

**OWA Interclub Relay Championships, NAVDASH course format.**

**Hale School, Hale Road, Wembley Downs**

**Saturday, 18 April 2015**

**This is a pre-entry interclub event.** Notify your Club Convenor of your intention to enter by Wednesday 8<sup>th</sup> April to enable teams to be formed. See below for event details.

**Organising Club:** BO

**Setter and Organiser:** Phil and Penny Dufty, 9299 8228, phil.dufty@westnet.com.au

**Controller:** None appointed.

**Administration:** McC Team.

**Registration:** 12.30 – 1.15 pm for Relays; 1.45–2.30pm for EOD

**Relay Briefing:** 1.20pm

**Mass Starts:** 1.30pm for Relay courses

**EOD:** Limited provision for EOD will be made with an easy, moderate and short hard course available. EOD registration 1.45–2.30pm. EOD starts from 2.00pm to 2.30pm

**Course Closure:** 4:00pm

**Assembly:** Assembly, start and finish will be at the lower level of the recreation pavilion. Toilets and water are available at the pavilion.

**Bring:** SI stick, sun screen & rain gear, shoes suitable for paved areas.

Notify your Club Convenor of your intention to join the fun, with the following information, at the latest by Wednesday 8<sup>th</sup> April to enable teams to be formed. Provide the following information:

**Which course?** Open, Masters or H, M or E in a Mixed team.

**How many legs?** One or two, or flexible for Open and Masters.

**A team of your own,** if you have arranged a partner(s) for a team.

**SI Stick** Number or Need to hire (the same SI can be used for 2 legs)

**Shadowing?** You may shadow a youngster in a Mixed team, but we need to know.

**Directions:**

Hale School is at 160 Hale Road Wembley Downs, north side of Hale Road which is a divided carriageway.

Enter the School at the main (eastern) entrance on Hale Rd, Wembley Downs. Immediately take the right fork, and follow this road for approx. 250m to the sports grounds. Continue for a further 400m, keeping the hard courts on your left, to the Sports Pavilion area. To park, either turn left before the Pavilion and park on the limestone carpark north of the hard courts or drive under the Pavilion and then park on the left in the limestone carpark before the fenced pond.

Alternatively, enter the school at the primary school entrance off Glenelg Avenue and follow the drive past the fenced pond to the either of the limestone carparks mentioned above.

**Map:** 1:4000; 5m contours.

### **The Event:**

#### **Courses & Classes:**

**Open**—Teams of 2–4 competitors to complete 4 Hard legs of 3 km. Any competitor completing two legs must do either legs 1 & 3 OR legs 2 & 4.

**Masters**—teams of 2–4 competitors to complete 4 Hard legs of 2.5 km. Any competitor completing two legs must do either legs 1 & 3 OR legs 2 & 4. All males must be M50+ and females must be W45+.

**Mixed**—teams of 3 competitors to complete 1 Hard (2.5 km), 1 Moderate (2 km) and 1 Easy leg (1.5 km). For the Easy leg, younger runners may be shadowed. Please let your convenor know if you are planning to compete and also shadow a junior because you will need to run your own leg first. All teams in all classes may be either single or mixed genders.

Courses have been set for a median (not winning) time of 20-25 minutes and being a sprint format event navigation on all courses is “Easy” by bush standards.

**Enter on the Day:** 3 courses will be available: 2.5km, 2km and 1.5 km.

**Control Sites:** As in all campus sprint events, controls may be very close together. It is essential that runners take extra care to ensure they visit the correct controls by checking control ID numbers.

#### **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. In the event of a tie, the club with more points in the Hard category wins.

B-O points are allocated as usual according to the final order of the clubs.

#### **This is a pre-entry interclub event.**

Club Conveners must advise the organisers, Phil or Penny Dufty (9299 8228, phil.dufty@westnet.com.au) of the number of teams, type of teams and number of required hire SI sticks (see below) before 5pm Saturday 11<sup>th</sup> April 2015. Please do this earlier rather than later. Convenors will be emailed a registration form spreadsheet to be filled in.

On the day of the relay, one team member should collect event fees from other team members and pay at the registration table. Fees are standard NavDash charges per person, not course.

McCTeam will give this person a pack of bibs and any required SI tags.

The initial mass start will be at 1.30pm. Competitors should be on site by 12.30pm to allow

sufficient time to organize team members, pay fees, advise team changes, etc. Members unable to be placed in an official club team can be organized into suitable unofficial teams.

If required, there will be a second mass start for runners who have not started by late in the event. The time of the second mass start will be advised on the day. All courses will have SportIdent timing, and standard control flags and stands. Runners will be visible for about 50m before the changeover. All competitors will use their own SI stick or use one hire SI stick. If you require a hire SI stick, please tell your Club Convenor. Your hire SI stick will be in your team's pack of bibs.

You must clear and check your SI stick before your run. **If you run two legs you must download your SI stick at the caravan after your first run, then clear and check before your second run.** At every relay event, some competitors somehow forget to download their SI tag after their run. This causes a lot of problems—make sure it is not you this year!