



## 2017 ACT Long Distance Championships Glendale Final Information

### **VERY IMPORTANT INFORMATION**

This event is being held in Namadgi National Park and we have strict terms and conditions which must be met. These conditions relate to parking and footwear and are detailed in the relevant sections below. Please assist Orienteering ACT by adhering to these conditions so that we may be able to continue to use this fantastic area for future events.

As the event is within the National Park, and in keeping with OACT requirements, there are to be absolutely NO DOGS brought to the event.

Please car pool if possible – parking is very limited.

### **Directions:**

The arena is Glendale Picnic area in Namadgi National Park, approximately 55km south of central Canberra.

From Tharwa, drive south on Boboyan Road for approximately 25km. Please be aware of wildlife on or near the road. Follow directions of officials in the area.

### **Parking:**

Parking at the arena is limited. The majority of the parking is 1 to 1.5km from the arena. PLEASE car pool if possible. It is possible to deliver passengers and luggage to the arena and then proceed to parking. Park as directed. Please take care turning off and onto Boboyan Road.

### **Arena:**

Glendale Picnic Area, Boboyan Road.

### **Map:**

Glendale (Revised 2017) 1:10,000 Contour interval 5m

### **Terrain:**

This area is typical of Namadgi terrain, with areas of complex granite, fast open grassland and varying degrees of thicker vegetation. The longer, difficult courses (Courses 1-6) cross the Gudgenby River. There will be a number of suitable crossing points marked both on maps and in the terrain. These crossing points are optional. Considerable revision of the vegetation has been made in the past few months.

Boboyan Road is marked as NOT TO BE USED. It is permissible to cross but DO NOT run along the road.

It is recommended that all competitors carry a whistle.

### **Clothing:**

Full body cover is recommended.

Please ensure that you do not carry plant material into the area.

**Footwear:**

To reduce the risk of introducing or spreading weed species, please ensure that your running shoes and gaiters (if worn) are free of mud and plant material before entering the area.

**Enter-on-the-Day:**

There is limited EOD. Registration for EOD will be open from 10:00 to 10:30 and will be available on Course 5, Course 8 and Course 10. You will be given a start time at registration.

**CASH PAYMENTS ONLY** – there is no EFTPOS available due to lack of mobile reception. Adults \$30, Juniors \$18.

**Courses and Classes:**

Course	Navigation	Distance (approx km)	Classes
Course 1	Hard	11.8	M21A
Course 2	Hard	8.0	M20A, M35A, M40A, W21A
Course 3	Hard	6.3	M45A, M50A
Course 4	Hard	5.3	M16A, M55A, M60A, M21AS, W20A, W35A, W40A, W45A
Course 5	Hard	4.5	M65A, M70A, M35AS, W50A, W55A, W21AS, RedEOD
Course 6	Hard	3.5	M75A, M55AS, W16A, W60A, W65A, W35AS
Course 7	Hard	2.0	M80A, M85A, M90A, W70A, W75A, W80A, W85A, W90A, W55AS
Course 8	Moderate	4.5	M14A, MJuniorB, MOpenB, OrangeEOD
Course 9	Moderate	3.2	W14A, WJuniorB, WOpenB
Course 10	Easy	2.8	M12A, W12A, M/WOpen Easy, GreenEOD
Course 11	Very Easy	1.5	M10, W10, M/WOpen Very Easy

**Start Procedure:**

The Start is approximately 300m with 20m climb east of the arena.

Start times are from 10:00 with some officials having earlier starts.

This will be a silent start.

There will be a 6 minute pre-start procedure as detailed here. Please enter Box 1 when your start time is displayed.

- Box 1 – Name Checked
- Box 2 – Collect Control Descriptions
- Box 3 – Line up behind the correct course box. At “Start Time” take you map and follow taped route 50m to the start control. The start control has no punch.

**Late Starters:**

If you are late for your start, do not panic. Approach the late start official who will allow you to start as soon as possible. Your start time will be as published unless your late arrival is the fault of the organisers.

**Event Timing:**

SI is being used for event timing. It is the competitor’s responsibility to ensure that each control visited is recorded. Please ensure you have an audible or visual response from each SI unit. If the SI unit does not respond, you must punch on the map and inform the finish officials of this. Failure to do so may result in a misspunch.

**Finish Procedure:**

Punch the finish control. Proceed to the finish tent in the arena. Take care when crossing Boboyan Road. Download at the finish tent and collect your splits print. Maps will not be collected. In the interest of fair play, please **DO NOT** show your map to anyone who has not started.

**Course Closure:**

Courses close at 14:00. You must report to the finish by 14:00, whether you have completed your course or not. Controls will begin to be collected at this time.

**Safety Bearing:**

East or west to the main road and locate the arena.

**Drinks:**

Water will be available on the courses as indicated in control descriptions and in the arena. There will be no water at the start.

**Presentations:**

Presentations for all Championship (A) classes will be made once all results are finalised.

**Facilities:**

Portable toilets will be available adjacent to the arena and also in the picnic area.

Catering will be provided by the ACT Juniors, Blue Lightning. A coffee van will be available in the arena.

First Aid will be provided by St Johns in the arena.