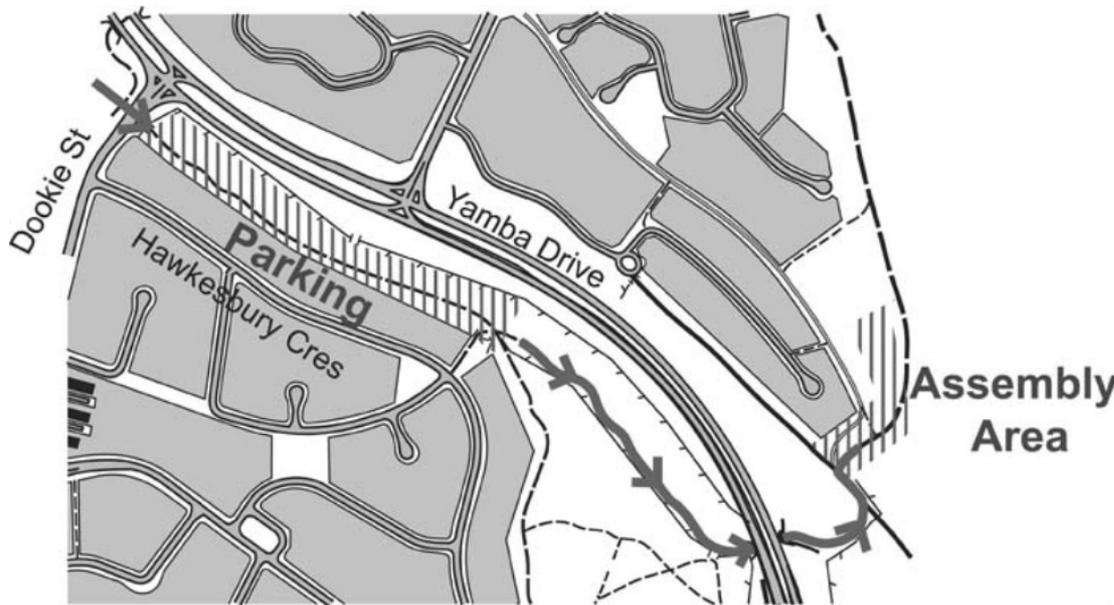


Venue

The event is on Isaacs Ridge in Isaacs, which is 17 km south-east of the Canberra City centre. The venue has changed from Orroral Tracking Station to Isaacs Ridge because there are possible burn-offs in the Orroral area in late March.

Directions – Parking for the event is in the suburb of Farrer off Dookie St next to Yamba Drive (see map below). Travel to Yamba drive and turn West off Yamba Drive into Dookie St and take an immediate left turn up a steeply sloped concrete driveway into a nature strip. Continue through this nature strip on a gravel road and park as directed.

! **PLEASE NOTE** – Distance to the assembly area from parking will be between 800m and 1.3km. Please allow sufficient time to get to the assembly area. **PLEASE DO NOT park off the streets in the suburb of Isaacs, as this may jeopardise future use of the map.**



Program of Events

The ACT Middle Distance Orienteering Championships incorporates the National Orienteering League (NOL) Event #4. First starts are from 10:00am.

Time	Race	Details
From 10:00am	ACT Middle Champs NOL #4 Enter on the Day	Isaacs Ridge

ACT Middle Distance Orienteering Championships

NOL competitors that did not compete on Saturday can collect their NOL competitor's chest number at the arena from 8.30am. All competitors can follow streamers from the arena to the start (1.0km walk, 130m steep climb through the terrain, please allow a minimum of 25 minutes). If you are concerned about the steep climb to the start, please contact allisonjones@me.com to arrange transport to the start.

Map: Isaacs Ridge 2016, 1:10,000, 5m contours.
The maps will be printed on waterproof paper.

Courses:

Course	Classes	Navigation	Distance	Climb
Course 1	M21E	Hard	6.0km	235m
Course 2	W21E, M20E, M35A, M40A, M21A	Hard	5.1km	205m
Course 3	W20E, M45A, M16A, M20A	Hard	4.5km	135m
Course 4	M50A, M55A, W35A, W40A, W45A, W21A	Hard	4.0km	130m
Course 5	M60A, M65A, W16A, W50A, W55A, W20A	Hard	3.0km	95m
Course 6	M70A, M75A, W60A, W65A, M35AS, Hard-EOD	Hard	2.6km	80m
Course 7	M80A, M85A, M90A, W70A, W75A, W80A, W85A, W35AS	Hard	1.8km	15m
Course 8	M14A, M-JuniorB, M-OpenB	Moderate	3.0km	65m
Course 9	W14A, W-JuniorB, W-OpenB, Moderate-EOD	Moderate	2.5km	55m
Course 10	M12A, W12A, M/W-JuniorEasy, M/W-OpenEasy, Easy-EOD	Easy	2.7km	45m
Course 11	M10, W10, M/WJ-VeryEasy, M/W10Novice	Very Easy	2.4km	20m

Non-Championship Classes:

M20A, M21A, M35AS, MJuniorB, MOpenB, W20A, W21A, W35AS, WJuniorB, WOpenB, M/WJunEasy, M/WOpenEasy, M/WJunVeryEasy, M/W10Novice

Enter on the Day (EOD)

Hard – EOD, 2.6km, Moderate – EOD, 2.5km, Easy – EOD, 2.8km

Course-setters notes: The terrain is a steep slope covered mainly with mature pine forest mixed with some areas of eucalypt and younger pine. The area has a lot of granite rock outcroppings that are relatively broken meaning there is a lot of rocky ground as well as large boulders up to 5m. As usual the rock is mapped relative to other surrounding rock so in detailed areas only the biggest rocks are mapped, smaller rocks are shown as rocky ground.

In some places there are also areas of erosion detail. There are a number of old broken fences around this erosion detail. The fences can be very hard to see so please take care around these, in some places they have been taped with orange tape to make them easier to see.

A good track network exists in the pine areas as well as a number of mountain biking tracks. Some of the mountain biking tracks can be hard to see in places and on Course 10 one of these is marked with orange tape to make it easier to see (this is shown on the control descriptions).

The area is a popular recreation area and it's likely there will be a lot of locals using the area at the same time, please be courteous when passing walkers on any of the narrower tracks.

In parts of the course there are many controls in a small area; competitors should carefully check their control codes.

Courses 1 and 2 have a spectator control adjacent to the finish area, it will be possible to see competitors on these courses pass along the western edge of the assembly area.

M/W 10N Start: Children and their shadower in this class will not be assigned a start time. Please proceed to the start and see start official. You may start between approximately 10:20am and 11:45am using a punch start, following directions from start officials.

Start procedure:

There will be a 4 minute pre-start procedure as detailed below:

Start time – 4 min	Box 1	Name/number checked against start time. You will collect control descriptions specific to your class. Control descriptions will also be printed on the map
Start time – 2 min	Box 2	Line up behind your start box of maps. Write your name 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: 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 NOL start.

Course Closure: Courses close at 2pm.

Safety bearing: West to the houses, and follow these South back to the assembly area.

Commentary: Jason McCrae, the “voice of the forest” will endeavor keep you up-to-date as developments unfold in the National Orienteering League.

Facilities

Catering: Please support

Blue Lightning (ACT Junior Squad) who will have a BBQ, 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

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.

Presentations

Presentations will be held as soon as practicable following finalisation of the races. Championships classes will receive a cloth badge, and non-championship classes will receive certificates.