

# Christmas 5 Days Orienteering Carnival V14.9



Lithgow and surrounds

27 - 31 December 2022

## Initial Program



### **Welcome**

Welcome to the 2022 Christmas 5 Days carnival, based in Lithgow. We hope you experience five very enjoyable and different days of orienteering and take the time to relax and explore the many attractions of the Central Tablelands in NSW.

## ***Program of Activities***

	<b>Day / Date</b>	<b>Time; from</b>	<b>Event</b>	<b>Venue</b>
1	Tuesday 27/12/21	16:00	Bush Event – (Big Foot) Middle Format	Falnash SF
2	Wednesday 28/12/21	08.00	Bush Event – (WHO) Middle Format	Mt Piper NP
3	Thursday 29/12/21	08.00	Bush Event (Stingers) Long Format	Long Swamp NP
4	Friday 30/12/21	08.00	Bush Event (Garingal) Middle Format	Gardens of Stone NP
5	Saturday 31/12/21	08.30	Campus Sprint (Uringa)	Blue Mountains Grammar School, Wentworth Falls.

\* Note that Tuesday is declared a Public Holiday in NSW

	<b>Course (Approx lengths)</b>	<b>Men Class</b>	<b>Women Class</b>	<b>Suggested age guides</b>	
<b>1</b>	Hard 1 - 7km	Men A		M21	
<b>2</b>	Hard 2 - 6km	Men B	Women A	M20,35	W21
<b>3</b>	Hard 3 - 5km	Men C	Women B	M16, 45	W20,35
<b>4</b>	Hard 4 - 4km	Men D	Women C	M55	W16,45
<b>5</b>	Hard 5 - 3km	Men E	Women D	M65+	W55+
<b>6</b>	Moderate 3.5km	Men F	Women E		
<b>7</b>	Easy	Men G	Women F		
<b>8</b>	Very Easy	M/W Novice			

Note; Lengths are guidelines with Day 5 being set to Sprint distances.

### ***Water***

Competitors are strongly advised to bring their own water and to carry water on their courses.

Water will only be provided on courses at the discretion of the controller for that day.

This will be advertised in the "Final Bulletin" which will be sent out around December 19<sup>th</sup>.

## ***High Fire Danger***

Recent cool, damp weather has reduced the bushfire risk, but it cannot be ignored. In the event of forecast high temperatures >35 degrees, or active bushfires in the area, organisers of the bush events (days 1-4) are empowered to cancel that Day's event under ONSW Rule 4.3.

Events may also be cancelled if Forests NSW or National Parks close access to the areas. We will endeavour to update the event website, Facebook, and email competitors if these conditions are expected.

Evacuation:

Should the need to evacuate arise, whistles will be used, 3 short blasts followed by a series of 3 short blasts.

Upon hearing the signal all competitors must report to the finish immediately and download.

## ***GENERAL INFORMATION***

### ***Location***

The competition areas are located a short distance from Lithgow in the Central Tablelands of NSW.

Distances from Lithgow McDonalds.

Day 1 at "Falnash" 20 km, 18 minutes.

Day 2 at "Mt Piper" 22km, 18 minutes

Day 3 at "Long Swamp" 20 km, 19 minutes

Day 4 at "Gardens of Stone" 35 km, 26 minutes

Day 5 at "Blue Mountains Grammar" 47 km, 47 minutes.

### ***Travelling to Lithgow.***

2 Hours west of Sydney

-33.4783884,150.1357783

### ***Weather***

The average minimum temperature (usually the minimum temperature is noted during the night) in Lithgow in December is 18.3°C (64.94°F). The amount of rain in December is normal with an average of 72mm (2.8in). It rains on average a total of 11 days. The average maximum daytime temperature lies around 26.0°C (78.8°F). If you enjoy looking at a blue sky and love the sun than this is a great time to go to Lithgow with 257 hours of sun.

### ***Places to Visit***

After you run, check out the local attractions on the [Lithgow Tourism](#) web site.

A summary of tourist attractions is given at the end of this Program.

### ***Catering***

Due to COVID-19 restrictions there may be limited catering on days 2, 3 & 4. (Fundraising for NSW Juniors.)

### ***O-Gear shops***

Aussieogear will be at each event but as I am the events co-ordinator the event is the priority.

### ***Accommodation***

Go to [Lithgow Tourism](#) for lots of accommodation options.

### ***Entries***

Entries are open to all and no special qualification or membership is required. **NO EOD available.**

### ***Registration***

There will be a Registration tent at each day's event for enquiries and collection of hired SI sticks otherwise there is no need to report to registration. Open from 2.30pm on day 1, 7.30 to 8.30 am days 2-5.

Entry is via Eventor only. Pre entry only!

### ***Sportident number***

The start list on Eventor will show your SI number. Please check your details before the event and notify the Event Director if they are incorrect. If for some reason you need to change your SI number during the 5 Days, please let the Registration tent know before you start - NOT when you arrive at the finish to download.

### ***Start Lists on Eventor***

The start lists shown on Eventor will have the first start time showing for all competitors. These times are purely academic as it enables all entries in all classes to be shown on Eventor.

**The starts each day are queuing** – you start at the next available time within the start window.

Changes to entries after the close of entry (17<sup>th</sup>) will not show up on Eventor as that is closed so check the final start lists when sent out just prior to the 25<sup>th</sup>.

### ***Changing Classes during the Carnival***

There will be NO flexibility to allow competitors to change classes during the carnival or after 24<sup>th</sup> December.

### ***Start Window / Course Closure***

The start will be open each day:

Day	First Start	Last Start	Course Closure
1	16.00	17.30	19.00
2	08.00	9.30	11.30
3	08.00	9.30	11.30
4	08.00	9.30	11.30
5	08.30	10.00	10.30

### ***Split Starts for child minding***

The start window is quite short – however if needed the early runner may be able to start prior to the first advertised start.

It is queueing starts so you can organise your split starts.

### ***Enter on Day***

**There will be no Enter on the day.**

### ***Maps***

Note the different map scales on each day.

### ***Previous versions of Maps***

Previously used map editions are available on Eventor.

### ***Map Protection***

All competition maps will be printed on waterproof and tear resistant paper. (Pretex)

### ***Map collection***

Maps will not be collected at the finish. The onus is on competitors not to show other competitors their map until after they also have run, nor seek to view maps of runners who have completed their courses. Maps for people who did not start will be available from the Registration Tent on following days.

### ***Control descriptions***

Control descriptions will be on all maps. They will also be available for all five events on Eventor for you to print as soon as possible after December 19th.

**NO Loose control descriptions will be available at the start.**

### ***Competition Details***

#### ***Rules***

The competition rules of Orienteering Australia shall apply to all of the events. A copy of these rules are available on the OA website and competitors are reminded that controls must be visited in the order shown on the course and that talking to, collaborating with, or distracting other competitors during the competition is not permitted and that the grabbing of another competitor's map in order to relocate yourself could result in your disqualification. In addition, any orienteer who interferes with control flags or stands will be disqualified.

#### ***Control Stands and Punching***

This event will use the Sportident electronic timing system. **All controls will be SIAC enabled** however you must punch the start and finish units.

Control numbers will generally be located on the Sportident units.

All controls must be visited in the order shown on the course. Please note that as some controls will be in close proximity to others, you should CHECK the control number before punching.

If an SI unit fails to beep or flash, then use the emergency pin punch in one of the reserve punch boxes (or elsewhere) on the map.

#### ***Start information***

All starts will be using the queued start process. First start time will be from 16.00 (4pm) on Day 1, 8am on Days 2-4 and 8.30 on Day 5. Queue in front of your courses/class box, or as directed and await your turn. Your name may be marked off pre start, except for the Day 5 Sprint. You must clear and check prior to entering the queue and each day you will be asked to use/ punch a hand held check unit. Starts are at 1 minute intervals on all days.

**Remember to punch the start control and the finish, even with SI Air.**

### **Finish procedure**

The Finish and Download procedure will be the same for all 5 days

After punching the finish control, join the socially distanced queue. There may be two download stations on opposite sides of the tent.

**You MUST report to the Finish tent even if you did not complete your course.**

### **Start procedure**

Pre Start		Queue up for your course	
Box 1	- 3 minutes	Names may be checked off. Punch Starters check unit	Make sure you have cleared and checked
Box 2	- 2 minutes		<b>No control descriptions here!</b>
Box 3	-1 minute	Map box	Check you are at the correct map box
	0 minute	Punch the start control before looking at your map	Enjoy your run

### **Course Closure**

At the course closure time, if you have not completed your course, you must abandon it and return to the Finish as soon as possible or a search will be mounted for you.

### **Results Display**

To maintain COVID-19 safety there will be no results display at the event. Results will be streamed live to the web each day ASAP, technology permitting. A link to the live results will be displayed at the event arena each day.

Results will be available on the Eventor portal each afternoon along with split files.

### **5 Days Competition**

An overall competition will be run during the 5 Days, based on a competitor's best 4 out of 5 results. Cumulative points will be awarded each day, based on a competitor's placing in that class. (*the use of placings rather than relative times is fairer across the range of event formats*). Progressive point scores will be available each evening on the Eventor portal (look for the **Series** link), and where possible the link will be displayed in the Arena on Days 2 to 5.

Prizes will be awarded to daily winners for Days 1 to 4. However, if you have already won a stage you will not be able to win a second prize (except for the Overall Class prize, Day 5).

### **Presentations**

There will be presentations after Days 2,3,4,5 (Day 1 will be held in conjunction with Day 2)

Presentations for the overall winners on Day 5 will be made as soon as practical after the final day's competition with a target time set for 10.40 am. This is complex so ASAP.

The presentations will also incorporate random prize draws- not there, you miss out.

### **Complaints**

Complaints must be made in the first instance in writing and given to the officials at the Registration. The Day Organiser shall assess the complaint and make a ruling. If the complainant is still dissatisfied, the

complaint shall be referred to the Day Controller. The Controller shall consult with the Event Coordinator and if possible, one other Controller who is not part of the organising Club. The Controller shall make the final decision whether or not to accept the complaint, and what penalty if any to impose.

### **Safety**

Whistles are recommended to be carried by all competitors but should only be used in cases of severe injury where assistance is required. The distress signal is three short blasts repeated at intervals. If you hear such a signal, you are required to abandon your course and render assistance. Where vehicle or medical assistance is required, this should be reported to the Registration Tent as soon as possible.

As it is summer, snakes may be encountered. They will generally move away if they hear you coming. Should you be unlucky enough to be bitten, then blow your whistle to attract assistance and stay still. The bitten limb should be immobilised by firm strapping to prevent the venom from travelling to other parts of the body.

Many of the sandstone areas traversed by some of the courses during the 5 Days can become very slippery when wet, especially any sheets of sloping rock. Be extremely careful when running across these areas if it has been raining. It is permissible to wear spiked running shoes at these events. No spiked shoes allowed at the school sprints.

### **First Aid**

First aid will be available at the Registration tent for each day.

Lithgow hospital is located at; 2 Col Drewe Dr, South Bowenfels  
-33.4984931,150.1264784

Blue Mountains Hospital, Cnr Great Western Highway and Woodlands Road  
-33.705063, 150.321060

### **COVID**

Anyone with symptoms of COVID-19, even mild symptoms, should not attend an event or training session before they receive a negative COVID-19 test result. Symptoms of COVID-19 include: fever (37.5 ° or higher), cough, sore throat, shortness of breath (difficulty breathing), runny nose, loss of taste, loss of smell

Covid Tracing

Please read the latest Covid documents (for each state) carefully and follow the guidelines.

Stay safe and please social distance.

### **Novice Competitors**

Competitors in the Novice class may study the map prior to their run with their parent or support person. If needed they can also be shadowed.

### **Key Officials**

Carnival Director: Colin Price (m) 0415 210 339

Treasurer: Sharon Lambert

Planning and NSW liaison: Colin Price

## **TOURIST INFORMATION**

For lots of ideas; [www.visit tourism.lithgow.com](http://www.visit tourism.lithgow.com) [Lithgow Tourism](#)

What are the top attractions to visit in Lithgow?

- [Glow Worm Tunnel](#)
- [Hassan's Wall](#)
- [Lithgow Small Arms Factory Museum](#)
- [Lake Wallace](#)
- [Blackfellows Hand Cave](#)

### **Welcome to The Seven Valleys**

From the wonders of the Glow Worm Tunnel to the wild majesty of the Wolgan, the Seven Valleys encompasses over 4500 square kilometres of inspiring natural beauty and countless attractions to explore and discover.

Everything from colonial Hartley to indigenous sites belonging to our first nation peoples. Stand in awe at the immenseness of the Capertee; stay in family-friendly cabins, houses and hotels, or glamp it up in a Bubbletent. Go horse riding, fishing, boating or water skiing, visit the famous Tarana markets, spoil yourself with a spa treatment – or just escape, relax and rejuvenate in front of a roaring log fire.

At the heart of it all, just 2 hours from Sydney, is Lithgow.

In fact, there are so many things to see and do around Lithgow, they have written a book.

You can read it here! [Lithgow Tourism](#)

### **Coffee and dinner options**

[Cafés & Restaurants – Lithgow Tourism](#)



