

2024 ACT Sprint Distance Championships
Sunday March 3rd, 2024
Amaroo Schools



Organising Club: Abominable O-Men (AO-A)
Organiser: Ann Scown (AO-A)
Course Planner: Edith Gray (AO-A)
Controller: John Shelton Agar (AO-A)

Classes:

Championship Classes Women: W10, W12A, W14A, W16A, W20A, W21A, W35A, W45A, W55A, W65A, W75A, W85A, W95A.

Championship Classes Men: M10, M12A, M14A, M16A, M20A, M21A, M35A, M45A, M55A, M65A, M75A, M85A, M95A.

Non-Championship Classes: M/W Open B, M/W Junior B, M/W Open Easy, M/W Open Very Easy, M/W10N.

Courses:

NOTE: Length is Straight Line Distance

COURSE	DIFFICULTY	CLASS	MAP FLIP	CONTROLS	LENGTH
1	HARD	M21, M20	Yes	28	2.9
2	HARD	W20, W21, M16, M35, M45	Yes	24	2.7
3	HARD	W16, W35, W45, M55	Yes	26	2.4
4	HARD	W55, M65	Yes	18	1.9
5	HARD	W65, W75, M75		18	1.6
6	HARD	W85, M85, W95, M95		16	1.4
7	MODERATE	M14, W14, M/W JUNIOR B, M/W OPEN B		22	1.7
8	EASY	M12, W12, M/W OPEN EASY		18	1.3
9	VERY EASY	M10, W10, M/W10N, M/W OPEN VERY EASY		18	1.0

Map:

Amaroo Schools and Playing Fields
Scale 1:3,000 Contour Interval 2.5m

Terrain:

Urban area with buildings, car parks, playing fields, open spaces, relatively flat terrain.
As this is a school campus, there are many high fences which cannot be crossed.

Parking:

Parking will be signposted off Katherine Avenue, Amaroo.

Assembly Area:

100m NW of parking. The area north of the car park is scattered trees. This is the only shade available.
Bring your own shade if you wish to sit on the oval, but please NO TENT PEGS.

Start:

The Start is between 100m and 200m from Parking and Assembly respectively.

Start Times:

Queuing start from. 12:00 to 13:00

There will be a 1 minute Start Interval on each Course.

Remember to Clear and Check before entering the Start area.

There will be a punching Start.

DO NOT look at your map until you have punched the Start Unit.

Event Timing:

All units in the field will be set for contactless punching (Beacon Mode) if you are using a SIAC chip. Please ensure that you have an audible or visual response from each SI unit. If a SIAC chip does not respond, please do a manual punch. If you do not receive a response from either the SI unit or SI chip, please punch on the map and advise the Finish officials.

YOU MUST DO A MANUAL PUNCH AT THE FINISH.

Finish:

The Finish is adjacent to Assembly.

Maps will not be collected at the Finish. In the interest of fairness, please **DO NOT** show your map to anyone who has not started.

Please return to and record the finish even if you are abandoning your course.

DO NOT forget to download after finishing.

Course Closure:

Courses close at 14:00

You must return to the finish by this time whether you have completed your course or not.

Controls will be collected from 14:00

IMPORTANT INFORMATION ABOUT THIS EVENT**Pedestrian Traffic:**

The event is being held in a public place.

There will be pedestrian traffic in the areas of both Amaroo and Good Shepherd Schools. Please be courteous to everyone and take care when racing around blind corners.

Courses 1 – 4 have a double-sided map.

Part 1 of the course will be on one side of the map and Part 2 will be on the other side.

When you pick up your map, Part 1 will be facing down in the start box.

At the last control on Part 1, flip your map over to Part 2 and continue the course.

Part 2 does not have a start triangle. The last control on Part 1 is the first control on Part 2.

The small size of the competition area means that you should expect other competitors to be running in different directions. Please keep left when running around corners, at intersections, along pathways and down stairways

Out of Bounds Areas:

Some areas on the map are marked with purple hatching.

Areas of Olive Green and Dark Green are also out of bounds. Please do not enter or cross these areas.

Refer to the Out-of-Bounds Symbols document on Eventor for more information.

First Aid:

Will be available at the download tent.

Toilets:

Toilets are located to the north of the assembly between the two large ovals.