



A Weekend of Urban Map Racing

12th and 13th October 2024

The first ever Sydney City Race weekend is 2 exciting urban map running races where you will navigate to a series of control points, some of which have the most spectacular views on offer. The weekend starts on Saturday afternoon with the option of short distance races at Pyrmont. This is the perfect warm up for the long distance Sydney City Races on Sunday morning. Both events will have different line courses or All Checkpoint Race-The-Clock challenges, in the unique urban setting of Sydney. Navigate your way through iconic places such as the wharves and parks at Pyrmont, the historical Rocks district, past the Opera House, through the CBD, Hyde Park and around Barangaroo.



Sydney City Race Sun 13 Oct 2024

If you read nothing else, read this

What you need to do before Race Day:

Step 1: Check your details are correct in the [Start List](#), and note your Race Bib Number and Start Time. If there are any issues, contact Race Director at sheraleebaileyonsw@gmail.com;

Step 2: Read the "How To" document available [here](#), which describes map racing / orienteering and what your course and map will look like.

What you need to do on Race Day:

Step 1: On the morning of Race Day, go to Race Headquarters (details below) with plenty of time before your Start Time and get checked in;

Step 2: Once checked in, collect your Race Bib which will be hanging on a line in number order inside Race Headquarters;

Step 3: Once you have your Race Bib, go to the Enquiries Desk to collect your SportIdent Timing Stick (if you don't have your own);

Step 4: Speak to a Helper if you need help understanding what to do, or with help to read the map. Helpers will be wearing High Viz yellow jackets at Race Headquarters;

Step 5: Before your Start Time, go to the Start. Insert your SportIdent stick into the Clear and Check units (in that order), then wait for your Start Time to be called. If you are running the 15km or 10km Races, do not be late as you may have a long wait before you can start;

Step 6: When your Start Time is called, enter the Start Box for your Race Distance. Proceed through the Start Boxes at 30 second intervals when called;

Step 7: Complete your Race. You must register at the control points in number order, starting at #1 (unless you are doing the Race The Clock Challenge);

Step 8: Once you have completed your Race and returned to the finish (located next to the Start), go to the Download Desk inside Race Headquarters, where you can download the timing data on your SportIdent Stick and return it into the SportIdent Returns Box. Your result will then be available.

Step 9: Relax inside Race Headquarters where you can purchase food and drinks while you wait for the final results, podium presentations and lucky prizes.

Summary Race Details:

Race Headquarters: Fort Street Public School, Observatory Hill, Upper Fort Street, Millers Point.

GPS: -33.860591, 151.205270

Start Times: Start times are from 8:00-10:00am and are posted [here](#).

Race Headquarters Opening: Race Headquarters opens at 7:00am. Do not arrive before 7:00am as Race Headquarters will not be open. Competitors will be checked in when they arrive.

Race Bibs: Competitors must wear a Race Bib, available for collection inside Race Headquarters from 7:00am on Race Day after you have checked in.

Sportident Electronic Stick collection: Competitors who do not have their own Sportident stick will need to collect one at the Enquiries Desk inside Race Headquarters after they have collected their Race Bib.

Water: Bubblers are available at Race Headquarters and throughout the City, however competitors are advised to bring their own water. 15km Race competitors can leave a drink bottle at the map change area, close to the Start/Finish. This is approximately 11km into their course.

Start/Finish: Distance to Start/Finish: 80m

Race Closure: Race closing time is 11:30am. You must return to the finish and Download your Sportident electronic stick at Race Headquarters immediately after returning. DO NOT GO HOME WITHOUT DOWNLOADING YOUR SPORTIDENT STICK AT RACE HEADQUARTERS.

Control points: Sportident Control units will be SIAC Air enabled but with a punching Start. No courses have more than 30 control points.

Map: Scale 1:4,000, Contour Interval 2.5m

Double sided maps: The 15km, 10km and Race-The-Clock Score Races all have double sided maps. The 6km and 3km Races are single sided maps.

COMPETITORS:

- **MUST RETURN TO THE FINISH AND DOWNLOAD THEIR SPORTIDENT STICK AT RACE HEADQUARTERS EVEN IF ABANDONING THEIR RACE;**
- **TAKE PART AT THEIR OWN RISK;**
- **MUST OBEY ROAD RULES AT ALL TIMES; AND**
- **ARE RESPONSIBLE FOR THEIR OWN SAFETY**

Safety and Risk Information

Map racing and orienteering are adventure sports. While we have carried out a full risk assessment of the competition area, and will put in place mitigation of found risks, please be aware that competitors take part at their own risk. There are specific entry conditions on entrants aged under 13, see the Under 13's section further below for more details.

The terrain is urban and competitors will share footpaths, open spaces and roads with the general public. Be polite to people walking. Be aware that what seems like a friendly call from you to warn of your approach can seem like an aggressive yell to others.

All courses will involve road crossings, steps, fences, walls and other obstacles where you will need to be careful. Slopes and steps, in particular, can be slippery when wet.

The 15km Race will visit a control site early on in their course that involves going up and down approximately 200 steps inside a tower, some of which are narrow. A condition of our approval for access is that competitors walk up the 200 steps and keep to the left at all times while on the steps. This is to avoid collisions with other competitors, or tripping and falling on the stairs. Marshals will be located at various positions on these stairs and competitors must obey all marshal instructions. If any competitor has an incident while on these stairs, other competitors must stop and provide assistance, including requesting help from a marshal.

There will be traffic, including light rail, on roads in the competition areas which will not be closed for the event. It is your responsibility to follow the road rules and take care at all times. Do not cross against a red traffic light, and check for traffic when crossing at other places. Marshals will be placed across the city to check that competitors are obeying the road rules, not crossing into out-of-bounds areas, and treating other users of the area with patience and courtesy.

In entering any of the Sydney City Race weekend of events, competitors will be asked to accept personal responsibility for, and the risks associated with, their participation. In particular, competitors will need to read and acknowledge the Event Policies as shown on the Sydney City Race website [here](#).

Navigation tips and map interpretation

Map racing or orienteering is the sport of navigation, using a highly detailed map. It is an exciting and challenging outdoor sport that takes you to new and exciting places, as well as exercises your mind and body. It's a great sport for all ages where you can test yourself mentally as well as physically. Races are timed and if you're a runner, running against the clock is a familiar experience, but map racing provides added challenges of a staggered start and deciding where your own route goes as you are running. And if you're a non-runner, automatic timing from control point to control point provides a way to measure your navigational effectiveness across routes and compare later with others who made different route choices. Good route choice often beats raw speed.

For competitors new to map racing, we have prepared a "How To" document, available [here](#). Please read this before the race so that you understand what is involved.

Race Information

Pyrmont Race - Saturday 12th October 2024



Race Location: The event assembly area is in the north west part of Pirrama Park next to the Elizabeth Macarthur Bay Public Pontoon.

Pyrmont can be accessed on foot from the city, and by light rail, bus and ferry.

Metered parking is available around the area with a time limit of 2-3 hours. Or there are various car parks in the area including is a Wilson's car park at Jones Bay Wharf.

Start/Finish distance from assembly: The Start is a short walk from the Assembly Area. The Finish is at the Assembly area.

Start times: There are no allocated start times. Competitors can turn up and start anytime between 2:00pm and 3:30pm. All competitors must return to the finish no later than 4:30pm.

Map name, scale, contour detail: Pyrmont Point, 1:5000, contour interval 2m

Courses:

Course Name	Straight line	Best route distance	Climb	Number of control points
Long	3km	3.9km	72m	20
Medium	2.5km	3.0km	54m	16
Short	1.9km	2.1km	34m	10

There will also be a 30 minute Score with a double sided map and 10 controls on each side. Competitors may start on any side, and then choose when to turn over from side 1 to side 2 if they want to visit more control sites, BUT HAVING TURNED OVER THEY MAY NOT TURN BACK TO SIDE 1!

This means that Competitors should plan their 30 minutes so that they can visit as many controls as they can in the time limit AND consider the best point at which to turn over the map!

The control points on the map will score the following points:

- Controls with numbers 1-4 and 16-19 (codes 201-209) are worth 10 points
- Controls with numbers 5-8 and 20-23 (codes 211-219) are worth 20 points
- Controls with numbers 9-10 and 24-25 (codes 221-227) are worth 30 points

Controls: SportIdent Air will be enabled, with a punching start and finish

Facilities nearby: Public toilets are at the Pirrama Park Kiosk, at the eastern end of Piramma Park and Waterfront Park. The Cafe will open at Pirrama Park Kiosk and have been advised about the event.

Results: Results will be available online as soon as possible after the event.

Control descriptions: Control descriptions will be in English on the maps, and as IOF symbols on the printed handouts.

Race planner: Jo Parr, BF

Race controller: Simon George, BF

Race Information

Sydney City Race - Sunday 13th October 2024



Race Headquarters

Fort Street Public School, Observatory Hill, Upper Fort Street, Millers Point.

GPS: [-33.860591, 151.205270](#)

The Race Headquarters will contain the following:

- Competitor check-in;
- Race Bib collection;
- Enquiries;
- SportIdent Stick collection;
- SportIdent Download;
- First Aid;
- Goodie Bag collection after download;
- Water;
- 4 toilets. Note: there are no changing rooms or showers – bring a large towel for privacy! Please do not use the toilet cubicles as changing rooms; this only creates queues and delays for everyone else; and
- Catering.

Getting there:

We STRONGLY advise taking public transport. Services can be sparse or restricted early on a Sunday morning so please plan ahead.

Train: walk from Circular Quay (1km), Wynyard (1km) or Barangaroo Metro (900m).

Light Rail: walk from Circular Quay (1km) or Bridge St (1km).

Bus: Stops 200098 and 200099 are on Argyle St. Otherwise bus to Wynyard or Circular Quay.

Bicycle: also welcome. You can ride over the Harbour Bridge via the western cycle path.

Parking: there is metered parking in the streets surrounding Observatory Hill. There are lots of parking stations in the area. Most have discounted weekend rates. Consider car-pooling.

Please note the Agar Steps will be closed during the event so you cannot access them to get to Race Headquarters or during the race.

Map details

Map name: ***The winner is..... Sydney!*** Map Scale 1:4,000. Contour Interval 2.5m.

The map will show roads and main road names, parks, footpaths, buildings, walkways, stairs, corridors and tunnels, fences, bridges and other special features. Blank maps will be made available for competitors to review on Race Day.

Course Planner: Ian Jessup, GO

Late Entries

There will be no Entry On The Day or on-the-day entry changes.

Race Bibs

All competitors in the Sydney City Races on Sunday will need to collect their Race Bib which will be hung inside Race Headquarters after 7:00am on Sunday 13 October 2024. Race Bibs must be worn at all times **during the race.**

The Race Bibs for the Seeded competitors in each of the Sunday races will reflect their seeding on their course and be coloured Red for the females and Green for the males. All other Race Bibs will be coloured Orange and Black.

Start Times

Allocated starts are at 30 second intervals between 8:00am and 10:00am. A grid will be on the ground with your race lane labelled. Call up for your start will be 3 minutes before your start time, and you will need to move through the grid at 30 second intervals until you reach your start time.

The Race The Clock 60 minute challenge will be a mass start of all competitors at 9:00am. These competitors will be given the option of getting their maps in quarantine at 8:55am so that they have 5 minutes to work out their course before they start.

Your individual Start Time is posted [here](#). Please check your times. If you arrive late for your start, you will be started in the next available time slot, but you may have to wait a while as the start slots are very full.

Competitors will be called up 4 minutes before your start. Control point descriptions will be available after call-up. You will need to insert your SportIdent Stick into the Start unit control point when you start and then pick up a map from the correct map box for your course.

Parents shadowing an under 12 must have completed their run first if they wish to be competitive on their course. Under 12's being shadowed will not have an allocated start time, and can start at the first available start slot when their parents are ready to shadow them.

Start Location

The Start is 80m from Race Headquarters and the route will be signposted. This is a popular pedestrian and cycling area, so competitors should watch out for other people and fast moving

bicycles. There is one road crossing on the way and there may be some cars using the road, so competitors should be alert for traffic. There are no toilets at the Start however there are 4 toilets in Race Headquarters, and public toilets are also located on the north side of Observatory Hill.

Seeded Competitors

In the 15km Race, the anticipated overall top 10 Men and Women will start as seeded runners in the final start slots, with #1 starting last.

In the 10km, 6km and 3km races, the anticipated overall top 3 Men and Women will be seeded and start in the final start slots.

Winner's Hot Seats - We'll have Winner's Hot Seats for the 15km Sydney City Race Men and Women. This is where the current Men's and Women's leaders in the 15km race will sit waiting to see if anyone who finishes after them has a faster time and takes their seat away from them. Ideally whoever is sitting there at the end of the race is the winner! We will have an esky of refreshments for those who are in the Winner's Hot Seat for more than 20 minutes.

SportIdent Electronic Punching/Control Point Registration

Control units will be SIAC Air enabled so competitors can either insert their SportIdent stick into the unit hole, or Air swipe over it depending upon which type of SportIdent stick they are using.

All competitors must register their SportIdent Stick in the Start control unit. The Finish control unit will be Air enabled for those with an Air Stick.

Should any SPORTident sticks be lost at the event, an additional fee of \$55 will be levied as a replacement cost for these items.

During The Race: For each control point, the orange and white flag, control identification number, SportIdent unit box and backup pin punch will be secured to an immovable object and signed as being part of a competition. The control identification number is on the top of the SportIdent unit. Make sure it is the number you are looking for before you register your stick into it. Do not insert your stick into the unit if the number is not the one you are looking for. You need to work out where you are instead, and go to the correct control point.

If (and only if) the SportIdent unit at a control point does not beep when you insert your stick, you will need to use the pin punch attached to it and create a pin point indentation on your map as proof that you have found it. Do this in one of the reserve punch boxes on your map, and tell the Finish team when you finish. Competitors are responsible for ensuring their presence at each control is recorded with an electronic punch on their SportIdent stick, or a pin punch if the electronic punch doesn't work. 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.

Only register at the control points you are looking for. If you are competing in the 15km Race and have hired a SportIdent Stick, this stick only has capacity to record 30 control points, so if you register at controls erroneously, then you will run out of space on your stick and it will stop beeping. You will then have to use the manual punch pins for the remainder of the race. The last 6 controls on the 15km course will have red pin punches attached.

If a control point appears to be missing due to vandalism, you should make very sure you are in the right place and then continue with your race. Let us know at Download if you believe a control point is missing.

SportIdent Download: YOU MUST DOWNLOAD AT RACE HEADQUARTERS, EVEN IF YOU ABANDON YOUR RACE. This is a safety check to ensure that all competitors are back.

If you do not download, you will be considered missing, possibly injured, and our Search Procedures will be activated, which may include contacting Emergency Services. Please do not cause this to happen unnecessarily!

If you have been provided a SportIdent Stick, you must return it to Download.
Maps will not be collected on any day – IN THE SPIRIT OF FAIR COMPETITION PLEASE DO NOT SHOW YOUR MAP TO COMPETITORS THAT HAVE YET TO RUN.

Finish Area

The FINISH is next to the Start, near Race Headquarters. After finishing, return immediately to Race Headquarters and proceed straight to the SportIdent Download desk to download your SportIdent Stick. This is both to generate your results, and also to let Organisers know that you are back and safe.

Catering

We are grateful to the Fort Street School canteen for opening and providing catering during our race. Please support them as this will provide necessary funding for the school. They will be serving a special and healthy selection of hot food and cold drinks, as well as coffee (dairy milk only). The canteen menu is available [here](#). Payment can be via card or cash.

Clothing and Footwear

Full body cover is not required; shorts and singlets may be worn. Studded or spiked shoes are a bad choice for this event – wear normal running shoes or similar.

Courses

For all Race Distances except the Race the Clock Challenge, you must register at the control points in number order, ie, go to control point 1 first, then 2, then 3 etc, all the way through to the end of your course. The Race The Clock challenge can be done in any order as per the instructions below.

15km Sydney City Race: Straight line distance 12km. Optimal running distance, 15km. Optimal climb 300m. Number of control points, 30.

The 15km race will be in 4 parts, starting with a double-sided map, then there will be a map change to a second double-sided map. The map change is located near the Start/Finish and will be marshalled. The first side of the first map will show control point numbers 1-13. Competitors must find the control points in order. At control number 13, flip your map to see the next section of your course containing control points 13-20. Once you register at control number 20, drop

your map, pick up a new map and do the section containing controls 20-24. At control number 24, flip this second map and do the final section containing controls 24-30. All control points must be visited in order. Marshals will be at the map change to assist competitors in taking a new map or if they need assistance.

Note: On map 1, side 1, controls 1 and 3 are the same – you must register at the SportIdent unit of this control both on the way out and again on the way back.

10km Sydney City Race: Straight line distance 8km. Optimal running distance, 10km. Optimal climb 200m. Number of control points = 22.

The 10km race will be in 2 parts, with a double-sided map. The first side of the first map will show control point numbers 1-8. Competitors must find the control points in order. At control number 8, flip your map to see the next section of your course containing control points 8-22.

6km Sydney City Race: Straight line distance 4.2km. Optimal running distance, 6km. Optimal climb 80m. Number of control points = 15. Single sided map.

3km Sydney City Race: Straight line distance 2.2km. Optimal running distance, 3km. Optimal climb 50m. Number of control points = 10. Single sided map.

Race the Clock course: There will also be a 60-minute Score course with a double-sided map where 15 controls are shown on one side of the map, and a different 15 controls on the other side. Each control has a point value (from 3 to 8), shown in the last column of your clue sheet. Each side of the map has 75 points in total. Your aim is to get as many “points” as you can in the allotted time. Competitors can find as many controls as they wish from one side of the map, then flip at any point to the other to find some more. Plan your route carefully because once you’ve flipped sides, you can’t flip back, and you’ll need to make sure you’re back at the Finish within the 60-minute time limit, or you will lose 3 points for every minute late, or part thereof.

Control Point Descriptions: Control Point Descriptions, or Clue Sheets, will be printed on the map for all Race distances in English. In addition, loose Control Descriptions in IOF symbols will be available in the Start lanes for all courses.

Teams

All members of the same Team must start together at the same allocated start time, complete the entire race together, including visiting all of the control points together, and must all finish at the same time. The Team Result will be the time that the last member of the Team crosses the finish line.

Results

Results will be available online. These will be updated every 5-10 mins. QR codes for the results site will be on display at various point in Race Headquarters.

Complaints, Protests and Jury

Competitors who are unhappy or uncertain about any aspect of the competition are advised to report the issue to our Enquiries desk. If, following discussion with an appropriate official you

wish to make a formal complaint, you must lodge this in writing with the Enquiries desk no later than 15 minutes after the results for the relevant race distance are complete. Enquiries will note the complaint and provide it to the Race Director.

Similarly, any protest about the outcome of a complaint must be lodged in writing with the Enquiries desk no later than 15 mins after the outcome of the complaint is notified to all competitors affected by the decision. The Enquiries desk will contact the appropriate officials to deal with the protest. Complaints, protests and appeals will be handled by the Race Director and jury in accordance with the relevant (IOF and/or OA) Competition Rules.

The Jury map include: Barbara Hill, Blair Trewin, Hilary Wood, Paul Prudhoe and Alex Davey.

***Under 13's**

Competitors aged 12 or under (as at 31 December 2024) are only permitted to compete on their own if they and their parents understand and agree to take full responsibility for the risks of competing on open roads and footpaths. There are significant risks associated with competing in potentially busy urban areas. They can compete as part of a Team if there is at least one other member over the age of 16 in that Team.

Personal Safety and Child Protection

Competitors are permitted to carry a mobile phone for use in an emergency and children and vulnerable adults are encouraged to do so. The Emergency Contact number will be printed on your map. It is 0416 040 135 and will be held at the Enquiries Desk at Race Headquarters. The lost child handover point is the Enquiries Desk at Race Headquarters.

Juniors should be advised that if they feel concerned about their safety at any point, they should approach an adult competitor (recognizable by their race bib) for assistance. If adult competitors become aware of a suspicious incident or are approached by a concerned child, it is their responsibility to provide immediate assistance. Any incident must be reported to Enquiries in Race Headquarters.

First Aid

On site First Aid will be provided and will be based at Race Headquarters.

In the event of a medical emergency whilst competing:

- For a critical issue, phone 000 000 (or 112 with a mobile phone)
- For a non-critical issue, phone the Emergency Contact number printed on your map (0416 040 135) and an event official will attend with a First Aid kit.

Emergency Hospital Services

Sydney and Sydney Eye Hospital
8 Macquarie St, Sydney NSW 2000 Phone: 9382 7111
Located 13 minutes from Race Headquarters.

Prize Presentations - Sunday Sydney City Races

The Prize Presentations for the Sunday Sydney City Race will be held as soon as possible after final results for each Race are known. Competitors must be at the presentation to receive any prizes. There are no prizes for the Saturday Pyrmont races.

15km Race Prizes

\$1000 first place prize for the outright Men's and Women's solo winners. If there are multiple solo winners in each category, the prize money will be shared among the solo winners. Team members are not eligible for the \$1000 prize money.

The solo winners of each Prize Group as shown below will receive free entry in the next Sydney City Race, scheduled for 18 January 2026. Age is as at 31 December 2024.

The Top 3 solo finishers and Teams in each Prize group will receive a specially crafted Sydney City Race medal. Team medals will be for female only teams, male only teams, and mixed teams. There are no age group categories for Teams.

10km, 6km, 3km and 60 minute Race The Clock Race Prizes

The Men's and Women's solo outright winners of each distance will receive free entry in the next Sydney City Race, scheduled for late January 2026.

The Top 3 finishers in each Prize group will receive a specially crafted Sydney City Race medal. Team medals will be for female only teams, male only teams, and mixed teams. There are no age group categories for Teams.

All children 12yrs and under will receive a Finishers Certificate rather than a medal, unless they are the outright winner of their Race distance, or part of a podium placed adult team.

Spot Prize Pool

A Spot Prize pool will be held after the presentations, and all competitors still at Race Headquarters will be eligible if their name is called out. These Spot Prizes will be available on a first name called, first choice of the prizes basis:

- 1x 2 night free YHA booking, valid at any YHA in Australia for 12 months;
- 2x free Pylon climbs, sponsored by BridgeClimb Sydney;
- 1x all events Xmas 5 Days 2024 entry;
- 1x Season pass 2024/25 SSS;
- 1x Season pass 2024 Saturday O Series Term 4;
- 2x free Sydney City Race 2026 entries;
- 2x free Melbourne City Race entries, valid for 2024 or 2025;
- O gear from Aussie O Gear, including a SIAC Air stick;
- A selection of goodies.

Prize Groups

The Prize Groups for the podium are below. Team members are not eligible for the \$1000 prize money in the 15km race.

<u>Individual Competitor</u> <u>Age Groups</u> Age is at 31/12/2024		<u>Teams</u> (age groups not applicable)
Male	Female	
Aged 13-20 Aged 21-39 Aged 40-54 Aged 55-64 Aged 65-74 Aged 75+		Male Female Mixed

Sponsor and Partner Discount Information

We are extremely thankful to be sponsored by BridgeClimb Sydney, and to partner with YHA for city accommodation over the Race weekend. Both are offering Sydney City Race weekend competitors the following discounts:

BridgeClimb Sydney: 15% discount on Bridge Climbs booked for September and October. Bookings can be made directly with the link provided to us by BridgeClimb Sydney [here](#).

YHA: 20% off accommodation booked in their Sydney hotels for the race weekend. Bookings can be made [here](#). The discount code will be available with your Entry Confirmation.



Enquiries

Weekend Race Director: Sheralee Bailey, on behalf of ONSW, sheraleebailey@onsw.asn.au

Sydney City Race Weekend - Event Policies

Conditions of Participation

In participating in any of the Sydney City Race weekend of events, you must accept personal responsibility for your participation, including the risks associated with your participation. You also accept publication of your result and also photographs or video of you as well as other entry conditions.

Additional instructions may also be given in the lead-up to the event and on race day. By participating in any of the Sydney City Race weekend of events, you also agreed to abide by any further directions given by race officials.

Note that there is no medical or other insurance provided as part of your entry. We recommend that all entrants maintain personal medical insurance.

If a pandemic, extreme weather conditions or other unforeseen circumstances should make it necessary to postpone the event, all entries will be rolled over to the new event date.

Risk Warning

By participating in any of the Sydney City Race weekend of events, you understand and acknowledge that the activity you are doing may be of an adventurous nature and that it is inherently subject to risk. These risks include death, and serious injury or illness due to: 1) Uneven surfaces and obstacles; Over exertion; Heat, cold or other adverse weather conditions; Plant and animal life; and 2) Accidents with vehicles, other competitors or pedestrians.

There are also risks that access to medical, evacuation or search services might be slow and of damage to, or loss of, your personal property.

By participating in any of the Sydney City Race weekend of events, you understand that all hazards and dangers associated with these activities cannot be foreseen or may be beyond the control of ONSW, it's affiliated clubs and its members. You understand that the activities arranged by ONSW might require you and/or your family to obey instructions and co-operate with its members. You warrant that you and/or your family has an ordinary ability to comprehend instructions given in English.

Risk Waiver

By participating in any of the Sydney City Race weekend of events, you must have read the general risk warning and the specific risk warning for this event. You should be aware that events and other activities organized by ONSW are recreational activities that can be dangerous, accept that there is a degree of risk and acknowledge that your participation in this event is at your own risk.

Event Statement for all participants

The Sydney City Race weekend is run in accordance with the policies and standards of ONSW, Orienteering Australia and the IOF, which can be found via the links available [here](#).

There is no health, accident, ambulance, disability or life insurance provided by ONSW. You and any people you are responsible for must all be fit, healthy and in a physical condition appropriate for participation in this event. Any questions or concerns should be raised with ONSW prior to participation.

If you or any people you are responsible for suffers injury or illness, ONSW can, at your cost, arrange medical treatment and emergency evacuation services as ONSW deems appropriate for that persons safety or well-being.

You agree to allow the free use of your entry information and photograph or video for any purpose and in perpetuity and agree that they may also be shared with other parties. Please let us know in advance if there are any concerns in this regard and we will do our best to accommodate special requests.

Whilst ONSW will provide the activity we note that any children attending remain in your care and as such must be appropriately supervised at all times. We acknowledge that parents and guardians are responsible for deciding whether their children are capable of participating by themselves at each event.

Special Thanks

Thank you to the following people and organisations for their assistance with the Sydney City Race weekend:

Ian Jessup, GO: Planning our courses and negotiating area access and permissions. Without Ian's contribution, it is unlikely the Sydney City Race would have been possible;

City of Sydney Council, Place Management, BridgeClimb Sydney, Garingal Orienteers, Big Foot Orienteering Club and Bold Horizons: Providing us with access and approval to use the areas and existing maps for the events;

Gayle Quantock, NC: Preparing the initial Sydney City Race budget;

Nerise McQuillan, WHO: Designing the Sydney City Race logo;

Richard Pattison, BN: Initial preparation of the Sydney City Race map;

Terry Bluett, BN: Completion of the Sydney City Race map, and for handling all things SportIdent;

David Bray, GO: The training session on how to do a website, and for all the extra advice since;

Paul Prudhoe, CC: Help with Eventor and general advice and involvement in the process;

Stuart McWilliam: Design of our Race Bibs;

Bold Horizons, Garingal Orienteers, Orienteering Victoria, Western & Hills Orienteers and

ONSW: Providing an extra 200 SportIdent sticks for competitors to use for the Race; and

Weekend helpers: All club members for tirelessly helping out at the weekend of events.