

## Western Australian Middle Distance Championships

**Date:** Saturday 22<sup>nd</sup> September 2018

**Time:** Registration from 1:00pm - 2.30pm. Start times from 1.30pm – 3.00pm. Courses close at 4.00pm sharp. Please return to the assembly area by 4.00pm even if you have not completed your course.

**Location:** Jumbuck Hill (Bells Rapids)

### Courses and Classes:

Course	Difficulty	Men	Women	Length (m)	Climb (m)
Course 1	Hard	M20, M21, M35		4600	200
Course 2	Hard	M16, M45, M55	W20, W21, W35	3700	140
Course 3	Hard	M65, M70	W16, W45, W55	2700	100
Course 4	Hard	M75, M80	W65, W70, W75, W80	2300	85
Course 5	Moderate	M14, MOpen B	W14, WOpen B	2200	65
Course 6	Easy	M12, M14B	W12, W14B	2300	85
Course 7	Very Easy	M10	W10	2200	50

### Enter on the day

Enter on the day is available for four courses – a Very Easy, an Easy, a Moderate and a Hard navigation course. Enter on the day competitors should register at the caravan after 1pm and will start their courses after all of the championship competitors have started.

### Extra Information

Parents it is YOUR RESPONSIBILITY to supervise your children at all times. The river and bridge are particularly appealing to the young.

The area is fairly steep. The setter has tried to make the runs as fast and as orienteering friendly as possible. To enable this the starts are well up the hill. Older and less fit individuals are recommended to leave the car park **well before** their start time (suggest 30 – 40 minutes) to recover from the slog up the hill. Also, before you start on your walk to the Start make sure you have all you need for the event as it is along way back if you forget something!

To get to the starts - cross the bridge and make your way to the finish banner. The starts will be signposted from here.

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There are two starts – a Course 6 & 7 start and a Courses 1 - 5 start. Both will be signposted.

The caravan will be placed as near as possible to the bridge for registration of enter on the day competitors.

The area near the Finish banner will be ideal for a picnic (weather permitting) and for viewing incoming competitors and the final presentations.

### **Directions**

The WA Middle Distance Championships is at Jumbuck Hill. Parking is at Bells Rapids. Enter Cathedral Avenue from Great Northern Highway and drive through to the end. There is a very narrow section of road where extra care should be taken when entering and exiting the Bells Rapids Carpark.

### **Parking**

There is ample parking at Bells Rapids. Park wisely and **lock your car**. At the time of writing this bulletin there is no parking fee.