## Welcome to OST Event 11 - 26 ${ }^{\text {th }}$ Aug 2017 Tasmanian Sprint Championships

The organisers would like to thank St Virgil's College for the use of their grounds.

| COURSE | AGE GROUP CLASSES | APPROXIMATE <br> DISTANCE | APPROXIMATE <br> CLIMB | NAVIGATION <br> STANDARD |
| :---: | :--- | :---: | :---: | :---: |
| 1 | M21 | 3.0 km | 65 m | Hard |
| 2 | W21, M17-20, M35, M40 | 2.9 km | 60 m | Hard |
| 3 | W17-20, W35, M16, M45, M50, M <br> Open AS | 2.6 km | 50 m | Hard |
| 4 | W16, W40, W45, W50, W Open AS, <br> M35-50AS, M55, M60 | 2.2 km | 45 m | Hard |
| 5 | W35-50AS, W55, W60, W65, M65, <br> M70 | 2.1 km | 45 m | Hard |
| 6 | W70, W75, W80+, M75, M80+, M/W <br> Open A | 1.9 km | 40 m | Hard |
| 7 | W14, W16+B, M14, M16+B, M/W <br> Open B | 1.7 km | 20 m | Moderate |
| 8 | W12, W14B, M12, M14B, <br> M/W Open C | 0.8 km | 10 m | Easy |
| 9 | W10, W12B, M10, M12B | 10 m | Very Easy |  |

Map : Poimena Reserve 1:4000, 2.5 m contour interval. The map has been kindly updated by Mark Hey (August 2017) for this event. The previous version of this map is on display.

Control descriptions are on the map and available separately at the start. Courses 7, 8 , and 9 have text control descriptions. Other courses have symbolic descriptions.

A control described using the monument symbol $\Delta$ has been used on some courses. You might also call this a sculpture. It will be obvious when you get there.

Double-side map: Courses 1, 2 and 3 use a double-sided map. Runners on this course will need to flip their map during their run.

Caution: Please take care around the school in the passageways and going around corners so you don't crash into other competitors.

## The Wall - There is an artificial barrier that must not be crossed by competitors

 within the school buildings. It is shown on the map as an un-crossable wall and on the ground with bunting. The barrier will be manned and any competitors crossing the barrier will be disqualified.
## Out-of-bounds:

Do not approach the start or finish until you need to do so. On the oval you will see small orange flags. Do not cross past these flags while warming up.

You may pass a small out-of-bounds towards the finish of your run where a garden bed is being worked upon. It has been fenced by the college. Stay out.


There is a maze on the map. The school has told us to keep out of this. The "green" within the maze, although it is hard to see, is the impassable vegetation green. The courses do not tempt you to run through the maze - and doing so would be a bad route choice.

Water: There is no drinking water on course, but is available at the Finish.
Start: Go to the east for 150 m around the boundary line of the oval to start area for all courses. Pre-allocated start times are on display. Please be at the start 4 minutes before your start time.

Touchless punching: For competitors who have hired SIAC dibbers for today's event, these are available from the admin trailer.

Briefing - Martin Bicevskis will give a brief introduction to touchless punching at $12: 45 \mathrm{pm}$. If you have any questions regarding the use of SIAC dibbers please ask Martin Bicevskis who will be near the start.

Safety Bearing: West to Main Rd then North to assembly area, but we don't think you will need it.

Course closure time: 3:30pm

