

2017 ACT Sprint Orienteering Championships

Incorporating the National Orienteering League #3

&

Australian University Championships

25th March 2017

Venue

The event arena is on the grounds of the Canberra Girls Grammar School (CGGS), Gawler Cres, in Deakin, 6km to the south from the city centre.

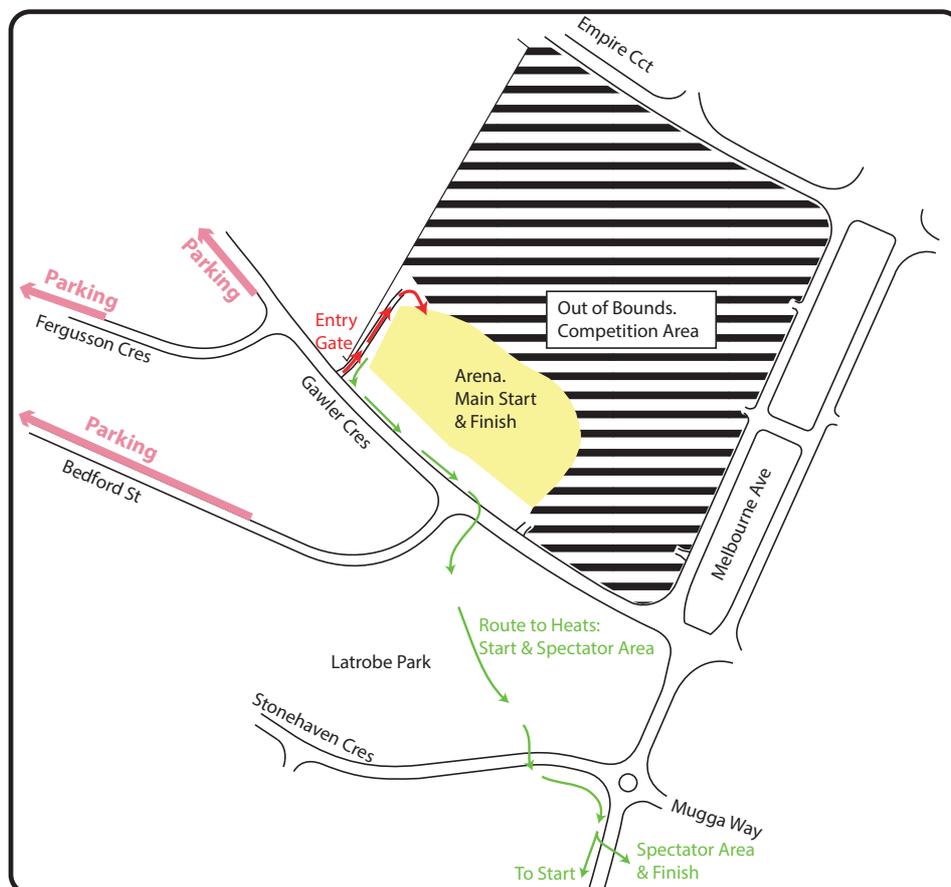
Parking is on the roadside to the southwest of CGGS, along Gawler Cres, Fergusson Cres or Bedford St. If no spaces are available, please find another location (Robe St, Northcote Cres or at Canberra Girls Grammar Junior School, 550m away, on Grey St). Please do not park on the median strip of Melbourne Ave (which could result in an infringement notice) or Empire Cct.



PLEASE NOTE – Roads ACT request that we park **only on one side of these roads** (as indicated by pink arrows in map below) and not to park **too close to intersections**.

These are public streets, so please be considerate to residents and other road users when parking.

Access to CGGS is **only** via the westernmost gate on Gawler Cres (Gabriel Dr). If you enter the grounds by any other gate you will be on the competition area, and will be disqualified. The map below shows the location of these streets and the entry gate.



Program of Events

The ACT Sprint Orienteering Championships is comprised of 3 different races. National Orienteering League (NOL) competitors will run both Heats and a Final, while non-elite entrants will compete in a single race. The program of these races with approximate times is detailed below:

| Time | Race | Details |
|---------------|-------------------|---|
| 12:00 – 12:30 | NOL Heats | Red Hill, remote finish |
| 1:30 – 2:40 | ACT Sprint Champs | Girls Grammar Campus All non-elite classes |
| 3:00 – 3:30* | NOL A Finals | Girls Grammar Campus |
| 3:45 – 4:30* | NOL B Finals | Girls Grammar Campus |

* Incorporating the 2017 Australian University Championships.

Start times for the NOL Finals will be announced soon after the conclusion of the NOL Heats.

Facilities

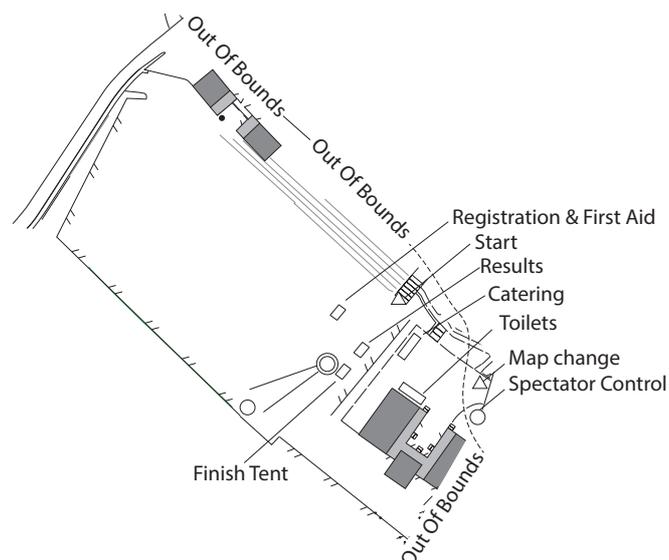
Catering: Please support

Blue Lightning (ACT Junior Squad) who will have cakes and drinks on sale in the arena.

Coffee will be provided by Marie from **Where's the Coffee?**

Toilets: Portable toilets are located adjacent to the arena

First Aid: Will be located at the registration tent



NOL Heats

The NOL Heats will be held on Red Hill North, close to CGGS. NOL competitors can collect their NOL competitor's chest number at the arena from 10.30am. They can then follow streamers from Gabriel Dr, across Latrobe Park to the start (1.5km walk, 100m climb, allow 20 minutes, green arrows in map above).

Map: Red Hill North, 1:5000, 5m Contours, revised in 2017 by Bob Allison. Previous version of the map can be found on Eventor. The maps conform to the ISSOM specification for sprint orienteering maps, and will be printed on Pretex waterproof paper.

Courses: Mens Heat A/B - 2.6 / 2.7 km, 65 m climb.
Womens Heat A/B - 2.1 / 2.2 km, 35 m climb.

Course-setters notes: The heats will be a forest sprint. The terrain is mixed native forest and some open land, with numerous small gullies. Vegetation includes significant areas of light green (mostly casuarina and wattle) which also limit visibility. The courses are set for head-to-head racing; heats have some common controls with significant gaffling. In parts of the course there are many controls in a small area, including some controls as close as 20 m apart; competitors should carefully check their control codes.

Start procedure: Competitors will not know which heat they are in until they receive their control descriptions, 2 minutes before their start time. There will be a 3 minute pre-start procedure as detailed below:

| | | |
|----------------------------|---|---|
| Start time – 3 mins | Box 1 | Name/number checked against start time. |
| Start time – 2 mins | Box 2 | You will be handed the control descriptions specific to your heat. Check the name and number on your descriptions. |
| Start time – 1 min | Box 3 | Your map will be laid in front of you. Check the name, number and course information on the back of the map. |
| Start time | Take your map and start. There is no start control to punch. | |

Late Start: See late start official. You will be started with a start punch at an appropriate time. Time adjustments, if appropriate, will be resolved at the finish.

Finish Procedure: The finish will be personned, but there will be no download station. Immediately after finishing their heat, NOL competitors should hand in their map and return directly to the arena (follow streamers for 500 m) for download. **After this time, NOL competitors must remain in the arena until they start their A/B Final.**

Qualification: In each heat, approximately the top 25% of competitors will qualify for the final. Specifically, the top 5 from each heat in M21E, top 3 in W21E and M20E and the top 2 in W20E will qualify. In the event of a tie for the final place, both competitors will qualify.

Spectators: Spectators are welcome to walk to the finish of the heats to watch runners finish (see map above). There will be no spectator control or race commentary for the heats.

Course Closure: 2.00pm

Safety Bearing: North to Stonehaven Rd or Mugga Lane.

ACT Sprint Orienteering Championships

Map: Canberra Girls Grammar School, 1:3000, 2.5 m contours, 2017 by Bob Allison. The maps conform to the ISSOM specification for sprint orienteering maps, and will be printed on Pretex waterproof paper.

Courses:

| Course | Classes | Distance | Climb |
|---------------|--|-----------------|--------------|
| Course 5 | M21A, M20A, M35A, M40A | 2.7km | 30m |
| Course 6 | M45A, M50A, M55A, W21A, W20A, W35A, W40A | 2.2km | 25m |
| Course 7 | M16A, M60A, M65A, W45A, W50A, W55A | 1.8km | 20m |
| Course 8 | M70A, M75A, M80A, M85A, M90A, W16A, W60A, W65A, W70A, W75A, W80A, W85A | 1.4km | 15m |
| Course 9 | M14A, MJuniorB, MOpenB, W14A, WJuniorB, WOpenB | 1.8km | 20m |
| Course 10 | M12A, W12A, M/WJunEasy, M/WOpenEasy | 1.2km | 15m |
| Course 11 | M10A, W10A, M/WJVeryEasy | 1.1km | 10m |

Non-Championship Classes: M20A, M21A, M35AS, MJuniorB, MOpenB, W20A, W21A, W35AS, WJuniorB, WOpenB, M/WJunEasy, M/WOpenEasy, M/WJunVeryEasy, M/W10Novice

Course-setters notes: Canberra Girls Grammar School is a small, complex urban campus with numerous buildings, walls, stairs and cultivated garden beds. As with many campuses of this type, there are 3-dimensional structures which cannot be represented on a 2-dimensional map, including multi-story buildings. Where there is ambiguity in which level of a building has been mapped, we have taped off the unmapped region.

The small size of the campus means that you should expect other competitors to be running in different directions. We urge caution when running around corners, at intersections, along corridors and down stairways.

Out-of-bounds: As with all urban maps, there are many areas that are marked as out-of-bounds on the map, including garden beds (mapped as olive green) and some grassed areas that are overprinted with vertical purple stripes. It is the competitor's responsibility to ensure that they do not step on or pass over out-of-bounds areas. There **will** be marshals on the course, and competitors who break these rules will be disqualified.

Start Procedure: Starts will be from 1:30 pm. The start is in the arena. There will be a 3 minute pre-start procedure as detailed below:

| | | |
|----------------------------|-------|-------------------------------------|
| Start time – 3 mins | Box 1 | Name checked against start time. |
| Start time – 2 mins | Box 2 | Collect control descriptions. |
| Start time – 1 min | Box 3 | Write your name on your map. |
| Start time | | Take your map and start. |
| | | There is no start control to punch. |

M/W10N: This is a non-competitive class which allows participants to be shadowed by an adult. Participants will use a punch start and may start anytime between 13:40 and 14:30.

Late Start: See late start official. You will be started with a start punch at an appropriate time. Time adjustments, if appropriate, will be resolved at the finish.

Finish Procedure: Punch at finish control, download at the finish tent and pick up splits sheet. Your map will be collected from you and available again after the last starter in the NOL B Final.

Course Closure: Courses close at 5pm.

Safety bearing: South to Gawler Cres.

NOL Finals

The NOL Finals will be held on the Canberra Girls Grammar Campus; see Course-setters notes, start procedures and other instructions above.

The NOL Final will also incorporate the 2017 Australian University Championships. Preliminary results will be announced during the presentations. Places in the University Championships will be based on the A final and then the B final results. Junior and senior class results will be combined based on qualifying race and final race results and a comparison of kilometre rates. Please contact Ian Prosser (ian.prosser11@gmail.com) if you need more information.

Start lists for the final will be made available as soon as possible after all competitors have completed their heats.

Courses:

| Course | Classes | Distance | Climb |
|---------------|----------------|-----------------|--------------|
| Course 1 | M21EA, M20EA | 2.9km | 35m |
| Course 2 | M21EB, M20EB | 2.9km | 35m |
| Course 3 | W21EA, W20EA | 2.5km | 30m |
| Course 4 | W21EB, W20EB | 2.5km | 30m |

Warm Up Area: There will be plenty of space for NOL competitors to warm up on the school oval. Remember, **NOL Competitors must remain within the arena after they return from their heat! Please note there is little shelter on the oval so competitors may wish to bring appropriate clothing or a shelter of their own.**

Map Change: NOL competitors have a spectator control and map change at approximately the mid-point of their course. After punching your control, follow tapes 10 m to your new map boxes. Remember to take your map from the correct box, and discard your old map.

Spectators: Spectators who have completed the course in the non-elite classes may venture onto the competition area to watch the action. (NOL competitors are not permitted in the competition area, even if they have completed their course.) It is expected that spectators will not impede or aid competitors.

Commentary: Jason McCrae, the "voice of the forest" will endeavor keep you up-to-date as developments unfold in the A Final.

Presentations

Presentations will be held immediately following the final finisher from the NOL A Final. (That is, presentations are expected to occur while B Finalists are still running their course). Championships classes will receive a cloth badge, and non-championship classes will receive certificates.

Complaints and Protests

Participants who are unhappy or uncertain about any aspect of the competition are advised to report the issue to the organiser immediately. If, following discussion with an appropriate official you wish to make a formal complaint, you must lodge this (orally or in writing) with the organiser as soon as possible after the results for the relevant age class are complete.

Similarly, any protest about the outcome of a complaint must be lodged in writing with the organiser no later than 15 mins after the outcome of the complaint is notified to all competitors affected by the decision. The Registration team will contact the appropriate officials to deal with the protest.

Complaints, protests and appeals will be handled by the event organiser and jury in accordance with the relevant OA Competition Rules. The Jury for any protest will be selected from the available OA Level 3 Controllers according to the OA Rules.