

**WA Long Distance State Championships 2016**  
**Stonebrook, Sunday 11th September**

**Notes for competitors**

As these are State Championship events, Orienteering Australia Competition Rules apply. In addition, these events are both part of the WA State Orienteering League with points awarded to all competitors who complete a course at or above the required level for their age. (See the SOL rules in the Technical section on the OWA website).

**Directions** are also available on the Eventor web site ([eventor.orienteering.asn.au](http://eventor.orienteering.asn.au)).

[Note that this is a different event site to the Middle Distance event the previous day.]

Take Toodyay Road from Perth until 30 km past Gidgegannup; turn left into Lovers Lane. After 2.6 km (400 m after Lovers Lane becomes gravel) turn right into a farm/quarry access lane and gate. Leave the gate as you find it, or as signed. Continue on the track for 400 m, through another gate at the bridge, to the parking and camping areas.

**Travel Time:** Allow 90 min. from central Perth, 60 min from Roe Hwy., and note that there is a 1 km uphill walk to the Start for courses 5–10 and about 1.4 km for courses 1–4.

**Facilities:** Portable toilets at the assembly area, water on courses and at the Starts and Finish; soup, sausage sizzle, cake stall and drinks. There is no on-site water supply.

**Camping:** The landowner has kindly allowed us to camp overnight before this event (i.e. after the Middle Distance Champs), adjacent to the Long Distance assembly area. People intending to camp must bring their own water. Toilets will be available. Gates to the area will be unlocked from about 4pm on Saturday. The creek near the campsite is flowing and potentially dangerous. Campers (especially children) must stay clear of the creek.

**Bring** your Eventor-registered SI-tag, compass, whistle. Full body protection is strongly recommended, including for courses 9 and 10. Tick repellent is recommended.

**SportIdent:** If you have hired a SI tag, collect it from the caravan before going to the start. Clear and check stations for SI tags will be at each start. If a SportIdent control station does not respond, punch in the boxes on your map using the pin-punch on the control stand and inform staff about this at the caravan when downloading your SI tag.

**The Map:** Scale 1:10,000, 5m contours, for all courses, printed on waterproof material. Stonebrook was mapped over 5 years ago and the vegetation has changed significantly; some casuarina thickets have died but elsewhere the low-level vegetation is generally thicker.

**Control descriptions** will be printed on the front of maps, with IOF symbols for Hard navigation courses and English for Moderate, Easy and Very Easy courses. Loose control description sheets will be provided at the pre-starts, with both IOF symbols and English available for Course 8 (Moderate).

There is one 'special' symbol and one unusual (in WA) symbol amongst the descriptions:  
A black cross on the map is also a simple cross (x) in symbols and "built feature" in English, and is a constructed object – abandoned vehicle, rubbish, concrete structure...;  
A green cross on the map is a root stock (root mass of a fallen tree), shown in symbols as a circled cross.

**Assembly Area** is adjacent to the parking area.

**Warm-up:** Most competitors will find the routes to the Starts to be adequate warm-up. If you need more, just go back and do it again.

**Start procedure:** There are two Starts (an uphill walk of about 1 km for courses 5–10 and about 1.4 km for courses 1–4). Allow enough time to arrive at least 5 minutes before your start time. At 4 minutes before your official start time, when your listed start time displays on the Pre-Start clock, go to the start grid where your e-tag will be checked and control descriptions provided. At 2 minutes before your start move forward to your map box and listen to any last-minute starting instructions. At your start time, on the sixth (long) beep of the clock, pick up your map and follow the flagged route (courses 1–8\*) to the start of orienteering, which will be marked by a stand and flag with no marking device and on your map by a triangle. You must visit this point. Late starters must report to the Start officials to be assigned a new time. They will be timed from their original allocated start times unless delayed by a fault of the organisers or by events considered by the Controller to have been unavoidable by the competitor.

\*Courses 9 and 10 start from immediately in front of their map boxes. Courses 1–4 have a 70 m route to their start and 5–8 have 30 m.

Clothing may be left at the Starts, for collection at the registration caravan after the last starts.

**Safety bearing** is South or downhill, to any vehicle track

**Course closure** is 1 pm, at which time control collection will commence.

**Shadowing** by adults of M10 or W10 entrants is permitted but shadowed participants will not be eligible for Championship awards, although they will be recognised at the presentations. Please notify the registrar in the caravan of the intention to shadow, before starting.

**Maps will be collected** at the finish until after the last Championship starts.

**Awards** will be presented as soon as possible after results are known.

### **Complaints and Protests**

Complaints should first be made orally at the event to the Organiser (Jan Fletcher) who will direct the complainant to the appropriate official. Protests about the outcome of a complaint must be made in writing and given to the Organiser or a jury member while at least three of the following potential jury members are still at the event: Anthea Feaver, Graham Braid, John Major, Noel Schoknecht, Richard Matthews, Tony Simpkins.

### **Enter-on-the-Day courses and entries**

A reduced range of courses will be available for on-site registration. The actual selection will depend on the numbers of official entries on some courses but will include both beginner and hard courses. Course details will be displayed at the registration caravan. The Start for EoD courses will be the same as for courses 5–10, i.e. a 1 km uphill walk from registration. EoD registration will be from 9:30 to 11:00 am. First EoD start will be after the championship starts (approximately 10:30), last start at 11:30 am.

**Long Distance Championships: age classes on courses.** (Distances and climbs are 'red line')

Course	Women	Men	Technical Difficulty	Length (km)	Climb (m)
1		M21A	Hard	10.1	650
2		M20A M35A	Hard	7.5	460
3	W21A	M45A	Hard	6.1	375
4	W35A	M16A M21AS	Hard	5.2	300
5	W45A W20A	M55A	Hard	4.7	210
6	W55A W21AS	M65A M70A M35AS M45AS	Hard	3.8	175
7	W16A W65A W70A W75A W80A W35AS W45AS W55AS	M75A M80A M55AS	Hard	2.6	65
8	W14A WOpenB WJuniorB	M14A MOpenB MJuniorB	Moderate	2.5	90
9	W12 Open E	M12	Easy	1.6	45
10	W10 Open VE	M10	Very Easy	1.1	10

Details for Enter-on-the-day courses will be provided at Registration.