

ACT SPRINT DISTANCE CHAMPIONSHIPS – SATURDAY SEPTEMBER 12TH 2015

ACT LEAGUE #11

INCORPORATING THE ACT SECONDARY SCHOOLS CHAMPIONSHIPS

Organising Club: Abominable O-Men

Course Setter: Grant McDonald

Controller: Bruce Bowen

Organiser: Shannon Jones and Ann Scown

Venue: Acton Peninsula. Public transport is available to this site. Action Route 934

www.action.act.gov.au/timetables_and_maps

IMPORTANT INFORMATION REGARDING THE SPRINT

Please make yourself aware of special restrictions regarding Sprint Races. The most important of these will be displayed in the Start area.

Out of bounds areas are marked with several different symbols on the map including

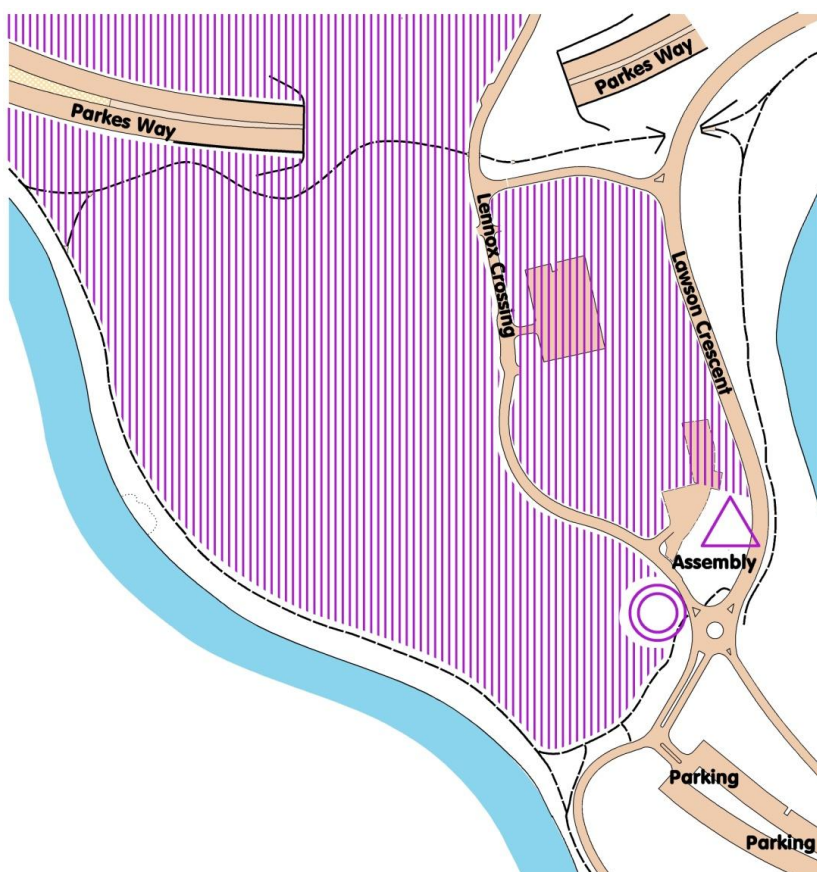
- Olive Green for private property, garden beds or environmentally sensitive areas.
- Black stripes for permanently out of bounds areas.
- Purple stripes for temporarily out of bounds areas.

It is forbidden to enter these areas.

Note: This event is being held in a public place. Please be considerate to other users. All courses cross Lennox Crossing plus other minor roads within ANU. These roads are relatively quiet on weekends but please take care when crossing or moving along these roads.

Directions/Parking: Follow signs from Lawson Crescent, Acton. Please park in the AIATSIS parking area.

Assembly Area: North of parking area. Please follow taped route and observe Out of Bounds signs. Take care when crossing roads. Toilets are available at the National Museum.



Terrain: Urban campus area with some parkland.

Map: Hospital Peninsula (New 2015) Scale 1:4000, 2.5m contours.

Courses and Classes

COURSE	Length	Difficulty	CLASSES
1	3.1km	Hard	M21, M20, M35
2	2.6km	Hard	W21, M18, M45
3	2.0km	Hard	W18, W20, W35, W45 M16, M55
4	1.6km	Hard	W16, W55, W65, W75, W85 M65, M75, M85
5	1.9km	Moderate	W14, M14
6	1.7km	Easy	W12, M12, Open Easy
7	1.5km	Very Easy	W10, M10

Start: Adjacent to assembly. Start times from 10:00.

Hired SI Chips: Hired SI chips can be collected at Registration from 0900.

Start Procedure: First Start is 10:00. Report to the pre start 3 minutes prior to your start time. A clock will display the NEXT START time. When the clock displays your start time, move forward. Remember to Clear and Check. Loose control descriptions will be available 2 minutes before your start time. Control descriptions will also be printed on the map. There will be a punching start.

Late Starters: If you are late for your Start DO NOT PANIC. Report to the Start Official who will start you as soon as possible.

Event Timing: SI is being used for timing. It is the competitor's responsibility to ensure that each control visited is recorded. Please ensure that you have an audible or visual response from each SI unit. If the SI unit does not register you must punch on the map and inform finish officials of this. Failure to do so will result in a misspunch.

Map Collection: Maps will NOT be collected after you finish. In the interest of fair play, please **DO NOT** show your map to anyone who has not started.

Course Closure: All courses close at 12:30pm. Please ensure that your report to the Finish by then.

Presentations: Presentations for all championship classes will be made once all results are finalised. Presentations for ACT Secondary Schools championships will also be made at this time.