



# NSW State League #4 – NSW Long Distance Championships Canyonleigh

**Date:** Sunday 14<sup>th</sup> May 2017

**Map:** "Canyonleigh" 1:15,000 Revised 2017 5m contours

**Time:** State League Starts: 0930-1130hrs Enter on Day Starts: 1000-1100hrs

**Course closure: 1400hrs**

**Contact:** Margaret Jones

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**Venue: From the South:**

Proceed along the Hume Highway, past the Sutton Forest McDonalds and exit west at the Illawarra Highway. Follow this road west for 18kms turn right and then follow o-signs.

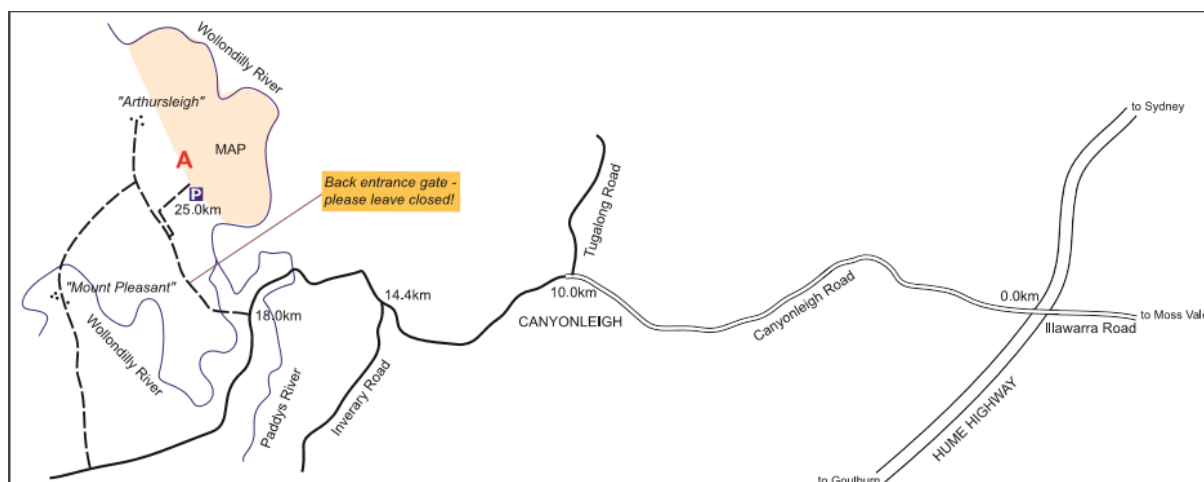
**From the North:**

Exit at the junction of the Hume Highway and Illawarra highway. Head west ( not towards Moss Vale) Follow this road west for 18kms turn right and then follow o-signs.

Please note that the road turns to dirt road after the Tugalong Road junction.

Follow O signs to the assembly / parking – 5 minutes.

Remember, if you open the gate – YOU CLOSE THE GATE. Don't leave it for a following car.



## Courses and Classes

Course	State League Classes	Length	Climb	No of controls
Hard1	M21A,	15.3km	420m	14
Hard 2	M20A, M35A, M40A	12km	320m	10
Hard 3	M45A, W21A	9.3km	300m	6
Hard 4	M50A, W20A, W35A, W40A, W45A, M21AS	7.2km	230m	6
Hard 5	M16A, M55A, M60A, M65A, W50A, M35AS	6.5km	200m	6
Hard 6	M70A, W16A, W55A, W60A, M45AS, W21AS	5.6km	180m	5
Hard 7	M75A, W65A, W70A, M55AS, W35AS, W45AS, W55AS	4.8km	135m	5
Hard 8	M65AS, M80A, M85A, M90A, W65AS, W75A, W80A, W85A, W90A	2.3km	50m	4
Moderate	M14A, W14A MopenB, WopenB, M Junior B, W Junior B	4.8km	100m	8
Easy	M12A, W12A, Open Easy	2.8km	60m	8
Very Easy	M10A, W10A, M/W-10N*, Open Very Easy	2.7km	60m	10

**Planners notes:** Runnable gully/spur terrain in open eucalypt forest with limited rock outcroppings on hill tops. Much of the rock is mapped as stony ground or not mapped at all as not sufficiently significant

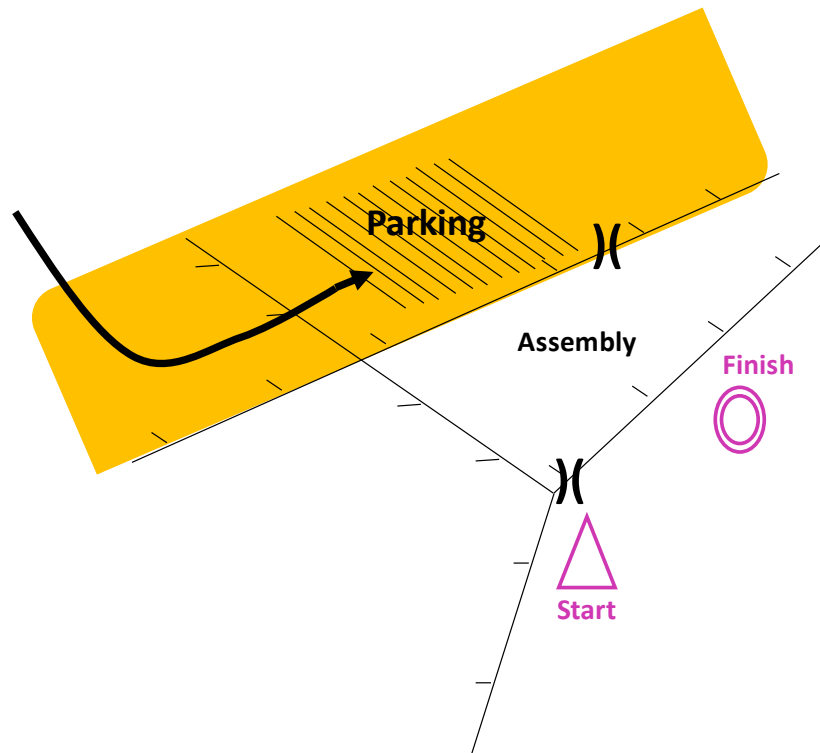
1. Termite mounds are a feature of the terrain and the map has been updated for significant changes, adding major termite mounds and deleting those which have weathered to small mounds. However, competitors will find the contour details more reliable than termite mounds for navigation. Small termite mounds have not been mapped.
2. As water is limited at the start and on course, use sparingly and responsibly.

**Safety Bearing:** West to cleared land  
**Do not cross the Wollondilly River**

**SAFETY NOTICE:** Due to the length of the courses and the limited emergency evacuation routes we have borrowed 10 GPS tracking devices from Bold Horizons. We would encourage older competitors or anyone with a medical condition which might exacerbate the seriousness of a fall or injury to take one of these with them. This is a trial of these devices for forest orienteering, and whilst there is no guarantee of mobile coverage we feel it is worth including as part of our safety planning. The devices are the size of a matchbox, weigh about the same and can easily fit in a pocket.

If you would like to use one of these devices please contact the organiser, Margaret Jones on 0415214503 or email [ml.jones@tpg.com.au](mailto:ml.jones@tpg.com.au)

**Assembly:** DRY – The assembly is 10m from the parking.  
WET – The assembly may be 250 – 400m from the parking.  
There is shade in the assembly area  
Please use the crossing points marked for access to assembly.



**Parking:** The drive in crosses a dry creek. If there is significant rainfall in the days prior to the event parking will be along the road. Please consider this and add 10 minutes walking time to assembly

**Clear/Check:** Clear and Check stations will be located at the start

**Starts:** There are one start 100m from assembly.  
At Starts - There will be NO clothing return. There will be NO toilets at the start

**First Aid:** St Johns Ambulance will be in attendance

**Start Procedure:**

The SportIdent (SI) electronic punching system will be used. It is the competitor's responsibility to CLEAR and CHECK their SI stick before starting. Clear and check units will be at the start

There will be a three stage start procedure as detailed below.

Stage 1 (-3 minutes ) name and checked.

Stage 2 (-2 minutes ): collect control description sheet punch check unit

Stage 3 (-1minute ) move forward to map box and receive any final instructions.

### **Punch the start control**

Late starters should report to the pre-start and will be allowed to start at the starter's discretion. You will be deemed to have started at your allocated start time unless the organiser is at fault.

**Control Descriptions:** Descriptions will be on the front of the map. Competitor copies will be available at the 2min start station (Red / Orange) and on arrival at start for Blue / Green.

**Control Stands:** Standard stand and flags with a SportIdent terminal will be used. Control numbers will be on top of the stand. IGNORE CODES ON FLAGS. Should SportIdent not beep, use the control punch to punch your map. Inform an official immediately upon finishing.

**Finish:** Upon completion of your course, and immediately after punching the finish control, competitors should proceed to the finish tent to download their SI sticks. There you will collect your result printout and a sticker to put on a slat to hang on the results board. Rented SI sticks and any borrowed GPS trackers will be collected at the finish.

**Course closure: 1400hrs** All competitors MUST register at the finish. If you do not finish your course you must still report to the finish.

**Maps:** Maps will not be collected at the finish. The onus is on competitors not to seek to view maps of runners who have completed their courses before they themselves run, and not to show other competitors their own map until those other competitors have also run.

**Facilities:** Water (assembly / Start / on course), Bush Toilets.

### **General event information**

**Registration:** pre-entered competitors who are hiring a SportIdent stick should collect them from the registration table. All enter on the day competitors should also report to the registration table.

**Enter on day:** A limited number of maps on Very Easy, Easy, Moderate and one Hard course will be available on each day. Costs are:

Hard course Senior \$35 Junior \$23

Moderate, Easy, Very Easy Senior \$23 Junior \$18

Sportident Hire \$4 per person

**Catering:** Limited catering. A coffee van will attend.

**Presentations:** presentation of awards to winners and place getters in each class will be as soon as possible after 12.30pm