

### 2019 Vic Autumn Series Program

Event	Date	Map, location	Organiser
1	24 February	Bunjil (Bungal Forest), south of Ballan	Vic Schools team
2	10 March	Petticoat Gully, Creswick (Eureka Challenge)	EU
3	24 March	Nerrina, Ballarat	High Performance team
4	5 May	Eppalock South	YV
5	26 May	Irishtown, Vaughan	BK
6	8 June (Sat)	Creswick Diggings	MF/DR

### Courses

Course	Classes	Length (km)	Description
1	1M, 1W	7.0 – 9.0	Hard
2	2M, 2W	4.5 – 6.5	Hard
3	3M, 3W	3.0 – 3.5	Hard navigation, easy physically
4	4M, 4W	3.0 – 4.0	Moderate navigation, moderate physically
5	5M, 5W	2.0 – 3.0	Easy navigation, moderate physically
Score	Score	2 hours	As hard or easy as you like

M- Men, W - Women

### Entry Fees

Adult OV member	\$20
Adult non member	\$30
Junior OV member	\$12
Junior non member	\$22
Family max	\$52
SI Stick hire	\$3

First timers pay the OV member rates

Pre-entry via Eventor is preferred. There will be a prize draw for pre-entered competitors at each event.

People who decide to enter on the day are also welcome. Entry fees are the same. There is no disadvantage except that you will have to pay in cash and you will miss out on the prize draw.

**Start times** 10.00am – 12 noon. Queue and start at minimum of 1 minute interval

### Sprint competition

A sprint competition will be decided based on the split times between the last control and finish (at the end of an official course), with (small) prizes for the fastest male and female on each course.

### Series Results

Points will be awarded for each event based on placings, and series results will be determined based on each competitor's best five placings. Series presentations will be made at the Victorian Middle Distance Champs on the Sunday of QB weekend.

There will also be a club competition that rewards both performance and participation and makes allowance for different club sizes. More details to follow.

## Vic Autumn Series Course Guidelines

Course	Length (km)	Description
1	7.0 – 9.0	Hard
2	4.5 – 6.5	Hard
3	3.0 – 3.5	Hard navigation, easy physically
4	3.0 – 4.0	Moderate navigation, moderate physically
5	2.0 – 3.0	Easy navigation, moderate physically
Score	2 hours	As hard or easy as you like

**Course 1** – This course requires challenging navigation and, for long distance style courses, physical challenge. Courses vary **between 7.0 and 9.0 km** depending on the speed of the terrain and the number of controls. More controls and more hills means shorter. Fast flat terrain means longer. Aim for a 45 minute winning time by top Victorian M20/21E.

**Course 2** – Runners on this course expect hard navigation, route choice and some toughness (but not too much). Length will depend on the terrain. On flat fast areas the course may be up to 6.5 km. On slow tough country it may only be 4.5 km. Usually it's **around 5.5 km**.

**Course 3** – This course should have hard navigation but not be physically hard. Avoid steep slopes into erosion gullies or long steep climbs or descents. Avoid heavy vegetation or very rough ground. Think of the less agile oldies when planning this course. Course length should be about **3.0 – 3.5 km**.

**Course 4** – Controls on this course are placed on easier to find features - hill tops, saddles are often good choices. This course should provide some simple route choices that are obvious in the terrain. Does one travel the long way around on a track or across the gully to the hill top? Less distinct hand rails can be used such as descending obvious gullies (not ascending) or following clear spurs without branches. Try to design legs with a clear catching feature behind each control (e.g. a road or track beyond the control). Course length should be **between 3.0 km and 4.0 km**.

**Course 5** – The aim of this course is to provide safe and enjoyable experiences for children and novice orienteers. Legs should be along 'hand rails' such as tracks, channels and fences. Hang tapes if there is no obvious handrail. Controls should be placed in a way that will guide and encourage the novice to move in the correct direction (along tracks or other obvious linear features) towards the next control. Controls may be off the linear feature but should be visually obvious. Course length is **between 2.0 and 3.0 km**.

**Score** – This will be a 2 hour score course using an all controls map. All controls will have the same value unless advised otherwise for a particular event.

(Course specifications adapted from Bendigo Bush Series guidelines)