

2017 NEW SOUTH WALES SCHOOLS LONG DISTANCE CHAMPIONSHIPS & STATE LEAGUE 10 19th August 2017



ORIENTEERING NSW

Cataract Scout Park, Appin – Starts from 1pm

Directions: Get to Appin Road, then turn into Baden Powell Drive, after 1.4km turn right into the main entrance of Cataract Scout Park. If the Boom gate is closed use code **3854#** to open. Follow the main park road for 1.3km and turn right and drive 300m to Site 6. Park as directed

Note: Wollondilly Shire Council are proposing to **close Broughton Pass** (Wilton Road) from 6am to 6pm on Saturday 19th. This will affect competitors coming from the south – do not use Wilton Road to shortcut from Picton Rd to Appin Rd. You will need to continue along the freeway to Campbelltown.

Organiser David Green 0409 608990 dayle.david@bigpond.com
Planner Natalya Filippova
Controller Keith Jay
Map "Cataract Scout Park", 1:10000, 5m contours. Updated 2017
Arena The Arena is located in Site 6 at the western end of the Scout Park.
 Toilets available
Parking Parking available at the arena.

Terrain The scout park is located along a ridge which has been cleared in places for camping. The scout park is divided into sites, which are bounded by forest. There are many buildings, fences and other man made objects. The open areas are surrounded by forest, of varying runability. There are steep watercourses to the north and west.
 The light green on the map varies from white to light green
 The fire trail at the bottom left of the map is part of the Sydney Catchment Area and is out of bounds. Large fines apply.

Enter on Day: Enter on Day will be available on Very Easy, Easy, Moderate and Hard 3 courses
 Fees- Sub Junior \$7.50 Junior \$15 Senior \$27

Start: The start is within 300m of the arena. There will be no toilets or water at the start. No clothing return.

Planners Notes: Very easy and easy courses will have a taped route from #1 control to #2 control and the moderate course runners may encounter the same tape on their way to their first control, which they may ignore

Classes and Courses

Course	Length (km)	Climb (m)	Controls	Classes
Hard 1	5.08	90	16	M21A, M35A
Hard 2	4.07	85	11	M20A, M40A, M45A, M50A, M55A, W21A, W35A
Hard 3	3.58	90	10	M60A, M65A, M21AS, W20A, W40A, W45A, M17+A, EODH,
Hard 4	3.11	90	10	M70A, W17+A, W21AS, W50A, W55A, M35AS, M45AS

Hard 5	2.54	65	7	M15A, M16A, M55AS, M75A, M80A, W15A, W16A, W45AS, W60A, W65A, W70A, W35AS,
Hard 6	2.20	50	8	M65AS, M85A, M90A, W75A, W80A, W85A, W90A, W55AS, W65AS
Moderate	2.23	25	11	M13A, W13A, M14A, W14A, M15+B, W15+B, M Open B, W Open B, EODM
Easy	1.82	20	12	M11A, W11A, M12A, W12A, M13-14B, W13-14B, Open Easy EODE
Very Easy	1.72	15	11	M9A, W9A, M10A, W10A, M 11-12B, W11-12B, Open Very Easy, EODVE

First Start time: 1pm

Last Start time: 2pm

Course Closure: All courses close at 3.30pm. Please return to the finish, even if you have not finished your course.

Catering: The junior squad will be providing catering. They are offering a limited variety of coffee, tea and cakes. Please support them where possible.

Gear: The Aussieogear shop will be present. The shop won't be available at the Sunday event.

Presentation: We anticipate holding the presentation for the NSW Schools Championships at approx. 3.30pm

Start Procedure

Box 1	-3 minutes	Name check	Make sure you have cleared & checked
Box 2	-2 minutes	Collect control descriptions	Loose descriptions will be available for all courses. Sticky tape not provided
Box 3	-1 minute	Map tray	Check you are at the right map tray. No need to write name on map
	0 minute	Punch start unit before looking at your map	Enjoy your run

Officials will be available at the start to help students who may require assistance to orient their map and know which way to head to the first control.

Map trays will be clearly labelled with the **Course name** and each **Class** running that **Course**.

Maps will not be collected after your run. Please do not show your map to any competitor who has not started their course.

Finish Procedure

After punching a finish control please proceed directly to the download tent. Here you will download twice. The 1st download will provide you with your split times and the 2nd download provides you with a result label which you stick on a timber slat and then hang, in time order, under your age class on the result boards.

Timing devices

All competitors are required to use a SI stick. They are to be collected from the Registration Tent at least 30 minutes before the start of your first event. This SI stick has been allocated to you for all the events you have entered. It will be collected at the Finish table at the completion of your last event. Do not swap with another runner. Lost sticks must be paid for.

Whistles

Whistles will be provided for all Schools competitors. These are to be collected from the Registration Tent before

you go to the start of the first event you have entered.

Control Descriptions

Control descriptions will be on each map. They will also be available at the start. Competitors in the NSW Schools champs can collect their control descriptions when they register. Schools championships classes will have English control descriptions on the back of the map and international symbols on the front. All other course maps will have international symbols on the front of the map.

Accommodation: ONSW has obtained sponsorship for the weekend events from Destination Wollongong. Rather than travelling back to Sydney, spend the night in Wollongong. For accommodation options visit the Destination Wollongong website: <http://www.visitwollongong.com.au/orienteering-nsw-schools-state-championships>



For dining options and things to do in Wollongong, click the above logo