

# **WA Middle Distance and Long Distance Be Active State Championships 2013**

## **Ngangaguringguring, Saturday 21<sup>st</sup> and Sunday 22<sup>nd</sup> September**

### **Notes for competitors**

**Both events.** Also see below the separate extra details for each event.

As these are State Championship events, Orienteering Australia Competition Rules apply.

In addition, these events are both part of the WA State Orienteering League with points awarded to all competitors who complete a course at or above the required level for age. (See the SOL rules in the Technical section on the OAWA website).

### **Directions**

Directions are also shown in the sections for these events on the Eventor web site.

Take Great Eastern Highway from Midland through Sawyers Valley.

After about another 10.5 km turn right on to Flynn Road and follow signs to the appropriate day's Assembly Area.

See separate event details below.

### **Facilities**

Portable toilets, water on courses and at the Starts and Finishes, cake stall: all at both events.

### **Bring**

Your Eventor registered SI-tag, compass, whistle. Leg protection and tick repellent are recommended.

### **SportIdent**

If you have hired a SI tag collect it from the caravan before going to the start

Clear and check stations for SI tags will be at each start.

If a SportIdent control station fails you must punch your map using the punch on the control stand and mention this when downloading your SI tag.

### **The Map**

Ngangaguringguring Hill. Scale 1:10,000 for all courses, 5m contours, printed on waterproof material.

### **Map notes**

The map was originally drawn in 1993 and revised in 2000. In general the mapping has held up well over the last 20 years, but there have been some changes to the vegetation, particularly with regards to clearings and bare rock surfaces. Some of the latter have become more or less conspicuous and care should be exercised when using these types of features for navigation purposes.

The level of rock detail mapped varies across the area, and should be considered in a local context, i.e. what is mapped as a boulder in areas of limited detail would be as rocky ground at best in more complex parts of the map.

Trail bike riders have created some additional paths that are unmapped.

**Control descriptions** will be printed on the front of maps.

IOF symbols will be used for Hard navigation grade courses and English for Moderate, Easy and Very Easy grade ones.

Loose control description slips will be provided at the pre-starts, with additional IOF symbols for Moderate grade courses.

### **Warm-up.**

Warm up areas are limited for both events. For the permitted areas see separate event details below.

### **Start procedure**

There are two starts at both events - see the separate event details below.

Hard course starts are more than 500m from Assembly at both events.

Allow enough time to arrive at least 5 minutes before your start time.

At 4 minutes before your official start time you will be called to line up in your start lane where your e-tag will be checked and control descriptions provided.

At 2 minutes before your start you will move forwards to your map box and be given starting instructions.

At your start time, on the fifth, long, beep of the clock, pick up your map and before looking at it, punch the SI Start station. Follow the markers to the start of orienteering in the terrain which will be shown by a stand and flag with no marking device and on your map by a triangle. You must visit this point.

Late starters will be timed from their original allocated start times unless delayed by a fault of the organisers or by events considered by the OA Controller to have been unavoidable by the competitor.

### Other information

Shadowing by adults of M10 or W10 entrants is permitted but such participants will not be eligible for Championship awards, although they will be recognised at the presentations.

Please notify the registrar in the caravan of the intention to shadow before starting.

Trail bikers may be riding in the competition areas and care is advised when on or crossing tracks.

Maps will be collected at the finish until after the last Championship starts each day have occurred.

Awards will be presented as soon as convenient after results are known.

### Complaints and Protests

Complaints should first be made orally at the event to the OA Controller who will direct the complainant to the appropriate official.

Protests about the outcome of a complaint must be made in writing and given to the OA Controller or a jury member while three potential jury members are still at the event. The OA Controller will convene the jury from available candidates, including: Anthea Feaver, Graham Braid, Brian Austen, and Phil Taylor (Long Champs only).

## For Middle Distance Championships ONLY – Saturday 21<sup>st</sup> September

Differences from Long Distance event. For details common to Long Distance event see above.

**Assembly** is about 10 km down Flynn Road.

Park only on the left, eastern, side of Flynn Road.

While at assembly please keep clear of the routes from the track junction to the finish point.

### Maps

For courses 1 and 2 control descriptions will partly obscure the legend but copies of the legend will be available at the start.

**Warm-up** is only permitted in the area of bush within 200m southeast of the assembly area or on the track to the starts.

### Starts

For courses 5, 6 & 7 the start is only about 50m up the track north of the caravan and will be at the triangle on the map. For courses 1 to 4 the start is a further 500m (i.e. total 550m) up the track north of the caravan, up hill.

**Safety bearing** is southwest to Flynn Road

**Course closure** is 4 pm, at which time control collection will commence.

## Middle Distance Championships: age classes on courses.

Course 1	M21, M17-20, M35.	W21, W17-20.
Course 2	M16, M45, M55.	W16, W35, W45.
Course 3	M65.	W55.
Course 4	M75.	W65, W75.
Course 5	M14, M Open B.	W14, W Open B.
Course 6	M12, M14 B.	W12, W14 B.
Course 7	M10.	W10.

## For Long Distance Championships ONLY Sunday 22<sup>nd</sup> September

Differences from Middle Distance event. For details common to Middle Distance event see above.

### Assembly

Follow Flynn Road about 10.5 km to a T junction, turn left into Goods Road and follow signs.

The 1 km route after the T junction will depend on the state of the road works on Goods Road on the day. Drive slowly.

**Warm-up** is only permitted in the area of bush west of the assembly area entry track between Goods Road and the east-west vehicle track just south of the stream, or along the marked route to the starts.

### Starts

The start for courses 9 and 10 is 300m through the bush on a marked route northeast from the assembly area.

The start for courses 1 to 8 is a further 600m (i.e. total 900m) through the bush on the marked route.

### Map exchange

Course 1 will have a map exchange at the position shown on both maps as control 14.

Leave the first map in the box provided there.

**Safety bearing** is south to Goods Road.

**Course closure** is 1pm, at which time control collection will commence.

## Long Distance Championships: age classes on courses.

Course 1	M21A.	
Course 2	M17-20A, M35-A.	
Course 3	M45-A	W21A
Course 4	M21AS, M-16A	W35-A
Course 5	M55-A	W45-A, W17-20A
Course 6	M65-A, M35-AS, M45-AS	W55-A, W21AS
Course 7	M75-A, M55-AS	W-16A, W65-A, W75-A, W35-AS, W45-AS, W55-AS
Course 8	M-14A, M Open B, M Junior B	W-14A, W Open B, W Junior B
Course 9	M-12, Open Easy	W-12
Course 10	M-10, Open Very Easy	W-10