



Hilton Ph 8234 6166



2017 South Australian Club Relays Flinders University, Sunday October 15th
Mass start 10.30 am, briefing for all runners 10.15 am
Last changes to teams 9.45 am so be there by 9.30 at the latest

The 2-person Club Relays are on Sunday October 15th, hosted by the Southern Arrows with thanks to Onkaparinga Hills Orienteering Club and Snap Printing.

Signposted from the entrance to University Drive on Sturt Rd. Parking in car park 1 – turn left into car park, immediately after Ring Road goes off on the left (do not follow buses up Ring Rd). Park as directed and follow signs on foot up to the arena in the Plaza. Bring with you everything you will need from your cars. Note that if you come from the north from the bus stop you will be passing through Out Of Bounds.

9:00 am Registration opens
9:45 am Last chance to change teams
10:15 am Briefing and demonstration of the changeover process
10:30 am Mass Start
~1 pm Presentations – Prizes for the winning team in each group

Remember that teams cannot be changed after 9.45am; your club coordinator needs to hand out your chest numbers!

First (and third) leg runners will be given blue running numbers.

Second (and fourth) leg runners will be given red running numbers.

| Group | Gender; no age class restrictions | Course | Navigational difficulty | Number of legs each runner runs, and distance (straight line; add 50% for going around buildings) |
|-------|-----------------------------------|--------|-------------------------|---|
| A | Men | 1 | Hard | Each runner runs twice; 5.6 km total, spectator control halfway through |
| B | Women | 1 | Hard | Each runner runs twice; 5.6 km total, spectator control halfway through |
| C | Mixed | 1 | Hard | Each runner runs twice; 5.6 km total, spectator control halfway through, |
| D | Men | 2 | Moderate/hard | Each runner runs twice; 4.4 km total, spectator control halfway through |
| E | Women | 2 | Moderate/hard | Each runner runs twice; 4.4 km total, spectator control halfway through |
| F | Mixed | 2 | Moderate/hard | Each runner runs twice; 4.4 km total, spectator control halfway through |
| G | Men | 3 | Moderate | Each runner runs twice; 3.4 km total, spectator control halfway through |
| H | Women | 3 | Moderate | Each runner runs twice; 3.4 km total, spectator control halfway through |
| I | Mixed | 3 | Moderate | Each runner runs twice; 3.4 km total, spectator control halfway through total |
| J | Mixed | 4 | Easy | Each runner runs once; 1.6km approx., spectator control ¾ of way through |

Enter on the day: will be only available as an easy (1.6km) or moderate/hard (2.2km) course, cost \$15. Starts for enter-on-the day are between 11am and 12 noon only.

Course Planners: Angus Haines & Nick Congedi; **Controller:** Simon Uppill; **Organiser:** Andrew Kennedy

Terrain: Urban university campus with multiple levels and courtyards.

Map: Flinders University 1 : 4000, 2m contour intervals, mapped to ISSOM by Adrian Uppill – ©OHOC 2015

Control descriptions: printed on map will be International for courses 1 & 2 and English for courses 3 & 4. Check your control codes...

Bring: your club's banner, drinking water, a hat & sunscreen and a sense of fun. The Junior Arrows and SA Secondary Schools Orienteering Team will be selling baked goods and soft drinks so please support them ☺

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