

## ENTRY INFORMATION

### 1. Location:

Golden Fleece, St Helens

### 2. Date:

Saturday, May 28

### 3. Event Category:

Tasmanian Middle Distance Championships (associated with NOL Round 4, Race 11).

### 4. Event Series Information:

Orienteering Series Tasmania (OST 5)

### 5. About This Event:

This is the Tasmanian Middle Distance Championships for 2016.

This event gives you another opportunity to enjoy some of the best orienteering country in Australia, with short, challenging courses with middle distance characteristics. With expected winning times of 30 – 35 minutes you'll enjoy the run. Warm up for the Long Distance race at Transit Flat on Sunday! With later start times, you will have more time than usual to travel to the event arena, just outside St Helens.

Just because this is a championship event doesn't mean you have to be a champion to compete. The event is open to any orienteer and the usual classes and courses are available to suit all ages and abilities.

Stay on after your run to watch some of Australia's best orienteers run in the NOL race that starts after you finish, from 1:00pm. See how they go on the same terrain as you! Cheer on the Tasmanian Team as they run through the spectator control!

#### Terrain Description and general notes

The terrain consists of alluvial tin mining terrain with patches of open, eroded ground, some Eucalypt forest, some areas of marsh and low-growing, runnable heath with good visibility, and a few patches of thickish bracken. Generally the courses provide fast running. The alluvial tin mining contains many eroded gullies and small drainage ditches and watercourses, together with some large earthbanks that may impede progress. Fallen dead timber may reduce runnability in some areas. Visibility is limited in places by undergrowth of tea tree and groves of she-oak.

Longer courses will cross a marshy area that may become boggy if wet. It is generally crossable, but take care. One crossing point has been marked where the scrub in the marsh is thick. It is marked by pink tapes in the bush and is shown on the map in the usual way.

Middle Distance courses feature technical orienteering, changes of direction, and some route choice. There are lots of controls in a small area so be careful.

#### Special notes for courses 7 – 9

Courses 7, 8 and 9 have taped routes that will be marked in the bush by yellow and blue tapes. In addition, some tracks used by runners on these courses may not be very distinct or easy to follow and where this is the case the track's location will be marked by orange tapes. Parents should make sure their children understand the difference between the yellow and blue tapes and the orange tapes.

### 6. Where Is The Start Area?

To get to the event proceed north out of St Helens along the Tasman Highway. Pass the "Shop in the Bush" on your left at approximately 7km from St Helens and travel a further 1.8 km until you see orienteering signs. Turn into the assembly area on a rough track.



**Road Safety Warning:** The entrance to the event is located on a blind bend. Slow down and take extra care. Vehicles arriving along the Tasman Highway *from the west* should proceed past the event entrance until they can safely do a U turn so as to approach the event from the east (i.e. from

the St Helens direction). Vehicles leaving the event must not exit via the same track onto the blind bend. Please follow the signed tracks 300m to an alternative safer exit.

30m after turning off the highway, turn right onto side track. Watch out for young orienteers! Angle parking will be located along the track that parallels the road. The arena will be a short walk from the parking area.

### 7. When Are Start Times?

As this event is a championship event, start times will be pre-allocated and published in advance. However, it is expected that starts will be between 11:00am and 12 noon for most, if not all, competitors. The Tasmanian Championships classes will be followed by the National Orienteering League Race 11 with NOL competitors starting from 13:00.

### 8. What Are The Courses?

Available courses are the usual OST courses with winning times adjusted to the Middle Distance length. At the time of writing, approximate course lengths are as follows.

COURSE	TARGET WINNING TIME (minutes)	NAVIGATION STANDARD	APPROXIMATE DISTANCE(m)	AGE GROUP CLASSES
1	30 -35	Hard	4210	M21
2	30 -35	Hard	3690	W21 M17-20, M35, M40
3	30 -35	Hard	3420	W17-20, W35 M16, M45, M50, M Open AS
4	30 -35	Hard	2660	W16, W40, W45, W50, W Open AS M35-50AS, M55, M60
5	30 -35	Hard	2430	W35-50AS, W55, W60, W65 M65, M70
6	30 -35	Hard	1670	W70, W75, W80+ M75, M80+ M/W Open A
7	30 -35	Moderate	2580	W14, W16+B M14, M16+B M/W Open B
8	30 -35	Easy	1860	W12, W14B M12, M14B M/W Open C
9	30 -35	Very Easy	1590	W10, W12B M10, M12B

### 9. Do I need an e-stick or P card?

All Tasmanian Orienteering clubs use the SportIdent (SI) electronic punching system so an e-stick or a P card is required at all events. If you do not own an e-stick or P card, you can hire one for \$4 at the event. These are also available for purchase at most events.

## 10. How Much Does It Cost To Enter?

Event Fees	Adult	Adult	Youth or Concession	Youth or Concession	Family	Family
	Casual Member	Full Member	Casual Member	Full Member	Casual Member	Full Member
Orienteering Series Tasmania (OST) event	\$16	\$10	\$8	\$5	\$40	\$25

## 11. How Do I Enter?

As this is a championship event, all competitors must pre-entry using Eventor. The deadline for entries is Monday, May 23.

## 12. Contact Information

Enquiries should be addressed to Warwick Moore.

[warwick.moore@outlook.com](mailto:warwick.moore@outlook.com) (Phone 0487 999 904)

## 13. Information for Newcomers

Newcomers are encouraged to come along and give orienteering a try and they may enter on the day at the event, to do either course 7 (moderate navigation) or course 8 (easy navigation). Please ask at the Registration Trailer for further information.

General information for newcomers is available on the orienteering Tasmania website under [Get Involved](#)

## 14. Who are the Course Planners and Course Controllers?

Tasmanian Championships Planner:	Warwick Moore
Tasmanian Championships Controller:	Ian Rathbone
NOL Planner:	Warwick Moore
NOL Controller:	Roger Harlow

## 15. Which Map Is Being Used?

Golden Fleece. Scale: 1:10 000

## 16. What Else Do I Need To Know?

All participants in events conducted by Orienteering Tasmania and its affiliated clubs are required to register. There are two categories of registration, either as a full member or as a casual member. Further details are available on our *About Membership* page.

As Orienteering Tasmania events are often conducted on private property we have blanket policy of not permitting dogs at our events. Please leave your dog at home if going orienteering.

## 17. BBQ and Cake Stall

The Juniors will be holding a BBQ and Cake Stall at the event. Please give them your support.