



WELCOME TO THE  
VICTORIAN LONG DISTANCE  
CHAMPIONSHIPS  
18<sup>TH</sup> SEPTEMBER 2016  
CHAPEL FLAT

**Organiser:** Anne Arthur

**Course Setter:** Todd Neve and Sue Key

**Controller:** Don Fell (NE)

**Map:** 1:10,000 5m contours

**Driving Directions:**

From Ballarat: Take the Ballarat to Daylesford Rd via Dean (C292) and travel to Pootilla roundabout (O signs) where it intersects with the Bungaree to Creswick Rd (C291). Turn left towards Creswick and travel 6km to Wattle Flat, then turn left onto Bush Inn Rd. Continue until directed into parking area.

From Melbourne: Travel along Western Freeway until Bungaree/Creswick exit (C291). Continue towards Creswick until reaching Pootilla roundabout (O-signs), where it intersects with Ballarat to Daylesford Rd (C292), travel through roundabout towards Creswick and then as for Ballarat directions.

From Bendigo: Travel towards Ballarat via Dean (C292) till the Pootilla roundabout (O-signs), where it intersects with Bungaree to Creswick Rd (C291). Turn right towards Creswick and then as for Ballarat.

Please park as directed. There may be up to a 1500m walk to the arena, depending on how much water is in the parking areas. We encourage competitors to car pool if possible.

**Toilets** will be available near the arena.

**Catering** will be provided by the Victorian Junior Squad.

**Terrain:** Gently undulating open forest with extensive areas of complex gold mining. There is a lot more water flowing in the gullies than has previously been encountered. Competitors are going to have to cross streams and will get wet feet/legs.

**If water levels are significant a marshal will be present to assist courses 15, 16 at major creek crossings. If water levels are dangerous, the event may be cancelled or rescheduled. Please refer to the Orienteering Victoria website for updates.**

There are likely to be non-orienteeing gold prospectors working in our competition area.

**Mine shafts** are present across all areas and have been mapped. There are areas with high density of pits in the north-west corner of the map mapped as cross-hatched dangerous ground. Orienteers are advised to be wary in these areas.

**Building demolition rubbish heaps.**

There are numerous small heaps of dumped building rubbish mapped with the black circle man-made object symbol. These may contain hazardous material and orienteers are directed to not disturb material in these heaps.

There are many pits and mineshafts and competitors should take care. We recommend that you carry a whistle. In a genuine emergency the signal is 6 short blasts repeated at intervals.

Please observe the out of bounds areas on the map.

### **Pivot Controls**

Some of the longer courses visit the same control more than once on the course. Please check your map carefully to follow the correct course sequence, and remember to punch the control on each visit.

Many courses have control circles close together, with legs crossing over close to control circles. Again, please check your map carefully to follow the correct sequence.

### **Registration**

For those that have hired one, SportIdent hire sticks can be collected from the finish tent prior to your start. These must be returned at the finish after your run.

**Start times** will be from 10:30am, published on Eventor from Thu 15 Sep on Eventor

### **Start**

Follow the tapes approximately 5 minutes to the Pre-Start.

There will be a six minute prestart:

Start time - 6 mins Box One: Names checked against start time. Check SI stick

Start time - 4 mins Box Two: Collect control descriptions

Start time - 2 min Box Three: Stand at map trays

Start time Take map and Go

Note: there is no start control to punch

Late Start - Please see late start official. You will be started with a start punch on the next available minute. Time adjustments, if appropriate, will be resolved at the finish.

M/W10 Novice competitors will be allocated a start time. However, if they wish to have an adult shadower they can start after the adult has competed. Shadowing of competitors on any other course is not permitted.

**All courses close at 2:00pm.** If you have not completed your course at this time, you must abandon the course and return to the finish. Please remember that **ALL competitors must download at the finish** - whether they have completed their course or not. This will prevent any unnecessary searches.

### **Presentations**

Presentation of prizes to State Championship placegetters will occur as soon as possible once results are finalised.

## Courses

Course	Classes	Distance (km)
1	M21E	13
2	M20A	9.5
3	W21E,M35A,M40A,M21A	8.8
4	M45A	7
5	W20A,M50A,M16A,W35A,W40A,W21A,M21AS	6.2
6	M55A,W45A	5.5
7	M60A,W50A,M35AS	5.1
8	M65A,W55A	4.5
9	M70A,W16A,W60A,W21AS,M45AS,W35AS	4.1
10	M75A,W65A,M55+AS,W45AS	3.2
11	M80A, M85A, W70A, W75A, W55+AS	2.6
12	W80A,W85A	2.2
13	M14A, Open Long B, M16B	3.9
14	W14A, Open Short B, W16B	2.9
15	M/W12A, M/W14B	2.1
16	M/W10A,M/W12B, M/W10 Novice	1.8

