



2018 Orienteering ACT Autumn Classics.

**Sunday 13 May: ACT Middle Distance Championships,
2018 ACT League #6. NSW State League #6.**

Organising Club: Parawanga.

Organiser: Andrew Cumming Thom. Course Planner: Nathan Guinness.

Venue: Orroral East, Namadgi National Park.

Map: Orroral East. 1:10 000 5m contours.

GETTING THERE:

Head south from Canberra through Tuggeranong and along Tharwa Drive. Proceed further south, cross the historic wooden bridge over Murrumbidgee River, drive south through village of Tharwa past the Outward Bound School and then the Namadgi National Park Headquarters on the left. Continue south along Naas Road, which becomes Boboyan Road. Continue over Fitz's Hill.

At the bottom of Fitz's Hill turn right into Orroral Road. Parking at the carpark next to the southern picnic ground. Overflow parking will be in the Campground parking area.

Please car pool if possible as parking space is limited. Allow at least 1 hr from central Canberra. Please be alert for wildlife and free range stock on the road.

Starts will be from 10am.

Registration opens at 9am.

Courses Details for ACT Middle Distance Championships.

Course 1 - Red/hard - 5.3km - 265m -	M20A, M21A, M35A, M40A
Course 2 - Red/hard - 4.3km - 175 m -	M45A, W21A, W20A, M16A
Course 3 - Red/hard - 3.3km - 165m -	M50A, M55A, W35A, W40A, W45A, M21AS, M35AS
Course 4 - Red/hard - 2.3km - 125m -	M60A, M65A, W16A, M70A, W50A, W55A, W21AS, M45AS, W35AS
Course 5 - Red/hard - 1.8km - 85m -	M75A, W60A, W65A, W70A, W75A, M80A, W45AS, M55AS
Course 6 - Red/hard - 1.2km - 45m -	M85A, M90A, W80A, W85A, W55AS, M65AS, W65AS
Course 7 - Orange/moderate - 110m - 2.9km -	M14A, MJuniorB, MOpenB
Course 8 - Orange/moderate - 105m - 2.3km -	W14A, WJuniorB, WOpenB
Course 9 - Green/Easy - 2.0km - 85m -	M12A, W12A, M/WJuniorEasy, M/WOpenEasy
Course 10 - Blue/Very easy - 1.4km - 45m -	M10, W10, M/WJuniorVeryEasy, M/WNovice

START LISTS

The start list on Eventor will show your SI number. If that is incorrect or for some reason you need to change your SI number, please let the Registration tent know before you start.

CONTROL DESCRIPTIONS

Control descriptions will be available 2 minutes before your start and will also be printed on the maps.

Descriptions will be in IOF symbols for Hard and Moderate courses, and in English for Easy and Very Easy courses.

CONTROL STANDS AND PUNCHING

The Sportident electronic timing system will be used.

Control stands will carry an SI unit and emergency pin punch as well as the control flag. Control numbers will be on the stands and the SI units.

If an SI unit fails to beep or flash, then use the emergency pin punch in one of the reserve punch boxes on the map and report this to the finish officials.

COURSE SETTER'S NOTES:

Depending on your course and route choice, there are some areas of prickly undergrowth. Full body cover and eye protection is recommended.

1. The map covers some areas of complex granite.
2. There are some patches of badly house trained & unfriendly scrub
3. Vegetation mapping is unreliable in parts.

4. Very thick, spiky scrub is prolific in the dark green along the Orroral River and on the higher slopes on the west of the map. Courses have been set to generally avoid these areas and it is suggested competitors do likewise. Route choices through dark green close to the river are specifically not recommended.

SAFETY BEARING

Head north or south to the road as appropriate and follow it back to the arena.

WEATHER: Snow is forecast for the ranges surrounding the the Orroral Valley on Friday and Saturday nights. We recommend you pack thermal layers to use while competing if necessary.

START PROCEDURE:

There will be a 3 minute pre-start procedure as detailed below:

Start time minus 3 mins: Box 3

Name/number checked against start time.

Start time minus 2 mins: Box 2

Collect control descriptions specific to your class. Control descriptions will also be printed on the map

Start time minus 1 min: Box 1

Line up behind your start box of maps. Write your name on the back of the map.

Start time

Take your map and start. There is no start control to punch.

Late Start: If you arrive late for your start time, do not panic. Just see the late start official.

You will be started with a punching start at an appropriate time. Time adjustments, if appropriate, will be resolved at the finish.

FINISH PROCEDURE:

Punch at finish control, download at the finish tent and pick up splits sheet. Your map will be collected from you and available again after the last start.

Course Closure: Courses close at 2pm.

Enter on The Day:

Enter on the day starts will be available from 10:30 for the Orange, Green and Blue EOD courses and from 11:15 for the Red EOD course.

Please register first at the registration tent, then report to the Late Start /Enter on the Day official and you will be started at the next available time.

Facilities

Catering:

Please support the Blue Lightning (ACT Junior Squad) who will have a BBQ, cakes and drinks on sale in the arena.

Toilets:

Portable toilets are located adjacent to the arena. Please use the portable toilets in preference to the public toilets.

First Aid: Will be located at the registration tent.

Showers: Cold showers available via your own bucket using water dipped from the freezing Orroral River and carried at least 100 metres away from the river. No soap. On second thoughts, better wait till you get home!

Complaints and Protests

Participants who are unhappy or uncertain about any aspect of the competition are advised to report the issue to the organiser immediately. If, following discussion with an appropriate official you wish to make a formal complaint, you must lodge this (orally or in writing) with the organiser as soon as possible after the results for the relevant age class are complete.

Similarly, any protest about the outcome of a complaint must be lodged in writing with the organiser no later than 15 mins after the outcome of the complaint is notified to all competitors affected by the decision. The Registration team will contact the appropriate officials to deal with the protest.

Thanks

Thanks to the Namadgi National Park staff who have been consistently responsive and helpful in allowing this event to proceed.

Thankyou to all competitors for attending; we hope you will enjoy the area and your run.

Please always remember that Orienteering events are presented by volunteers who have given up their time to present an enjoyable event. These volunteers appreciate your understanding and thanks as well as any grumbles. (Grumbles written neatly and in full on a \$50 note will be listened to more receptively.)

Presentations

Presentations will be held as soon as practicable following finalisation of the races. Championships classes will receive a cloth badge, and non-championship classes will receive certificates.