



XMAS 5-DAYS ORIENTEERING CARNIVAL 2018

DAY 2 (Friday 28th December) – Centennial Park



Location:

Centennial Park

Parking:

There is free parking throughout [Centennial Park](#). The road system is one way and is clockwise.

Public Transport:

[Bus 394](#) (destination La Perouse) runs from Circular Quay regularly. Alight at the stop just after the corner of Anzac Parade and Lang Rd, (opposite the sports stadiums on your left.)

Vehicle and Pedestrian instructions:

From the corner of Anzac Pde and Lang Rd head south-east on Lang Rd, turn right into Cook Road and then immediately left into Centennial Park. Head left and then take the first on the right, Dickens Drive. Continue on Dickens Dr through the intersection with Park Drive. Turn left into Loch Ave. The assembly area will be at the forested area on your left.

Or you may choose to follow Grand Drive, continue after Hamilton Dr (on your left) and parking after you see the **Rock Start** (tends to be less crowded in this area)

There are a number of entrances into [Centennial Park](#). If driving remember that the road system is one way and is clockwise. There is an enforced speed limit of 30km/hr in the Park.

Whilst the road system has a 30kph speed limit be aware that this is used by bikes, horses, pram pushers, walkers, cyclists (many of whom are travelling faster than posted speed limit). It is far better to hesitate a little when crossing than having to wait for an ambulance.

Competition Area / Map:

The map and competition area covers 3 areas within Centennial Park

Maps will be printed on pretex, waterproof and tear resistant, paper with a scale of 1:4000

The three maps will be called

Bush Garden Rock

Terrain:

A mixture of open parkland and vegetated slopes.


Course Setter's Notes:

The three course areas are distinctly different. "Rock " is based on a grassy slope with scattered rocky outcrops and running will be fast. "Garden" will similarly be open and fast but feature detailed artificial gardens. "Bush" is set largely within a forested area with detailed rock, an intricate track network and changes in elevation. No previous Centennial Park event has been structured in this way and it is hoped that this is a challenging experience equally for those who have never run in an event at Centennial Park and those who have been here frequently.

The event areas have been remapped. Fixed seats and picnic table are mapped. In addition, dispersed in the event area, are additional seats and tables that can be and are moved around by park users. No attempt has been made to map these. In relation to the apparently small differences in distance between Hard 1 and 4, all courses have a similar element of open running. The physical and technical differences are better reflected in the remainder of the courses.

All courses cross trafficked roads and the Rock and Bush courses cross Grand Drive once. Please take care and look out for both cars and the many cyclists who use the park. In addition please be careful not to spook any horses that will most likely be encountered on the track inside Grand Drive. The Easy course twice crosses one road that is lightly trafficked. Young ones who are not road competent should be followed. **Be aware that there are a lot of controls out in the park- check your codes carefully!**

Special Control descriptions

Tap- 

Start Window

The start window is between 8am and 10.30am. It is each competitor's responsibility to get their 3 legs completed within the start window. It does not matter what order in which you complete your 3 legs.

Course Closure

Courses close at 11.15am – controls will be collected from this time.

Contactless Punching

Competitors using Si Air or SIAC sticks will be able to use contactless punching for all controls on each course. **The start and finish however will not be contactless and must be punched** There will be a SIAC Test and a Battery Test unit at the registration area.

If you are changing your SI number please email the changes to ronpallas@hotmail.com or report to finish tent prior to starting

Courses:

Each competitor, except Combined class, will complete 3 legs in their run today. Leg 1- Bush, Leg 2 - Garden, Leg 3 - Rock. Each leg has a different start. You can run the legs in any order. Please make sure you keep track of the legs that you are completing and ensure after each download you clear your SI stick.

Classes		Course	Total Controls	Total Distance
Men A		Hard 1 + EOD	48	6.8km
Men B	Women A	Hard 2	49	6.3km
Men C	Women B	Hard 3	44	5.6km
Men D	Women C	Hard 4	41	5.1km
Men E	Women D	Moderate	41	5.1km
<u>*Combined</u>		<u>Easy</u>	12	1.5km

***The combined class will have only one course and they will be starting from the Garden Start only**

Download:

There will be 3 download stations named **Bush, Garden** and **Rock** to match up with your 3 legs you will run. Please make sure you go to the correct download station at the conclusion of each of your runs. Failure to do so will mean a "mp" **Remember to Clear before you start each run..**

Results :

The cumulative time for the 3 legs will determine winners today. Results will be displayed on a TV screen. Please be patient as we are running 3 events in a 2.5 hour time slot. If you think running this event as a competitor is complex- hop over the other side of the download table it is a complicated IT world too!

Course Planner: Matt Peters
 Controller: Dave Lotty
 Organiser: Ron Pallas 0424720165 ronpallas@hotmail.com

Start Procedure and Start layout

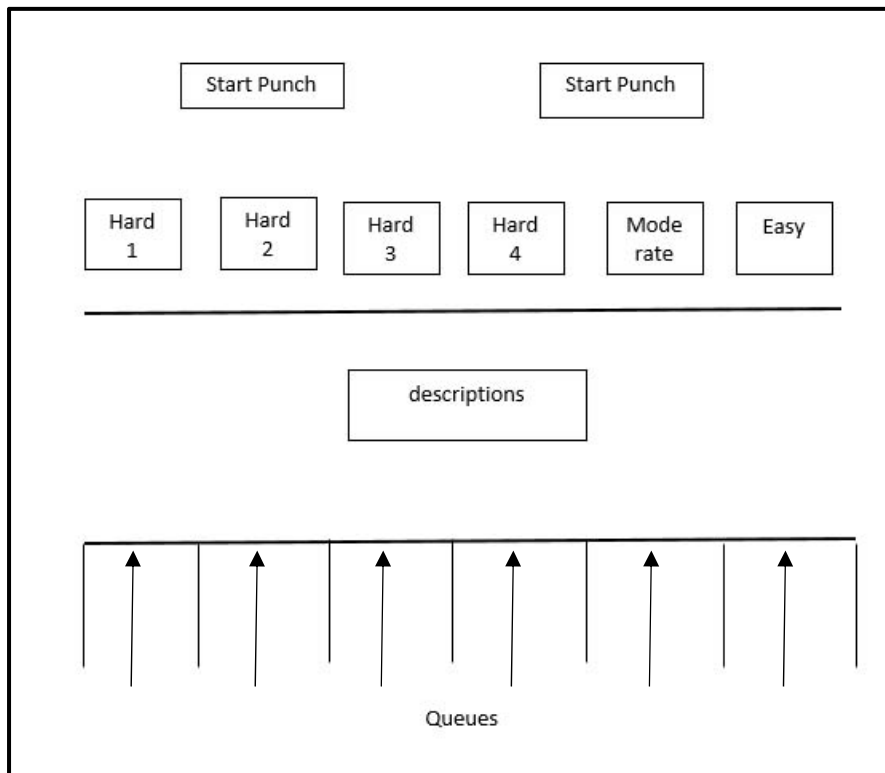
Start interval – 1 minute

Runners are to queue in their respective lanes.
Prior to queuing make sure you Clear and Check
Wait in your queue

-2 minutes – move to control descriptions

-1 minute – move to map box

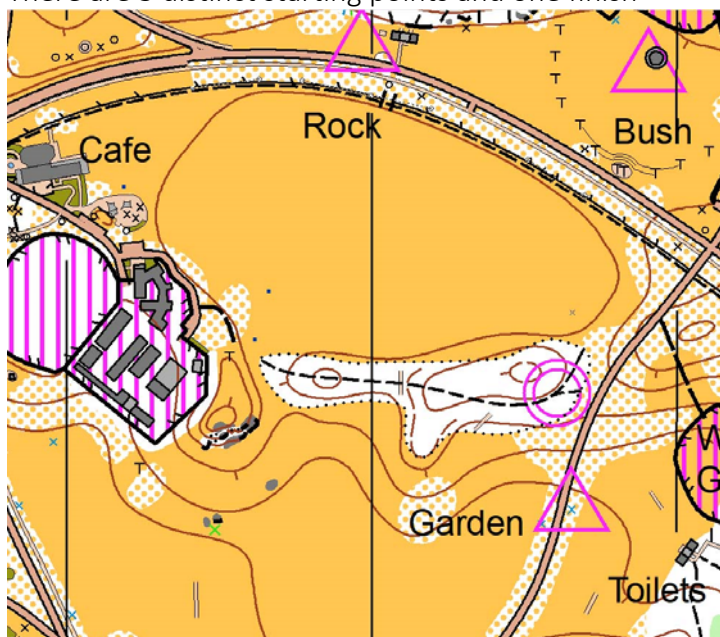
0 minute punch start control and away you go.



**The combined class will have only one course and they will be starting from the Garden Start only*

Starts and Finish

There are 3 distinct starting points and one finish –



Approx. distances from Finish to each start

Bush 280 m

Rock 320m

Garden 100m

Toilets 160m

Legend

The legend will not be on the map. Should you want a copy there will be a limited number available at registration.

There is a film set directly to the north of the Bush Start where Peter Rabbit 2 is currently being filmed on this set.

contours	
depression / knoll	
small depression	
mound, high point	
rockface	
bare rock	
boulder / rocky ground	
boulder cluster / boulder field	
pond	
swamp / marsh	
watercourse, canal	
small watercourse	
tap / spring	
road	
track / path	
sealed (or fenced) path	
steps / cricket pitch	
sealed or surfaced area	
building / canopy	
fence / high fence	
wall / high wall	
manmade feature / drain inlet	
rubbish bin structure / monument	
pole / power line	
open area	
open with scattered trees	
rough open area	
rough with scattered trees	
garden	
forest	
thick forest	
thicker forest	
thickest forest	
waist-high grass	
forbidden area	