



Xmas 5 Days 2013

DECEMBER 27 TO 31, 2013

ORANGE, NSW

DAY 1:
CSU, ORANGE
(Starts 4-5.30pm)

DAY 2:
KAHLI'S ROCKS
(Starts 8-10am)

DAY 3:
ROCKY FALLS
(Starts 8-10am)

DAY 4:
OPHIR
(Starts 8-10am)

DAY 5:
**MACQUARIE
WOODS**
(Starts 8-10am)

EVENT COORDINATOR:

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Event Information

Orienteering NSW is pleased to bring you a feast of outstanding orienteering.

Included in the 2013 5 days are excellent maps offering a range of sprint orienteering, technical granite, mining, fast open running and the some wonderfully scenic locations.

The 5 days team have worked hard to offer some great challenges and events that we are confident you will enjoy. There will be plenty of social opportunities too.

With first class orienteering and great company it promises to be 5 days to remember! Good luck and enjoy the good times!



ORIENTEERING NSW

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Social Activities

DAY 2: It's adventure time.....

Families with young children (and the young at heart) are invited to meet at the adventure playground at the Orange Botanic Gardens from 5pm.

BYO BBQ or picnic if desired.



DAY 4: Everyone is invited!

'Visit the Farm' afternoon at the Baldwins' property, Forest Reefs (approximately 25km south of Orange). Come and see the hazelnut orchard and have a self-guided walk around the farm. Light refreshments available.

Anyone wanting to come along should visit Registration to add your name to the list and collect directions to the farm.

General Information

Control descriptions:

Control descriptions will be available 2 minutes before your Start and will also be printed on the maps. Descriptions for Easy and very Easy will be in English.

Finish and Download:

At the download tent there will be two download units. One providing your splits and the second providing a result label. Please take your result label and attach it to a slat and hang on the result board.

Maps:

Maps will not be collected at the finish. The onus is on competitors not to show other competitors their map until after they also have run nor seek to view maps of runners who have completed their courses.

Results:

Results will be available on the Eventor portal each afternoon.

M/W Novice:

M/W Novice competitors have been allocated a start time, however they may start either at that time or at any time during the start window. Please ensure you report to the starter and punch the start control.

SI Number:

The start list shows your SI number. If that is incorrect or for some reason you need to change your si number during the 5 Days please let the finish know before you start (not when you arrive at the finish to download!). Competitors should punch in a reserve box on the map if an SI unit fails.

Water:

Water will be provided on the course. Competitors are asked to kindly bring water to the assembly area rather than relying totally on the organisers to supply your drinks.



**"Not all
those who
wander are
lost"
Tolkein**

Start Procedure Days 1,2,3,4 and Day 5 Moderate, Easy and very Easy Courses

Box 1	-3 minutes	Name Check	Make sure you have cleared and checked
Box 2	-2 minutes	Collect control descriptions	Loose descriptions will be available- no sticky tape will be provided
Box 3	-1 minute	Map box	Check you are at the correct map box
	0 minute	Punch the start control	Enjoy your run

Day 5 Start procedure for all Hard Courses

Box 1	-6 minutes	Name Check	Make sure you have cleared and checked
Box 2	-4 minutes	Collect control descriptions	Loose descriptions will be available- no sticky tape will be provided
Box 3	-2 minute	Map box	Check you are at the correct map box
	0 minute	Punch the start control	Enjoy your run

Enter On The Day

Forgot or didn't have time to pre-enter? No problem, Enter on Day Courses will be offered at each event. To enter at the event simply visit the Registration Tent before the noted times below.

	Day 1	Day 2	Day 3	Day 4	Day 5
Hard	4.45	8.55	8.55	8.55	8.55
Moderate	4.20	8.25	8.20	8.20	8.20
Easy	4.10	8.10	8.10	8.10	8.10
Very Easy	4.30	8.30	8.30	8.30	8.30

You will be allocated a start time and given a slip which you will hand to the starter.

There will be Hard, Moderate, Easy and Very Easy courses available to enter at each event (see each day's information sheet for distances).

Fees: Senior -\$20, Junior - \$13.50, Sub-junior -\$10

DAY 1: 27 December 2013



Planner: Basil Baldwin

Controller: Jean Baldwin

Map: Charles Sturt University – Orange Campus 1:4000 (Hard 1 and 2 – 1:4500)

Venue: From the Northern Distributor Road, turn north into Leeds Parade. After about 2km, turn right into the campus and follow signs to the car park which is near the main entrance.

Please park as directed.

Assembly: The Assembly area and Finish are on the sports oval near the pavilion.

Start: The start is approximately 200 metres from the car park.

Toilets: There are toilets in the pavilion near the assembly area and in a building near to the Start.

Time: Starts from 4pm.

Terrain: The CSU campus is a mix of complex buildings, sports facilities and open areas. Some buildings are currently under construction, this area is surrounded by a high fence and marked out-of-bounds. There has been extensive landscaping near buildings and these areas are marked with the lime green out-of-bounds symbol on the map. Anyone seen crossing these garden beds will be disqualified.

Part of the Hard 1 and 2 courses is in the old Equine Centre where there are numerous post and rail yards and horse shelters. Leg protection is recommended.

Classes/Courses:

Course	Men Class	Women Class	Distance
Hard 1	Men A		3.0km
Hard 2	Men B	Women A	2.5km
Hard 3 (EODH)	Men C	Women B	2.0km
Hard 4	Men D	Women C	1.8km
Hard 5	Men E	Women D	1.5km
Moderate (EODM)	Men F	Women E	2.0km
Easy (EODE)	Men G	Women F	1.4km
Very Easy (EODVE)	Novice		1.1km

Enter on Day: Very Easy (EODVE) - 1.1km, Easy (EODE) – 1.4km, Moderate (EODM) - 2km, Hard 3 (EODH) - 2km. Competitors wishing to run an EOD course are asked to go to the registration tent from 3 pm.

DAY 2: 28 December 2013



Planner: Darren Slattery

Controller: Terry Bluett

Map: Kahli's Rocks 1:10000

Venue: From Orange: Turn right off Mitchell Highway 37 km east of Orange (From Bathurst, turn left 18km west of Bathurst). The access gate is on the highway 1.8km east of the Kahli's Gate homestead entrance and soon after where the road widens to 2 eastbound lanes. Keep to the right hand (overtaking) lane when the road widens and indicate early to alert other traffic to your intentions. There is a "For Sale" sign at the gate. The gate will be manned as there may be cattle in the front paddock. Do not stop here as we do not want to back up on to the freeway. Travel 2km through farm tracks to the assembly area. There are 3 contour banks to cross in the front paddock, these are easily negotiated with high clearance vehicles. For vehicles with low clearance there is a detour along the fence-line to the right.

Parking is close to the assembly area. Warm up area is the paddock to the north side of the assembly area. Please note, there is no tree cover at the assembly area, so bringing your own shade may be a good idea.

GPS Location: GPS coordinates for the access gate are -33.422,149.417

Time Starts from 8:00am.

Start: There is a 500m uphill walk to the start with a 90m climb. Allow 15 minutes.

Classes/Courses:

Course	Men Class	Women Class	Distance
Hard 1	Men A		6.4km
Hard 2	Men B	Women A	5.6km
Hard 3 (EODH)	Men C	Women B	4.4km
Hard 4	Men D	Women C	3.8km
Hard 5	Men E	Women D	3.1km
Moderate (EODM)	Men F	Women E	3.5km
Easy (EODE)	Men G	Women F	1.9km
Very Easy (EODVE)	Novice		1.3km

Enter on Day: Competitors wishing to run on EOD are asked to register at the finish tent from 8.00am

Catering: The coffee van will be serving hot drinks, biscuits and muffins.

Toilets: Bush Toilets

DAY 3: 29 December 2013



Planner: Jean Baldwin

Controller: Nick Dent

Map: Rocky Falls 2013, 1:10 000

Directions: From Orange Northern Distributor Road travel North on Burrendong Way (Sign to Stuart Town) and continue 14 km to Mullion Creek. Continue on Burrendong Way a further 800 m after the intersection with Long Point Rd at Mullion Creek Village. Turn right (East) into Archer Rd, cross the railway line and proceed north on Archer Road (gravel) for 3 km to the entrance to Mullion State Forest. Follow signs along the forest road for a further 1.2km to the parking area and park as directed.

Travel time from Orange is approximately 25 minutes.

Note: TomTom, Whereis, Apple maps and Google maps do not show Archer Rd correctly.

Time: Starts from 8.00am.

Assembly/Start: Assembly is close to the parking area and the Start is approximately 100m from parking.

Terrain: Spur/gully with rock outcrops, mainly fast running, undulating to steep. A mixture of open native bush and mature pine forest.

Classes/courses:

Course	Men Class	Women Class	Distance
Hard 1	Men A		6.6km
Hard 2	Men B	Women A	5.6km
Hard 3 (EODH)	Men C	Women B	4.5km
Hard 4	Men D	Women C	3.5km
Hard 5	Men E	Women D	2.8km
Moderate (EODM)	Men F	Women E	3.1km
Easy (EODE)	Men G	Women F	2.2km
Very Easy (EODVE)	Novice		1.5km

Enter on Day: Very Easy (EODVE) - 1.5km, Easy (EODE) – 2.2km, Moderate (EODM) – 3.1km, Hard 3 (EODH) – 4.5km. Competitors wishing to run an EOD course are asked to go to the registration tent from 8.00 am.

Catering: The coffee van will be serving hot drinks, biscuits and muffins.

Toilets: Bush Toilets

DAY 4: 30 December 2013



Planner: Tony Hill

Controller: James Lithgow

Map: Ophir South 1:10000

Venue: Ophir is located approximately 25km north-east of Orange. From the Orange Northern Distributor Rd take Ophir Rd to the north for 3.3km then make a right turn onto Banjo Patterson Way. This road turns into Lower Lewis Ponds Road. Continue into Ophir Reserve and follow signs and parking official directions. Take care on the gravel roads. Parking will be available close to the assembly.

Time: Starts from 8:00am.

Start: 250m run/walk on a track to the south of the arena.

Terrain: Spur gully with some intricate mining.

Classes/Courses:

	Course	Men Class	Women Class	Distance
1	Hard	Men A		6.1km
2	Hard	Men B	Women A	5.7km
3	Hard.....(EODH)	Men C	Women B	4.1km
4	Hard	Men D	Women C	3.6km
5	Hard	Men E	Women D	3.2km
6	Moderate.....(EODM)	Men F	Women E	3.1km
7	Easy.....(EODE)	Men G	Women F	1.9km
8	Very Easy....(EODVE)	Novice		1.9km

Enter on Day: Very Easy (EODVE)- 1.9km, Easy (EODE) – 1.9km, Moderate (EODM)- 3.1km, Short Hard (EODH)- 4.1km. Competitors wishing to run on EOD are asked to register at the finish tent from 8am.

Catering: The coffee van will be serving hot drinks, biscuits and muffins.

Toilets: Bush Toilets

DAY 5: 31 December 2013



Planner: Basil Baldwin

Controller: Jean Baldwin

Map: Macquarie Woods 1:10000

Venue: Macquarie Woods is situated to the north of the Mitchell Highway mid-way between Bathurst and Orange, approximately 27km from either town. Turn north into Macquarie Woods and follow the orienteering signs from the highway for approx. 2km to the parking area. Allow 40 minutes from Bathurst or Orange to the parking area.

Time: Starts from 8.00am.

NB: 2 minute start intervals for courses 1-5 and 1 minute starts for courses 6-8

Start: 500m walk on a track from the parking area.

PLEASE NOTE: All Hard courses will have 2 alternative loops of the same course. 2 runners will start on each Hard Course at the same time. 1 on each loop. Please check whether you are an A or B runner on the Hard courses. (Check Eventor for your course allocation)

Terrain: Gully spur, mainly pine forest with some open areas, good visibility, fast running with several tracks. Some rock outcrops and fallen timber, patches of blackberries.

Classes/Courses:

	Course	Men Class	Women Class	Distance
1	Hard	Men A		6.4km
2	Hard	Men B	Women A	5.5km
3	Hard	Men C	Women B	4.4km
4	Hard	Men D	Women C	3.7km
5	Hard	Men E	Women D	3.1km
6	Moderate	Men F	Women E	3.4km
7	Easy	Men G	Women F	2.3km
8	Very Easy	Novice		2.2km

Enter on Day: Very Easy (EODVE) – 2.2km, Easy (EODE) – 2.3km, Moderate (EODM) – 3.4km, Hard 3 (EODH) - 4.4km Competitors wishing to run on EOD course are asked to go to the registration tent from 8.00 am.

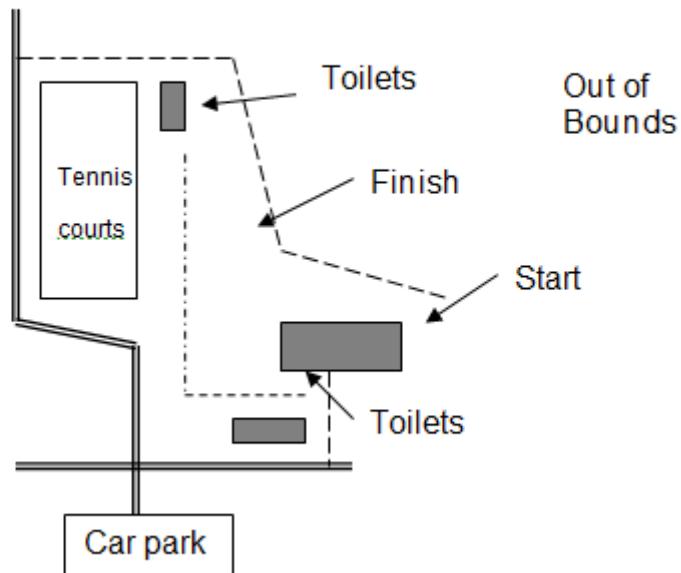
Catering: The coffee van will be serving hot drinks, biscuits and muffins.

Toilets: There are public toilets in the camping area on the way to assembly. There will also be bush toilets on the way to the Start.

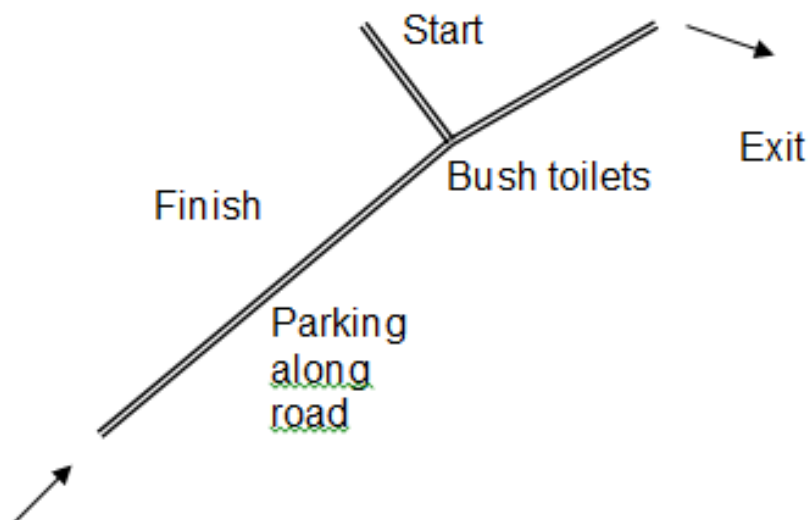
ASSEMBLY PLANS



Day 1 - Assembly Area - CSU



Day 3 - Assembly area – Rocky Falls



ASSEMBLY PLANS



Day 5 - Assembly area – Macquarie Woods

