



2023 State League #4 (Long) Soapy Flat

Organised by Southern Highlands Orienteers
Sunday 30th April 2023

PROGRAM, updated 26/4/2023

Organiser: Robert Spry (m) 0499 074033 or rbspry@gmail.com.au

Setter: Stephan Wagner

Controller: Keith Jay (IKO)

Map: "Soapy Flat", 1:10,000. New re-map 2021.

Directions from Sydney: Soapy Flat, 20 km west of Mittagong via Old Hume Highway. After crossing the Hume Motorway, turn right onto Wombeyan Caves Road. Proceed 10.8km to a signposted turnoff to the right, then a further 2km into Camp Wombaroo. Do NOT turn into Soapy Flat Road. Take care on Wombeyan Caves Road as it has been damaged and potholed by recent rainfall. The road is suitable for all vehicles.

From the South: take the Mittagong exit from Hume Motorway. Turn left and proceed to the Wombeyan Caves Road turnoff, then as above. Alternative: from Berrima, proceed 1 km north and turn left into Greenhills Road, then left at Wombeyan Caves Road.

Assembly Area: Parking and Assembly will be located within the grounds of Camp Wombaroo, a commercial adventure camp. This venue has not been used recently. Facilities include: a large parking field, flush toilets, and a shaded area for spectators. Please respect the facilities and do not allow children to play around the buildings, or near a large dam located SE of the parking field. A 'mud map' diagram of the Assembly area is provided overleaf.

Start: There is one start, an easy level 400-500m walk NE from the parking field – follow pink streamers. Queuing Starts at 2 minute intervals from 9:30 am to 11:00am. Make sure to clear and check before entering the start queue for your course.

Warm-up: Use the open area between the route to the pre-start and the northern property boundary – see diagram. No toilets at the start.

Start Procedure: **Punching start** for all runners. Once you reach the head of the queue for your course there will be a 6-minute Start sequence as follows:

- Start minus 6 minutes – dip SI stick into the check unit
 - Start minus 4 minutes – Collect control descriptions
 - Start minus 2 minutes – proceed to map box and receive any final instructions
 - Start time – on the final beep of the clock pick up your map, making sure only one is taken.
- Punch one of the start controls before looking at your map, then follow streamers to the Start flag.

Control descriptions: will be available to collect at the pre-start, also printed on the map. Contrary to previous information, they will NOT be on Eventor.

Safety Bearing is north or south to the main vehicle track in the middle of the map, then west to the Finish.

Course closure: 1:30pm.

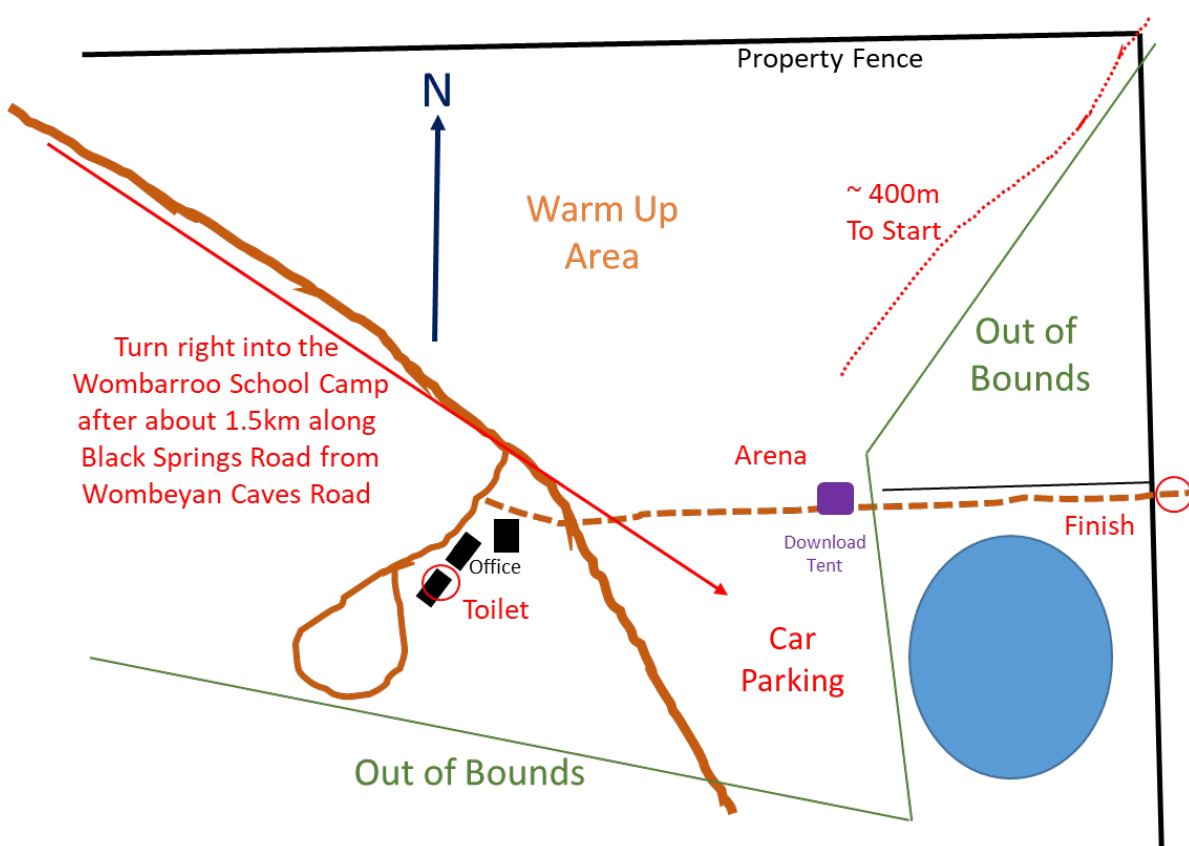
Finish: Remote finish. After punching the Finish, follow black & yellow streamers 250m to the Download point adjacent to parking.

You must report to the finish table irrespective of whether or not you completed a course.

Terrain: Sydney sandstone (complex in some areas), with an extensive track network with a quality mix of bush and forest. Can be slippery under foot if recently wet. The bush has grown thicker since mapping and there are many fallen trees. Many of the tracks on the map have fallen or placed timber to encourage regrowth. Be aware that the start of some tracks at junctions are sometimes not obvious.

General Notes:

Full body protection is recommended on Hard and Moderate courses. Part of the Easy course will be streamered as a guide for competitors, this is shown in the control descriptions. It is forbidden to drive to the event via Soapy Flat Road.



Clothing Return There will be no clothing return.

Motor vehicles Very little vehicular traffic is expected but all roads will still be open during the event. Therefore competitors should take care when running on or crossing roads.

First aid A first aid kit and defibrillator will be available at the assembly area.

SIAC: all controls will be activated for SIAC, however you must punch at the Start and Finish units.

Enter on Day. Pre-entry is now closed. In accordance with ONSW Rules, limited Enter on Day will be available for Hard 4 at the same fee as pre-entry. Enter on Day is also available for Moderate or Easy courses at a fee of \$18 Adults, \$12 Juniors, \$9 sub-juniors, non-member surcharge \$4. Due to poor mobile coverage electronic payment is not possible, please bring cash.

Water: Drinking water will be provided on each Hard course, on the south side of the main vehicle track close to obvious route choices. The water drop may not be visible from the road, but it will be marked by a wooden stake. An example of the marker stake will be provided at the Pre-start. Water will also be provided at the Finish. Please bring your own water if possible.

Results: We will endeavour to provide live results but it may not be possible due to poor mobile coverage. Results will be uploaded to Eventor on the evening of the event.

Catering: The NSW Junior Squad will be providing a selection of cakes, snacks and drinks. Please bring cash for payment.

Social Activity: For those staying in the area on Saturday night before the event, the Junior Squad are arranging a social evening and Trivia contest at a local venue in Bowral. [Refer to Eventor for details and to book attendance.](#) Funds raised will support the NSW Junior Squad.

Cancellation and Refunds

1. If the event is cancelled and entry fees are refunded, SH00 is entitled to retain up to 30% of the entry fee to cover unrecoverable expenses already incurred.
2. if a competitor develops COVID-19 symptoms or tests positive within 7 days of the event, they must not attend and they will be entitled to a 100% refund."

Classes/courses. As per ONSW Organisers Rules – Foot Orienteering, Long Format. Check which course you are doing on the list below.

Course	Classes	Length (km)	Climb (m)	No. of controls
Hard 1	M21A	11.9	240	14
Hard 2	M20A, M35A, M40A	8.8	195	12
Hard 3	M18A, M45A, W21A	6.6	160	8
Hard 4	M50A, W20A, W35A, W40A, W45A, M21AS	5.9	170	8
Hard 5	M16A, M55A, M60A, M65A, W18A, W50A, M35AS	5.0	145	9
Hard 6	M70A, W16A, W55A, W60A, M45AS, W21AS	4.0	110	8
Hard 7	M75A, W65A, W70A, M55AS, W35AS, W45AS, W55AS	3.2	100	8
Hard 8	M80A, M85A, W75A, W80A, W85A, M65AS, W65AS	2.1	75	7
Moderate	M14A, W14A, M Open B, W Open B, M Junior B, W Junior B	4.2	110	8
Easy	M12A, W12A, Open Easy	2.5	55	8
Very Easy	M10A, W10A, M/W10N *, Open Very Easy *	1.8	30	9

* non OY course