## Location:

Chiron, St Helens

Date: Saturday, 9 March
Event Category: Orienteering Series Tasmania

Event Series Information: East Coast Three Day Short Distance.

## Terrain Description and general notes

The terrain consists of alluvial tin mining terrain with patches of open, eroded ground, some Eucalypt forest, some areas of marsh and low-growing, runnable heath with good visibility, and a few patches of thickish bracken. Generally, the courses provide fast running. The alluvial tin mining contains many eroded gullies and small drainage ditches and watercourses, together with some large earth banks that may impede progress. Fallen dead timber may reduce runnability in some areas. Visibility is limited in places by undergrowth of tea tree and groves of she-oak.

## Where is the Start?

From St Helens town centre head west on Quail St to the T junction. Turn right onto Medea Cove Esplanade and travel 4.7 km to Trafalgar Track. Medea Cove changes to Eagle St then becomes Argonaut Rd. Pass the Golf club on your right and then cross a bridge. 2 km after the bridge turn left onto Trafalgar Track and follow for 200 metres.

The distance from St. Helens is approximately 5.5 km .

## When Can I Start?

Start anytime from 12:30 to 2:00 pm but you will need to select a nominated time and record this at the registration centre.

## Walk to the Start

The start area is a 100-200 metre taped walk from the assembly area. Follow the orange and blues tapes.

## Start Procedure

The start interval is one minute.
Maps will be at the Pre-Start area which is approximately 50 metres from the start triangle.
Runners will be called to the start 2 minutes prior to their start time. Runners may then collect their control descriptions sheets.

1 minute prior to their start time runners will move into the Start Area behind their appropriate course box.

On the start sound, runners will punch the Start Control then pick up their map.

## When Do I Have To Finish?

You need to finish before the course is closed at 3:00 pm

What Are The Courses?

| Course | Navigation Standard | Length Km | Climb (m) | Controls | Age Group/Classes |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Hard | 3.4 km | 45 m | 14 | M21E, M21A |
| 2 | Hard | 3.2 km | 40 m | 12 | $\begin{aligned} & \text { W21E, W21A, M17- } \\ & \text { 20E, M17-20A, M35, } \\ & \text { M40 } \end{aligned}$ |
| 3 | Hard | 2.6 km | 35 m | 10 | W17-20E, W17-20A, W35 M16, M45, M50 M Open AS. |
| 4 | Hard | 2.4 km | 30 m | 10 | W16, W40, W45, W50, W Open AS, M35-50AS, M55, M60 |
| 5 | Hard ${ }^{2}$ | 2.1 km | 20 m | 9 | W35-50AS, W55, W60, W65, W70, W75, M65, M70, M75. |
| 6 | Hard ${ }^{3}$ | 1.9 km | 15 m | 8 | W80+, M80+, M/W Open A, M/W55+AS |
| 7 | Moderate | 1.7 km | 10 m | 10 | W14, W16+B, M14, M16+B, M/W Open B |
| 8 | Easy | 1.5 km | 10 m | 10 | W12, W14B, M12, M14B, M/W Open C |
| 9 | Very Easy | 1.1 km | 10 m | 7 | W10, W12B, M10, M12B |

Note 1: Orienteering Tasmania has made changes to Course $5 \& 6$ regarding which age groups shall run on them and a reduced the expected winning time on course 5 . The changes are now W70, W75 and M75 will run Course 5 not 6 .

Note 2: Parents please note that courses 8 and 9, in addition to other courses, cross Argonaut Rd. Children on these courses need to cross and run along Argonaut Rd. Parents may wish to shadow or alert their children to the need to cross the road safely. Please discuss with the Planner (dirk Nankervis) or Controller (Valerie Brammall) on the day if you have concerns

## How Do I Enter?

As this is a championship event, pre-entry is required via Eventor by midnight on Mon $4^{\text {th }}$ March. Eventor will assume that you want to enter all 3 days unless you deselect the races not required.


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Contact Information for Short Course only
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## Who are the Course Planners and Course Controllers?

This event is being organized by the Esk Valley Orienteering Club as Part of the 2019 East Coast 3 Day.

Course planning and control by Dirk Nankervis and Valerie Brammall.

## Which Map Is Being Used?

Chiron (Golden Fleece) Contour interval 2.5 m
A copy of the map on which the course will traverse will be displayed at the event registration.

## BBQ Saturday Evening at Binalong Bay

The cost will be $\$ 20$ an adult and juniors aged $17-20$ and $M / W 16$ and younger will pay $\$ 15$. Family rate is $\$ 60$. Children under 5 are free. BBQ will provide main course including salads and Dessert. BYO own drinks please. Water will be available. If people have their own cutlery and crockery for the BBQ this would save on waste but some disposable items will be available for those who cannot provide their own.

Please select your BBQ requirements when you enter via Eventor.


