



2016 QLD SPRINT CHAMPS – FINAL INSTRUCTIONS

Location Marist College, Ashgrove
Event type Foot – Sprint Champs
Date Sunday 26 June 2016
Starts From 10.30am (Allocated 1min intervals)
Map Marist College 1:4,000 colour
Terrain School Campus
Course closes 12 noon
Late starters will be re-allocated to the end of the start list.

COURSES	LENGTH	CONTROLS	CLASSES
Hard 1**	2.55 km	26	M21, M20
Hard 2**	2.31 km	21	W21, W20, M35
Hard 3**	1.84 km	18	W35, W45, M16, M45, M55, OpenH
Hard 4**	1.61 km	14	W16, W55, M65
Hard 5	1.34 km	13	W65, W75, W85, M75, M85
Moderate	1.56 km	16	W14, M14, OpenM
Easy	1.17 km	10	W12, M12, OpenE
Very Easy	0.98 km	12	W10, M10, M/W10N, OpenVE

**** Map Flip** Courses Hard 1, Hard 2, Hard 3, Hard 4 will have a “map flip” mid-course.

Maps Maps are printed on 100GSM bond paper. Plastic covers will be available at the start.

Facilities Toilets & water are available at assembly area. Coffee van will be in attendance.

Setter Tony Bryant
Controller Rob Rapkins

Organiser Tony Bryant
Mobile 0410 428 003
Email enoggeroos@oq.asn.au

Presentation
The presentation will take place as soon as possible after, the last finisher and results have been compiled.

Parking & Directions

THERE ARE TO BE NO CARS ENTER THE SCHOOL GROUNDS UNLESS PRIOR APPROVAL BY THE ORGANISER.

Entry to the assembly area is to be via gates off O’Connell Place, Ashgrove. [Google Maps Link](#). Proceed to western grandstand on north eastern oval.

Please park in surrounding streets taking note of any parking restriction signage and driveways.

The bridge on Mirrabooka Road is closed for maintenance. Please use bridge on Stewart Rd and turn into Frasers Rd.

SPECIAL INSTRUCTIONS

NO spiked shoes are to be worn

Out of Bounds

There will be various areas near the assembly area, on the way to the start and out on course that are out of bounds. Please take care to avoid all such areas.

Some areas will be taped. There will also be some cones placed to remind of out of bound areas.

Please take the time to familiarise yourself with out of bounds and forbidden to cross features in accordance with ISSOM2007. Refer to the end of this document.

Warm Up Area

Northern end of oval east of assembly area and on way to start.

Map Collection

There will be NO map collection at the finish area.

It is the responsibility of finished competitors not to show competitors waiting for their course.

It is the responsibility of waiting competitors not to look at maps from finished competitors.

M/W 10 N - Shadowing

Shadowing is allowed for all competitors in the M/W 10N class. Start times are any time after 10:50am (after the last M10A athlete has started). Report to the start officials when ready to start to be allocated a start time.

Everyone going out on course to shadow must have completed their own course first.

Start Instructions

The start is a walk approximately 250m from the assembly area. Please follow the signs to the start area avoiding any out of bounds areas.

There will be no water provided on course or at the start.

Competitors are to report to the start official three minutes before their allotted start time.

Start time minus three minutes

- Roll Call
- Clear & Check

Start time minus two minutes

- Proceed to table with control descriptions

Start time minus one minute

- Proceed to map box containing correct course for class

Start time

- Take map without looking at it
- Punch start
- Proceed to start triangle marked with a flag. There is no punch at the start triangle.

Anyone late to arrive at the start will be reassigned a start time at the end of their course allocated times without penalty.

IOF Sprint Orienteering Map Symbols

Land forms

- Contour
- Index contour
- Form line
- Slope line
- Contour value
- Earth bank
- Small earth wall
- Erosion gully or trench
- Small erosion gully
- Small knoll
- Small elongated knoll
- Small depression
- Pit or hole
- Broken ground
- Prominent land form

Water and marsh

- Waterhole
- Impassable body of water
(forbidden to cross)
- Passable body of water
- Passable small watercourse
- Minor watercourse
- Narrow marsh
- Impassable marsh
(forbidden to cross)
- Marsh
- Indistinct marsh
- Small fountain or well
- Spring
- Prominent water feature

Rock and boulders

- Impassable cliff
(forbidden to cross)
- Gigantic boulder or rock pillar
- Passable rock face
- Rocky pit
- Cave
- Boulder
- Large boulder
- Boulder field
- Stony ground
- Open sandy ground
- Bare rock

Technical symbols

- Magnetic north line
- Registration marks
- Spot height

Man-made features

- Unpaved footpath or track
- Small unpaved footpath or track
- Less distinct small path
- Narrow ride
- Bridge
- Railway
- Tramway
- Power line, cableway or skilift
- Major power line
- Underpass or tunnel
- Passable stone wall
- Passable wall
- Impassable wall
(forbidden to cross)
- Passable fence or railing
- Impassable fence or railing
(forbidden to cross)
- Crossing point Building
(forbidden to cross)
- Canopy
- Pillar
- Area with forbidden access
(forbidden to cross)
- Paved area
- Step or edge of paved area
- Passable pipeline
- Impassable pipeline
(forbidden to cross)
- High tower
- Small tower
- Cairn, memorial, small monument or boundary stone
- Fodder rack
- Prominent man-made feature


** It is forbidden to cross these items. Competitors violating this rule will be disqualified.*

Vegetation

- Open land
- Open land with scattered trees
- Rough open land
- Rough open land with scattered trees
- Forest: easy running
- Forest: slow running
- Undergrowth: slow running
- Forest: difficult to run
- Undergrowth: difficult to run
- Vegetation: very difficult to run
- Impassable vegetation
(forbidden to cross)
- Forest runnable in one direction
- Orchard
- Orchard, one direction (e.g. Vineyard)
- Distinct cultivation boundary
- Cultivated land (seasonally out of bounds)
- Distinct vegetation boundary
- Indistinct vegetation boundary
- Prominent large tree
- Prominent bush or small tree
- Prominent vegetation feature

Overprinting symbols

- Start
- Control point
- Control number
- Marked route
- Finish
- Uncrossable boundary
(forbidden to cross)
- Crossing point
- Crossing section
- Out-of-bounds area
(forbidden to cross)
- First aid post
- Refreshment point
- Temporary construction or closed area
(forbidden to cross)



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Copies of these map symbols and of the IOF pictorial control descriptions can be downloaded from www.maprunner.co.uk
The full ISSOM 2007 specification is available from www.orienteeering.org