday 14 August 2022. Entry on the day will not be available. Enter here: <https://eventor.orienteering.asn.au/Events/Show/16009>

**Awards:** Cloth badges will be awarded to place getters in all Championship (A) classes. Certificates will be awarded to place getters in all other classes and all participants in M/W10 Novice.

**Starts:** Allocated starts will commence at 11:30am

There will be 2 start locations.

Start 1. Courses 1 – 6. Adjacent to the west end of the assembly area.

Start 2. Courses 7 – 11. Approximately 400m flat walk east from the finish/assembly.

**Start Procedure:** 2 minute start interval.

-6 min: Enter start box

-4 min: Collect control descriptions

-2 min: Move to map

Punch start

**Control Descriptions:** Available at the start and on the map.

**Electronic Punching:** SPORTident electronic punching system will be used. You must clear and check your SI card before starting. Clear/check will be at the pre-start. If an SI unit fails, punch in the reserve boxes on the map using the back-up punch on the control stand. Inform an official immediately upon finishing.

**Late Starters:** Talk to a start official and you will be given a start time.

**Finish:** You must punch the Finish control.

**Map Collection:** There will be no map collection. Don't show your map to other competitors until they have finished.

**Course Closure:** Courses close at 15:00 (3.00pm)

You MUST report to the finish by 15:00, whether you have finished your course or not.

**Toilets:** Public toilets are adjacent to the assembly area.

**Catering:** There is no catering at this event.