

Christmas 5 Days Orienteering Carnival

Nov 1st



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

	Day / Date	Time; from	Event	Venue
1	Tuesday 27/12/22	16:00	Bush Event – (Big Foot) Middle Format	Falnash State Forest
2	Wednesday 28/12/22	08.00	Bush Event – (WHO) Middle Format	Mt Piper Power station + Ben Bullen National Park
3	Thursday 29/12/22	08.00	Bush Event (Stingers) Long Format	Long Swamp Ben Bullen National Park
4	Friday 30/12/22	08.00	Bush Event (Garingal) Middle Format	Gardens of Stone National Park
5	Saturday 31/12/22	08.30	Campus Sprint (Uringa)	Blue Mountains Grammar School, Wentworth Falls.

* Note that Tuesday is declared a Public Holiday in NSW

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

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

Event Fees

Seniors \$27 per day, Juniors \$18 per day & Sub Juniors \$14.50 per day.

Families will be charged for a maximum of 2 Seniors and 1 Junior per day. (enter all family members at the same time)

Entries Close on midnight 18th December

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 19th.

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 then 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.

Accommodation

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

Restrictions: Please note that State Forests and National Parks do not allow dogs in the parks and fires are prohibited. This is also in line with NSW policies.

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.

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 (17th) will not show up on Eventor as that is closed, so check the final start lists which will be sent out just prior to the 25th.

Changing Classes during the Carnival

There will be NO flexibility to allow competitors to change classes during the carnival or after 23rd 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. (Pretext)

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 and the finish controls, 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		No control descriptions here!
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 ONSW liaison: Colin Price

TOURIST INFORMATION

For lots of ideas; 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](#)





Bigfoot Orienteers

DAY 1 (Tuesday 27th)

Venue: Falnash State Forest

Map: Falnash

Course setter: Simon George 0418428217

Controller: Jock Davis 0406957097

Day Organiser: Nicky Nygh 0410569816

Organising club: Bigfoot Orienteering Club

Directions & Parking

From Lithgow: Drive to Wallerawang, take Pipers Flat Rd west for 4.5km. Turn left into Thompsons Creek Rd and drive 2.5 km to event parking.

Parking : Limited parking through gate into forest, otherwise along SE side only of Thompsons Creek Road, which borders Falnash SF

Notes on the map : Open spur gully, incised (deeply in places) by Thompsons Creek. Many termite mounds

Event details

Registration open: No need to register as you have pre-entered on Eventor.

Start window: 4:00 – 5:30 pm

Start: The start is a 200m walk from the assembly area.

Course close: 7.00 pm

Warm Up Area: Around and to the North of the assembly area

Safety bearing: West to Thompsons Creek Road

Mobile coverage: Some cover depending upon your network.

Toilets: Porta-loos

Water: Competitors are advised to carry their own water. Due to the possible hot weather, there **may** be a water stop at a control on some Hard courses, TBC in Final bulletin. If available please do not share water or cups. Be prepared, carry your own!

Control Descriptions: Control descriptions are printed on the front of the map. Loose control descriptions will be available on Eventor for you to print after close of entries.

Courses, Classes, Length, Climb "Provisional"

1	Course	Men Class	Women Class	Climb	Distance
1	Hard 1	Men A		170	5.9
2	Hard 2	Men B	Women A	140	5.0
3	Hard 3	Men C	Women B	130	4.7
4	Hard 4	Men D	Women C	110	4.0
5	Hard 5	Men E	Women D	65	3.4
6	Moderate	Men F	Women E	90	3.1
7	Easy	Men G	Women F	75	2.3
8	Very Easy	M/W Novice		70	1.7



DAY 2 (Wednesday 28th)

Venue: Ben Bullen NP + Mt Piper power station

Map: "Mt Piper"

Course setter: Vivien de Remy de Courcelles 0435030201

Controller: James McQuillan 0402032419

Day Organiser: Emmanuelle Convert 0466219153

Organising club: "WHO", Western and Hills Orienteering Club

Directions & Parking

From Lithgow: Take the Great Western Hwy then Castlereagh Hwy towards Mudgee. At Blackman's Flat turn left into Boulder Rd towards Mt Piper Power station. Proceed for 290 metres to the entrance of the Mt Piper Power Station complex. Allow 20 minutes from Lithgow

Parking : As directed

Notes on the map

Event details

Registration open: No need to register as you have pre-entered on Eventor.

Start window: 8 – 9.30am

Start: The start is a 100m walk from the assembly area.

Course close: 11.00am
Warm Up Area: North of assembly area.
Safety bearing: North to Power Station boundary, then to assembly area.
Mobile coverage: Some cover depending upon your network.

Toilets: Porta-loos

Water: Competitors are advised to carry their own water. Due to the possible hot weather, there **may** be a water stop at a control on some Hard courses, TBC in Final bulletin. If available please do not share water or cups. Be prepared, carry your own!

Control Descriptions: Control descriptions are printed on the front of the map. Loose control descriptions will be available on Eventor for you to print after close of entries.

Courses, Classes, Length, Climb

1	Course	Men Class	Women Class	Climb	Distance
1	Hard 1	Men A			
2	Hard 2	Men B	Women A		
3	Hard 3	Men C	Women B		
4	Hard 4	Men D	Women C		
5	Hard 5	Men E	Women D		
6	Moderate	Men F	Women E		
7	Easy	Men G	Women F		
8	Very Easy	M/W Novice			



DAY 3 (Thursday 29th)

Venue: Ben Bullen NP

Map: "Long Swamp" Updated 2021 by Rob Vincent.
(Map supplied by Central Coast Orienteering Club)
The map usage fee will be donated back to NSW Stingers.

Course setter: Oskar Mella 0487730089
Controller: Anna Fitzgerald 0429047838
Day Organiser: Alastair George 0413 254 534

Organising club: "NSW Stingers"

Directions & Parking

From Lithgow:

Head west along the Great Western Hwy for 6.6 km. Take the Castlereagh Hwy (veer to the left) towards Mudgee and travel 4.8 km then turn right onto Wolgan Road at the service station and drive through Lidsdale for 7.7 km, turn left (Orienteering sign) into Long Swamp Trail, Ben Bullen NP.

Parking as directed

Notes on the map: The runability is very variable across the map and courses have been set accordingly.
More to come after NSW champs.

Event details

Registration open: No need to register as you have pre-entered on Eventor.
Start window: 8.00 – 9.30am
Start: The start is a 1.5km walk from the assembly area.
Course close: 11.00am
Warm Up Area: Along the track on the way to the start
Safety bearing: East to the main track then south to assembly area
Mobile coverage: Little to no cover.

Toilets: Porta-loos

Water: Competitors are advised to carry their own water. Due to the possible hot weather, there **may** be a water stop at a control on some Hard courses, TBC in Final bulletin. If available please do not share water or cups. Be prepared, carry your own!

Control Descriptions: Control descriptions are printed on the front of the map. Loose control descriptions will be available on Eventor for you to print after close of entries.

Courses, Classes, Length, Climb

1	Course	Men Class	Women Class	Climb	Distance
1	Hard 1	Men A			
2	Hard 2	Men B	Women A		
3	Hard 3	Men C	Women B		
4	Hard 4	Men D	Women C		
5	Hard 5	Men E	Women D		
6	Moderate	Men F	Women E		
7	Easy	Men G	Women F		
8	Very Easy	M/W Novice			



DAY 4 (Friday 30th December)

Venue: Ben Bullen NP

Map: "Gardens of Stone", Alex Tarr, April 2013;

Course setter: Jim Forbes 0412956564

Controller: Ron Junghans 0438468914

Day Organiser: John Giles 0420290002

Organising club: Garingal Orienteers

Directions & Parking

From Lithgow: Assembly and Parking is on Hutchinson Rd Ben Bullen, just east of where the Castlereagh Highway crosses the railway line at Ben Bullen. Allow 20 minutes from the junction west of Lithgow of the Great Western Highway and the Castlereagh Highway to Mudgee.

Notes on the map: Terrain is mainly spur/gully with one very interesting rocky section that all courses will pass through. Since the severe fires a few years ago, and the much greater than average rainfall, there has been considerable regrowth such that the vegetation is thicker than the last event on this map. Competitors should take the vegetation mapping as very general and thicker than expected from the map.

Event details

Registration open: No need to register as you have pre-entered on Eventor.

Start window: 8.00 – 9.30am

Start: The start is a 40m walk from the assembly area.

Course close: 11.00am

Safety bearing: West to the Castlereagh Highway.

Mobile coverage: Little to no coverage.

Toilets: Porta-loos

Water: Competitors are advised to carry their own water. Due to the possible hot weather, there **may** be a water stop at a control on some Hard courses, TBC in Final bulletin. If available please do not share water or cups. Be prepared, carry your own!

Control Descriptions: Control descriptions are printed on the front of the map. Loose control descriptions will be available on Eventor for you to print after close of entries.

Courses, Classes, Length, Climb

1	Course	Men Class	Women Class	Climb	Distance
1	Hard 1	Men A			
2	Hard 2	Men B	Women A		
3	Hard 3	Men C	Women B		
4	Hard 4	Men D	Women C		
5	Hard 5	Men E	Women D		
6	Moderate	Men F	Women E		
7	Easy	Men G	Women F		
8	Very Easy	M/W Novice			



DAY 5 (Saturday Dec 31)

Venue: Blue Mountains Grammar School "Wentworth Falls".

Map: "Blue Mountains Grammar" 1:3000 2.5 Contours

Course setter: Oliver Freeman Mob 0474785668

Controller: Mark Freeman Mob 041236713

Day Organiser: Ron Pallas Mobile 0424720165

Organising club: Uringa Orienteering Club Inc.

Directions & Parking

From Lithgow: Head east on the Great Western Highway for approx. 47kms. Turn left into Adele Avenue, Wentworth Falls.

Parking : Parking will be in the sealed area at the eastern end of Pitt Park.

Event details

Registration open: No need to register as you have pre-entered on Eventor.
Start window: 8.30am – 10.00am
Start: The start is a 200m walk from the assembly area.
Course close: 10.30am
Warm Up Area: Pitt Park
Safety bearing: It's a school bounded by fences on all sides! Return to the arena.
Mobile coverage: Available through all carriers.

Toilets: In Pitt Park.

Water: No water supplied. Bring your own.

Control Descriptions: Control descriptions are printed on the front of the map. Loose control descriptions will be available on Eventor for you to print after close of entries.

Map Flip: The majority of courses will have a map flip

Courses, Classes, Length, Climb

1	Course	Men Class	Women Class	Climb	Distance
1	Hard 1	Men A			
2	Hard 2	Men B	Women A		
3	Hard 3	Men C	Women B		
4	Hard 4	Men D	Women C		
5	Hard 5	Men E	Women D		
6	Moderate	Men F	Women E		
7	Easy	Men G	Women F		
8	Very Easy	M/W Novice			

We hope you enjoy the Xmas 5 Days.

