# World Orienteering Day – Park in the Dark!

World Orienteering Day

This event is a Motala or a one person / team relay.

Areas mapped olive are gardens and they are all out-of-bounds.

You may run only on paths or lawn.

### The course

- Each competitor runs four different course loops, changing their map between each loop, returning the last map to the exchange boxes before proceeding to the finish control.
- Competitors have a prescribed order in which they must run these loops – the order is specified on their Running Order Card (below)
- There are only 12 controls in total (3 per loop) and each competitor will visit all controls, but in different orders. There are 24 combinations of order.
- The four course loop maps are identified as Blue, Green, Red and Orange with a set of 3 control descriptions on the face of each map.

## **Running Order Card**

The Running Order Card for each competitor identifies the order in which to run the course loops.



The four boxes show the order in which the loops are to be completed – in this instance Red, Green, Orange then Blue. Taking maps in the wrong order will result in dnf. The number (eg. 13) identifies the course – from among 24 alternatives.

Carry this card with you during the event. You will need it at each map change.

#### The start

- You must clear and check before starting.
- Only CLEAR and Check and use the START box once, on their first loop.
- Start when you are ready and have been issued a Running Order Card.
- Your start time only commences when they use the Start unit.

## The map change over

• Return to the rotunda to change your map, drop the used map in the correct box and collect your next map as specified on your Running Order Card.

#### **Finish**

At the end of your fourth loop, **return your final map to the exchange box,** then proceed to the **FINISH** and then to the computer download.

