

AUSTRALIAN
SCHOOLS
ORIENTEERING
CHAMPIONSHIPS

ARMIDALE NSW 2024

ASOC PROGRAM 2024

v02 21 September 2024

**28 September
to
6 October
2024**





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WELCOME TO THE CARNIVAL

Students from all of Australia and New Zealand are invited to compete in the 2024 Australian Schools Orienteering Championships (ASOC) as part of the Australian Orienteering Championships (AOC) Carnival 2024. The carnival will be held at Armidale NSW & is organized by Orienteering New South Wales in conjunction with Orienteering Australia.

ORIENTEERING AUSTRALIA

On behalf of Orienteering Australia, welcome to all competitors and team officials who are taking part in this 2024 Australian Schools Orienteering Championships (ASOC) from across Australia and New Zealand. ASOC is one of our most important orienteering events in the orienteering calendar. It brings together a community of young people with a mutual love of this great sport of ours. It is also an opportunity to build lifelong friendships. Having been an ASOC state team coach in the past, I know will be an event filled with memories and new friendships.



I wish to extend a profound thank you to the key organisers, course setters, controllers, mappers and everyone else who has volunteered their time to ensure the success of the Championships. 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 all the people working hard to put on ASOC.

I also extend a sincere thank you to all the New South Wales government agencies and private landholders who have provided ASOC with their 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, Board Chair, Orienteering Australia

ORIENTEERING NSW

Orienteering NSW would like to welcome all State school's teams and New Zealand school's teams to the Australian School Orienteering Championships in Armidale NSW. This is always an exciting competition between member States and New Zealand, and I am sure this will be the case again this year. I would also like to welcome all team managers and coaches and thank them for their work with these up and coming orienteers.



A lot has gone into the organisation of these championships, and I would like to acknowledge the team of mappers, course setters, controllers, and event organisers, technical experts and a myriad of other volunteers engaged on official tasks, who have worked tirelessly over the past years to present events that will be challenging and enjoyable for the school's competition.

A warm welcome to all school participants and good luck for the three days of competition.

Robyn Pallas, President ONSW



ARMIDALE REGIONAL COUNCIL

Welcome to Armidale and the New England region.

We are excited to welcome so many visitors to our wonderful region for the Australian Orienteering Championships, incorporating the Australian Middle, Long, Sprint and Relay Championships and the Australian Schools Championships events being hosted in Armidale and Uralla.



Sitting atop the New England plateau and surrounded by spectacular waterfalls, awe inspiring gorges and World Heritage listed national parks, our setting is unique. The Armidale region has something for everyone - be it adventure, cultural experiences, sporting endeavours or academic pursuits. For more information on what to do in our region go to visitarmidale.com.au.

Good luck to all competitors.

Cr Sam Coupland, Mayor

ASOC 2024 ORGANISER'S MESSAGE

A long time ago in a galaxy far, far away..... I was asked to organise ASOC at Armidale, NSW. Yes, it feels like eons ago, as this event has been almost 7 years in the making. At last we are finally here!

Welcome to Armidale & ASOC 2024.

There has been a huge amount of work put into this event by many people. Special mention should be made of the Northern Tablelands club who saw the potential and were prepared to host the AOC & ASOC despite their small size. Thank you!

I need to acknowledge the mappers, setters and controllers who have spent many hours driving to and from this area; and have spent hundreds of hours on the ground preparing the courses. Thank you too.

A big thank you goes to my "hand holders" from all across Australia, you know who you are.

This year OA, with Brodie Nankervis as the OA Co-ordinator, instituted significant changes in child safety and made some competition rule changes. Thank you to everyone involved.

And last but not least, thank you to Nick and Ron, who have worked very hard and been the best "bosses" ever!

To the ASOC participants: You have wonderful parents who have helped to get you here. Don't forget to say thank you. Your coaches and managers give a lot of their time and energy so you can have a great week. Listen to and learn from them. Remember to run fast, play hard, make heaps of new friends and participate in everything ASOC has to offer. Most importantly, ENJOY!

Lastly, I am in awe of the kindness, helpfulness and love of Orienteering shown by so many people who have worked for such a long time to make this ASOC happen. What a wonderful sport! May this tradition continue for many years.

Lynda Hewson, ASOC Organiser 2024



ACKNOWLEDGEMENT OF COUNTRY

ONSW acknowledge the traditional owners of the land on which the 2024 AOC & 2024 ASOC will be held. We pay our respects to their elder's past, present and emerging of the Anaiwan traditional owners

ASOC 2024 TEAM

Carnival Directors	Ron Pallas and Nick Dent	
Technical Director	Nick Dent	
ASOC Organiser	Lynda Hewson	
Finance	Kathy Drayton	
Mappers	<i>Pine Tree</i>	Maurice Anker, Don Barker Fieldcheck - Rob Vincent
	<i>The Armidale School</i>	Duncan Currie
Map Layouts	Maurice Anker	
Arena Presentation	Living It Live	
Start Manager	Julia Prudhoe	
Graphics	Stuart McWilliam	
Social Media	Mikayla Enderby, Living It Live	
Website	Shane Jenkins	

AOC 2024 Team of volunteers - as well as the people mentioned above and the technical team there are over 50 key volunteers who you will see working during the carnival. They will sometimes have an orange organisers shirt on. Take some time to thank them for their efforts.

ASOC CHAMPIONSHIPS

ASOC is a three day carnival within the Australian Orienteering Championship carnival for students turning 12 and over in 2024 in accordance with [The Australian Schools Championships Rules of Competition 24 June 2024](#)

There are essentially three competitions run over the three days:

- Australian Schools Orienteering Championships (ASOC)
- Southern Cross Junior Challenge (SCJC)
- Overall winners of the championship events

Australian School Teams (AST) State team members are eligible for:

- Individual sprint
- Individual long
- Relay
- Team individual event which now combines the first three fastest runners in both the sprint and long (note in case of a tie times will be considered)

Australian School Team members are also eligible for:

- SCJC medallions for the overall winners
- Australian Schools Honour team.
- Rob Simson Memorial Shield for best newcomer
- The ASSOA shield which will be presented to the best performing team.



NZ school teams (NZST) - Harua and Karahiwi – team members are eligible:

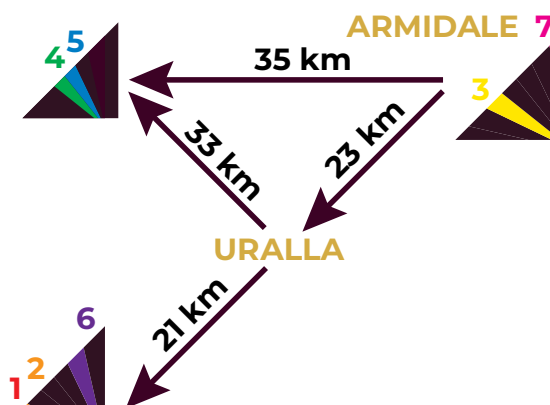
- to compete against the AST for the Southern Cross Junior Challenge (SCJC) trophy
- to receive SCJC medallions if they place in the individual sprint and/or long
- to receive SCJC medallions if they place in the relay
-

Independent athletes - non-selected school aged athletes participates as an independent entries are eligible:

- to start in the first starting block of both the individual sprint and long events.
- may make up composite relay teams with members of the AST and NZST where all full relay teams have been exhausted
- to receive ASOC & SCJC medallions if they place in the individual sprint and/or long events
- to receive SCJC medallions if they place in the relay

AOC 2024 CARNIVAL OVERVIEW

DATE	EVENT	LOCATION
Saturday 28 Sept	1 AUSTRALIAN MIDDLE DISTANCE CHAMPIONSHIP WRE & NOL TEAM	"Rola Latherana"
Sunday 29 Sept	2 AUSTRALIAN RELAY CHAMPIONSHIP NOL TEAM	"Indwarra Kyuna"
Monday 30 Sept	Rest day	
Tuesday 1 Oct	3A AUSTRALIAN SCHOOLS SPRINT CHAMPIONSHIP 3B THUNDERBOLTS 3 DAY - DAY 1	The Armidale School
Wednesday 2 Oct	4A AUSTRALIAN SCHOOLS LONG DISTANCE CHAMPIONSHIP 4B THUNDERBOLTS 3 DAY - DAY 2	"Pine Tree"
Thursday 3 Oct	5A AUSTRALIAN SCHOOLS RELAY CHAMPIONSHIP 5B THUNDERBOLTS 3 DAY - DAY 3	"Pine Tree"
Friday 4 Oct	Rest day	
Saturday 5 Oct	6 AUSTRALIAN LONG DISTANCE CHAMPIONSHIP WRE & NOL TEAM	"Rola Birkungirra"
Sunday 6 Oct	7 AUSTRALIAN SPRINT DISTANCE CHAMPIONSHIP WRE & NOL TEAM	University of New England





EVENT	PLANNER	CONTROLLER
1 AUSTRALIAN MIDDLE DISTANCE CHAMPIONSHIP - WRE & NOL TEAM	Steve Craig	Alex Davey
2 AUSTRALIAN RELAY CHAMPIONSHIP NOL TEAM	Anna Fitzgerald	Hilary Wood
3A AUSTRALIAN SCHOOLS SPRINT CHAMPIONSHIP 3B THUNDERBOLT 3 DAYS	Oskar Mella	Nick Dent
4A AUSTRALIAN SCHOOLS LONG DISTANCE CHAMPIONSHIP 4B THUNDERBOLT 3 DAYS	Alvin Craig	Mark Shingler
5A AUSTRALIAN SCHOOLS RELAY CHAMPIONSHIP 5B THUNDERBOLT 3 DAYS	Rebecca George	Mark Shingler
6 AUSTRALIAN LONG DISTANCE CHAMPIONSHIP - WRE & NOL TEAM	Rob Vincent	Paul Prudhoe
7 AUSTRALIAN SPRINT DISTANCE CHAMPIONSHIP - WRE & NOL TEAM	Serena Doyle	Nick Dent

DETAILED TIMETABLE

Refer to the [next page](#).

ASOC OFFICIALS

Team	Managers	Coaches
ACT	Sarah Bruce, Ken Mansell	David Stocks
New South Wales	Saffron Sweeney, Tim Slater	Mark Freeman, Martina Craig
Queensland	Marion Burrill, Tony Bryant	Ryan Gray, Su Yan Tay
South Australia	Kate Marschall, Patsy Burley	Jack Marschall
Tasmania	Sussan Best	Alison Stubbs, Lachlan Cherry
Victoria	Anna Greenhaigh	Bruce Arthur, Carolyn Layton
Western Australia	Tom Brownlie, Sarah Richards	Sten Claessens
New Zealand	Susy Carryer, Rachel Smith, Shaun Cantwell	Michael Croxford, Tane Cambridge, Briana Steven

TIMETABLE

FRIDAY 27 Sept	SATURDAY 28 Sept	SUNDAY 29 Sept	MONDAY 30 Sept	TUESDAY 1 Oct	WEDNESDAY 2 Oct	THURSDAY 3 Oct	FRIDAY 4 Oct	SATURDAY 5 Oct	SUNDAY 6 Oct
Travel to NEGS Armidale	Breakfast 6:30-7:30	Breakfast 6:30-7:30	Breakfast 8:00-9:00	Breakfast 6:30-7:30	Breakfast 6:30-7:30	Breakfast 6:30-7:30	Breakfast 8:00-9:00	Breakfast 6:30-7:30	Breakfast 6:30-7:30
	Buses leave 7:00-8:30	Buses leave 7:00-8:30		Buses leave 8:00	Buses leave 7:00-8:30	Buses leave 7:00-8:30		Buses leave 7:00-8:30	Pack & leave NEGS
	Welcome to Country 9:00	AOC RELAYS Glenburnie “Indwarra Kyuna” 9:30-13:00	REST DAY	ASOC SPRINT The Armidale School 9:30-13:00	ASOC LONG Pine Tree 9:30-13:00	ASOC RELAY Pine Tree 9:30-13:00	REST DAY	AOC LONG Glenburnie “Rola Birkungirra” 9:30-13:00	AOC SPRINTS UNE 9:30-12:00
	AOC MIDDLE Glenburnie “Rola Latherana” 9:30-13:00		Explore Armidale	Time to Scavenge!	Time to Scavenge!	Time to Scavenge!	Explore Armidale	Pack to leave	Travel Home
	Teams arrive at NEGS Kirwood House Ground floor from 16:00		Explore the New England area			Time to deco- rate tables at The Ex Sevices Club 14:00-16:00	Time to Scavenge!		
			Time to Scavenge!			Honour Team Selectors meet 16:00-17:00			
	Team Photos 16:00-16:45 Scav Hunt Award & start	Pre-ASOC meeting 16:00-17:00						Post ASOC meeting 16:00-17:00	
	Daniel Stott(OA) talk 16:45pm								
	Team Meetings 17:00-18:00	Team Meetings 17:00-18:00	Team Meetings 17:00-18:00	Team Meetings 17:00-18:00	Team Meetings 17:00-18:00	Buses leave 17:15	Team Meetings 17:00-18:00	Team Meetings 17:00-18:00	
Dinner 18:00-19:00	Dinner 18:00-19:00	Dinner 18:00-19:00	Dinner 18:00-19:00	Dinner 18:00-19:00	Dinner 18:00-19:00	Presentation Dinner 17:30-20:00 The Ex Services Club	Dinner 18:00-19:00	Dinner 18:00-19:00	
Team Meetings 19:00-20:00	Trivia Night 19:00-21:30 MPC	Team Meetings 19:00-20:00	All welcome to the Opening Ceremony MPC Start Draw 19:00-21:00	Team Meetings 19:00-20:00	Team Meetings 19:00-20:00		Buses start to leave from 19:30	Games Night 19:00-21:00 tbc Announce Scav Hunt winner	DAYLIGHT SAVINGS begins tonight clocks go forward 1 hour
Meet & Greet C & Ms 20:00-21:00							Disco Night Adam Tadman Sound 20:00-23:00		



TEAM LISTS

ACT

Senior Boys	Senior Girls	Junior Boys	Junior Girls
Oliver Bishop Max Johnson Joshua Mansell Owen Radajewski Max Walter	Ella Hogg Katherine Maundrell Aoife Rothery	Zaf Bluett-Jones Hayden Dent Ben Mansell Matty Maundrell Patrick Maundrell Mica Walter	Sanda Halpin Katy Hogg Ariadna Iskhakova Naomi Penton Alma Walter Mira Walter

NSW

Senior Boys	Senior Girls	Junior Boys	Junior Girls
Cooper Horley Jonathan Nolan Nick Stanley Alex Woolford Jamie Woolford	Rebecca Craig Stephanie Dun Erika Enderby Maggie Mackay Matilda Saunders Savanna Sweeney	Alton Freeman Baxter Peel Euan Shedden Rory Shedden Matthew Slater Shay Sweeney	Jessica Dun Justine de Remy de Courcelles Tiffany Palmer

QLD

Senior Boys	Senior Girls	Junior Boys	Junior Girls
William Barnes Miles Bryant Ethan Crowe Ewan Keith Eric Lovell	Kari Brennan Alexandra Edwards Cassy Reinbott Xanthe Schubert Ingrid Young	Thomas Caristo Chase Deurloo Adrian Garbellini Aidan Tomlins Alex Vanzella	Abigail Barnes Katie Cross Maya Lhote Elin Schulz Gretel Young

SA

Senior Boys	Senior Girls	Junior Boys	Junior Girls
Marcus Cazzolato Austin Clem Mitchell Morcom Duncan Still	Gemma Burley Lucinda Fogarty Jessica Jarvis Sienna White	Achilles Barnett Angus Fairgrieve Euan Farquharson Thomas Hobbs Ben Marschall Cade Richmond	Eleanor Hobbs Adeline Richmond

TAS

Senior Boys	Senior Girls	Junior Boys	Junior Girls
Euan Best	Liana Stubbs	Isaac Butler Callum Degenaar Angus Hewitt Henry Jordan Pierre Marcant Edwin Rapley Felix Ward	Aria Butler Ella Clauson Katie Clauson Sophie Hartmann Beatrix Louis Margot Marcant Ivy Rapley



VIC

Senior Boys	Senior Girls	Junior Boys	Junior Girls
Lucas Kent Nicholas Mousley	Milla Key	Xander Greenhalgh Joshua Layton Matthew Layton Corin Pope Jayden Styk	Angelina Kozma Ella Maja Lang Lydia Stott Keely Williams

WA

Senior Boys	Senior Girls	Junior Boys	Junior Girls
Lachlan Braid Tucker Ellery Arvin Nair	Amy Duffy	Rohan Braid Archie Brownlie Ruben Claessens Christopher Drury Troy Kingma Quinn Lommers Edmund Toomey	Neve Lommers

Harua NZ

Senior Boys	Senior Girls	Junior Boys	Junior Girls
Sam Carryer Matthew Greenwood Thomas Potts Eddie Swain James Wright	Tide Fa'avae Juliet Freeman Georgia Lindroos Lani Murray Alison Power	Jakob Abernethy Zack Meads Isaac Stewart Jack Trowsdale Xavier White	Maggie Bauzon Jemima Hoskin Torun Joergensen Aless Nicholson Anna Wright

Karahiwi NZ

Senior Boys	Senior Girls	Junior Boys	Junior Girls
Oscar Burns Cody Carter Blake McKinnon Jake McLellan Solomon Randerson	Anna Babington Phoebe Hunt Alicia McGivern Amy Nicoll Nika Rayward	Harley Brennan Arya Chebbi Micah Dunn Charles Milne Evan Rees-Jones	Elena Burns Cerys Findlow Sophie Herde Greta Prince Victoria Underwood



STUDENT PLEDGE

On behalf of all participants at the 2024 Australian Schools Orienteering Championships, together we aspire to achieve our highest level of personal performance and conduct.

We promise:

- To represent our teams with pride,
- To co-operate with all officials,
- To respect and abide by the rules that govern these Championships in the best traditions of school sport; and above all else, to enjoy!"

ATHLETE CODE OF CONDUCT

In addition to Orienteering Australia's general code of conduct, you must meet the following requirements regarding your conduct during any activity held or sanctioned by Orienteering Australia, a member association or an affiliated club and in your role as a player/participant in any activity held by or under the auspices of Orienteering Australia, a member association or an affiliated club:

- Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
- Do not tolerate acts of aggression.
- Respect the talent, potential and development of fellow players and competitors.
- Care for and respect the equipment provided to you as part of your program.
- Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
- At all times avoid intimate relationships with your coach.
- Conduct yourself in a professional manner relating to language, temper and punctuality.
- Maintain high personal behaviour standards at all times.
- Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
- Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
- Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

COMPETITION RULES

1. **The Competition Rules for IOF Foot Orienteering Events 1-Jan-2024** apply to the World Ranking Events for WRE courses (Events 1, 6, and 7).
2. **The Competition Rules for Orienteering Australia Foot Orienteering Events 1-Jan-2024** apply to the Australian Orienteering Championships Group A events (events 1, 2, 6, and 7, and the Thunderbolts 3 Day Group B events 3b, 4b, and 5b).
3. [The Australian Schools Championships Rules of Competition 24 June 2024](#) apply to the Schools Championship events (3a, 4a, and 5a) in addition to the OA Group B event rules.

SCHOOLS COMPETITION NUMBERS

Each competitor in the schools individual championships will be issued with a number prior to the start of the championships. This number will indicate the class, state and individual number. It is to be worn only for the ASOC Individual sprint and ASOC long distance events.



ASOC RELAY

Team managers will be issued with relay numbers at the managers meeting just prior to the race.

SIAC will be used for all of the ASOC events, and all of the AOC events. See the overall competition bulletin 2 for details of punching mode for each event.

ASOC EVENT DETAILS

Refer to the following pages for ASOC event details



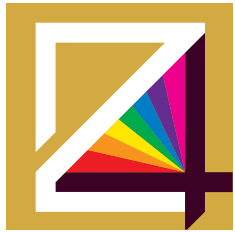
[ASOC Sprint Championship](#) [Page 13](#)



[ASOC Long Distance Championship](#) [Page 17](#)



[ASOC Relay Championship](#) [Page 21](#)



ASOC SPRINT CHAMPIONSHIP + T3D - DAY 1



TUESDAY 1ST OCTOBER



EVENT DETAILS

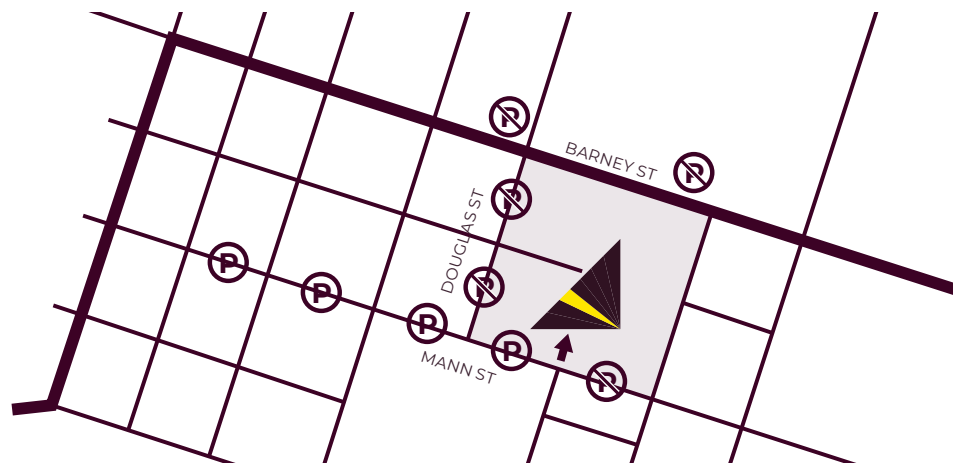
Event: ASOC Sprint Championship
Thunderbolts 3 Day - Day 1
Map: The Armidale School
Course planner: Oskar Mella
Controller: Nick Dent
Mapper: Duncan Currie
Map scale: 1:3000
Contour interval: 2m
Map paper: Pretex



EVENT LOCATION

Access to the arena will be from Mann St; ONLY. You should drive to the event along Mann St: NOT Barney St. Do NOT Park in Douglas St.

[Google maps link](#) to arena entry 30.52262 S 151.67207 E



EVENT TIMELINE

Arena open:	8:00	
First start:	9:00	ASOC first start (Independent Athletes)
	9:30	Official Schools Athletes
First start	11:30	Thunderbolts 3 Day
Last start	13:00	Thunderbolts 3 Day

Competitors in T3Day select a start time label for your course from the table at the Registration. Attach this label to your number bib. Report to the pre start at least 3 minutes before the start time on the label. At the time on the label punch the start unit.

Quarantine opens: 8:00
Quarantine closes: 9:00

ASOC Presentations: 11:10
ASOC Course closure: 11:30
Thunderbolts 3 Day Course closure: 14:00



ASOC SPRINT CHAMPIONSHIP + T3D - DAY 1

3

TUESDAY 1ST OCTOBER



COURSE/CLASS DETAILS

ASOC SPRINT

Course	Classes	Distance (km)	Climb (m)	Controls	Map Scale
1	Senior Boys	3.2	20	29	1:3000
2	Senior Girls	3.0	25	18	1:3000
5	Junior Boys	2.9	18	28	1:3000
6	Junior Girls	2.6	14	23	1:3000

COURSE/CLASS DETAILS

THUNDERBOLTS 3 DAY - DAY 1

Course	Classes	Distance (km)	Climb (m)	Controls	Map Scale
1	Men A, Women A	3.2	20	29	1:3000
2	Men B, Women B	3.0	18	25	1:3000
3	Men C, Women C	2.5	14	22	1:3000
4	Men D, Women D	1.8	10	14	1:3000
5	Men E, Women E	2.9	18	28	1:3000
7	Men F, Women F	1.8	8	25	1:3000
8	Men G, Women G	1.6	8	24	1:3000



MAPPERS NOTES

Terrain is a school campus with buildings, canopies, garden beds, a lake and small stream, trees, playing fields and paved areas.

Only the main running level is mapped. Once stairs leave the main running level they are not mapped or shown as canopy to emphasise that they can be run underneath.

The light pink temporary out of bounds symbol is used to show out of bounds areas such as bins, sports equipment or vehicles.

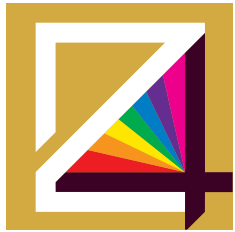


COURSE PLANNER NOTES

Terrain is an 1890s school campus surrounded by sports fields, a lake and gardens. While some areas of the campus do extend to multiple levels only the ground level is mapped. Stairs that extend to other levels of the school have not been mapped. The light pink temporary out of bounds symbol (714) is used to show out of bounds areas such as bins, sports equipment or vehicles.

There is a small creek that runs through a part of the map, it is approx 1.5 m wide with rocks at the bottom it is mapped with symbol 301, thus is impassable. However, there are two small bridges across the creek which are mapped using symbols 501 *Paved area* and 710.1 *Crossing Point*.



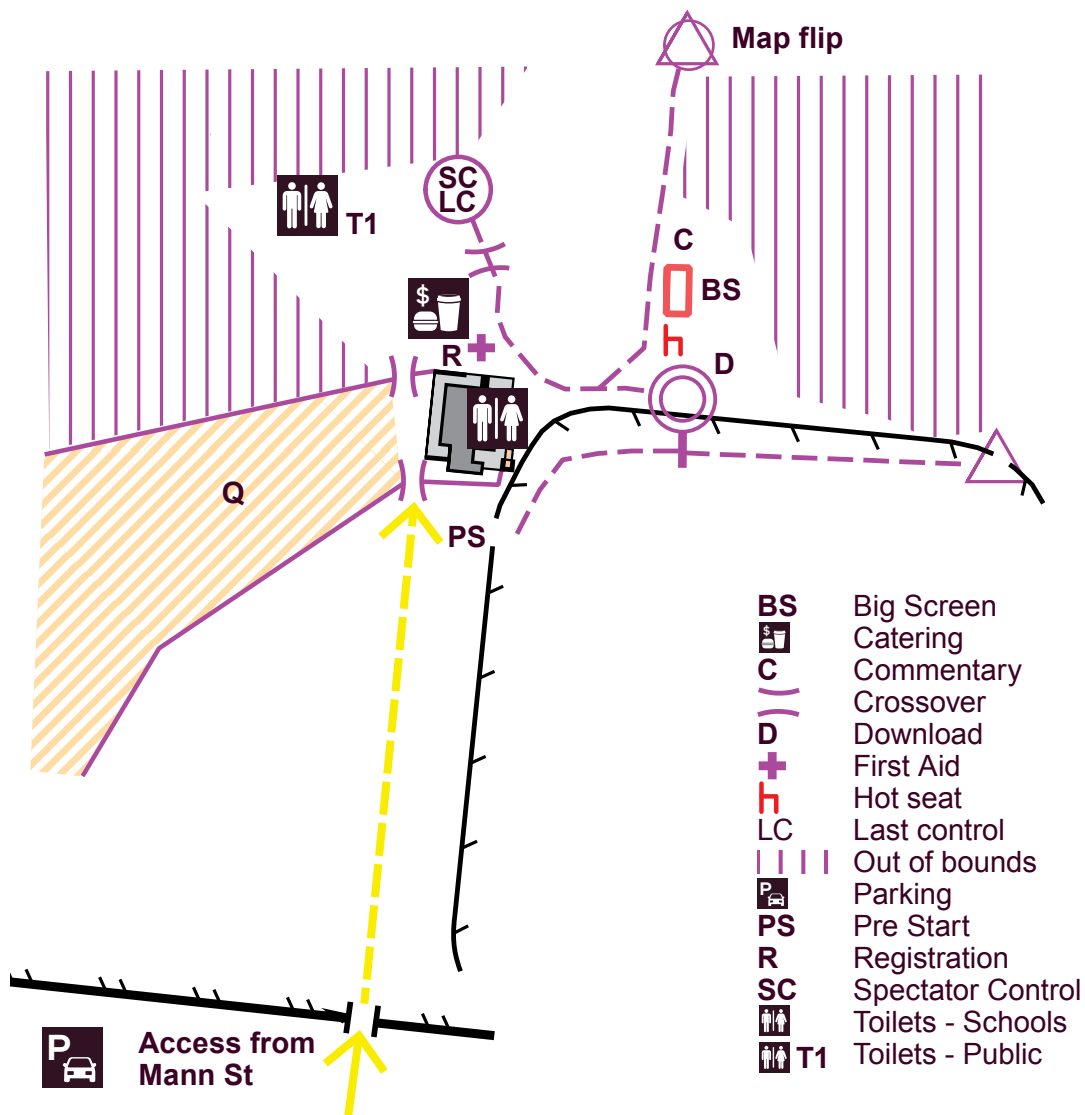


ASOC SPRINT CHAMPIONSHIP 3 + T3D - DAY 1

TUESDAY 1ST OCTOBER

There is an arena passage and map flip on courses 1, 2, 3, 4, 5, and 6. After the runners have punched the last/spectator control they will follow the mandatory route before splitting into either the finish chute or towards the restart (see the arena map). The start of the second map will be marked with a start triangle.

ARENA LAYOUT





ASOC SPRINT CHAMPIONSHIP + T3D - DAY 1

3

TUESDAY 1ST OCTOBER



START

There is one start for both the schools sprint and the Thunderbolts 3 Day- Day 1. The pre start location is marked on the arena layout.

Start Interval The start interval for the Thunderbolts 3 Day will be 30 sec.



QUARANTINE

All competitors in the Australian Schools Sprint must have signed into Quarantine by 9:00am. Team officials may accompany their athletes to quarantine, however once they exit they cannot re-enter. There will be access to toilets, shade and a warmup area while in quarantine. While in quarantine mobile phones must be powered off and in athletes' bags. There is a bag drop from which athletes can collect their bags after their race.

There is a compulsory route to Quarantine for all schools competitors.

Leaving NEGS turn left onto Uralla Road for 2km then turn left at the roundabout over the railway bridge. Then immediately right onto Kentucky street for 650m before a left onto Taylor Street. After 500m turn right onto Mann Street and park along this street. Do not park in Mann St east of access gate.

It is not allowed to visit the arena before entering quarantine.



GPS TRACKING

The selected runners who are required to carry GPS trackers can pick up their tracker from a table on the verandah in the building at the eastern end of quarantine. The names of the athletes will be given to team management at the start draw.



TOILETS

Toilets for the schools competitors are located under the McConville building. These can be accessed from quarantine. Thunderbolts 3 Day competitors are to use the toilets T1- see arena layout- until 10:30. After 10:30 both sets of toilets can be used.



PARKING

There is no vehicle access to the school. All parking will be in Mann St to the west of the access gate to the arena.

No parking is allowed in Douglas St or in Mann St to the east of the access gate.



CATERING

The Herd Bar will be selling a range of coffees from 8:00. Please provide your own keep cup if you don't want to create waste.

Pho Plus will be selling a range of healthy food from 10:00.



WATER

There will be no water provided by the organisers either on the course or in the arena



ASOC LONG CHAMPIONSHIP + T3D - DAY 2

4

WEDNESDAY 2ND OCTOBER



EVENT DETAILS

Event: ASOC Long Championship
Thunderbolt 3 Days - Day 2

Map: Pine Tree

Course planner: Alvin Craig

Controller: Mark Shingler

Mappers: Maurice Anker, Don Barker

Map scales: 1:10000 - Courses 1 and 2
1:7500 - Courses 3 to 8

Contour interval: 5m

Map paper: Pretex



EVENT LOCATION

From Armidale - travel west on Bundarra Rd for approx. 27km. At T junction turn right onto Thunderbolts Way. Travel 7km to property **Pine Tree**. Turn left into property. Follow farm track for 1.2km to parking.

From Uralla - travel NW for approx. 24km on Thunderbolts Way to the intersection with Bundarra Rd. Continue on Thunderbolts Way 7km to property **Pine Tree**. Turn left into property. Follow farm track for 1.2km to parking.



[Google maps link](#) to arena entry
30.43344 S 151.32648 E



EVENT TIMELINE

Arena open: 8:00

First Start: ASOC first start 9:00 (Independent Athletes)
9:30 (Official Schools Athletes)

First Start: Thunderbolts 3 Day- Day 2 Optional Mass Start

Class	Start Time	Class	Start Time
Men A	13:00	Women A	13:02
Men B	13:04	Women B	13:06
Men C	13:08	Women C	13:10
Men D	13:12	Women D	13:14
Men E	13:16	Women E	13:18
Men F	13:20	Women F	13:22
Men G	13:24	Women G	13:26

If you do not start in the mass start, there is a queuing start from 13:28 to 13:45, with a 30 second start interval.



ASOC LONG CHAMPIONSHIP + T3D - DAY 2

4

WEDNESDAY 2ND OCTOBER

Quarantine opens:	8:00
Quarantine closes:	8.40
ASOC Presentations:	12:30
ASOC Course closure:	13:00
All course closure:	15.00



COURSE/CLASS DETAILS

ASOC Long

Course	Classes	Distance (km)	Climb (m)	Controls	Map Scale
1	Senior Boys	5.6	240	18	1:10000
2	Senior Girls	4.1	215	15	1:10000
5	Junior Boys	3.8	150	12	1:7500
6	Junior Girls	3.3	110	12	1:7500

COURSE/CLASS DETAILS

THUNDERBOLTS 3 DAY - DAY 2

Course	Classes	Distance (km)	Climb (m)	Controls	Map Scale
1	Men A, Women A	5.6	240	18	1:10000
2	Men B, Women B	4.1	215	15	1:10000
3	Men C, Women C	3.4	155	14	1:7500
4	Men D, Women D	2.5	100	10	1:7500
5	Men E, Women E	3.8	150	12	1:7500
7	Men F, Women F	2.4	95	10	1:7500
8	Men G, Women G	2.0	75	10	1:7500



COURSE PLANNER'S NOTES

Terrain

The map covers a range of terrain, from farmland paddocks and open eucalypt forest with outcrops of rock, to steep hilly areas with dense and complex rock detail. There are numerous areas of patchy slow-run and walk vegetation comprising mainly tea-tree, wattle, blackthorn and dead-fin-ish/cough bush (*cassinia laevis*), as well as occasional patches of blackberry. Full leg cover is therefore recommended. Overall, the area is moderately hilly with some steeper sections and rock detail.

Courses

All ASOC courses have a long-distance character. Courses 1 (Senior Boys) and 2 (Senior Girls) pass a spectator control towards the end of the course. All the courses have fence crossings, these are highly recommended but not mandatory especially as there are some sections of fence which are very difficult to cross. They will be marked in the terrain with red and white streamers.



ASOC LONG CHAMPIONSHIP + T3D - DAY 2

4

WEDNESDAY 2ND OCTOBER

ARENA LAYOUT



START

There is one start location for both the schools' competitors and the Thunderbolt 3 Days competitors.

Schools: The pre-start is a 400m flat walk from the quarantine. Schools' competitors are reminded that they should not talk to any members of the public during their walk to the start, any competitor doing so may be disqualified.

Thunderbolts 3 Days: It is a flat 500 m walk from the Arena – follow the **ORANGE** taped route.

QUARANTINE

Quarantine is where the school tents are located on the arena layout.

There is a compulsory quarantine which all schools' competitors (both independent and official) must go directly to on arrival (do not go to the assembly first). Quarantine will be at the school tents as indicated on the arena layout. Competitors will be released from quarantine 10 minutes before their call up time.



ASOC LONG CHAMPIONSHIP + T3D - DAY 2

4

WEDNESDAY 2ND OCTOBER

State teams' managers are responsible for taking bags to the arena so competitors can access them after they have run.

Competitors can warm up on the track SW of the quarantine.



GPS TRACKING

The selected runners who are required to carry GPS trackers can pick up their tracker from a table on the entrance to the quarantine area. The names of the athletes will be given to team management at the start draw.



TOILETS

These will be located next to the parking and close to the school tents- quarantine area.



PARKING

In a flat easily accessible paddock on the western side of the access track.



CATERING and COFFEE

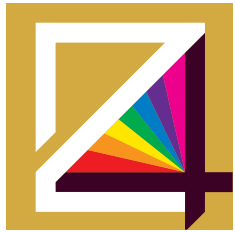
The Herd Bar will be selling a range of coffees from 8:00. Please provide your own keep cup if you don't want to create waste.

Pho Plus will be selling a range of healthy food from 10:00.



WATER

Water available on courses in line with OA guidelines. There will be no water provided by the organisers in the arena.



ASOC RELAY CHAMPIONSHIP + T3D - DAY 3

5

THURSDAY 3RD OCTOBER



EVENT DETAILS

Event: ASOC Relay Championship
Thunderbolt 3 Days - Day 3

Map: Pine Tree

Course planner: Rebecca George

Controller: Mark Shingler

Mappers: Maurice Anker, Don Barker

Map scales: 1:10000 - Courses 1 and 2
1:7500 - Courses 3 to 8

Contour interval: 5m

Map paper: Pretex



EVENT LOCATION

From Armidale - travel west on Bundarra Rd; for approx. 27km. At T junction turn right onto Thunderbolts Way. Travel 7km to property **Pine Tree**. Turn left into property. Follow farm track for 1.2km to parking.

From Uralla - travel NW for approx. 24km on Thunderbolts Way to the intersection with Bundarra Rd; Continue on Thunderbolts Way 7km to property **Pine Tree**. Turn left into property. Follow farm track for 1.2km to parking.

[Google maps link](#) to arena entry
30.43344 S 151.32648 E



EVENT TIMELINE

Arena open: 8:00

Relay Briefing: 9:15

ASOC Relay 1st start: 9:30

Mass start 2nd Leg: 10:30 (if required)

Mass start 3rd Leg: 11:30 (if required)

ASOC Presentations: 12:00

ASOC Course closure: 12:30

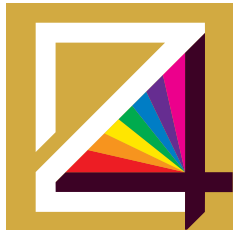
First Start: Thunderbolts 3 Day: 12:30

Last Start: Thunderbolts 3 Day: 14:00

Select a start time label for your course from the table at Registration. Attach this label to your number bib and report to the start at least 3 minutes before your start time. At the time on the label punch the start unit.

Start Interval The start interval for the Thunderbolts 3 Day will be 30 sec.

Thunderbolts 3 Day Course closure: 15:30



ASOC RELAY CHAMPIONSHIP + T3D - DAY 3

5

THURSDAY 3RD OCTOBER



COURSE/CLASS DETAILS

ASOC RELAY

Course	Classes	Distance (km)	Climb (m)	Controls	Map Scale
1	Senior Boys	4.1 - 4.3	200	17	1:10000
2	Senior Girls	3.3 - 3.4	125	14	1:10000
5	Junior Boys	3.1 - 3.2	95	14	1:7500
6	Junior Girls	2.8	95	13	1:7500

COURSE/CLASS DETAILS

THUNDERBOLTS 3 DAY - DAY 3

Course	Classes	Distance (km)	Climb (m)	Controls	Map Scale
1	Men A, Women A	4.2	200	17	1:10000
2	Men B, Women B	3.4	125	14	1:10000
3	Men C, Women C	2.8	140	12	1:7500
4	Men D, Women D	2.6	140	12	1:7500
5	Men E, Women E	3.2	95	14	1:7500
7	Men F, Women F	2.8	60	10	1:7500
8	Men G, Women G	2.0	40	9	1:7500



COURSE PLANNER'S NOTES

Terrain

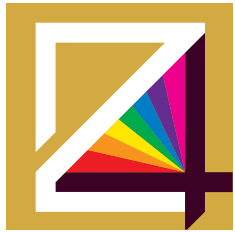
The courses go through a variety of terrains, from fast running farmland, forest with occasional rock outcrops, steep hilly areas with dense and to complex rock detail. There are numerous areas of patchy slow-run and walk vegetation, and some occasional patches of blackberry. Following a fire on the southern part of the map early in 2020 (just after the Xmas 5 days), large patches of wattle have sprung up. Although these patches are for the most part mapped as walk, they are not impossibly difficult to get through.

There are fences in the area that are hard to cross. Gates on the map are all open and will be used in all courses. The longer courses also have marked fence crossings, they are highly recommended but not mandatory to use. They will be marked in the terrain with red and white streamers.

Courses

The Start triangle for the relay is approximately 100 metres south-east of the assembly area. First leg runners will receive their maps just prior to their start. Maps for second and third leg runners will be on a "clothesline" near the changeover/start, then follow the taped route to the start triangle.

The relay courses feature multiple splits and, as a result, there will be lots of controls in the area – please make sure you check control numbers on your course! There is a spectator control that all relay courses visit, approximately one third of the way through their course.



ASOC RELAY CHAMPIONSHIP + T3D - DAY 3

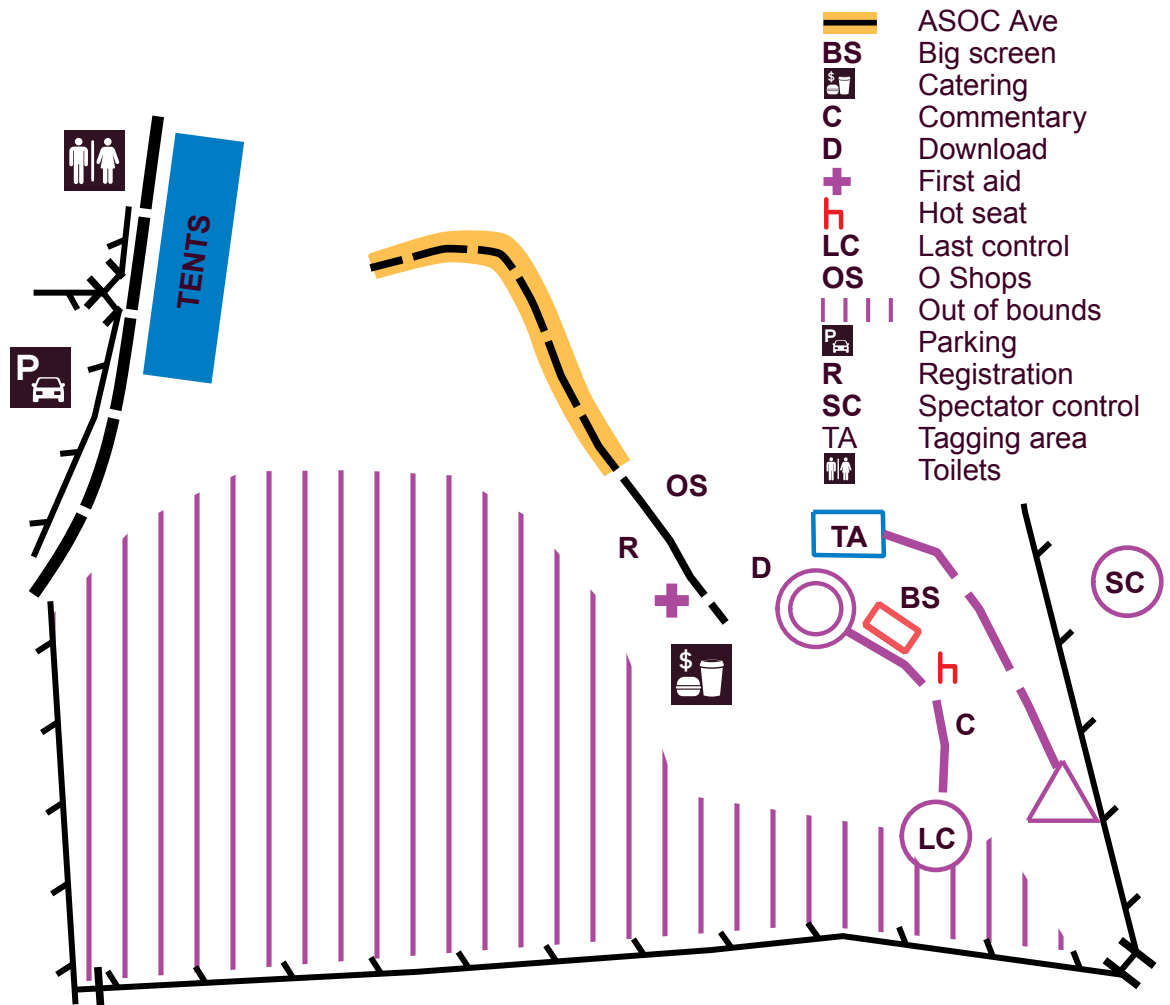
5

THURSDAY 3RD OCTOBER

There is a map flip for all relay courses and Courses 1, 2 and 5 in Thunderbolts 3 Day.

Incoming runners will be visible to their teammates for a short final loop. Runners will tag their next leg after punching the finish control.

ARENA LAYOUT





ASOC RELAY CHAMPIONSHIP + T3D - DAY 3

5

THURSDAY 3RD OCTOBER



START

Starts for all courses, both Schools and Thunderbolts 3 days, are adjacent to the assembly area.



GPS TRACKING

The selected runners who are required to carry GPS trackers can pick up their tracker from the Registration before 9:15.



TOILETS

These will be located next to the parking and close to the school tents- quarantine area.



PARKING

In a flat easily accessible paddock on the western side of the access track.



CATERING and COFFEE

The Herd Bar will be selling a range of coffees from 8:00. Please provide your own keep cup if you don't want to create waste.

Pho Plus will be selling a range of healthy food from 10:00.



WATER

Water will be provided on courses in line with OA guidelines. There will be no water provided by the organisers in the arena.



INFORMATION FOR ASOC OFFICIALS

AOC Co-Ordinator: Nick Dent 0428 251 786
ASOC Co-Ordinator: Lynda Hewson 0415 500 227

REGISTRATION

See attached map.

Accommodation will be provided for all reps, coaches, managers & some volunteers at New England Girls School (NEGS) Armidale. Registration will start at 4pm Friday 27 September in the common room of ground floor Kirkwood House. If any of your team arrive later than the managers, advise them to go straight to the boarding house where they will be staying.

The AOC 2024 registration will be in the MPC, 5pm - 8pm. Parents can go to registration then drop their rep off at Kirkwood House.

Dinner will start at 6pm. If any reps will be arriving after 7pm, then you must let **Lynda** know which rep as soon as possible.

ACCOMMODATION

Everyone over the age of 18, except State reps, will be given an identifying lanyard & tag to show they are part of ASOC. Please always wear it at NEGS so school management & reps know you are part of ASOC 2024.

We will be housed in 3 of the boarding houses with each team housed together in the following arrangement:

Dickens House Ground Floor:	NZ, Harua & Karahiwi
Dickens House 1st Floor:	ACT & NSW
Kirkwood House Ground Floor:	Qld
Kirkwood House 1st Floor:	Vic & WA
Suarez House 1st Floor:	SA
Suarez House 2nd Floor:	Tas

The boarding houses have a mixture of 1 bed rooms up to a 5 bed dormitory. You will be given a floor plan with suggested arrangements in your welcome packs.

Most managers & coaches will stay in, or close to, a bedroom with an ensuite bathroom. We strongly encourage managers & coaches who stay in the rooms with an ensuite to share that with other adults in their team. There is a shower block & toilet block on each floor. Each will be designated as either male or female. Some reps, coaches & managers will have to go to another floor to use the bathrooms.

Each boarding house has a common room with a fridge, microwave oven & storage shelves. Some have TV's & lounge areas. There are no facilities for cooking. Some teams will share their common room. Teams will need to label food & important items. Indelible pens will be supplied. Remind teams indelible ink does NOT wash off.

Teams are to bring linen including towels, sheets, doonas & pillows. Alternatively bring a sleeping bag, inner sheet, towel & camping pillow. Do not bring or use any kind of sprays in the boarding houses. The fire alarm call out fee is now \$1760.



Each boarding house has a laundry with washing machine & dryer. Some have clothes lines. Washing powder, stain remover & clothes pegs will be supplied. You will be able to access some of the laundries 24/7.

PARKING

All buses will be able to park near or adjacent to their boarding house. See the attached map.

DINING ROOM

The dining room is a short walk from the boarding houses. Breakfast is at 6.30 am every day for an hour (except on Monday 30th September and Friday 4th October when they will start at 8am). Early start runners should eat first as the dining room cannot house 200 people at the same time. Late starts should wait until about 7am. Breakfast will be a mixture of cold foods eg cereal on a side-board, and hot food served from warm Bain Marie's.

Lunch will be prepared & packed in the kitchen each day. It will be a roll or wrap, muesli bar, fruit & a juice popper. Lunch will be taken to the events each morning by volunteers. On rest days lunch will be collected by managers about an hour after breakfast has finished.

Dinner will be in the dining room every evening 6pm to 7pm. It will be salads or vegetables with several warm dishes served from a Bain Marie.

On Thursday evening 3rd October the ASOC 2024 Presentation Dinner will be upstairs at 5.30pm at The Ex-Services Club, Dumaresq Street, Armidale. It will be a 2 course dinner with fruit juice & a self serve juice machine. It is alcohol free. Parents are welcome to attend the presentation. We suggest they eat prior to arriving. Teams will have access to the Presentation Room from 3:00pm onwards to decorate it. Bring something that you can decorate your tables with in your State colours.

At every meal remind the reps to check & ask what is in the food, especially if they have a food intolerance or allergy. It is not the kitchen staff's responsibility to make sure you or the reps are served the correct food.

Everyone with a food allergy or intolerance will be given a tag on a lanyard so the staff can identify them & make sure that person's meal is not given to another person. This lanyard needs to be worn to every meal at NEGS and to the Presentation Dinner.

TEAM MEETINGS

There are 5 rooms available for team meetings marked 4,5,6,7,8 on the map. They will have computer access, WiFi available & projector screens for team meetings. If there is an informal team meeting these can be held in the larger common rooms, subject to adjacent teams agreeing. Any large meetings will be held in the MPC (marked as NEGS Sporting Complex on the map).

MPC - MULTI PURPOSE CENTRE

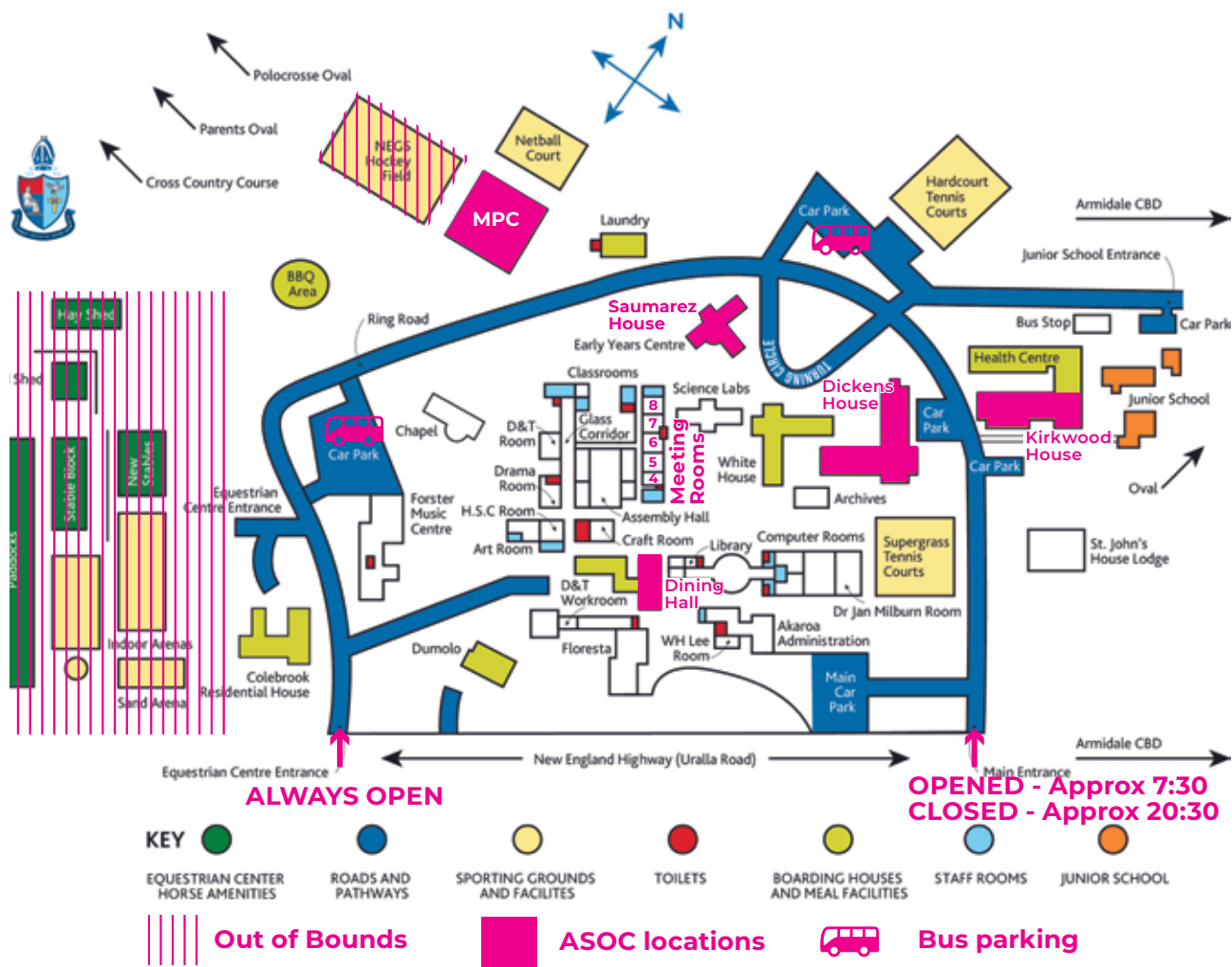
We have access to it for games, the Trivia Night, the Games night & the Disco. The Pre & Post ASOC meetings, and the Honour Team meeting will be held there.

The [week's timetable](#) is on [page 8](#).



Please contact Lyndy on 0415 500 227 if there are any questions.

ACCOMMODATION - NEGS CAMPUS MAP



HISTORY OF ASOC, RESULTS

All the history and results for the Australian Schools Orienteering Championships can be found here

[ASOC Results and History](#)



POINTS TRACKING ASOC 2024 POINTS TABLE

The first team in each class scores 7 points, second 6 points, etc.

Composite or ad hoc teams do not score points.

Individual Sprint	ACT	NSW	QLD	SA	TAS	VIC	WA
Senior Girls							
Senior Boys							
Junior Girls							
Junior Boys							
Total Points							
Place Day 1							

Individual Long	ACT	NSW	QLD	SA	TAS	VIC	WA
Senior Girls							
Senior Boys							
Junior Girls							
Junior Boys							
Total Points							
Place Day 1							

Team Individual	ACT	NSW	QLD	SA	TAS	VIC	WA
Senior Girls							
Senior Boys							
Junior Girls							
Junior Boys							
Total Points							
Place Day 1							

Relay	ACT	NSW	QLD	SA	TAS	VIC	WA
Senior Girls							
Senior Boys							
Junior Girls							
Junior Boys							
Total Points							

Overall	ACT	NSW	QLD	SA	TAS	VIC	WA
Points							



2024 SOUTHERN CROSS JUNIOR CHALLENGE POINTS TABLE

The first team in each class scores 9 points, second 8 points, etc.

Composite or ad hoc teams do not score points.

Individual Sprint	ACT	NSW	NZ-H	NZ-K	QLD	SA	TAS	VIC	WA
Senior Girls									
Senior Boys									
Junior Girls									
Junior Boys									
Total Points									
Place Day 1									

Individual Long	ACT	NSW	NZ-H	NZ-K	QLD	SA	TAS	VIC	WA
Senior Girls									
Senior Boys									
Junior Girls									
Junior Boys									
Total Points									
Place Day 1									

Relay	ACT	NSW	NZ-H	NZ-K	QLD	SA	TAS	VIC	WA
Senior Girls									
Senior Boys									
Junior Girls									
Junior Boys									
Total Points									

Overall	ACT	NSW	NZ-H	NZ-K	QLD	SA	TAS	VIC	WA
Points									

VERSION

v01 16 Sept 2024

v02 21 Sept 2024

Published

Page 9 - SA Junior Boys - Ben Marshall added

Page 6 - Independent athletes can receive **ASOC** & SCJC medals...