

**CELEBRATING
50 YEARS OF
AUSTRALIAN 3 DAYS
1974 – 2024**



AUS 3 DAYS
ORIENTEERING CARNIVAL
SOUTH AUSTRALIA 2024

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Welcome Messages



Welcome from the Carnival Director – Jenny Casanova

Orienteering South Australia first hosted the Australian 3-Days in 1981, at Wirrabara Forest, and Basil & Jean Baldwin were instrumental to the organisation of that weekend. While my family had not yet discovered orienteering at that time, my sister and I grew up with the legacy of their efforts and those of John and Jeffa Lyon, who instilled in us high event standards and a sense of pride in OSA's ability to put on major championships. In recent years, no carnival in SA could have taken place without the involvement of Robin & Adrian Uppill, who have likewise been by my side for the past two years in the organisation of this one, so I am very grateful to them and to the entire team of volunteers who have been working ridiculously hard to ensure that these are world class races which you will all enjoy.

Also I am very grateful to each and every one of you for entering the Australian 3-Days and the associated Sprint Prologue. It is really encouraging to see how many relatively new orienteers, especially in SA, have responded to the tireless promotional efforts of a few key people.

The Australian 3-Days 2024 has been supported by a donation from the Government of South Australia.

As always, we appreciate the generous support of so many private and public landowners who allow us to run on their beautiful properties. The effort of all orienteers in respecting this privilege has maintained orienteering's reputation in caring for our environment.

I look forward to joining my fellow orienteers in the coffee queue at the events and thank all of you for helping to make these events a success, and I am excited that you will all have the opportunity to orienteer on one of my favourite maps, Narrinyeri Hills, which belongs to my club, Wallaringa Orienteers.

Jenny Casanova

Carnival Director, 2024 Australian 3-Days





Welcome from the President of Orienteering SA

Orienteering SA welcomes orienteers from around Australia and overseas to the Australian 3 Days Carnival 2024.

The carnival takes place in four locations of the Mount Lofty Ranges, providing a variety of terrains to satisfy the most discerning orienteer. The Mount Lofty Ranges also offers a myriad of places to visit from the coast in the south to lovely townships and wineries throughout the region.

We thank the plethora of South Australian orienteers involved in presenting this carnival, including the organising team, mappers, controllers and setters.

The carnival is reliant on gaining access to the land to run on, being owned or managed by:

- Heathfield High School (Department of Education) and Mt Lofty Sports Association
- Pymton - owners Barbara and Lindsay Pym, Matthew Pym, Anthony Pym, John Pym, Craig Paech and Sarah Barnes.
- Ngaralta - owners Hellenic Shooting Sports of SA, Hayden and Sally Hein, Darren Kubenk and I & R Paech.
- Kinchina Conservation Park - Department for Environment and Water.

We thank you for coming to the Carnival and wish you successful orienteering here in South Australia.

Rob Tucker
President Orienteering SA



Snap Printing, Hilton



Welcome from the Chair, Orienteering Australia

I recall previous orienteering carnivals in the Adelaide Hills and the lower Murray region of South Australia as being most enjoyable, not just in the orienteering but also the opportunity to enjoy some of the wonderful rural landscapes and food and beverage options. It is a great venue for the Australian 3-Days Championships which we typically refer to as the Easter Carnival. Let's hope the weather gods smile upon us for mornings of autumn crispness leading to brilliant sunny days.

The organising team have been working hard to provide a fantastic set of orienteering events across a range of terrains. Kicking off with the Prologue in the Adelaide Hills and then moving east for the main events of the 3-Days it all promises to be a great Easter of orienteering.

On behalf of Orienteering Australia, I extend a sincere thank you to the key organisers, course planners, controllers, mappers, and everyone else who has volunteered their time to ensure the success of the Easter Carnival. Orienteering is a sport of volunteers and without your efforts our sport would not exist in the way it does today. Please make a point of saying thank you to express your appreciation to all the people working hard to put on the events throughout the Carnival.

Thank you to the various government agencies and private landholders who have provided the Championships with their valuable support and permission to access our sporting arenas. Orienteering absolutely relies on your support to allow us to experience the joy and challenge of our sport and we acknowledge and appreciate your support.

Mike Dowling
Chair, Orienteering Australia



Australian Government

Australian Sports Commission

History of the Australian 3-Days

This year's Australian 3-Days marks 50 years since Australia's first Easter 3-day event was held. Organised by the Sydney club, Kareelah Orienteers, the 1974 Kareelah 3-Days was held in Royal National Park south of Sydney, and attracted about 120 competitors, including many from the ACT and Victoria. The event was repeated the following year, again in Royal National Park. In subsequent years the Easter 3-Days rotated between Victoria, New South Wales and the ACT, then moved to South Australia in 1981. In 1982, the Orienteering Federation of Australia adopted the name, Australian 3-Days, as the official title for the event.

The Senior Men's class in the inaugural event was won by John Oliver, who is competing in this year's event. Other inaugural entrants who are competing this year are Janet Tarr (2nd in Senior Women), Alex Tarr (5th in Senior Men), Steve Flick (15th in Senior Men) and Carl Dalheim (3rd in Men under 14). Alex and Janet Tarr have been present at all of the Easter competitions!

Information provided by David Hogg, OA Historian



Carnival Photographers

We are lucky enough to have 2 Official Photographers at this year's 3-Days carnival. Evalin Brautigam is well known in the orienteering community as an elite orienteer, Orienteering SA coach-in-residence and coach of the TeamUSA JWOC 2023 team. She's also a highly talented photographer who has provided us with so many memories through her website: <https://evalinmae.smugmug.com/Orienteering>



This year another talented photographer has volunteered their time to help make this a 3-Days to remember. A finalist in last year's Australia Geographic Nature Photographer of the Year competition and an experienced event photographer, Sputnik has a background in trail running, marathons and ultra marathons.



THE AWESOMEST

Sputnik is the Creative Director of TheAwesomest.com.au – a website celebrating South Australia's best nature, outdoor and adventure attractions and activities.

Acknowledgement of Indigenous Country



Orienteering South Australia welcomes you to experience the wonderful landscapes of the Adelaide Hills and Murraylands.

Orienteering SA acknowledges the traditional land owners of the maps and we pay respect to their elders, past, present and emerging. We also thank the current landowners of the map for allowing us to use their properties and we thank them for their support during the carnival.

Each map comes with a wealth of history that we would like to share with you:

The map of Heathfield High School and Woorabinda Reserve is located on the boundaries of the Kurna and Peramangk lands. Woorabinda means "place of wet" in Peramangk language. While you may not

experience the wetlands while running (as they are on the other side of the train line to Melbourne), they are definitely something to check out after the race.

Pymton is named after the Pym family who own a large portion of the farmland we will be running on. The rocky map of Pymton is located on Peramangk lands and throughout the Adelaide Hills you will find a number of sacred rock artworks from the Peramangk people on granite outcrops.

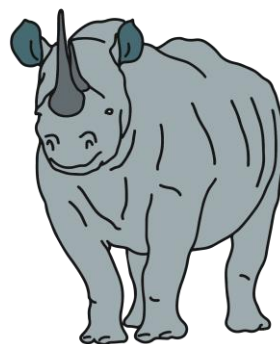
Ngaralta Country is named after the Ngaralda group's area at the southern end of Meru land which extends all the way up to Renmark and follows the upper areas of the River Murray.

Narrinyeri Hills is named after the Ngarrindjeri people who lived near the mouth of the River Murray. The following Ngarrindjeri Dreaming story tells how the River Murray was formed:

'Ngarrindjeri travelled downstream in a bark canoe, in search of his two wives who had run away from him. A giant cod fish (Ponde) swam ahead of Ngarrindjeri, widening the stream with sweeps of his tails. Ngarrindjeri chased the fish, trying to spear it from his canoe. The sweeps and loops of the chase created the Murray River.'

<https://www.murraybridge.sa.gov.au/services/your-community/services-for-the-community/arts-and-culture/ngarrindjeri-heritage>

In 2008 a rhinoceros from the nearby Monarto Safari Park escaped and it was the joke amongst orienteers that it was having a lovely run on the Narrinyeri Hills map, which is in Kinchina Conservation Park. Kinchina was the name of the now-defunct railway siding on the Adelaide-Melbourne line which historically serviced the quarry in the middle of the map.



Carnival Organisation Team

Note that officials responsible for each day's events are listed with the event details.

Carnival Director	Jenny Casanova
Technical Director	Jenny Casanova with assistance from Robin Uppill
Finance Coordinator	Al Sankauskas
Entries Management	Colin Burnett
Publicity and Sponsorship	Leila Henderson
Website Design	Mark Overton
Mapping Coordinator	Adrian Uppill
Equipment Coordinator	Barry Wheeler
Merchandise Coordinator	Jan Hillyard
Registration	Tintookies Orienteers
Start	Tjuringa Orienteers
Finish Computing	Colin Burnett
General Arena Setup	Onkaparinga Hills Orienteering Club & Wallaringa Orienteers
Toilets	Yalanga Orienteers
Parking	Lincoln Orienteers with assistance from Saltbush & Top End Orienteers
Coffee Van	Wicked Coffee – Jeff Goehr
Arena Services	Living It Live
Commentary	OA High Performance Group assisted by Southern Arrows
Search and Rescue Coordinator	Jacque Stephens
Kid-O	Bridget Uppill

General Information

Registration Information

Registration is in the event arena on all days. Refer to the event information for each day for opening time.

At registration you may collect:

- Chest Numbers
- Hire SI cards
- Any merchandise which was ordered

At registration you may leave:

- Photo exclusion form for under-18s
- Complaints form to be triaged

Competitors who are travelling alone may leave emergency contact details at registration in the event of a safety issue occurring and family or others needing to be contacted.

Please note that there is no capacity to offer Enter On The Day Courses at any of the events.

Photographic Exclusions

We will have professional photographers present at all of the events. If you do not want your or your child's photo uploaded to orienteering associations' websites and social media platforms, please notify the registration team. They will ask you to fill out a form (parents/guardians can sign for under-18s) and will place a red dot on the relevant chest number so that when the photos are being uploaded, those competitors with a red dot will be omitted.

As competitors at the presentation ceremonies will probably no longer be wearing chest numbers, if parents/guardians do not want their under-18s to appear in any photos taken at the presentation, they will need to remove the children from the presentation when photos are being taken.

Event Program

Friday March 29th	Elite and Public Prologue Family Teams Event	Heathfield HS
	Registration opens – Arena Area in School Grounds	10:30 am
	Elite quarantine closes for M/W 18A, 20E, 21E	11:30 am
	First start – Elite Prologue	12 noon
	First start – Public Prologue	2 pm
	Elite Presentations	Approx 1:45pm
	Event closes	4:30 pm
Saturday March 30th	Australian 3-Days – Day 1	Pymton
	Registration opens	8:30 am
	First starts – all courses except course 8	10:00 am
	Mass Start – Sledge Course 8 – M21AS	09:50 am
	Course Closure	2:30 pm
Sunday March 31st	Australian 3-Days – Day 2	Ngaralta Country
	Registration opens	9 am
	First Starts – all courses	10:00 am
	Presentation of Orienteering Australia Awards	Around 1pm
	Course Closure	2:30 pm
Monday April 1st	Australian 3-Days – Day 3	Narrinyeri Hills
	Registration opens	9 am
	First starts – all courses	10:00 am
	Presentation – including Champion Club Trophy and Family Teams Event	As soon as possible after 1:30 pm
	Course Closure	2:30 pm

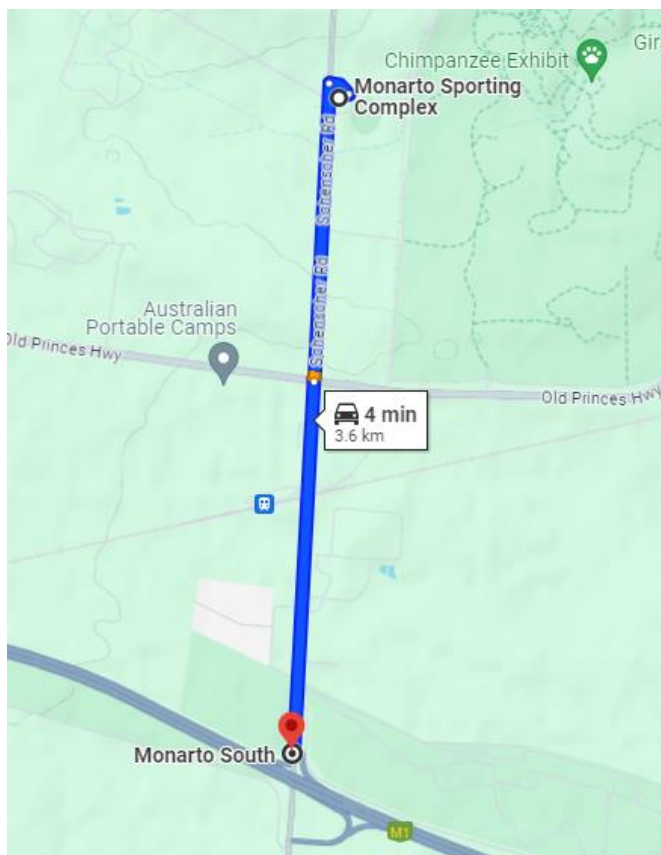
Moira Whiteside Bequest



This carnival is supported by a grant of \$15,000 from the Moira Whiteside Bequest through Orienteering Australia. Orienteering is the beneficiary of a magnificent bequest by Moira Whiteside of Garingal Orienteers in NSW. Moira's career took her all over New South Wales to witness the best in sports education. Moira saw volunteering as the indisputable backbone of the sport of orienteering. Moira's wishes were that our largest national events, the Australian Orienteering Championships, benefit from her estate.

Camping at Monarto Sports Complex – campground hosts Rob Tucker & Lewis Carter

LOCATION: 143 Schenscher Rd, Monarto. 3.8km north of Monarto Exit from the South Eastern Freeway; 1.6km north of the intersection between Schenscher Rd & Old Princes Highway. Note that all areas are unpowered and you must be self-sufficient.



ON ARRIVAL: When you enter the carpark from Schenscher Rd, the campsite areas are to the south of the car park and amenities. You will be directed to a suitable site if the campground hosts are present. Sites are not marked out in the terrain, so if the hosts are unavailable, please select your site with consideration for other campers.



DO NOT CAMP OR PARK ON THE OVAL; THIS IS OUT OF BOUNDS. NO FIRES ALLOWED AS THIS IS STILL IN THE FIRE BAN SEASON FOR MURRAYLANDS AND MT LOFTY RANGES UNTIL APRIL 1ST.

No more than 50 campers are allowed per night as there are only two showers; we have reached capacity for bookings and ask campers to display a copy of the camping tag which will be emailed to them, on each of your tents or camper trailers.

Campers are to be self-sufficient, clean up after themselves and remove all rubbish. More information will be emailed to you from Eventor along with the camping tags.

KEEP YOUR PROPERTY SAFE: Orienteering SA is hiring the Monarto Sporting Complex from The Rural City of Murray Bridge. Neither Orienteering SA nor The Rural City of Murray Bridge bears any liability or responsibility for anything that happens to campers or their belongings during their stay. Take all your valuables with you during the day and please note that it is not possible for us to provide security at any time of day or night.

SHOPS: Monarto Sporting Complex does not have any shops or restaurants nearby and there are no facilities at Monarto South. The town of Murray Bridge is just 15 minutes away via either Monarto Rd, Old Princes Highway or the South Eastern Freeway. As it's a Public Holiday Weekend, it's advisable to check what's open. Note that you cannot access Monarto Safari Park (and its café) directly from the campsite but must drive around to the main entrance on Monarto Rd.

Dogs

Dogs and other pets are not permitted at any event (either in or out of cars). Day 1 & 2 areas are on private farming property so please respect the landowners' wishes on this matter. Day 3 is in a conservation park so pets are not allowed.

Drones

Drones are not permitted at any of the events, and legislation bans drones being flown at schools and in conservation parks. We do not have permission for their use over private land. Hence flying of drones is not permitted in any of the arenas.

Event Changes and Cancellations

In the unlikely event of event cancellation due to extreme weather or any other cause, every effort will be made to re-organise the event timetable and to run as many of the scheduled days as possible, even if this means making changes to start times. Any changes to the event program will be emailed to the Entry contact email address provided in Eventor.

The contingency for a day of Catastrophic Fire Danger being declared is for an informal sprint event to be held at Flinders University to replace that day's competition. A specific day's likely fire danger rating is usually available with approximately 48 hours' advance notice and this should give the organisers time to make a decision and notify competitors accordingly.

First Aid at Events

First Aid services will be provided by Event Medical Plus on Days 1, 2, 3. First aid at the Prologue will be provided by Keren Faulkner, Physiotherapist and Director of the South Australian Sports Institute!

Local Hospitals and Police

The nearest hospitals with emergency departments are: Flinders Medical Centre and Mt Barker Hospital for the Prologue, Murray Bridge Hospital for Days 1, 2, 3.

For Police and other emergencies contact 000

For Police assistance: 13 1444

We have notified the Rockleigh CFS and Murray Bridge CFS of our events.

Weather and Climate

Average daytime temperatures are in the mid-20s for this region for the end of March. However, cooler or warmer days (up to the mid-30s) may occur at this time of year. Overnight temperatures average 10-15 degrees but can be cooler, particularly at higher elevations. Heavy rain is rare with only about 2% of days having 10mm or more."

Fire Ban Season - See also Event Changes and Cancellations

These events take place during the fire ban season for the Mt Lofty Ranges and Murraylands districts. Total fire bans are usually declared at 5pm the day beforehand, however these may not necessarily impact our events in terms of access. Obviously no fires of any kind are permitted, and please take care with hot car exhausts in long grass.

Mobile Phone Coverage

Complete coverage at the Prologue for all carriers.

Days 1 and 2 have limited Telstra coverage in the arenas, and less than this if you are with other providers. Day 3 arena has full coverage for all carriers.

Rubbish Collection

Please assist organisers by being responsible for your own rubbish removal, as we will not be providing bins at the events. This is a ZERO Waste event – so no rubbish must be left on the course (no gels or cups dropped on the ground at water stops -put them in the bags provided) or in the arena areas.

Smoking and Fires

- Orienteering SA has a smoke free policy.
- No fires are permitted at any event.
- SA Government legislation which came into effect at March 1st prohibits vaping in public areas where under-18s are present, e.g. at organised sporting events.



**SMOKE-FREE
AND
VAPE-FREE
AREA**

Tobacco and E-Cigarette Products Act 1997

clearingtheslr.sa.gov.au



Weeds

They're a nuisance, particularly on Day 2 at Ngaralta Country where the caltrop, similar to three-cornered jacks, has proliferated with early-summer rains. We are asking all competitors to clean their shoes before they come to each of the events and in particular, Day 2 will have a mandatory shoe-cleaning station at the pre-start for elite competitors on courses 1-4.

Warnings

Driving on Dirt Roads

During the carnival, some driving on unsealed roads will be required. The condition of these roads may vary depending on weather conditions, and may include loose and rough surfaces. Other vehicles may raise dust which will reduce your visibility. Hence always drive with caution and at reduced speeds.



Driving at Dawn and Dusk

Kangaroos (and possibly emus) are a hazard on all roads (sealed and unsealed) in this region (including in the farming areas) especially around dawn and dusk. You are advised to reduce your speed at these times and drive with care.



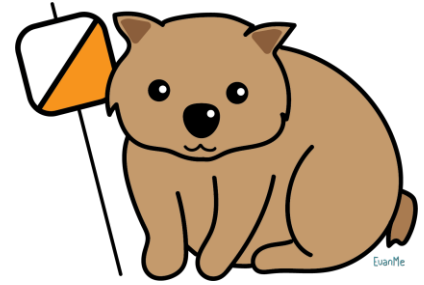
Snakes

They're out there. If you think you've seen/heard one, proceed with caution, but it will probably have just been *Tiliqua rugosa*. If you think you've been bitten, remain immobile and blow your whistle (see safety section).



Kid-O at the Australian 3-Days 2024 - Bridget Uppill

What is KID-O? KID-O is an orienteering program to help younger children (target age is 0-7 year olds but all children welcome) learn basic orienteering skills using games based learning. The development of this program came after witnessing the gap in directed programs for children who are pre independent orienteering age.



Each KID-O event includes a gross motor activity such as a string course or other SI based games, a sensory activity such as mud maps or playdough mountains and a mat activity such as find a words, puzzles, scavenger hunt, find and search books.

It is important that both the child and the parent/guardian participates in the KID-O activities together to foster a good relationship between orienteering and it being a family sport.

Come along to experience KID-O at the Australian 3-Days in 2024. We will have the KID-O tent at Days 1-3 (but not the prologue) and all activities are free.

The program will include Number- O, Wombat Hunt, Aus 3-Day string course competition, Letter chase, colouring competition, map drawing competition, playdough maps, magic sand mountains and an orienteering symbol magnet craft activity.

Each participant in KID-O will receive an award at the presentation on the last day.

Please be aware that KID-O is NOT a creche and children will need supervision from a parent or guardian. If you think you would like the full KID-O program for your club, the program will be available for sale at the KID-O tent. We will also have a number of other cool orienteering items for sale.



Technical Information

Chest Numbers

All competitors must wear their allocated chest numbers. If you lose your chest number, go to the registration tent for a replacement.

Clothing Returns

Due to the mild weather expected, no clothing returns will be provided from the starts.

Competition Rules

The [Competition Rules for IOF Foot Orienteering Events](#) apply at the World Ranking Events.

The [Competition Rules for Orienteering Australia Foot Orienteering Events](#) apply to all events and the National Orienteering League events. These are very similar to the IOF Rules.

Complaints and Protests

Participants wishing to make a complaint shall lodge this with the registration team no later than 15 minutes after the course closure time, or after the results are declared official (if this is formally done). The registration team will make a record of the complaint and deliver to the appropriate member of the organising team. Any protest about the outcome of a complaint shall also be delivered to the registration team as soon as possible after being notified of the outcome of a complaint. The protest shall be in writing, and preferably on the form provided at Registration. The registration team will contact the appropriate officials to deal with the protest.

Complaints, protests and appeals will be handled by the event organiser and jury in accordance with Competition Rules for Orienteering Australia Foot Orienteering Events:

27. Complaints

27.1 A complaint can be made about infringements of these rules or the organiser's directions.

27.2 Complaints can be made by event or team officials, competitors or anybody else connected with the event.

27.3 Any complaint shall be made orally or in writing to the organiser or at the registration tent to a representative of the organiser as defined in the Event Bulletin as soon as possible after the results for an age class are complete. A complaint is adjudicated by the organiser. The complainant must be informed about the decision immediately.

27.4 There is no fee for a complaint.

27.5 The organiser may set a time limit for complaints. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained by the complainant.

27.6 The organiser's decision in relation to any complaint must be advised to all competitors affected by the decision.

28. Protests

28.1 A protest can be made against the organiser's decision about a complaint.

28.2 Protests can only be made by team officials, competitors or event officials.

28.3 Any protest shall be made in writing to the organiser or at the registration tent to a representative of the organiser as defined in the Event Bulletin, no later than 15 minutes after the organiser has informed the complainant of the decision about the complaint. Protests received after this time limit may be considered at the discretion of the jury if there are valid exceptional circumstances which must be explained in the protest.

28.4 There is no fee for a protest.

28.5 The result of any protest must be advised to all competitors affected by the decision.

Jury

In the event of a jury being required to rule upon a written protest, the jury will be convened from the sizeable pool of Orienteering Australia's L3 controllers who have indicated availability for that race. Therefore, with regard to protests, these should be submitted in writing to the registration team who will then contact the event's organiser and controller, who will in turn convene the jury.

Water

- Water on courses for the Australian 3-Days will be provided in line with Orienteering Australia Rule 19.8 which states that: "If the estimated winning time is more than 30 minutes, refreshments must be available at least every 25 minutes at the estimated speed of the winner. Refreshments should be at controls where feasible. If not at controls, they must be located such that refreshment points meeting the above requirements are available on any reasonable route choice without significant deviation."
- Water quantities at drink stations are based on 250ml per competitor according to expected visitation numbers. You must not pour water over yourself as water is for drinking only. You are encouraged to take your own water with you on course, if you commonly require water for a shorter course, or if the weather is warm and you have a late start time.
- Cups and other disposables such as gel wrappings must not be disposed of anywhere other than at a drinks point – please put them in the garbage bag which is provided.
- There will be no water provided at the event starts as these are a maximum of 10 easy minutes' walk from the arenas. In the event of warm weather, participants should ensure that they drink adequately before heading to the start.
- Water will be available on each of the 3-Days, for competitors when they finish, but otherwise please bring enough water to the arena for your anticipated needs (recommended 2L/competitor/day if it is hot)
- Please dispose of used cups at the finish into the PVC tubes which are thoughtfully provided for you!
- On Day 2, elite competitors may leave personal drinks at Registration for delivery to the spectator control.

Control Descriptions

Control Descriptions will be:

1. Available for collection as part of the pre-start process – International Symbols for all courses, English for Courses 17-21
2. Printed on the front of all maps in purple – International Symbols only for all courses 1-21

Course Closure Time

The course closure time varies with each event; please check the event details. You are required to report to the finish by course closure time, irrespective of whether you have completed the course. Control stand collection will commence from course closure time for each event.

Fair Play

All competitors are reminded of Orienteering Australia's Competition Rules with respect to Fair Play and should abide by them. In particular, please refer to the rules below:

26.1 All persons taking part in an orienteering event must behave with fairness, honesty and a spirit of friendship. Competitors must show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors must be as quiet as possible in the terrain. Competitors or spectators must not interfere with control equipment.

26.2 Except in the case of an accident, obtaining assistance or seeking to obtain assistance from other runners, or providing assistance to other competitors during a competition, is forbidden. It is the duty of all competitors to help injured runners.

Safety

We recommend but do not mandate, that all competitors carry a whistle – if you do have a whistle and are injured and need assistance, then blow six short blasts on your whistle, wait and then repeat. As in the rules above if you come across a person who needs assistance, you are required to provide this.

If you become seriously lost and are not able to complete your course, follow the safety bearing as advised in the event details, or if this is not possible and you come across a control – please remain at a control site. Any search will initially focus on control sites.

Finish Procedure

You must punch the finish unit then download at the finish tent. Do not leave the assembly area before downloading at the Finish Tent even if you have not finished your course, so that all starters are accounted for.

GPS Devices

Please note the Orienteering Australia rule on carrying GPS devices, which is applicable to all competitors:

21.6 Competitors must not use or carry communication devices that can transmit or receive information, to or from a remote source, between entering the quarantine zone (or the start area if there is no quarantine zone) and reaching the finish in a race, unless the equipment is approved by the organiser. GPS-enabled devices (watches etc.) can be carried provided that they are not used for communication or navigation. However, the organiser has the right to specifically forbid the use of such equipment. The organiser may require competitors to carry a tracking device and/or a GPS data logger.

Competitors in elite classes, please also see the subheading **“GPS tracking and big screen display”**.

Maps

Refer to each event’s details for information on maps and map scales. Where applicable, previous orienteering maps of each competition area have been made available on the event web site and Eventor. Competitors are not permitted to bring a previous version of the map to the competition area.

Map Collection

Maps will not be collected from competitors at the finish but please respect fair play. Do not show or discuss your map with competitors who have yet to run.

Out of Bounds Areas

Boundaries of assembly areas will be marked with out of bounds signs and/or tape. Please respect these. For out of bounds areas on routes to the start refer to the specific event details.

Electronic punching

The SPORTident electronic punching system will be used at all competitive events.

For those hiring SI cards, they will be issued with your registration material. Please check that the number assigned to each competitor is correct. Hired SI cards will be collected at the finish after your last event.

Between the races, each competitor is responsible for their hired SI card.

If a hired SI card is lost by a competitor, they will be charged a replacement cost of \$40 including GST.

Competitors losing their own personal SI card can hire one for the remainder of the carnival at a flat rate of \$10. These must be returned at the end of the carnival. Each SI card has a unique identification number which has been linked to each runner for this carnival. Hence please ensure you use the hired SI card which has been assigned to you. If your SI card number has changed from the one nominated when entering, please notify the registration staff prior to competing in any event.

Runners using the wrong SI card or chest number may be disqualified.

If an SI Unit at a control fails to respond, record your punch using the manual punch in the reserve punch boxes on the map and notify the finish officials at the Finish.

Competitors are responsible for ensuring a punch is recorded at each control (using their SI Card, SIAC or manual punch if the SI Control unit fails). If no correct punch is recorded the competitor is recorded as a MP, or DNF (for competitors abandoning their course).

Check that the SI/SI Air Card number on the start list is the same as the number of the Card that you are using. If it isn't, let the Registration team know BEFORE you run your course. Competitors are responsible for ensuring their presence at each control is recorded with an electronic punch. If (and only if) the SI unit at a control fails to respond, record your presence by using the manual punch in one of the reserve punch boxes on your map, and tell the Finish team when you finish. If no correct punch is recorded at a control, you will be listed in the results as MP (mispunch), or as DNF (did not finish) if you abandoned your course.

SI Air

SI Air punching is optional, in that SI units will be in 'beacon mode' for SIAC contactless punching and will also record conventional SI Cards that are punched in the normal way. A SIAC battery test unit is available in the pre-start area to check the battery level of your SIAC. If the battery level is too low, the SI Air Card will still work in manual punch mode and it must be placed into each control unit (which will flash and beep in the conventional fashion) but there will be no flash or beep from the SIAC stick.

The CLEAR SI unit is programmed such that there may not be a beep from the SIAC, but there will be a beep from the unit itself. The CHECK SI Unit will turn on contactless mode in your SI Air card.

Split Starts

Where possible, requests for split start times have been accommodated in the start draw – apart from limitations imposed by OA Competition Rules. Event officials may also have starts outside the main draw according to the OA Rules.

For parents with young children who have requested split times, start times will be allocated with one earlier start and one later start as far as possible. However, if you can't meet these times, please go the late start lane to explain your circumstances and you will be able to start with a Punching Start Unit – see **Late Starts**

Helper Starts

Event volunteers who have been allocated a start time which they cannot meet because of their event commitments, will be able to start early or late with a Punching Start Unit– see **Late Starts**

M/W10 Novice Event Class – Course 21

Novice competitors do not have an allocated start time, use a Punching Start Unit and shadowing is permitted on this course. If the "shadow" is a competitor, they must have already completed their course.

Parents/guardians who are shadowing their children: please go with them to the Late Start Lane as soon as possible after the last allocated start on the M/W10A and M/W12A courses (refer to the start lists).

Shadowing of juniors by anyone is not permitted on any other course. If you think your child needs shadowing, then please change them to the Novice course.

Start Times

Refer to each event's details and the published start lists. The format of the start draws for the World Ranking events and Sledge (M21AS) are listed under each event's details.

Start Procedure

All starts are in real time (Central Summer Time). It is the competitor's responsibility to be at the start on time!

Competitors are responsible for ensuring their SI cards have been cleared prior to starting their course.

SPORTident CLEAR and CHECK stations, and SIAC battery check, will be provided at the start. After clearing and checking your SI card, you will be required to be at the start line 3 minutes prior to your start time.

At 3 minutes prior to your start time

1. The start official calls your start time which will also be displayed on the clock at the entry to the start area as the next start time.
2. Present yourself to the start officials so that your SI card number, name and start number can be verified.
3. Proceed to the next line where you will be asked to place your SI card in a Check unit

At 2 minutes prior to your start time

1. Proceed to the next holding area as directed by the start officials, and
2. Collect a copy of your control descriptions from the table. It is your responsibility to ensure that you take the descriptions for the correct course.

At 1 minute before your start time

1. Move up to the start line and stand behind the correct start box for your course. *Each start box will be labelled with course number and the classes assigned to that course.*
2. On the sixth beep of the start clock, competitors may turn over their map and commence their course by proceeding via the streamered route to the start triangle (marked by a control flag).
3. All competitors **must** pass within 5 metres of the start triangle. There will not be a start control unit.

Late Starts

If you miss your start time, present yourself to the Late Start official in the dedicated Late Start lane.

Late starters must have their SI card, name and chest number checked at the late-start area by the start officials and await instructions. The starter will endeavour to start you at the next convenient time, which may be in between official starters. However, the availability of a suitable timeslot will depend on the start interval for the event, the required course, and the potential impact on other starters. Late starters will be timed as if they had started at their original start time; your actual start time will be recorded also, in case of the eventuality that the organisers are subsequently determined to be at fault as per OA Rule 22.9 "Competitors who are late for their start time through the fault of the organiser shall be given a new start time in order to calculate their elapsed time, otherwise they must be timed from their originally allocated start time."

(See also Split Starts above for circumstances where competitors, including event volunteers, are permitted to use a Punching Start Unit.)

O-Lynx Radio Controls and Spectator Controls

The elite and possibly some other courses will have radio controls for use by the commentary team. Some courses also have spectator controls. See each arena layout for spectator viewing.

GPS Tracking and Big Screen Display

A selection of senior and junior elite athletes will be wearing GPS trackers during the Elite Prologue and Australian 3-Days. Spectators will be able to watch live tracking on the big screen and on their personal mobile devices via the links that will appear on the Eventor pages. The live tracking shown will exclude areas of maps and courses that will be covered by competitors who have not started and are still likely to be in the arena. Elite competitors who have been asked to wear the trackers (the list will appear on Eventor and the athletes will be notified directly through Living It Live) should pick them up from the commentary tent before heading to the start.

Results Display

Digital results will display in the arena, with split times from radio controls and finish times.

Live results will also be available online at <https://liveresultat.orientering.se> where there is adequate Telstra coverage in the arena.

World Ranking Events



INTERNATIONAL ORIENTEERING FEDERATION

- Elite Prologue – Heathfield - M 20/21E and W20/21E runners will be intermingled for the World Ranking event, based on IOF Sprint Rankings as at January 1st. Starts are at one-minute intervals with highest ranked runners starting last. Runners with no ranking will start in random order before the ranked runners. The results from 20E and 21E will be combined for World Ranking points when uploaded to IOF Eventor.
- Day 1 – Pymton – M21E and W21E start lists will be based on IOF Forest Rankings as at January 1st. Starts are at two-minute intervals with highest ranked runners starting last. Runners with no ranking will start in random order before the ranked runners.
- See specific events' information for more details of the WREs.

National Orienteering League

NOL points are allocated to the following classes - M/W18A (if they are on the same course as either of M/W20E or 20 SPORT), M/W20E, 20 Sport, and 21E and 21 Sport, according to the current NOL Guidelines.



The National Orienteering League is sponsored by Wildfire Sports



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Sledge (M21AS) Class

Sledge is an inclusive competition with a number of twists, as detailed in the March 2024 edition of the Australian Orienteer!

Start arrangements for each day of the Australian 3-Days:

Day 1 – mass start from the pre-start area, 10 minutes before all other age classes start. Note that course 8 has two different first controls and Sledge competitors will not know in advance which one applies to them!

Day 2 – reverse order chasing start at 2-minute intervals from Lane 8, slowest finisher from the day beforehand starts first.










Day 3 – chasing start in real time, for 30 minutes from 10am (for competitors who are less than half an hour behind the leaders after the first two days), then at 1 min intervals for all other Sledge competitors.

On all days, there is a King Of The Mountain downhill leg which Sledge competitors will be told about before they start.

The eccentric Sledge awards: boxer shorts bonanza

Forget about platitudes, certificates, trophies or medals; Sledgers aim to snag a pair of boxer shorts each with a unique colour.

As per Mark Shingler, Sledge coordinator:

	Yellow boxer shorts: Worn by the overall leader — they're basically the top banana of Sledge.
	Green boxer shorts: For the runner with the fastest finish chute split — they zoom through the finish line in style, or, not. Just the fastest really. Best to race conserving energy if you're chasing the green boxers.
	Red boxer shorts: Awarded to the slowest on the day — the lanterne rouge is known for their sportsman-like conduct, this category is historically 'hop-ly' contested.
	Blue boxer shorts: For the biggest blunder — we all have our moments, some moments are larger than others and they should be awarded the accolades they deserve.
	Polkadot boxer shorts: The king or queen of the mountain — they're like the downhill daredevils of Sledge. Downhill sections are announced the day of the race. Best to conserve energy for the entire race, saving and priming yourself for that downhill section if you're after those polka dot shorts.
	Purple boxer shorts: The perfectly average Sledger — smack dab in the middle of the pack. Average is the name of the game and I don't have any suggestions on how to aim for this category other than sheer dumb luck!
	Pink boxer shorts: For the overall leader from the W class — they're pretty in pink and blazing a trail. We got to make sure our sister Sledgers get their recognition
	White boxer shorts: Honouring the youngest Sledger aged 30 and under — because youth is, well, sledgeful.
	Grey boxer shorts: The coveted old fart boxers for those aged 60 and over — proving that age is just a number in Sledge. Usually a large number.

Friday March 29th – Prologue

World Ranking Event and National Orienteering League Round 2 – Event 1 Public Event and Family Teams Event	
Map	Heathfield High School, adjacent to Mt Lofty Sports Ground and some bush parks
Land Owner	SA Department of Education and Mt Lofty Districts Sports Club
Map Scale	See Course details table
Contour Interval	2.5 m
Mapper	Manu Jurado 2017, significant updates in 2023 by Adrian Uppill
Organiser	Rob Dickinson 0439 814 708
Course Planner	Bridget Uppill
Day Controller	Robin Uppill
OA Controller and IOF Event Adviser	Jenny Casanova
WRE and NOL Events	World Ranking sprint points are available to entrants in M and W20E and 21E if they have an IOF ID. NOL points are allocated according to the current NOL Guidelines.
General Information for all attending the event – Participants and Non-Participants	Please ensure your running shoes are clean and free of any weed seeds on both the uppers and soles prior to going to the start area.
Terrain	The terrain consists of bushland and typical high school campus terrain including bitumen and cement paths as well as open running areas such as ovals. This school also includes a number of dirt paths and bush areas near the school, rough at times. Be prepared to wear trail running shoes or shoes with grip as it is loose underfoot. Normal sprint gear is recommended but you may want to wear long socks for leg protection against the bush. No spikes allowed. Significant building work was undertaken at the school in 2021 – 2022. These changes post-date the previous version of the map.
Directions	Travel along Longwood Rd to the intersection with Heathfield Rd, follow signs to parking as below
Registration	Open from 10:30 AM For location refer to Arena Map
Parking	Access from Longwood Rd, and then Heathfield Rd. Do Not access the event using the NW end of Hender Rd <ul style="list-style-type: none"> • School car park off Hender Rd is for the Organising team and those with small children (until filled) • South side of the Mt Lofty Oval until filled, enter off Heathfield Rd. To reach the arena, walk back out through the oval gates then follow Hender Rd until the school gate entrance to the arena (do not cross any bunting on either side of the oval to reach the arena) • SW side of Hender Rd (no further to the NW than defined by signs), enter through the school gates to the arena • any further parking can be along Heathfield Rd. Enter the arena via Hender Rd and the school gates.
Arena	See map below All of the Heathfield High School and the Mt Lofty Sports Ground, apart from the arena and designated parking areas as shown on the map are Out of Bounds.
Toilets	Elite Prologue competitors – toilets are available in the quarantine area near the start as directed, do not use the toilets for the public courses before completing your course General use - not for elites prior to completing their course

	Toilets are located in the gym building next to the oval. This will be clearly signed. Be aware that the gym is on the map so there will be runners using the path in front of the toilet. TAKE CARE when crossing this path. Do not let children wander outside the toilets.
Warm-up Area	For elites – refer to the Quarantine information
Spectator Viewing	See arena map
Out of Bounds	All areas as defined on the arena map and by signs in and adjacent to the arena
Elite Quarantine and Warm-up	<p>All runners in the Elite Prologue 18A, 20E and 21E classes are to enter the quarantine by 11:30 AM and get name checked off. Once your name has been checked do not leave the quarantine area.</p> <p>There is limited shade in the quarantine area but a large tent will be provided. There is no water provided in the quarantine so please bring your own water.</p> <p>Warm up in the area shown or exit via a stile onto Hender Rd and warm up along the road in the section limited by signs.</p>
Start	<p>Directions to the Start – see the arena map</p> <p>Toilets are available in a building near the start area (available only to Elite Prologue classes until all these runners have started)</p> <p>No water or clothing return at the pre-start.</p>
Start Times	<p>Prologue elite courses from 12 Noon – 1 minute start interval</p> <p>M/W18A classes will start first followed by the M/W20 and 21E classes in IOF Sprint ranking order; those with no ranking will be in random-draw order prior to the ranked runners.</p> <p>Public courses – start from approximately 2 PM. Start times will be allocated at 30 sec intervals for these courses, which will use a punching start.</p>
Course Closure	<p>Elite courses – 2 PM</p> <p>Public courses – 4:30 PM</p>
Catering	<p>The Southern Arrows Junior Squad will sell cheese toasties, sausage sizzle (including vegetarian options), baked goods and drinks.</p> <p>Wicked Coffee Van</p>
Safety Information	<p>Courses 1 and 2 - South or east to Hender Rd and then to the assembly area on the school oval. Do not cross the railway line at the north end of the map.</p> <p>Course 3 – east to the oval and assembly area. Do not cross any roads.</p>
Other Course Information	<p>Caution – There are a number of road crossings on Courses 1 and 2. Traffic will be minimal and road marshals will be out, but please take care crossing the road. Course 3 does not cross any roads.</p> <p>Map flip - Course 1 and 2 have a map flip. The map flip is at the start of a mandatory marked route. There is one control at the start of the route and one at the end.</p> <p>Elites will collect their control description in the map box on the start line rather than at the pre-start.</p> <p>Public courses will collect control descriptions as described in the carnival Start Procedure.</p>
Water on Courses	No water is provided on courses or in the arena. Everyone needs to be self-sufficient for drinking water on this day.
Family Teams Event	For the Family Team Event, the results will be an aggregate of the three team members completing each of Courses 1, 2, and 3. There will be no mass start or tagging for the Family Teams event. The event has an overall winning team and a handicap winning team.

Prologue Presentations	As soon as possible after all the Elite Prologue course are completed – approximately 2 PM Presentation for the Family Teams event will be held on Day 3 of the Australian 3-Days
Other Notes	The event uses Heathfield High School grounds – “This is not a Department of Education sponsored or organised activity and the Department of Education accepts no responsibility or liability in relation to this activity. The Department of Education accepts no responsibility or liability for services or activities organised by or provided by Orienteering South Australian Inc.”

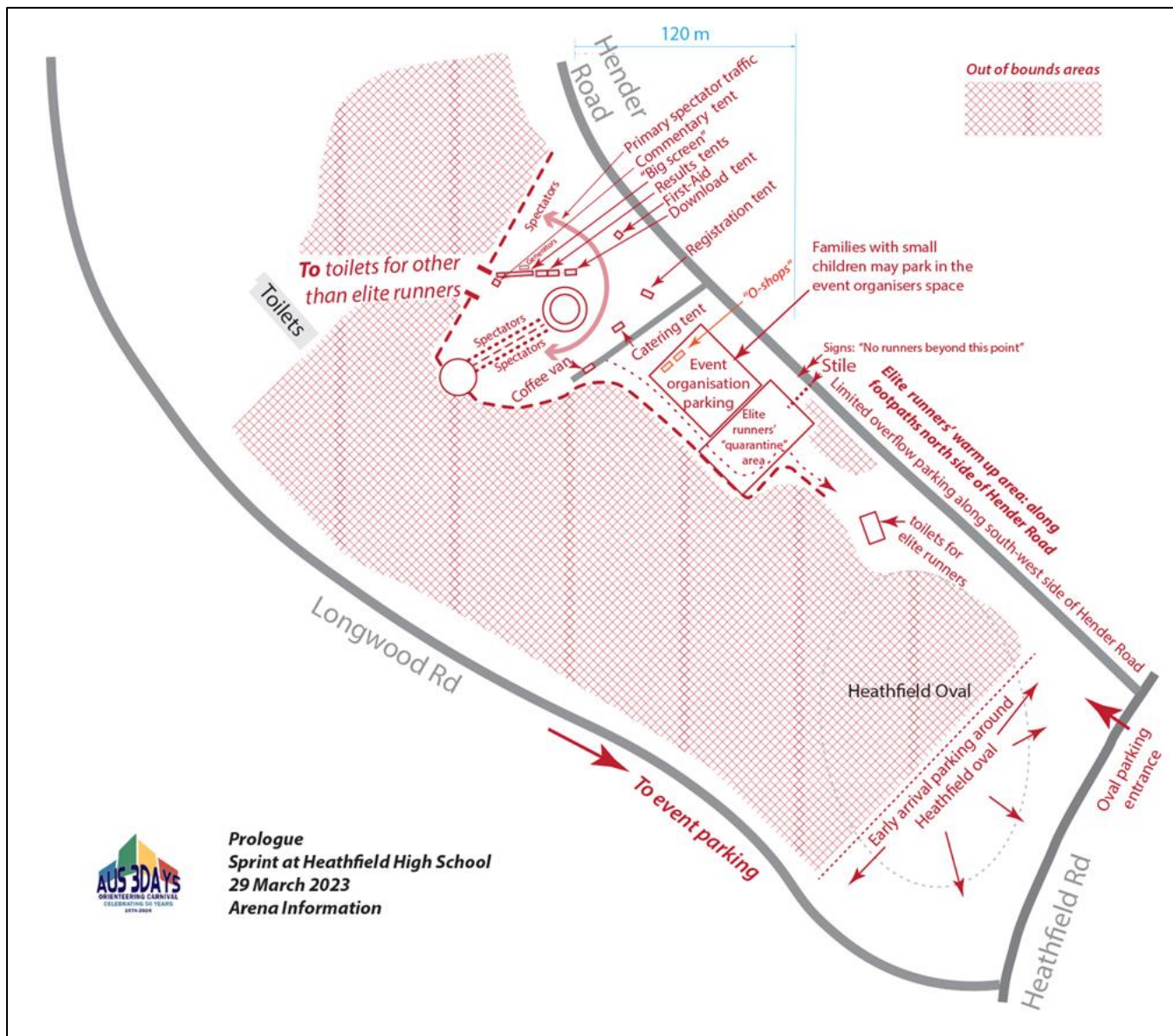
Course Details

Course	Classes	Length (actual running distance)	Climb	No of Controls	Map Scale
1	M21E, M20E, M18A, Public Course 1	3.6km	85m	30	1:4,000
2	W21E, W20E, W18A, Public Course 2	3.1km	75m	25	1:4,000
3	Public Course 3	1.4km	25m	18	1:3,000

Special notes with photos:

<p>An area with shade shelter with garden beds underneath has been mapped as per the images to the right. Where the garden beds go under the shelter, they have been mapped with the normal outline but with the shaded undercover grey.</p>		
<p>There is an undercover walkway that has a small over pass. This is mapped with to IOF sprint standards to show you can run underneath but cannot access the top level from the lower path.</p>		
<p>There are a number of permanent controls in the school used for school based orienteering. Please ignore these.</p>		

Arena Map



Saturday March 30th – Australian 3-Days – Day 1 – Pymton

National Orienteering League Round 2, Event 2	
Map	Pymton
Land Owners	Barbara and Lindsay Pym, Matthew Pym, Anthony Pym, John Pym, Craig Paech, Sarah Barnes
Map Scale	1:10,000 and 1:7,500 – see Course Details table
Contour Interval	5m
Mapper	Remapped by Adrian Uppill in late 2023 to ISOM 2017-2 specifications, using OCAD generated base map material (contours, hill shade, slope gradient, vegetation base, vegetation height) from LIDAR data captured 2023. Other base map material included 2023 aerial photography and the original map 'Pymton' by Alex Tarr, 1998.
Organiser	Robert Smith 0408 778 842
Course Planner	Steve Cooper
Day Controller	Adrian Uppill
OA Controller and IOF Event Advisor	Jenny Casanova
WRE and NOL Events	World Ranking points for forest races are available to entrants in M and W 21E if they have an IOF ID. NOL points are allocated according to the current NOL Guidelines.
General Information for all attending the event – Participants and Non-Participants	ALL SHOES (orienteering shoes and any others you wear for yourselves and children in the assembly area) need to be cleaned of weed seeds before coming to the event.
Terrain	<p>Pymton is farmland with terrain varying from open undulating grazing land through to hilly scrubland with scratchy bushes, and has varied rock features throughout. The open land has areas of rocky outcrop, broadly linear in shape, which are indicated on the map by stony ground and boulder field symbols. On courses 1 to 5, runners may encounter areas of rock mining (for moss rocks in landscape gardens) where in addition to stony ground, the broken ground symbol is used on the map. In the scrubby areas, only larger rock features are mapped, unless isolated and clearly obvious.</p> <p>Isolated large trees are mapped as white areas (symbol 405 Forest) in Open land and Rough Open land.</p> <p>The symbol 419 Prominent vegetation feature (green cross with white outline) is used only in areas of Open land and Rough open land to show the location of large and distinctive dead gum trees of a whitish appearance.</p>
Directions	<p>GPS coordinates for the arena: -34.940 139.076</p> <p>WARNING: Please take care when driving on the gravel roads as surface conditions may be corrugated and slippery. The roads traverse undulating to hilly terrain often with native vegetation including large gums along the road verges. Allow plenty of time (1.5 hours from Adelaide CBD) when travelling to the event arena.</p> <p>From Adelaide Take the South-Eastern freeway to the Hahndorf exit (17 km from Glen Osmond). Follow signs through Verdun, Balhannah, Oakbank and Woodside to Mt Torrens (25 km). At Mt Torrens take the road sign-posted to Tungkillo and then after 1.7 km turn right (O-sign) onto Black Heath Road. Follow this all-weather gravel road for 16 km, then turn right onto Pym Road and the event area.</p>

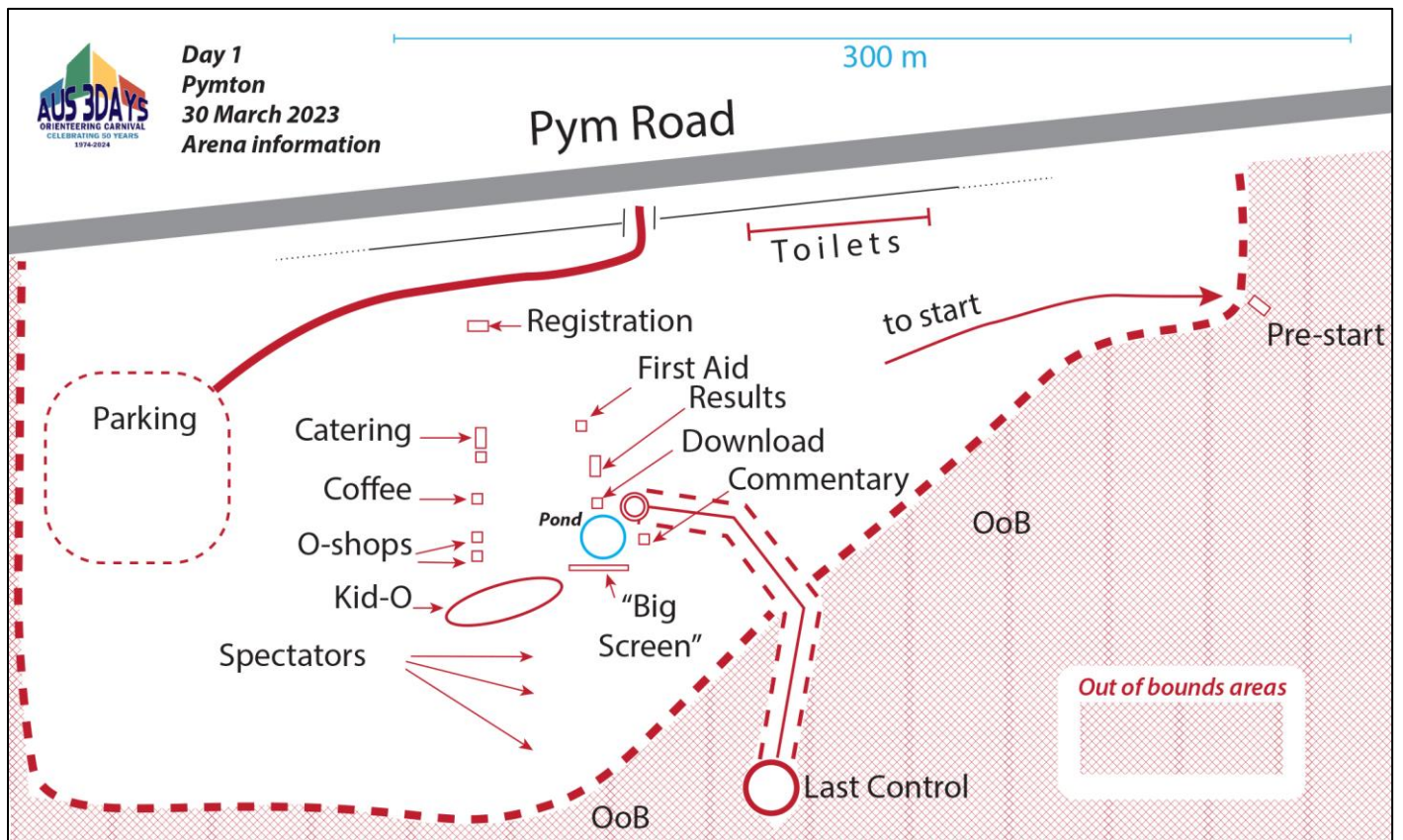


	<p>From Murray Bridge Take the road NW out of the town, initially sign-posted to Mannum. Turn left after 4 km onto the Palmer Road. After a further 16 km turn left (O sign) onto the Mt Torrens to Tepko Road (also known as Black Heath Road) and follow this all-weather gravel road (SEE NOTE ABOVE) 10 km and then turn left onto Pym Road and the event arena.</p> <p>From Monarto Sports Complex From the entrance turn north and follow the bitumen roads, Schenscher Road and Pallamanna Road 11 km to the Palmer Road. Turn left and proceed 8 km, then turn left (O sign) onto the Mt Torrens to Tepko Road (also known as Black Heath Road) and follow this all-weather gravel road (SEE NOTE ABOVE) 10 km and then turn left onto Pym Road and the event arena.</p>
Registration	Open from 8.30 AM For location refer to Arena Map
Parking	The parking area is adjacent to the arena and 300m from the pre-start. Please park as directed.
Arena	See map below
Toilets	Between the arena and the pre-start
Warm-up Area	Between the arena and the pre-start
Spectator Viewing	Spectator viewing is permitted from within a marked area adjacent to the finish chute and download tent. The area past the taped area is OOB.
Out of Bounds	All areas south of the arena are OOB
Start	Follow the pink tapes east from arena for 200m to the pre-start. Please use this route when coming and going from the pre-start There will be no toilets, water or clothing return at the pre-start.
Start Times	From 10 AM Last start approx. 12:30 PM M21AS (Sledge) – mass start at 9.50 adjacent to the start – assemble at pre-start after the group photo by the portaloos M/W21E will start in World Ranking order, with highest ranked starting last and those with no IOF ID drawn randomly at the beginning of the list.
Course Closure	2:30 PM
Catering	<p>Catering by Rockleigh CFS Volunteers – please bring cash as phone reception is poor in the arena and their electronic payment may not function!</p> <p>There will be a magnificent range of food and soft drinks available care of the CFS (Country Fire Service) volunteers, which include the owners of the land on which you are orienteering.</p> <p>Menu</p> <p><i>Sausage (beef or chicken), onion and bread \$4</i> <i>Egg and bacon sandwich \$6</i> <i>Hamburger with lettuce, tomato, cheese and onion in a bread roll \$10</i> <i>Baked potato and trimmings (gluten free, vegetarian) \$10</i> <i>Vegetable fritter (gluten free, vegetarian) \$3</i> <i>Cheese toastie (GF bread on request) \$3</i> <i>All meats are gluten free</i> <i>Strawberry parfait (fresh strawberries and yogurt) \$4</i> <i>Cake \$3 or 2 for \$5</i> <i>Soft drink \$2 Fruit box \$1</i> Wicked Coffee Van for coffee</p>
Safety Information	Safety bearing is north-east to a formed metal road.
Other Course Information	Where fences are particularly difficult to cross, stiles are placed as needed, with some being compulsory crossing points as per control descriptions.
Water on Courses	Water is at controls for some courses, and some water stations (shown with drink symbol on the map) are positioned so that they should be part of a route choice for the relevant courses. Refer to your control descriptions and your map for water locations.

Course Details



Course	Classes	Length (km)	Climb (m)	No of Controls	Map Scale
1	M21E	6.0	240	24	1:10,000
2	W21E	4.7	165	20	1:10,000
3	M20E	4.4	160	19	1:10,000
4	W20E	3.8	125	18	1:10,000
5	M21SPORT M35A M40A	5.1	170	20	1:10,000
6	W21SPORT W35A	4.3	160	19	1:10,000
7	M18A M20SPORT M45A W40A	4.3	145	19	1:10,000
8	M21AS - Sledge	3.1	125	17	1:10,000
9	M16A M50A	4.1	140	19	1:10,000
10	M55A W18A W20SPORT W45A	4.1	130	18	1:10,000
11	M60A M65A W50A M35AS W21AS	4.0	130	17	1:7,500
12	M70A W16A W55A M20AS W35AS	3.7	130	18	1:7,500
13	M75A W60A W65A W20AS	3.1	100	15	1:7,500
14	W70A M45AS M55AS Open Hard	2.8	95	15	1:7,500
15	M80A W75A M65AS W45AS W55AS	2.6	85	14	1:7,500
16	M85A W80A W85A W65AS	1.8	60	11	1:7,500
17	M90A W90A	-	-	-	1:7,500
18	M14A M Open B	4.5	180	17	1:7,500
19	W14A W Open B Open Moderate	3.6	130	15	1:7,500
20	M12A W12A Open Easy	2.5	105	17	1:7,500
21	M10A W10 A M/W10 Novice Open Very Easy	1.6	80	13	1:7,500

Arena Map



Sunday March 31st – Australian 3-Days – Day 2 – Ngaralta Country

National Orienteering League Round 2 – Event 3		
Map	Ngaralta Country (originally mapped by Paul Hoopmann in 2006 for the 2007 Easter Carnival. Remapped by David George in 2023 to ISOM 2017-2 using LIDAR data).	
Land Owners	Hellenic Shooting Sports Association of SA Inc., Hayden Hein, Robert Paech and Darren Kubenk	
Map Scale	1:10,000 or 1:7,500 – see Course Details table	
Contour Interval	5m	
Mapper	David George	
Organiser	Evelyn Colwell	0407 616 778
Course Planner	Nigel Dobson	
Day Controller	Phil Hazell	
OA Controller	Jenny Casanova	
NOL races	NOL points are allocated according to the current NOL Guidelines.	
General Information for all attending the event – Participants and Non-Participants	ALL SHOES (orienteering shoes and any other shoes you or your children may wear in the assembly area) need to be cleaned of weed seeds before coming to the event. Also please ensure that all weed seeds, including Caltrop thorns (which look like large three-cornered jacks), are removed from your shoes before leaving the site.	
Terrain	<p>The map area includes low rocky hills and ridges with mallee scrub, open forest and low scrubby vegetation interspersed with rough open grazing or cropland. A significant dry (most of the time) creek system also runs across the map area. Runnability varies from fast to slow run or walk in some places.</p> <p>Rocks are generally somewhat irregular in shape. In open areas, smaller rocks may be mapped than those in scrubby areas of the map. Areas mapped as rocky ground may contain rocks approaching 0.5 m in height. Knolls (brown dots) on the map are generally rocks with rounded edges that you can easily run up as opposed to the boulders and boulder clusters which are more vertical.</p> <p>Visibility is generally good in most areas. Due to summer rain there has been some significant weed growth in most rough open areas. Gaiters and leg protection is recommended. The climb on nearly all courses is low (approx. 1%).</p>	
Directions	<p>The Ngaralta Country arena is situated on land owned by the Hellenic Shooting Sports Association.</p> <p>GPS Coordinates for the arena: 35° 1.700'S 139° 9.500'E</p> <p>From Adelaide: Approximately 1 hr drive from the Adelaide CBD via the South-Eastern Freeway. Take the Monarto exit off the SE Freeway and head north along Ferries McDonald Road for 13km following the blue 'Hellenic Park Sports and Shooting Complex' signs. There will also be an orienteering sign at the road intersection 700m north of the Monarto Lutheran Church and another at the corner of Law and Anders Roads. Most of the roads are bitumen or reasonable quality gravel roads but please drive to the conditions.</p> <p>From Murray Bridge: Approximately 20 minute drive from Murray Bridge. Head N/W along Hillview Road which continues into Anders Road until you come to the Anders/Law Rd junction where there will be an orienteering sign. Turn right onto Laws Rd and follow until you reach the entrance to the Hellenic Park Sports and Shooting Complex.</p> <p>From Monarto Sporting Complex: Approximately 10 minute drive. Head north on Schenscher Rd and follow the blue 'Hellenic Park Sports and Shooting Complex' signs. There will also be an orienteering sign at the road intersection 700m north of the Monarto Lutheran Church and another at the corner of Law and Anders Roads.</p>	

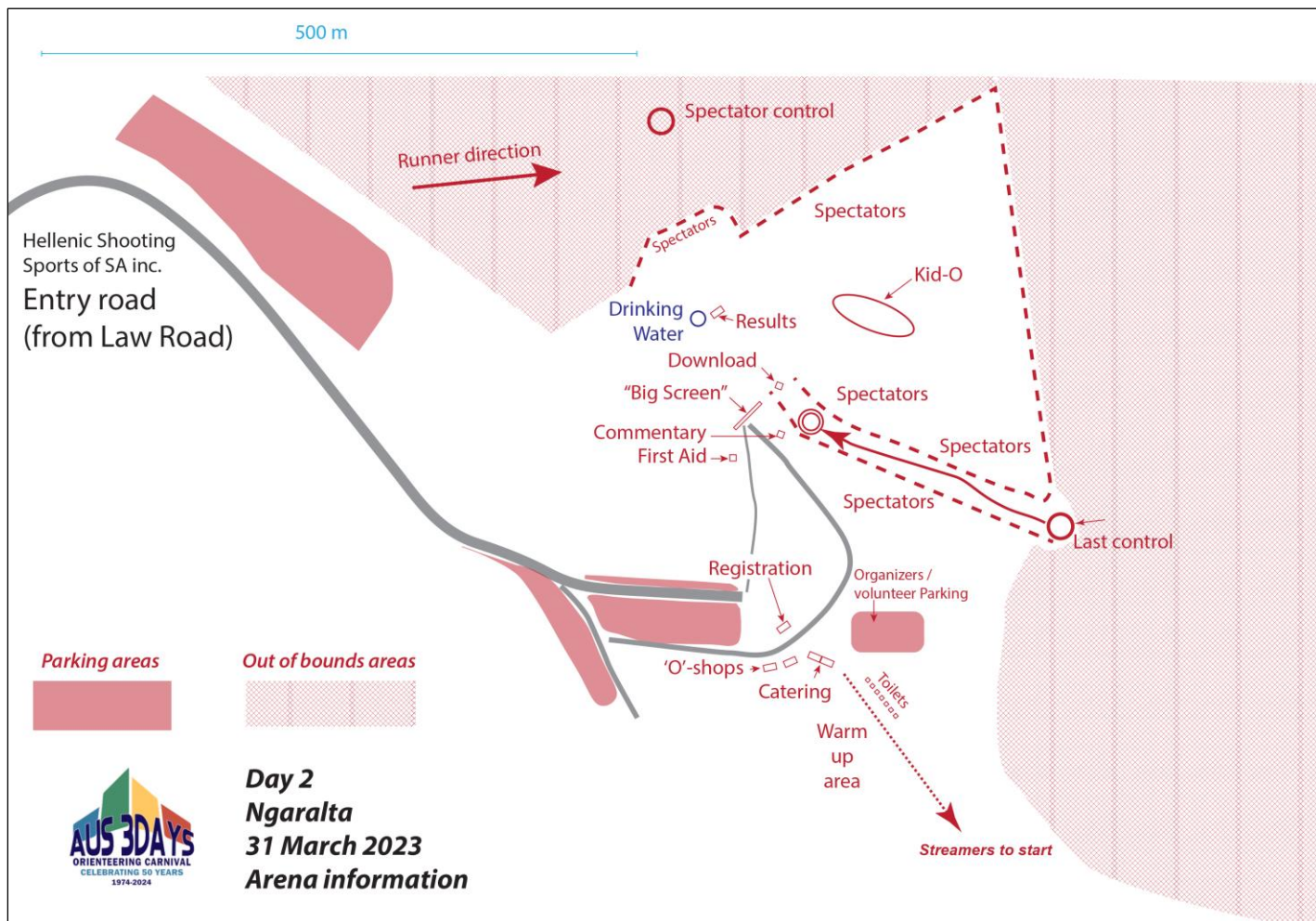
Registration	Open 9 AM. Refer to arena map for location of Registration tent.
Parking	Please park as directed. Parking is 100-500m from the arena.
Arena	See arena map below
Toilets	Adjacent to the arena.
Warm-up Area	South of the arena 300m to the pre-start area.
Spectator Viewing	Spectator viewing is permitted in an area on the northern edge of the 200m long finish chute and download tent. There is also a spectator control viewing area 50m NW of the finish (under the awning of the shooting range). All elite runners will go through this spectator control which is located about 1/3 of the way around their courses.
Out of Bounds	The areas east of the finish chute viewing area and north of the spectator control viewing area are out of bounds. The area east of the walk to the pre-start is also out of bounds.
Start	Follow the pink tapes south from the arena for 300m to the pre-start area. Please use this route when coming and going from the pre-start. There will be no toilets, water or clothing return at the pre-start.
Start Times	From 10 AM Last Start approx. 12:30 PM M21AS - Sledge (Course 8), will have 2-minute start intervals in the reverse order of their finishing time from Day 1's mass start race. Start times for this class will be published on the evening of Saturday 30 March 2024.
Course Closure	2:30 PM
Catering	<p>Miti Miti Artisan Empanadas https://www.mitimiti.au/ will be selling their wonderful Empanadas.</p>  <p> Miti Miti • Artisan Empanadas</p> <p>Wicked Coffee Van for coffee</p>
Safety Information	If lost, the safety bearing is west to Law Road. If injured, try and move to a control where you can let other competitors know that you are injured and may need first aid assistance.
Elite competitor – special information	<p>Elite competitors on courses 1-4 need to allow time to pass through a shoe inspection checkpoint at the pre-start in order to remove all caltrop thorns from their shoes, as a condition of entry to the land which they will traverse immediately after the start triangle. This process will be supervised by an event official.</p> <p>Elite competitors are also asked to refrain from going near the spectator control NW of the finish before their races, to minimise time spent removing thorns from your shoes at the pre-start and reduce the risk of Caltrap being spread on one of the landowners' properties.</p> <p>If elite competitors on courses 1-4 wish to have their own drink bottles available for use at the spectator control, please drop your labelled drink bottle to the Registration tent and it will be subsequently transferred to a taped off area next to the spectator control. Elites can retrieve their water bottles from the spectator control after finishing their course.</p>
Water on Courses	Most water is located at control sites although one water drop is located close to several nearby controls. Some courses will have more than two water controls due to the course distance and/or water requirements for other courses using the same control.

OA Presentations	<p>The following OA awards will be presented (if the recipients are there) at approximately 1pm in the spectator viewing area NE of the finish chute:</p> <ul style="list-style-type: none"> • Silva Award for Services to Australian Orienteering. • Silva Award for Services to Orienteering Coaching. • David Hogg Medal for Services to Event Management • Induction to the OA Hall of Fame • Silva OY Award • Athlete of the Year
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Course Details

Course	Classes	Length (km)	Climb (m)	No of Controls	Map Scale
1	M21E	15.6	145	25	1:10,000
2	W21E	12.5	130	23	1:10,000
3	M20E	11.3	125	18	1:10,000
4	W20E	9.1	110	17	1:10,000
5	M21SPORT M35A M40A	11.0	135	21	1:10,000
6	W21SPORT W35A	9.1	135	16	1:10,000
7	M18A M20SPORT M45A W40A	7.6	40	14	1:10,000
8	M21AS - Sledge	7.3	90	16	1:10,000
9	M16A M50A	6.8	105	13	1:10,000
10	M55A W18A W20SPORT W45A	6.3	85	12	1:10,000
11	M60A M65A W50A M35AS W21AS	5.8	90	13	1:7,500
12	M70A W16A W55A M20AS W35AS	5.3	60	12	1:7,500
13	M75A W60A W65A W20AS	4.4	65	10	1:7,500
14	W70A M45AS M55AS Open Hard	3.8	65	9	1:7,500
15	M80A W75A M65AS W45AS W55AS	3.0	80	9	1:7,500
16	M85A W80A W85A W65AS	2.5	40	10	1:7,500
17	M90A W90A	1.4	20	6	1:7,500
18	M14A M Open B	4.9	80	16	1:7,500
19	W14A W Open B Open Moderate	3.8	65	10	1:7,500
20	M12A W12A Open Easy	2.5	55	14	1:7,500
21	M10A W10 A M/W10 Novice Open Very Easy	1.6	50	10	1:7,500

Arena Map



Monday April 1st – Australian 3-Days – Day 3 – Narrinyeri Hills

National Orienteering League Round 2 – Event 4		
Map	Narrinyeri Hills	
Land Owner	Department of Environment and Water Managed by National Parks SA as Kinchina Conservation Park	
Map Scale	1:10,000 or 1:7,500 – see Course Details table	
Contour Interval	5 m	
Mapper	Adrian Uppill, 2020, to ISOM2017-2 and using LIDAR data, minor updating in 2023	
Organiser	Mark Overton	0401 142 534
Course Planner	Robin Uppill	
Day Controller	Gerry Velaitis	
OA Controller	Jenny Casanova	
NOL races	NOL points are allocated according to the current NOL Guidelines.	
General Information for all attending the event – Participants and Non-Participants	<p>Some additional conditions and information are summarised and repeated below as this event is in a conservation park.</p> <p>ALL SHOES (orienteering shoes and any others you wear for yourselves and children in the assembly area) need to be cleaned of weed seeds before coming to the event. In particular, if you have picked up caltrop seeds at Day 2 at Ngaralta in the soles of you shoes – THESE NEED TO BE REMOVED.</p> <p>Additionally if a previous day's event has traversed wet or muddy ground (even though at the moment this may seem unlikely) shoes must be cleaned of any soil before entering this event area.</p> <p>The Kinchina Conservation Park has a number of mountain bike tracks and is used by bike riders and other users. Various Mountain Bike groups have been informed of the event, and notices are being placed on the various track entrances. However, we cannot be 100% certain that no bikes will be in the event area, as it is public access. And likewise there may be bushwalkers on the trails,.</p> <p>No Pets and No Rubbish – see General Information section</p> <p>Vegetation can be quite dry and scratchy, so full body cover is recommended for competitors.</p>	
Terrain	<p>The terrain encompasses rocky hillsides with mallee scrub, native pines, and low scrubby vegetation reducing visibility. Some areas of tree replanting are also present. Areas of rough open land are interspersed amongst the scrub, which varies from fast to slow run and walk. Recently a network of mountain bike tracks has been built (quite distinct from unmapped animal tracks), minor vehicle tracks are also present. Views of Murray Bridge are available from some hillsides.</p> <p>Rocks are generally somewhat irregular in shape. In white to open areas, smaller rocks may be mapped than in scrubbiest thicker areas where areas mapped as rocky ground may contain rocks approaching 1 m in height.</p> <p>Vegetation and hence runnability vary considerably, and with summer rain some bushes have grown over summer. A continuous gradation exists from white to light green to mid green, hence vegetation boundaries are often indicative only and not recommended for detailed navigation.</p> <p>Previous map – refer to event website</p>	

Directions	<p>GPS Coordinates for the Entrance to Parking -35.125 and 139.24</p> <p>The event will be signposted from Adelaide Road, Murray Bridge</p> <ul style="list-style-type: none"> - 13min from Monarto Campground - 8min from Murray Bridge - 30min from Mount Barker - 1hr 10min from Adelaide CBD <p>From the South Eastern Freeway, Take the first exit to Murray Bridge and head for Murray Bridge Centre, after 2km turn left onto Bremer Rd.</p> <p>From Murray Bridge Head west along Adelaide Road towards Adelaide, after 3.3km turn right onto Bremer Rd.</p> <p>From Monarto via the Old Princess Highway Turn left onto Adelaide Rd/ Karoonda Highway near the freeway exit/ entrance, after 1.5km turn left onto Bremer Rd.</p> <p>Travel along Bremer Rd for 900m, turn left into the dirt driveway just past State Flora (signposted). Then park as directed on this road.</p>
Registration	<p>Open from 9 AM</p> <p>For location refer to Arena Map</p>
Parking	The parking area is 250 - 600m from the arena. Please park as directed.
Arena	See map below
Toilets	Adjacent to the Parking Area
Warm-up Area	In the paddock on the way to, and south of the start only
Spectator Viewing	<p>Spectator viewing is permitted from within a marked area adjacent to the finish chute and download tent.</p> <p>The area past the taped area is OOB.</p>
Out of Bounds	All areas west of the arena are OOB
Start	<p>Follow the directions north from arena for 500m to the pre-start (see arena map). Please use this route when coming and going from the pre-start. Warm up on the way to, or south of the pre-start.</p> <p>The forest area west of the fence bounding the open paddock used for the start route is OUT OF BOUNDS</p> <p>There will be no toilets, water or clothing return at the pre-start.</p>
Start Times	<p>From 10 AM</p> <p>Last Start approx. 12:30 PM</p> <p>Elite classes M/W20E and 21E – these will be in 2 min intervals in reverse order to the placings after Day 2 i.e. leader starts last</p> <p>Approx time of First Starts</p> <p>M21E: 10:40 AM</p> <p>W21E: 11:10 AM</p> <p>M20E: 10:50 AM</p> <p>W20E: 10:50 AM</p> <p>M21AS – Sledge – chasing start for 30 mins from 10AM, then at 1 min intervals,</p> <p>Start times for these classes will be published on evening of Sunday 31st March</p>
Course Closure	2:30 PM
Catering	<p>Catering provided will include basic BBQ with sausages, vegetarian options, toasted sandwiches, muffins and soft drinks</p> <p>Wicked Coffee Van for coffee</p>
Safety Information	<p>Courses 1-5 – if north of Maurice Rd: south to Maurice Rd, then east to the open paddock the south of the road, then south to the assembly area.</p> <p>Otherwise as for Courses 6 - 21</p>

	Courses 6- 21 – east to the open area with a view of Murray Bridge, then south to the assembly area
Other Course Information	Course 1, 2, 3, 4 and 5 will be crossing a main road twice part way through their courses. The crossing legs are untimed; competitors must punch a control at either end of the untimed leg. Do not loiter at the crossing, which will be monitored by officials. Signs will be on the road warning traffic about runners, but caution must be taken whilst crossing the road.
Water on Courses	Water is at controls for some courses, and some water stations (shown with drink symbol) are on a track which should be part of a route choice for the relevant courses. Refer to your control descriptions and your map for water locations.
Presentations	Presentations for the Australian 3 Days will be held as soon as possible after 1:30 PM

Course Details

Course	Classes	Length (km)	Climb (m)	No of Controls	Map Scale
1	M21E	8.3	270	24	1:10,000
2	W21E	6.5	200	21	1:10,000
3	M20E	7.1	240	20	1:10,000
4	W20E	5.7	155	18	1:10,000
5	M21SPORT M35A M40A	5.9	195	20	1:10,000
6	W21SPORT W35A	5.1	140	13	1:10,000
7	M18A M20SPORT M45A W40A	5.1	140	14	1:10,000
8	M21AS - Sledge	4.4	120	13	1:10,000
9	M16A M50A	5.1	140	13	1:10,000
10	M55A W18A W20SPORT W45A	4.7	130	12	1:10,000
11	M60A M65A W50A M35AS W21AS	4.4	120	13	1:7,500
12	M70A W16A W55A M20AS W35AS	4.1	120	12	1:7,500
13	M75A W60A W65A W20AS	3.6	115	12	1:7,500
14	W70A M45AS M55AS Open Hard	3.4	90	10	1:7,500
15	M80A W75A M65AS W45AS W55AS	2.6	80	11	1:7,500
16	M85A W80A W85A W65AS	2.2	65	9	1:7,500
17	M90A W90A	1.8	45	8	1:7,500
18	M14A M Open B	4.1	95	13	1:7,500
19	W14A W Open B Open Moderate	3.5	60	10	1:7,500
20	M12A W12A Open Easy	2.6	60	14	1:7,500
21	M10A W10 A M/W10 Novice Open Very Easy	2.0	50	10	1:7,500

Arena Map

