## Final PROGRAM NATIONAL ORIENTEERING LEAGUE EVENTS 1 and 2 NSW STATE LEAGUE EVENTS 1 AND 2 HILL END, NSW.

30-31 March 2019









<u>Hill End Historic Site, NSW</u> is about 75km north of Bathurst (65 minute drive), 285km from Sydney Airport (allow 4hours), 360 km from Canberra Airport (allow 4.15 hours)



#### Program:

Saturday 30<sup>th</sup> March 2019 – NSW State League-1 Middle Distance followed by NOL-1 Australian Relay Championships (Elite-classes) Sunday 31<sup>st</sup> March 2019 – NOL-2 Long Distance (Elite-classes) and NSW State League-2 Long Distance (all classes)

Both NOL events are also selection trials for WOC and JWOC.

NOL-1 is the Australian Relay Championship for Elite-classes. It has been scheduled after SL1 to allow you time to return from SL1 and become a spectator. The relay courses have a spectator control with a run-through in the arena, <u>please</u> be there to cheer your Favourite Team.

#### Directions

Coordinates 33°02'07.0"S 149°24'59.3"E or -33.035268, 149.416481. All routes to Hill End from Bathurst or Sydney are scenic.

**From Bathurst**: There are two scenic almost parallel routes both taking approximately 1hr 15 mins and both having sections with relatively tight bends. The historic town Sofala, established in the gold mining era, is itself worth the small detour to visit.

- The eastern of the two routes starts in Kelso and goes via Wattle Flat locality and Sofala to Hill End township.
- The western route starts out of north Bathurst and follows Duramana Rd/Turondale Rd/Hill End Rd. Important note, 'The Bridle Track' road to Hill End is now impassable!

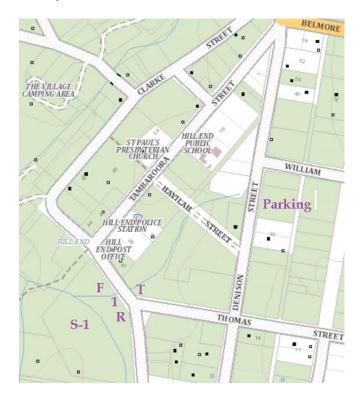
**From Mudgee:** From the Visitor Information Centre in Market Street at 32° 35′ 25.6″ S, 149° 35′ 05.1″ E, travel west through the roundabout and follow the Castlereagh Highway (B55 -signposted Gulgong/Wellington) for 3.4km and turn 2 left into Hill End Road. Proceed 68.0km to the Sofala road junction in Hill End village and follow O-signs. Allow 60 minutes.

From Sydney: Note, going over the mountains can be slow. From Lithgow allow 2hrs for any of these three options.

- Drive to Bathurst (Kelso) and proceed along the 'western route as above, or
- from the traffic lights in Lithgow(McDonald's) travel 37.6km along Great Western Highway (A32) and turn right into Glanmire Lane (33°25'34.3"S 149°42'27.8"E). Proceed 8km (Glanmire becomes Yarras Lane) before turning right again at the T-section into Limekilns Rd to Wattle Flat and Sofala. Turn left on the edge of Sofala (do not cross the river). Then travel 35.2km into Hill End to pick up the O-sign at the junction with the road from Mudgee. This latter route includes a short stretch of gravel road but is a bit quicker, or
- via Ilford if you want to avoid Bathurst. Travel to Ilford via Castlereagh Highway (B55). Turn left to drive along Ilford-Sofala Rd to Sofala, travel 35.2km into Hill End to pick up the O-sign at the junction with the road from Mudgee.
- From O-sign at Hill End junction of the roads from Mudgee and Sofala: Turn south into town and continue 800m south along Beyers Avenue, past the Royal Hotel (GPS: 33°01'57"S 149°25'01"E) following signs to event parking via Denison St (i.e. veer left). Park as directed in the paddock off Denison St. A longer walk may be required in the case of wet weather.

#### Parking/Arena

From parking, it is a 200-400m flat walk to the Arena. In the event of wet weather, parking may extend twice this distance. The Arena is an open field without shade and you are welcome to bring your own small shade structure. The Middle Distance Start and Relay Start are within the Arena.



Parking, T:Toilet, R:Registration, 1:FirstAid, S:Start

#### Closing date for entries: 15 March 23:59

Late entries (at extra cost): 18 March Noon

#### Entry Fees:

	Saturday 30th	Sunday 31st	
	NOL Relay / SL Middle	NOL Long / SL Long	
M21E, W21E	\$34	\$34	
M20E, W20E	\$26	\$26	
Adult (member)	\$28	\$28	
Junior (member)	\$18	\$18	
(non-member)	Add \$3	Add \$3	
Sub Junior < 13yo	\$12	\$12	

<u>Entry and Payment</u> of fees for the NOL and NSW State League can only be made through Eventor. We will have a limited number of Enter On Day maps on SL1 and SL2 courses, fee will be the same as for pre-entry.

**Warning:** From the last update of our Eventor software, Pre-entry Payment MUST be done at the time of Entry (i.e. you cannot drop out and come back to pay later). *If you do not pay at the time of entry, your entry is discarded.* If you're not absolutely sure that you made a successful payment, you should check if you are entered at all.

#### Family Discount:

The family discount aims to help keep the sport of orienteering affordable for families. A family is defined as 2 adults plus any number of their junior or sub-junior dependents. The fourth and subsequent dependents will not be charged an entry fee for events. This is automatically calculated by Eventor as long as all family members are entered at the same time as part of one combined entry. On the confirmation screen under Order entry, you will see that the discount is applied for the fourth and subsequent dependents.

For families with entries in BOTH SL1 and NOL1, Eventor cannot calculate the discount. If you wish to claim a family discount in this case, enter and pay in the regular manner and then please email: <u>Garingal Treasurer</u> and include details of all family members.

**Starting times:** Saturday's Middle Distance from 11am; NOL Relay mass start at 1.30pm. Sunday: From 9.30am (non-Elites on Hard 2 to 4 courses can start before or after the Elites). Note: All times are Australian Eastern Daylight savings Times

#### Start Procedure:

See pages below for each separate event.

Punching system: SPORTident electronic timing.

Saturday: SIAC Air+ contactless punching will be enabled.

Sunday: Standard SI punching mode only; No Air+

Standard SI Sticks can be hired with registration in Eventor (\$4). SIAC sticks will *not* be available for hire; if you want to use Air+ on the Saturday you will need to bring your own.

Note: It is your responsibility to use the correct SI stick, the one that you entered with.

Note: Even if you do not finish your course you need to download so we know you are back!

Accommodation: Hill End has limited accommodation

Royal Hotel Hill End. Good for dinner meals.

Hill End Lodge. Northern edge of town. Also has a restaurant.

Hill End Ranch. Railway carriages.

There are also some cottages and B&Bs, check with Google

Two camping grounds both run by National Parks. Need \$1 coins for shower, bring your own fire wood.

Village camping ground right in Hill End. Booking essential. Can get crowded.

Glendora camping ground 1km NW of town. Bush setting, a bit dusty but good facilities. No pre-bookings. Further away is Sofala (35km) for a few options, and Bathurst or Mudgee (75km).

Embargoed Areas:

#### Hill End Historic Site and Hill End Common – until 1 April 2019

This includes the forest within 3.5km of the Royal Hotel, Hill End, and for approximately 7km north of Hill End township towards Mudgee.

The area mapped for orienteering covers 23 sq.km of forest.

However, it IS PERMITTED to visit the township, including the Visitors Centre, Café, Royal Hotel, Northeys Store, Hill End Lodge and the National Parks Camping Grounds, plus the famous 'Golden Gully' walk.

Permission for access into embargoed terrain shall be obtained from the organiser if needed.

Note: Once the embargo is lifted, apart from participation in Orienteering NSW events, you may **not** use these maps for navigation without specific written permission of Garingal. Garingal has copies of maps that shows difficult to see mine shafts with a different symbol. For safety, Garingal wants all orienteers at Hill End to use these maps when shafts are not taped.

**Terrain:** Extensive good runnable spur-gully terrain interspersed with intricate gold mining areas and heavy erosion gullies. Some competitors might run through Hill End village on Sunday. No termite mounds have been mapped. See notes below regarding the taping of mineshafts and their representation on the map.

#### **Previous Use:**

This area was first (and only) used for The Australian Carnival 2017. Example maps from the carnival are available on Eventor. Nearly all competitors who competed in 2017 will visit new terrain.

#### **Gold Coin Donation:**

Large parts of our maps, and the start on Sunday, are on land managed by **Hill End Common Trust**. These kind people allow us to run all over their land for no fixed fee and have assisted the organisers whenever possible. It seems only fair that we hold a small voluntary collection to show them our appreciation; so <u>there will be a Gold Coin Donation box at</u> <u>Registration and at Results</u>. Please use them.

#### SAFETY AND IMPORTANT INFORMATION

Safety bearing and Emergency phone number (0403 801 702) are on each map. The safety 'bearing' is head uphill to a track and follow tracks and roads towards Hill End.

#### Hazards:

1. Competitors must take care on tracks in the course area as they are also used by trail bikes and 4WD vehicles.

2. The orienteering areas at Hill End *have been mined* for gold. There are many mine shafts and high, vertical earth banks. There are some dangerous mineshafts within the competition area.



The Organisers consider any uncovered mine shaft greater than 3 metres depth to be very dangerous (life threatening). Such shafts are marked on the map with the **black rocky pit symbol** and have been taped off on the ground using **black** and **yellow** tape (indicating danger).



shown on the map as:



There are other mine shafts and holes marked on the map as either an individual pit or as part of broken ground using the broken ground symbol. These are less than 3m deep but care should still be taken in these areas. Some shallow pits are not marked on the map despite being obvious on the ground (because they are not particularly deep).

Broken ground will often look like this:

Shown on the map as:



The organisers cannot guarantee that all mine shafts are mapped or that streamers around very dangerous mine shafts will remain in place for the duration of the event. Unmarked very dangerous mine shafts are most likely to be in areas of broken ground, or within 100m of a black V or impassable cliff.

The organisers have not tested the floor of any pits for safety. Do not run through or jump into any pit.

3. Competitors on Men's Relay (Saturday) and Long courses (Sunday) **may enter** an area marked as a Rifle Range or Firearms Range. The Organisers have been assured that there will be no shooting during our week-end event. The 'KEEP-OUT'-signs <u>can</u> <u>be ignored</u> during your run. Please do not damage fences around the Range, they are easily crossable without using force.



## A whistle must be carried by all competitors.

Injured competitors who need assistance should, if possible, blow a whistle three times periodically. If you hear three whistle blasts you should investigate, if safe to do so, and report it to the event organiser.

## Out of bounds areas:

1 The olive green Out of Bounds symbol denotes private property and other Out of Bounds areas. Anyone entering these areas may be disqualified.

2 The Purple Cross hatch symbol is used for areas normally open to the public, but which are out of bounds to competitors. These are the Village Camp Ground (National Parks do not want orienteers running through this camp ground) and the area marked out of bounds for safety reasons (see 4 below).

3 There are heritage-style fences around a number of properties. They are shown on the map by a purple uncrossable boundary superimposed on the standard fence symbol. They are NOT to be crossed by climbing over. Look for a marked crossing point or gate. Some fences may have sections that are "down" (ruined), these sections may be crossed.



4 There is one large area of fight on the map. It is shown right. DO NOT ENTER THIS AREA!

This area of fight consists of dense tea tree with impenetrable blackberries running along the creek. The creek has high, often impassable earth banks.

The area surrounding this area of fight has numerous dangerous and difficult to see mine shafts (which will be taped for the events). There are almost certainly unmapped mine shafts in the fight.

The organisers have made the area to the SE of the fight out of bounds (Purple Cross Hatch). The edges of this out of bounds will be marked on the ground by red and white tape.

The first crossable points of the main creek to the North and South of the fight are steep and will be slow for most competitors.

#### Consequences of being found out of bounds:

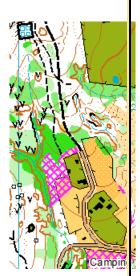
The Out Of Bounds areas and heritage fences are obvious on the ground. Competitors running through olive green areas or crossing over heritage fences may be disqualified. If disqualified, the organisers may also recommend that the competitor forfeit:

- All individual NOL points for 2019; and/or
- All OY points for 2019

Remember that we rely on the goodwill of National Parks and the local community. Please do not abuse this. There will be marshals in the terrain.

## Map notes and special map symbols:

 Since the previous use of the Hill End maps in 2017, they have been updated to incorporate the new ISOM2017 symbols. For example, water tanks are now mapped with a blue square, and areas of 'open with scattered trees' are now mapped with white dots on a yellow ground. Olive green is used to denote out of bounds areas. In line with the IOF's Corrections to ISOM 2017, the map does not distinguish between Fight and Impenetrable vegetation.



- The gold mining terrain at Hill End can be very detailed. To improve map readability the following symbols are used in 2. the following ways on these maps. Embankments and impassable earth banks have many tight curves. To improve legibility:
- (a) The symbols for embankments and impassable earth banks are often drawn without tags;
- (b) The passable rock face symbol is used for low, but impassable earth banks; and
- (c) Creeks flowing through tunnels are shown without the tunnel symbol. The tunnel ends are shown by a creek stopping at a contour or rock face symbol.
- The passable rock face symbol (without tags) is used differently depending on the situation: 3.
- (a) Passable rock faces: nearly all passable rock faces are in the forest terrain away from the intricate goldmining areas; and
- (b) Impassable earth banks (approx. 3-6m in height) in the intricate goldmining areas. Note: Very high impassable earth banks (approx. 6m and over) are marked with the Impassable Cliff symbol. Very high impassable earth bank

Low impassable earth bank



- 4. Only some powerlines are mapped. For example, powerlines along roads are not mapped and powerlines that are very high and so unnoticeable to an orienteer while running are not mapped. As a result, some mapped powerlines may finish unexpectedly on the map.
- 5. Special map symbols:
- (a) **O** Capped or fenced mineshaft

Some mine shafts have been covered or fenced off. The covered shafts are shown with a Black Circle symbol. Fenced off shafts are shown with either an impassable fence and out-of-bounds symbol or a Black Circle. 0

Control descriptions will include the height of the feature.



Approx. 0.3m high

Approx. 2m high

- (b) x Other man-made objects, such as, wreckage, rubbish, mining equipment, isolated structures.
- The boulder symbol (black dot) is used both for boulders and (c) • earth pillars, i.e. prominent vertical sided earth mounds. (The

control description symbol for rock pillars is used for the earth pillars.) Normal earth mounds are shown with the brown dot (knoll) symbol.



#### Spectator and Warm Up area

Hill End town ship and surrounding mown grass areas may be visited by spectators or competitors warming up or down. Sunday: The areas either side of the route to the Start are Out of Bounds (once it leaves the township and surrounding mown grass areas).

### 1<sup>st</sup>.Aid

First Aid is available at the Rego/1stAid tent in the Arena area.

#### **Spectator control**

The will be a RUN-THROUGH the arena on the Relay courses

Clothing: Leg cover and shoes with studs or metal spikes are recommended. It will be <u>compulsory to carry a whistle</u> – no whistle, no start.

Training opportunities: No specific training is offered.

**String courses** will be available both days. Please ask at the Registration tent. Saturday: E of the arena, the field NE past the toilets Sunday: South of the arena

#### Website for further information: http://garingal.com.au

#### Facilities:

**Food** will be provided by NSW Juniors, organised by Ellis Leung. There is also a café and hotel a short walk from the arena.

Aussie O Gear will attend to your equipment needs from a stall at the arena.

**Toilets** are available in the Arena, but not at the Sunday Start location. There are additional public toilets in Hill End to the left of the Royal Community Hall, next to the Royal Hotel. <u>PLEASE use the toilets at your accommodation if possible to</u> <u>lessen the queues at the portaloos.</u>

Water is available at the Finish in the Arena and on courses as indicated on the Control Descriptions.

#### **Complaints and Protests**

Any complaint shall be made in writing to the organiser within 15 minutes of the result being posted. A complaint is adjudicated by the organiser. The complainant shall be informed about the decision immediately. If the complainant is still dissatisfied, they may lodge a formal protest, in writing to a jury appointed by the organiser and approved by the controller. The controller will chair the jury meeting but will not vote on the outcome. The decision of the jury will be final. There is no fee for lodging a complaint or protest. **The Jury will be: Bruce Bowen (ACT), Alex Davey (NSW), and Alison Radford (VIC).** 

# Saturday 30<sup>th</sup> March 2019: NSW State League 1 - Middle Distance

Location: Hill End

Key Officials:

**Event director:** Johnny Petersen **Contact number** 0401702207 **email** <u>jxpetersen@gmail.com</u> **Course planner:** Jim Forbes

Event controller: Ron Junghans

Map: Hill End 2015 (mapped by Alex Tarr), field checked in 2017-2019 by Graeme Dawson, Rob Vincent and others Scale: 1:10,000 (Easy and Very Easy Course 1:5,000); contour interval 5m

Arena: (picture)

#### Starts:

NSW State League Middle Distance: Queuing Starts 11am – 1pm, Course Closure 3:30pm Location: in the Arena

It will be <u>compulsory to carry a whistle</u> – no whistle, no start.

#### Start Procedure, Queued : 1 minute intervals. SL1 (also used for SL2 tomorrow)

- 1) Line up in the queue for your course, until you are at the front of the
  - queue.

In the start chute, runners will pass through 3 start boxes and remain in each start box for 1 min.

- 2) When instructed (-3 minutes), move into the start chute. At this point your SI number will be checked, and ALL competitors must punch a CHECK unit.
- 3) At start time -2mins, progress into the 2<sup>nd</sup> box and collect your control descriptions.
- 4) At start time -1min, progress to the map boxes. There will be a series of countdown beeps; at the last long beep the runners can take their map, **punch the Start unit**, and commence their race.

#### Note: Start Interval may be adjusted at the starter's discretion if needed.

#### **Finish Procedure**

As you finish, you must punch the finish unit, then download at the Download Tent. Do not leave the arena before downloading.

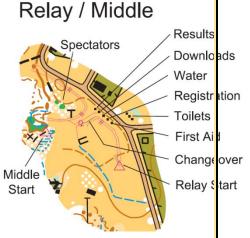
**Timing:** SportIdent – Air+ enabled. Check your beep&blink and do a physical punch if needed. Manual punching to your map should be used if the electronic punching has failed.

#### **Course Structure:**

	NSW State League 1 - Middle Distance				
Course	Classes	Winning	Length	Climb	Controls
		Time(min)	(km)	(m)	
Hard 1	M21A, M35A	30-35	4.7	173	16
Hard 2	M20A, M40A, M45A, M50A, M55A W21A	30-35	4.0	135	12
Hard 3a	M16A, M60A, M65A, M21AS, W35A, W40A, W45A	30-35	3.9	135	12
Hard 3b	M35AS, M70A, W16A, W20A, W50A, W55A, W60A	30-35	3.9	135	13
Hard 4	M75A, M45AS, M55AS, W21AS, W65A, W70A, W35AS, W45AS,				
	W55AS	30-35	3.0	87	14
Hard 5	M80A, M85A, M65AS, W75A, W80A, W85A, W65AS	30-35	2.3	63	10
Moderate	M14A, W14A, MOpenB, WOpenB, MJuniorB, WJuniorB	25	2.7	82	13
Easy	M12A, W12A, Open Easy	25	2.3	70	9
Very Easy	M10A, W10A, M/W10N*, Open Very Easy	20	2.0	70	9

\* Shadowing is allowed for this class. Times are not recorded.

Enter On Day: a few maps will be available for EOD Hard2, EOD Hard4, EOD Moderate, EOD Easy and V Easy.



Assembly area-

#### Map collection:

Maps will be collected at the finish. Maps will be available after all third leg runners in the Relay have started (approx. 3:30) and on Sunday

Note: Some controls for the Sunday Long Distance event will be in place during the Saturday events. Sunday controls are numbered from 101 and are not SI Air+ enabled. Sunday controls that are in close proximity to a Saturday control will be placed on the ground in a black plastic bag. Please do not interfere with the Sunday controls.

# Saturday 30<sup>th</sup> March 2019: NOL 1 - Australian Relay Championship

Location: Hill End

Key Officials:

**Event director:** Johnny Petersen **Contact number** 0401702207 **email** <u>jxpetersen@gmail.com</u> **Course planner:** Jim Forbes

Event controller: Andrew Lumsden

Map: Hill End 2015 (mapped by Alex Tarr), field checked in 2017-2019 by Graeme Dawson, Rob Vincent and others Scale: 1:10,000; contour interval 5m

Assembly area-

Results

Water

Toilets First Aid

Download

Registration

Changeover

**Relay Sta** 

Relay / Middle

Spectators

Middle

Start

Arena: (picture)

#### **Spectator Control**

There will be a spectator control and run-through. Runners will be visible near at least three other controls within 200m of the finish. So, feel free to wander around the mown grass areas.

## Starts:

### NOL Relay:

Location: in the Arena

#### It will be <u>compulsory to carry a whistle</u> – no whistle, no start.

1.15pm Briefing. First leg runners remember your whistle and to Clear & Check

1.30pm Mass start - leg 1 all 4 classes

2.30pm Mass start - 2nd leg runners (any change to this will be announced during the event)

3.30pm Mass start- 3rd leg runners (any change to this will be announced during the event)

4.30pm Course closure

Winner Presentation at 4:15pm

#### **Relay Changeover and Finish:**

There will be a briefing for all Relay runners at 1:15pm.

Access to the warm-up area (and whistle check) will be via a crossing point on the NE side of the warm-up area. Control descriptions will be printed on the front of the map only. There will **not** be any loose Control Descriptions. Change over – An incoming **First or Second leg** runner will:

- 1) Cross the finish line doing Punch or Air+ and be relieved of their map
- 2) Continue to the map board
- 3) Collect the correct map
- 4) Hand the map over the board to the next runner in the team
- 5) Continue to the download tent

The map board will display the Team designation in the same manner as each runner's bib.

Eg 101-2 Mens relay, 301-2 Womens Relay.

- Below this will be the map for 3rd runners,
  - Eg 101-3 Mens Relay, 301-3 Womens Relay.

**Third leg** runners Punch or Air+ the finish unit and continue to the download tent. **The exception is 3<sup>rd</sup> leg runners in a neck and neck sprint to the finish**. If this happens, an adjudicator will judge who crossed the line first and will bring a Finish SI unit to the runners to punch after they slow down.

#### Incorrect map query:

As always, ensure that you collect the correct map at relay change-over. Start officials will be available to assist teams locate the correct maps, however, taking a map is the sole responsibility of the competitor and any team taking another team's map may be disqualified.

Any runner who cannot locate their map should **seek the assistance of a Start Official**. A replacement map will be provided once it is ascertained that a map has been incorrectly taken.

**Timing:** SportIdent – Air+ enabled. Check your beep&blink and do a physical punch if needed. Clear and check will be available in the warm-up area Manual punching to your map should be used if the electronic punching has failed.

**Important**: SIAC users must not go within 2m range of the Finish Line unless they intend finishing because their SIAC radio will turn off by the Finish SI unit. If SIAC radio has been turned off inadvertently the runner will need to physically punch remaining controls.

#### **Course Structure:**

National Orie	enteering League 1 - Australian Relay Championship				
Course	Classes (3-person teams)	Team Winning Time (min)	Length (km)	Climb (m)	Controls
Men	M21E, M20E	120	7.2	220	17
Women	W21E, W20E	120	5.2	170	15

#### **Relay Team Selections:**

State Selectors will submit provisional teams to the event Organisers in advance of the event. Please contact your State Selector for your team details.

#### Deadline for submission of TEAMs: Thursday 21 March 2019 at 12:00 EDT Deadline for submission of TEAM MEMBERs list: Wednesday 27 March 2019 at 23:59 EDT

**Note**: Some controls for the Sunday Long Distance event will be in place during the Saturday events. Sunday controls are numbered from 101 and are not SI Air+ enabled. Sunday controls that are in close proximity to a Saturday control will be placed on the ground in a black plastic bag. Please do not interfere with the Sunday controls.

## Sunday 31<sup>th</sup> March 2019: NOL 2 and NSW SL 2 - Long Distance

Location: Hill End

#### Key Officials:

Event director: Warwick Selby Contact number 0418454969 email <u>warwicks@sydney.edu.au</u> Course planner: Aniko Fozo-Kertesz and Peter Fozo

Event controller: Andrew Lumsden

Map: Hill End 2015 (mapped by Alex Tarr), field checked in 2017-2019 by Graeme Dawson, Rob Vincent and others Scale: 1:15,000 (Elite classes) 1:10,000 (other classes); contour interval 5m

#### Arena: (picture)

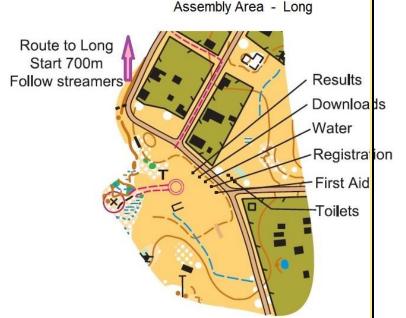
#### Starts:

From 9.30am. Last start at 11:00 (plus late starts for event staff).

Location: 700 m easy walk **North** from the Arena. Space at the start is tight and it is likely that competitors waiting for the start will spill over to a public road. The road has very little traffic; but please keep an eye out if you are standing on the road. We recommend warming up around the arena before heading to the start.

Elite competitors will have allocated start times from approx. 10:00 to 10:40. Non-Elites will have queueing starts. Non-Elites on courses Hard 2 to 4 can start before or after the Elites; but will not be able to start while the Elite starts are in progress. NOL Elite-classes (MW20E / MW21E) are open for all members, i.e. you do not have to be part of the high performance teams

Competitors likely to place in Elite classes will be seeded in line with OA Rule 12.6.



The organisers will take into consideration requests from NOL competitors for a late or early start for childminding purposes (use the Service in Eventor).

Course Closure is 2pm.

#### It will be <u>compulsory to carry a whistle</u> – no whistle, no start.

#### Start Procedure:

- Elite classes: 2 minute intervals (start times are allocated). Go to late start official if you arrive late. No start punch
- Non-elite classes: 1 minute intervals. (queued start). Start punch.

Once you go into the start boxes, it's the same procedure for both Elites and non-elites (and the same as for SL1 Saturday's Middle Distance)

-Minus 3, step into 1<sup>st</sup> box

- -Minus 2, control descriptions
- -Minus 1, stand behind the map
- 0, GO, START

#### **Finish Procedure**

As you finish, you must punch the finish unit, then download at the Download Tent. Do not leave the arena before downloading.

**Timing:** SportIdent – a Physical punch is needed! NO Air+. Manual punching to your map should be used if the electronic punching has failed. *For SIAC users only: A SIAC OFF unit will be available in the Control Description box.* 

National Orient	teering League 2 and NSW State League 2 - Long Distance				
Course	Classes	Winning Time(min)	Length (km)	Climb (m)	Controls
Hard 1	M21E (this course has a Map Flip)	75-90	16.3	480	27
Hard 2	M20E, M35A, M40A	65-70	12.4	380	22
Hard 3	M45A, W21E	60-70	9.9	345	20
Hard 4	M21AS, M50A, W20E, W35A, W40A, W45A	55-60	8.1	260	17
Hard 5	M35AS, M16A, M55A, M60A, M65A, W50A	50-55	7.1	245	13
Hard 6	M45AS, M70A, W16A, W21AS, W55A, W60A	40-50	6.0	215	13
Hard 7	M75A, W65A, W70A, M55AS, W35AS, W45AS, W55AS	50	4.7	130	12
Hard 8	M80A, M85A, W75A, W80A, W85A, M65AS, W65AS	50	2.5	65	6
Moderate 1	M14A, MOpenB, MJuniorB	30-40	5.1	185	13
Moderate 2	W14A, WOpenB, WJuniorB	30	3.4	120	11
Easy	M12A, W12A, Open Easy	25-30	2.4	65	8
Very Easy	M10A, W10A, M/W10N* Open Very Easy	20	2.2	55	14

\* Shadowing is allowed for this class. Times are not recorded.

Enter On Day: a few maps will be available for EOD Hard4, EOD Hard7, EOD Moderate2, EOD Easy and V Easy.

**Marked route:** The Easy and Very Easy courses will have a route through the bush marked with pink streamers (it is also shown on the map and control descriptions). In a few places tracks on these courses are indistinct and are marked with pink streamers (this is not shown on the map).

There is no **Clothing Return** from the start.

#### Map collection:

Maps will be collected at the finish and will be available after the last NOL start.

