



Final Bulletin



Department of
Local Government, Sport
and Cultural Industries



CARNIVAL SCHEDULE

Date	Event	Location	First Starts	Course Closure
Friday 19 April	Go for 2&5 Sprint Relay Day	University of Western Australia, Crawley	Elites 10.30 am (mass) Others 12.00 (mass)	2.00 pm
Saturday 20 April	Go for 2&5 Australian 3 Day Championships Day 1	Scotch College Campus, Swanbourne	Elite 10 am Non-elite 11.15 am onwards	2:00 pm
Sunday 21 April	Go for 2&5 Australian 3 Day Championships Day 2	Hill Park Dale, near Beverley South-east of Perth	From 10am	2.30 pm
Monday 22 April	Go for 2&5 Australian 3 Day Championships Day 3	Umuna, near Beverley, South-east of Perth	From 10am	2.30 pm
Thursday 25 April	Wandoo Wander	Dryandra, 1.45 hrs from Perth	Mass starts 2.00 to 2.30 pm	4.00 pm
Friday 26 April	Narrogin sprint warm-up (and Welcome ceremony)	Narrogin, Gnarojin Park	9.00 am	10.30 am
Friday 26 April	Go for 2&5 Australian Sprint Orienteering Championships	Narrogin High School, Narrogin 2.30 hrs from Perth	Elites 12 noon Others from 1.10 pm	50 mins after last start
Saturday 27 April	Go for 2&5 Australian Middle Distance Orienteering Championships	Narrogin 2.30 hrs from Perth	From 10 am	2 hrs after last start



ORIENTEERING WA

(BEVERLEY Sunday)

Morning tea:

- SPECIAL (Self Serve) Hot Cross Bun + Butter & Small Tea or Instant Coffee \$5**
- Espresso Coffee/Hot Choc Sm \$4 Lg \$6**
- Assorted Slices/Biscuits**

Lunch:

- Large Sausage Roll \$5**
- Selection of Meat & Salad Rolls \$8**
- Pumpkin Soup + Roll \$5**
- Water/Cool Drinks \$2.50**
- Ice Cream \$3**

Mobile Cafe & Catering 0499914147



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ALERTS AND NEWS

Event details could potentially change – but we hope they don't. Keep in touch with the latest alerts and news by visiting the event website and the event Facebook page. We will not contact you personally. If there are significant changes an update flyer will be provide at the event site and announced on the PA. We will endeavor to have any alerts up by 8am on the day of the event.

Facebook: www.facebook.com/OWAEaster2019

Website: <https://wa.orienteering.asn.au/easter-2019>

CONTACT US

Carnival Secretary at - owaeaster2019@gmail.com

URGENT MESSAGES: +61 (0)422 295 854 (Anna Napier)

EMERGENCY SERVICES: 000 (ambulance, police, fire)

**WELCOME MESSAGE FROM
HON PAUL PAPALIA
CSC MLA, MINISTER FOR TOURISM**

AND

**HON ALANNAH MACTIERNAN MLC
MINISTER FOR REGIONAL DEVELOPMENT**

Australian Orienteering Championships

26-27 April 2019

**Go for 2&5 Australian Sprint Orienteering Championships
Go for 2&5 Australian Middle Distance Orienteering Championships**

The McGowan Government is a proud sponsor of the Australian Orienteering Championships through its Regional Events Scheme.

The scheme was devised as a way for the Government to support smaller and emerging events in regional Western Australia to boost tourism, increase community vibrancy and participation, and develop regional areas.

The Regional Events Scheme plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting a region's unique and diverse attractions.

Sixty-nine diverse regional events across Western Australia have been funded through the 2018-19 Regional Events Scheme. This year's round includes the Regional Aboriginal Events Scheme with a funding pool of \$150,000 exclusively allocated to events delivering Aboriginal activities and experiences.

Tourism is a key pillar of the McGowan Government's plan to diversify the economy, create jobs and develop business opportunities, especially in regional Western Australia.

To achieve this we have a two-year action plan in place to help us attract more visitors to Western Australia, encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys the event and takes the time to explore the Wheatbelt region



HON PAUL PAPALIA CSC MLA
MINISTER FOR TOURISM



HON ALANNAH MACTIERNAN MLC
MINISTER FOR REGIONAL DEVELOPMENT

Welcome from Orienteering Western Australia



Welcome to the Australian Easter Carnival 2019. It has been quite the journey to get to the starting line. The withdrawal of permission for the use of new areas we had mapped east of Perth a year ago caused us to reconfigure the Carnival rather late in the process. The impasse on permission forced us to restructure the events and select new areas.

With the enforced change we took the opportunity to provide a rare Australian Elite Relay event which includes a number of young elites facing off against some very experienced orienteers, it will be fun to see how they fare. We reinstated the old tradition of the Family Relay on Good Friday and we hope you enjoy the challenge and spectacle of the Elite racing in teams and the chance of families to race together. With a technical sprint on Day 1 of Easter and return to WA Wheatbelt Granite orienteering for Days 2 & 3, we hope the Go for 2&5 3 Day Championship will be a good test of overall orienteering skills.

It is great that SWOT, our Bunbury based club, is able to host a fun score event at Dryandra. A beautiful forest, Dryandra is the home of our mascot the woylie and also the WA fauna emblem the numbat. You may get a glimpse of one as you run through the forest. Two exciting new maps have been made for the Go for 2&5 Australian Sprint Championship and Go for 2&5 Australian Middle Distance Championships in Narrogin which will add to OWA's ability to service the Wheatbelt towns with quality orienteering.

I would like to recognise the many thousands of volunteer hours that members of OWA have put into hosting the event. Please say thank you and smile at the volunteers as you enjoy the Carnival.

Orienteering WA would like to acknowledge our sponsors for the event, WA Tourism, Healthway, the Moira Whiteside Foundation and also thank the WA Government through the Department of Local Government, Sport and Cultural Industries for their long term support of OWA.

Richard Matthews

OWA President 2018-2019

ORIENTEERING AUSTRALIA MEETINGS



WORKING GROUP MEETINGS:

Saturday April 20th 2:00pm – 3.30pm at the Gooch Pavilion, Scotch College

ANNUAL GENERAL MEETING:

Saturday April 20th, commencing 4.00 pm at the Gooch Pavilion, Scotch College

Links to documentation for these meetings will be available on the OA Website.

CARNIVAL ORGANISING COMMITTEE

Those who have had key roles are:

OA 3 Day Controller	Richard Matthews
Media and Marketing	Nicole Davis
Mapping	Noel Schoknecht
Technical	Tony Simpkins
Equipment and logistics	Dave Pass and Jack Dowling
Event secretary	Anna Napier
Computing	Rosalie McCauley
Starts	Ken Brownlie
Volunteer wrangling	Vanessa Smith

There have been and will be many others who have assisted in the Easter 2019 Carnival development and who will help at the events.

We thank you all!

GO FOR 2&5 FRUIT, VEGETABLE AND WATER CHALLENGE

Time to refuel. Crunch some fruit or veg and sip some water to feel great! Take the Fresh fruit, vegetable and water challenge during the Go for 2&5 Australian 3 Day Championship



Make sure you always have enough water before and after your event. Simply show us you're committed to increasing your fruit, vegetable and water intake and win some Go for 2&5 prizes.

Saturday 20th April at Scotch College and Sunday 21st April at Umuna:

After your run at the Go for 2&5 Australian 3 Day Championship come to the registration / OWA Caravan desk between 12pm – 2pm and show us your fruit or vegetable and bottle of water. You'll be rewarded with tools to help you keep making healthy choices.

Crunch some fruit or veg and sip some water to feel great! For bigger and longer bursts of energy "Go for 2&5" every day!

REGISTRATION

You, or your representative, must register prior to, or at your first event. You only need to register once for the whole Carnival. You need to collect:

- Registration pack
- Chest numbers (one for the Elite and Family relays and one for the remainder of the Carnival events) and Safety Pins
- Hired SI – return at the download tent after your last event. Anyone losing a hired SI will incur a \$50 fee (replacement cost as per OWA website)
- Event buff (bandana) if purchased in advance
- Parking Permit if purchased in advance (also available to buy - \$10 cash only) You need one per vehicle to cover both the Go for 2&5 Australian 3 Days and the Go for 2&5 Australian Middle Distance Championships)

Event registration will occur at the OWA shed, 33 Dodd Street, Wembley, on Thursday 18th and on undercover trestle tables at the arenas on Friday 19th and Saturday 20th. After that it will occur in the OWA event caravan, which will be at all events.

If you have changed your SI Tag since you entered please inform the registration so the database can be updated.

The caravan also provides the following services:

- Enter on the Day
- Clothing return (if inclement weather)
- Lost and found
- First Aid Kit
- Complaints
- Replacement chest numbers

Event	Registration Opening Times	Enter on the Day: Registration Deadline
Pre-carnival 18 th April (at the OAWA shed; 33 Dodd Street, Wembley (green shed in school grounds))	5:30 – 8pm	N/A
Family/Open relays; Elite relays	10am – 2.00 pm	12.00 noon
Day 1 Go for 2&5 Australian 3 Days	9.00am – 1:00pm	12.30 pm
Day 2 Go for 2&5 Australian 3 Days	9am – 10.00 am	11.30 am
Day 3 Go for 2&5 Australian 3 Days	9am – 10.00 am	11.30 am
Wandoo Wander	1.00 – 1.45 pm	1.00 – 1.45 pm
Go for 2&5 Sprint Championships	11.30 am – 12.30	2.00 pm
Go for 2&5 Middle Distance Championships	9.00 am – 10.00am	12:00 noon

ENTER ON THE DAY

At every event there will be Enter on the Day (EOD) courses, with a reduced range of courses. Participants will be timed and results will be on Eventor but there are no prizes. You can go out with friends or as a family group.

The cost (cash only) for EOD is: \$20 per person (or group if going out together with one map) per each separate event. Extra maps are \$2 and we encourage your group to have more than one map.

You can use your own or one of our SI sticks (but if lost a replacement cost fee applies).

Here is how you EOD:

1. Check in at Registration before the EOD registration deadline for that event (see table above)
2. Your name, SI number and course will be written on a form for you to take to the start
3. Walk to the start (follow signs and tapes). Hand in your form to a start official
4. Wait in the warm-up area until your start time – remember to clear and check your SI stick
5. You will get your map when you start. Control descriptions written in international symbols will be on your map. Loose control descriptions in words will also be available. Do your course
6. Punch at the finish. Then report to the download tent. If you do not complete your course, you must still report to the download tent. We need to know you are back!
7. If you used one of our SI sticks – give this to the download team

Please note there will be no instructors available at the start area

EVENT MERCHANDISE

For Easter 2019 we are offering a stylish and colourful stretchy tub bandanna buff that can be worn in many ways by young and old alike.

The design features the carnival logo and our woylie mascot with background contours and the word orienteering at each end of the tube. One size fits all.

These will be available to purchase at the Easter 2019 Carnival events for just \$10 each with all proceeds going to support the WA State Schools team travel to the Australian Schools Championships in 2019.

Make sure to have some cash on hand and grab yours at the start of the Easter 2019 Carnival. Stocks are limited!



WELCOME CEREMONY – NARROGIN APRIL 26th

WELCOME TO NARROGIN EVENT AND SPRINT WARM-UP

This is partly a social event, and partly a chance to run/walk/warm up on a map drawn to ISSOM specifications by the Go for 2&5 Australian Sprint Championships mapper. There will be a short Welcome Ceremony, with orienteers welcomed by the Narrogin Shire President and our Sponsor, Tourism WA. The occasion may also be used for Orienteering Australia awards (eg Champion Club).

Following the ceremony, orienteers and locals will be able to collect a map and do a Score course around the Park, with the option of using MyOMaps on their smartphone.

N.B. This is not a true model event, as lockable Street-O type markers will be used (no need to use the manual punches if you use your smartphone), however the mapping is relevant to the Sprint Championships.

Location: Gnarojin Park, Gordon St, Narrogin

(2hrs 30mins SE of Perth, 5 mins walk from Narrogin Town Centre, 10 mins walk from Sprint Champs parking area).

The Park is linear in shape, about 1km long and up to 150m wide. It includes a major creek with several bridges, many paths, open areas, and some native bush. There are also a number of interesting sites created by the local Noongar Aboriginal group, depicting traditional culture.

Start time:

9am: Welcome Ceremony (approx. 30 minutes)

9:30am onwards Orienteering course

GENERAL INFORMATION

START TIMES

Start times will be allocated for all events. These will be available on the OWA website and on Eventor. Copies of start times will be displayed at the registration/the OWA caravan and the start On Day 3 Monday April 22nd, M21AS (Sledge) has a 10am mass start

M/W10 SHADOW

- M/W10 Shadow participants are using punching starts to allow shadows plenty of time to complete their own courses (which shadows must do before shadowing their child);
- Can start at any time but be mindful of the course closure time for that event (see Schedule);
- When ready – go to the correct start;
- Start officials will allocate a time at the start;
- On Day 1 of the Go for2&5 Australian 3 Days it is possible there will be no start officials present. Pick up a map and punch in the start SI box when ready to start (make sure to clear and check your SI stick or P Card);
- Shadows may also take a map;
- Let the Registration know ASAP if your child is no longer going out (so we can tell the Starter).

RESULTS

Results will be displayed as soon as possible and practical after the events close. The results will be available in Eventor, TBT (The Beaten Track*) and Winsplits. To have your GPS trace show in TBT please upload your trace to Eventor and your trace will then display when you view the TBT page.

*TBT is a web tool produced by Paul Dowling that auto calculates and displays the orienteering routes once the traces are uploaded.

TOILETS

Go for 2&5 Relay Day: Follows signs/the marshall to the toilets open on the University campus.

Go for 2&5 3-Day Championship Day 1 (Sprint): Follows signs to toilets open on the Scotch College campus.

Go for 2&5 3-Day Championships Day 2 & 3 (Middle and Long): Portable toilets provided in the Arena (see mud maps).

Wandoo Wander: Toilets available at Lions Dryandra Village

Go for 2&5 Sprint Championships: Toilets are on the west side of the Arena in School gym.

Go for 2&5 Middle Distance Championships: Portable toilets provided in the Arena (see mud map).

WATER

There is water available at the start, finish and on middle distance and long courses. If you drink a lot or it is a hot day we recommend you carry your own.

FOOD

A range of food options are available throughout the Carnival. Possibilities are as follows:

- Good Friday (Go for 2&5 Sprint Relay Day) may be limited, but the Bayside Café is open all day, at a lovely river setting across the road from the University of WA event. It has a large range of foods and drinks for all tastes and they have been warned of our presence in the area, and potential needs!
- Easter Saturday (Go for 2&5 Australian 3 Day Championships) – shops and cafes are open as normal. Plenty in the Swanbourne/Claremont area.
- Easter Sunday (Go for 2&5 Australian 3 Day Championships) – out in the bush. A mobile food van is preparing for at least 400 people to want some food and drink!
- Easter Monday (Go for 2&5 Australian 3 Day Championships) – still out in the bush. Mobile food van present and ready.
- Wandoo Wander – cake stall and drinks available near Registration Hall
- Go for 2&5 Australian Sprint Orienteering Championships– In the town of Narrogin, and the mobile food van will be present at the Arena.
- Go for 2&5 Australian Middle Distance Orienteering Championships– Close to the town of Narrogin, with the mobile food van again present.

CLOTHING

The weather is variable at this time of the year! Mornings can be chilly but the days are still likely to be warm. Some statistics for your consideration.

Location	Av Maximum	Av Minimum	Ave No. Rain days >1mm
Perth	26°	13.8°	4-5
Beverley	26.2°	11.3°	4-5
Narrogin	23.1°	10.5°	4-5

PHOTOS

Photos of random participants will be posted on the Event Facebook Page on an ongoing basis. If you don't want any photos of yourself or your children posted on Facebook, please notify the organisers at registration.

MOBILE PHONE COVERAGE

Mobile phone coverage at the events near Beverley is patchy, but can be OK with Telstra 4G. Phone coverage at Narrogin is good, however it is poor at Dryandra

CHILD CARE

There are no child care arrangements provided by the organisers. Children must not be left unsupervised.

FIRST AID

St Johns Ambulance volunteers will be in attendance at all events (except at the Narrogin Welcome event). For medical attention at the nearest hospital to Perth and regional events (Emergency Departments for first aid treatment):

Perth: Sir Charles Gairdner Hospital, Hospital Avenue, Nedlands +61 8 6457 3333

Beverley: Beverley District Hospital, Sewell St, +61 8 9646 3200

Narrogin: Narrogin Hospital, Williams Road, Narrogin, +61 8 9881 0333

Emergency: DIAL 000 (ambulance, police, fire)

INSURANCE NOT PROVIDED TO PARTICIPANTS

Insurance against accidents and in case of injury is the responsibility of participants. We strongly recommend overseas participants have appropriate travel insurance.

RISKS, WAIVER & ACKNOWLEDGMENTS

All sport carries with it a risk of injury and orienteering is no different. You will be making your own decisions about route choice and your safety, as well as how hard to push yourself. It is a condition of entry that you agree to the Entry Terms and Conditions for Easter WA 2019 which continue to be available on Eventor as a document on each event page for Easter WA 2019 (as was the case when you entered via Eventor).

TECHNICAL INFORMATION

THE RULES

This Carnival is being run in accordance with the Orienteering Australia Rules for Foot Orienteering (the 'Rules'). All participants must comply with the Rules.

The Orienteering Australia Anti-Doping Rules also apply. You must cooperate with any doping control procedures being conducted.

Of relevance to elite competitors - the Competition Rules for IOF Foot Orienteering Events also apply for the World Ranking Events.

WHISTLES ARE NOT COMPULSORY

However, we strongly recommend that competitors carry a whistle for use in an emergency. The distress signal being six blasts at ten second intervals, then a minute pause before repeating the pattern

DEVICES WITH GPS FUNCTIONS NOT ALLOWED AS NAVIGATION AIDS

To navigate you can only use your map, compass and control descriptions. You can carry a GPS (watch or other device with this function) provided that it is not used as a navigation aid.

WEAR YOUR CHEST NUMBER

To start at the Go for 2&5 Australian 3 Days, the Go for 2&5 Australian Sprint Championship and the Go for 2&5 Australian Middle Distance Championship you must be wearing your chest number. Separate chest numbers will be provided for the Go for 2&5 Sprint Relay Day.

If you've misplaced your chest number – go to Registration for a replacement.

If you have changes of course/class across the Carnival you will have to manually amend the details on your chest number.

CANCELLATIONS / CHANGE OF VENUE

If there is a severe weather warning, bushfire or any other unforeseen circumstance Orienteering Western Australia has a discretion to cancel any event or to change venues. No refunds will be provided. Look for alerts and news updates on our website and Facebook page which will be up by 8am.

COURSE CLOSING TIME

All courses have a closing time – set out in the Schedule at the start of this bulletin. Wear a watch!

This means you must come back to the finish and download by this time even if you have not finished your course. Unfortunately you will be recorded as a DNF (Did Not Finish). Despite being a DNF you can start the next day.

SPORTIDENT

All events will use the SportIdent system. You should bring your own SI Stick or have ordered one for hire. A limited number of additional SI sticks will be available for hire at the events. No SIAC is available.

WAKING UP CONTROLS – TAKE CARE!

While every attempt has been made to wake up controls, if a unit needs to wake up please make sure the unit flashes and beeps to register your punch

CONTROL DESCRIPTIONS

Control descriptions will use the [International Specification for Control Descriptions 2018](#)

OUT OF BOUNDS AND MARKED ROUTES FOR ALL EVENTS

Barriers and signs marking areas Out of Bounds will be in place and must be observed.

Shadowing by parents and/or coaches IS NOT Allowed (EXCEPT IN M/W10 SHADOW CLASS)

Shadowing by parents and/or coaches is not allowed during the Carnival. The exception is the M/W10 Shadow class. In this class entrants are permitted to receive assistance on the course and shall also be given the opportunity to study their course with a parent or mentor for up to 10 minutes before their start time.

NO SEEKING ASSISTANCE EXCEPT FOR MEDICAL ATTENTION / SERIOUSLY LOST

Do not seek assistance from other people out on your course except if you need medical attention or are seriously lost (which means you do not know how to get back to the finish).

YOUR DUTY TO HELP

If you come across someone who needs medical attention, it is your duty to assist them.

If you hear a whistle being used you should investigate this and report this to the event organiser.

IF YOU ARE SERIOUSLY LOST

If you are seriously lost (which means you do not know how to get back to the finish) – follow the event safety bearing on your map. This will take you to a road. Or, if this is not possible, stay at a control if you happen to find one or sit on a drivable track or if it is getting dark – on the top of a hill / open area – and stay in one place. This makes it easier for us to find you. We will be looking for you, possibly with the help of the police.

EMBARGOES

All of the areas being used for the Australian 3 Days are embargoed and these are set out on our event website on the Embargoed Areas page.

<https://wa.orienteering.asn.au/easter-2019/general-information/embargo>

STARTS

GETTING TO THE START ON TIME IS YOUR RESPONSIBILITY

CLOTHING RETURN

A clothing return will only be available in the event of inclement weather.

STARTING PROCEDURES

Pre-start

Please be there and ready more than four minutes before your start time

A copy of the start list will be displayed for you to check

A clock will show 'call up' times, which will be start times minus 4 minutes

You should use the Clear and Check SI stations before your call up

Drinking water will be available at bush events. Please put used cups in the disposal pipes provided

If the weather is inclement, discarded clothing will be returned to Registration after the last start

Start Procedure for all events except the Go for 2&5 Sprint Relay Day and Wandoo Wander

Start time minus 4 minutes: Call up

- When the pre-start clock shows your start time and it is called, enter the gate
- Your name will be checked by officials
- The names of any 'no show' competitor will be called
- Wait behind the next line

Start time minus 3 minutes: Check

- Use the Check SI station held by the official
- Wait behind the next line

Start time minus 2 minutes: Control descriptions

- Move to the correct side of the table for your course as shown on the signs and take control descriptions
- Wait behind the next line

Start time minus 1 minute. Maps

- Wait behind the box labelled with your course number
- Maps will not be personalised
- Wait until the long beep at your start time before picking up your map
- Ensure you have just one copy and of the correct course
- At the long beep follow the marked route to the start of orienteering in the terrain, which will be marked by a control stand and flag with no marking device

You will NOT use an SI start station.

Late starters

If you miss your call up at 4 minutes before your start time you must report to the late start official, even if you are only one minute late.

You will be escorted through the start procedure promptly. Your name and SI number will be checked and you will use the Check SI station in the minus 3 minute box.

If you reach the start line in time for your originally allocated time you may start then.

Otherwise you will be started as soon as practicable, considering the effect on other competitors, in accordance with applicable OA or IOF rules, and your actual start time will be recorded, but your race time will be from your official start time. If you wish to make a complaint due to an organizational error please visit the registration / OWA Caravan after you finish and have downloaded.

Shadowed children M/W10

- Adult shadows must have completed their own course, if any, before shadowing
- Report to the late start official for a start time
- You will follow the Start Procedure above, except that you will use the Start SI station to record when you start
- Shadowing adults may also take a map

Enter on the Day (EOD) participants

Report to the late start official for a start time. You will follow the Start Procedure above, except that you will use the Start SI station to record when you start.

FINISH PROCEDURES

As you finish you must:

1. Punch the finish unit and then
2. Download at the download tent. Two downloads required. Do not leave the assembly arena before downloading. Even if you do not finish your course you need to download so we know you are back!
3. Our finish procedures assume you will compete with the SI Card you specified in your entry; you will not share your SI Card with other competitors (e.g. partners/children/siblings); and you will compete on the course applicable to the class nominated in your entry. If you change your SI Card, you must advise us by email at owaeaster2019@gmail.com before competing. No result will be recorded if you use an SI Card not assigned to you. If you wish to change your class you must contact us with this request by email owaeaster2019@gmail.com however, this is at our discretion and we may not allow this.
4. Finish officials are unable to advise you of problems with your result. If you wish to query your result, proceed to the registration / OWA Caravan and speak with an official.

COMPLAINTS, PROTESTS AND JURY MEMBERS

We hope we don't hear from you on these issues, but in the unlikely event please go to the OWA caravan where our Carnival Secretary will be on hand.

The procedures for making complaints and protests from a competition perspective are set out from Rules 27-30 of the Orienteering Australia Rules for Foot Orienteering. There will also be a hard copy of the Rules at the registration / OWA caravan.

These time limits apply for making a complaint:

- For the Go for 2&5 Australian 3 Day Championships, within 30 minutes of finishing or within 15 minutes of course closure time, whichever is the earlier.
- For World Ranking Events, complaints must be made within 15 minutes of the last competitor finishing or within 15 minutes of course closure time, whichever is the earlier.

The time frame that applies to any subsequent protest, for both the Go for 2&5 Australian 3 Days and World Ranking Events, is within 15 minutes of the decision of the organiser regarding the complaint. The jury for any protest will be selected from available IOF Event Advisors / OA Level 3 Controllers according to the relevant (IOF or OA) Rules.

O-SHOPS

Two O-shops will be represented at the Carnival. Look out for them in the Arenas.

TRAVEL INFORMATION FOR NARROGIN EVENTS

DIRECTIONS TO NARROGIN:

From Perth, allow 2 to 2.5 hours. There are two routes, both of which involve leaving Armadale (27kms SE of Perth City) on Albany Highway. The first route involves taking Albany Highway for 132kms from Armadale to Williams, then turn left just past the town to Narrogin (30kms).

Note that there are major roadworks in Williams, with possible delays of several minutes. Also, both within the town, and for several kms either side of town, the local police are very keen to catch speeders!

The second route to Narrogin is the one you will want to take if you are going to Dryandra for the Wandoo Wander event on Anzac Day. Take Albany Highway from Armadale, but after 66kms, just after the North Bannister Roadhouse, turn left towards Wandering (25kms). 36kms past Wandering you will reach the Dryandra forest, and the turn-off to the Wandoo Wander event is on your right. Narrogin is a further 26kms from this turn-off.

There are also roadworks on the Wandering Rd, between North Bannister and Wandering, and between Dryandra and Narrogin, with some temporary gravel sections. Take care!

There are several routes from the City to Armadale, including via the Causeway and Albany Highway (slow), via Kwinana Freeway, Roe Highway, Kenwick Link and Albany Highway, via Kwinana Freeway and Armadale Rd, and via Farmer Freeway, then either Orrong Rd or Great Eastern Highway to Tonkin Highway which eventually joins Albany Highway. All routes involve a certain amount of suburban driving and possible heavy traffic.

FACILITIES IN NARROGIN:

Supermarket: Coles, Cnr Earl & Ensign St

Fresh Produce: Narrogin Fresh, 6 Kipling St, and Narrogin Fruit Market, 19 Fortune St.

Public toilets: Mackie Park (bottom of Fortune St), Egerton St (behind the Museum), Narrogin Park (Gordon St).

WiFi: There is free public WiFi in and near the Narrogin Library at the corner of Fortune and Earl St.

EMERGENCY SERVICES:

Police station, 82 Earl St open 8am-4pm, ph 9882 2555 or 131444.

Narrogin Hospital, Williams Rd, open 24 hours, ph 9881 0333

AWARDS and PRIZES

Awards and prizes	When/where to be presented	Time
Go for 2&5 Sprint Relay Day <ul style="list-style-type: none"> NOL Awards - Elite relays Open relays/family relays 	Within 30 mins of close of relays (if possible), April 19 th Arena	Approx. 2.30pm
<ul style="list-style-type: none"> Australian Champion Club Trophy First 3 placegetters in every class Go for 2&5 Australian 3 Day Championships	Day 3 Australian 3 Days Umuna, Beverley, April 22 nd Arena	Approx. 2:30pm
<ul style="list-style-type: none"> Wandoo Wander First placegetters in every class and spot prizes 	Front of registration hall April 25 th	Approx. 3:45pm
<ul style="list-style-type: none"> OA Awards and Hall of Fame announcements 	Narrogin Welcome Ceremony April 26 th	9.00am
<ul style="list-style-type: none"> Go for 2&5 Australian Sprint Championship trophy 	Narrogin, April 26 th , Arena	Approx. 2:45pm
<ul style="list-style-type: none"> Go for 2&5 Middle Distance Championship trophy 	Narrogin, April 27 th , Arena	Approx. 1.30pm

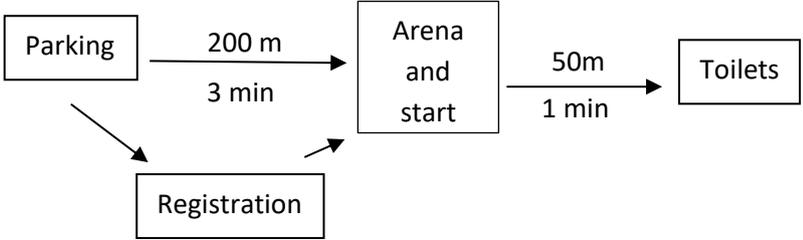
AUSTRALIAN CHAMPION CLUB TROPHY

All clubs will automatically be competing for this trophy.

Australopers is the current champion. Points are allocated in all classes at the conclusion of Day 2 of the Australian 3 Days following OA Guidelines.

EVENT DETAILS

Go for 2&5 Sprint Relay Day – Friday 19th April

Event Name	Go for 2&5 Sprint Relay Day Including the Elite Sprint Relay and Open Sprint Relay including Family Teams Relay
Status	NOL for Elite Sprint Relay
Race Classification	Sprint Relay
Winning Times	12-15 minutes for each course.
Location and Directions	University of Western Australia (UWA), Crawley Campus Hackett Drive, Nedlands Parking in carpark 3 and along Hackett Drive as directed. Carpark 3 is the first right turn on Hackett Drive, entry signposted as Hackett Entry 1 (Parking fees may apply in some areas, but carpark 3 is free parking. Please check signs in other areas)
Map	University of Western Australia, Crawley Campus, ISSOM 2019 (Draft)
Map Scale	1:4000
Mapper	Paul Dowling 2019
Course Planners	Paul Dowling and Ceri Pass
Controller	Graham Braid
Terrain Description	University buildings and grounds.
Safety Instructions	The normal precautions for a university campus should be followed. Although traffic is expected to be light, care should be taken on all roads and in carparks. Please be considerate of non-orienteers who may be on campus.
Punching System	SportIdent (no SIAC)
Walk Distances & Times	 <p>Note that the toilets are located within the course area – please follow signs / marshal to the toilets open on the University campus. and do not linger on this route. Additional public toilets are located on Matilda Bay Reserve, east of carpark 3.</p>
Start Times and Procedure	10:30am mass start for Elite Sprint Relay. 12:15 noon mass start for Open Sprint Relay including Family Teams Relay. A second mass start for all remaining competitors will be at 1:15pm.
Warm-up Area	Riley Oval (adjacent to arena) or Matilda Bay Reserve, East side of Hackett Drive.
Out of Bounds	The area bounded by Park Avenue, Hackett Drive, Fairway and Hampden Road Access (UWA Crawley Campus) remains embargoed to all competitors except for non-orienteering purposes.

	<p>Except while competing, the entire competition area is Out Of Bounds to competitors until course closure at 2pm. Follow taped routes to the toilets.</p> <p>Out of Bounds areas are clearly marked in olive green or purple hash on the map. Some out of bounds areas will be taped off during competition.</p>
Course Closure	2:15pm.
Other Information	<p>NOL Elite Sprint Relay – teams of 2 women and 2 men. Running order of Woman, Man, Man, Woman. The two entry classes of Senior Elite 21E and Junior Elite 20E will start at the same time.</p> <p>Open Sprint Relay including Family Teams Relay – two hard navigation legs followed by one moderate navigation leg. There will be a “first past the post” winning family team. Additionally, a handicap system will be designed based on both age and gender. Shadowing of children 12 years and under is permitted, but shadowed runners will not be eligible for the family teams.</p>
Map Notes	<p>No contour interval; there are some isolated terrain features, but overall climb is negligible.</p> <p>Passable wall symbol is as per ISSOM 2019 final draft, i.e. 0.21mm black line with 0.6mm dots at regular intervals along it. Some short walls will have the dot omitted, and short passable fences may have the tag omitted.</p> <p>The green cross (“Prominent vegetation feature”) is used to signify a large dead tree.</p> <p>Green dots and circles (small/large single tree) signify trunk size rather than height alone. Small trees in particular range from “shrub” to “spindly tree”.</p> <p>There are areas of open bush (white) throughout the campus, along with extensive garden beds (olive green). The general rule is that if there is ground cover or small plants, it is a garden bed.</p> <p>There are several underground carparks, the approximate extent of which have been marked using the underpass symbol (thick dotted line) and the detail above has been mapped. None of them are significant route choices on any course. There are also two pedestrian underpasses going under Mounts Bay Rd – if you find yourself running through a tunnel, you’re going the wrong way.</p>
Presentation	<p>Presentation of the Sprint Relay award will commence as soon as practical. (Family Handicap may be held over to Saturday allow time for the calculations)</p>

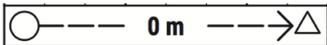
Go for 2&5 Sprint Relays – Course Details

Course	Lengths (km)	Climb	Controls	Navigation
Mixed Elite and Junior Elite Relay	Men: 3.25-3.39 Women: 2.84-3.07	N/A	Men: 21-24 Women: 23-24	Hard
Family and Open Relay: Hard	2.88-3.05		22-24	Hard
Family and Open Relay: Moderate	1.89		15	Moderate

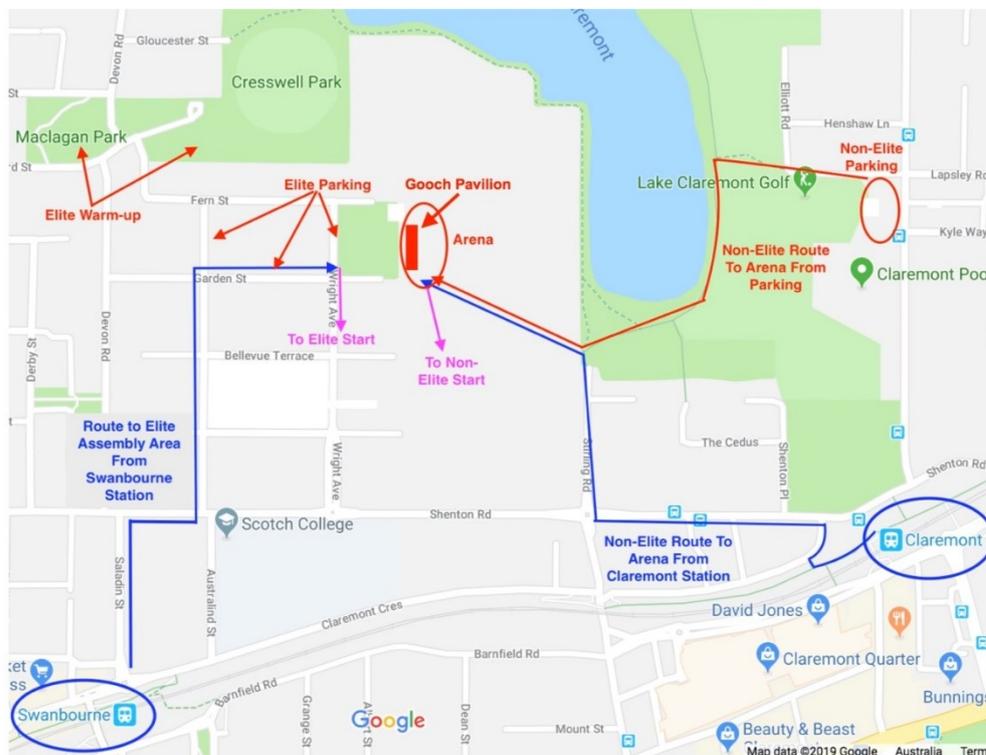
Go for 2&5 Australian 3 Day Championships – Day 1, Saturday 20th April

Event Name	Go for 2&5 Australian 3 Day Championships – Day 1
Status	NOL Race 4
Race Classification	Sprint
Winning Times	12 – 15 minutes
Arena Location	W side of the school oval, including the Gooch Pavilion, at Scotch College, Swanbourne
Directions	Elite competitors – assemble at corner of Wright Ave/Garden St, Swanbourne Non-Elite competitors – enter Scotch College at N end of Stirling Rd, Swanbourne. Walk 250m across the playing fields to Arena. (see “Transport and Parking” and the map below).
Map	Scotch College
Map Scale	1:3000
Contour Interval	2.5m
Mappers	Ricky Thackray 2018, Noel Schoknecht update 2019
Course Planner	Anthea Feaver
Controller	Phil Taylor
OA 3-Day Controller	Richard Matthews
Terrain Description	School campus with complex buildings on sloped land, sports oval and adjoining parkland.
Safety Instructions	Use caution running around building corners and watch for other runners. Please respect other competitors on all courses and at controls.
Punching System	Sportident (no SIAC)
Start Times	Elite Starts from 10am M/W20E start first, followed by M/W21E. Non-Elite Starts commence 30 minutes after last elite starter, approximately 11:15am.
Start Procedure	See the start procedure elsewhere in this bulletin. Start interval is 1 minute for all classes

<p>Elite Quarantine and Start</p>	<p>Quarantine applies for classes M/W21E and M/W20E See Parking directions.</p> <p>Elite competitors may not enter school grounds prior to their start time, except to use toilets set aside for Elite Competitors in SW corner of the Gooch Pavilion.</p> <p>At nine minutes prior to start time (five minutes before call-up), competitors present themselves to the marshal on the corner of Garden St and Wright Ave (SW corner of tennis courts). Runners then follow tapes 300m to the Start.</p> <p>Elite competitors who have finished their course may not return to the Quarantine Area or communicate with later starters until after the last Elite start.</p> <p>If required, personal gear can be left at SW corner of Gooch Pavilion for use after finishing.</p> <p>Elite start lists have been drawn randomly, with adjustment to ensure seeded runners are separated.</p>
<p>Non-Elite Start</p>	<p>Start is located on the SW corner of the oval, 250m from the Arena. To reach the Start it will be necessary to cross the competition area so allow extra time. The crossing point will be controlled by a marshal.</p>
<p>Warm-up Area</p>	<p>Elite Warmup – on streets west of Wright Ave, Maclagan Park and Creswell Park.</p> <p>Non-Elite Warm-up – school oval</p>
<p>Footwear Restrictions</p>	<p>Soft-soled running shoes only to be worn – no metal spikes allowed.</p>
<p>Map Notes</p>	<p>Two areas of complex buildings, separated by Shenton Road, with a tunnel under the road connecting the two parts of campus.</p> <p>The SW part of the map (used by Courses 1–8) has some areas where there are two runnable levels. The unmapped level will be taped off.</p> <p>Passable wall symbol is as per ISSOM 2019 final draft, i.e. 0.21mm black line with 0.6mm dots at regular intervals along it. Some short walls will have the dot omitted, and short passable fences may have the tag omitted.</p> <p>Map symbol 540 (black X) is used to represent several man-made features including play equipment and artistic works.</p> <p>Lockers are not mapped when a row of lockers is attached to a wall. Lockers are mapped, with the impassable wall symbol, when they are in a stand-alone group, or in a group with one end touching a wall. Tables, seats, table tennis tables, flag poles and bike racks are not mapped.</p>

<p>Map Flip</p>	<p>Courses 1–9 have a map flip. Each course consists of two maps, printed back-to-back on one piece of paper. At the Start the first part of the course will be uppermost.</p> <p>On map 1 the pivot control is marked with the standard control circle and number, and is the last control marked on the map. The runner turns over the map to see the second part of the course. The pivot control is shown again on map 2, along with the rest of the course.</p> <p>Control Descriptions – the line under the pivot control will show</p>  <p>Pivot control table</p> <table border="1" data-bbox="630 766 991 1176"> <thead> <tr> <th>Course</th> <th>Control No. of Pivot Control</th> </tr> </thead> <tbody> <tr><td>1</td><td>16</td></tr> <tr><td>2</td><td>15</td></tr> <tr><td>3</td><td>15</td></tr> <tr><td>4</td><td>16</td></tr> <tr><td>5</td><td>16</td></tr> <tr><td>6</td><td>14</td></tr> <tr><td>7</td><td>9</td></tr> <tr><td>8</td><td>17</td></tr> <tr><td>9</td><td>8</td></tr> </tbody> </table>	Course	Control No. of Pivot Control	1	16	2	15	3	15	4	16	5	16	6	14	7	9	8	17	9	8
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<p>Compulsory Crossing of Out-of-Bounds road</p>	<p>Courses 1–8 cross to the SW part of the map, south of Shenton Rd. Shenton Rd is out of bounds but the footpaths are not, and runners must use the tunnel under the road to get to and from this area.</p>																				
<p>Control Separation</p>	<p>There are many controls in the competition area – check control codes carefully.</p> <p>Courses have been set in accordance with OA Rules 19.4/3.5.5. Controls are at least 15m apart when control features are distinctly different, and at least 30m apart when on similar features.</p>																				
<p>Transport and Parking</p>	<p>[See map below]</p> <p>Train Transport</p> <p>Elite Competitors – 800m from Swanbourne Station to quarantine/assembly area. All Scotch College grounds are out of bounds.</p> <p>Non-Elite Competitors – 700m from Claremont Station to entry to Scotch College, then walk 250m to Arena.</p> <p>Parking</p> <p>Elite Parking – around the tennis courts bordered by Fern St, Wright Ave, Garden St. Limited extra parking (west of Wright Ave only) in Garden St, Bellevue Tce, Saunders St and on Wright Ave and Central Ave. These are narrow residential streets – please respect residents and obey parking restrictions.</p>																				

	<p>Non-Elite Parking – public carpark on Lapsley Rd, Claremont. Turn west into Lapsley Rd off Davies Rd. Take second left turn into carpark. Follow tapes to walk down Lapsley Rd to Lake Claremont, then turn left around lake edge to Scotch College.</p> <p>Other parking may be available around the Claremont shopping area. Parking restrictions apply in many streets around Scotch College.</p>
Out of Bounds	<p>Except when competing, the Scotch College campus (apart from the oval and Arena area) is out of bounds to competitors until course closure.</p> <p>Uncrossable features use standard sprint map symbols.</p> <p>The Start area is out of bounds to runners once they have started their course, and will be roped off. It is marked as out of bounds on the map.</p> <p>There is a building site on the SW part of the map – mapped as out of bounds and fenced.</p> <p>Some out of bounds areas will be taped off during the competition.</p>
Spectating	<p>Most of the oval is available for spectating - please respect barriers.</p> <p>Elite competitors will be visible several times during their courses from the viewing point at the S end of the oval, as well as in the run-in to the Finish in the Arena.</p>
Toilets	<p>Located in the Gooch Pavilion.</p>
Enter-on-the-Day courses	<p>There will be a Hard, Moderate and Easy courses available for entry on the day, with start times following the competition starts.</p>
Course Closure	<p>2:00 pm</p>

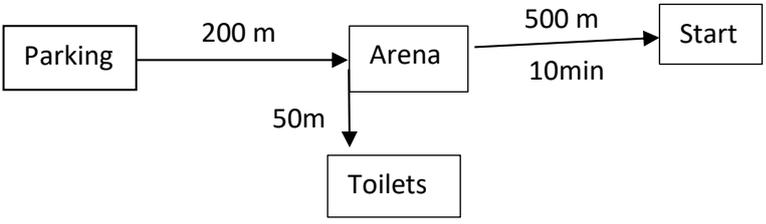


Go for 2&5 Australian 3 Day Championships – Day 1 course details

Course	Classes		Length (km)	Climb (m)	Controls
	Women	Men			
1		M21E M20E	3.3	75	32
2	W21E W20E		2.8	80	32
3		M21A M35A M40A M16A M20A	2.8	75	31
4		M45A M50A	2.7	65	29
5	W21A W35A W40A W16A W20A		2.6	65	27
6	W45A W50A	M55A M21AS (Sledge) M35AS	2.4	55	27
7	W55A	M60A M65A M45AS	2.3	50	25
8	W60A W65A W21AS W35AS	M70A M55AS	2.0	55	23
9	W70A W75A W80A W45AS W55AS W65AS	M75A M80A M65AS	1.6	45	18
10		M14A MJB MOB	2.5	40	25
11	W14A WJB WOB		2.2	30	23
12	W12A OE	M12A	1.5	20	21
13	W10A M/W10N OVE, W Shadow	M10A, M Shadow	1.3	20	20

Go for 2&5 Australian 3 Day Championships – Day 2, Sunday 21st April

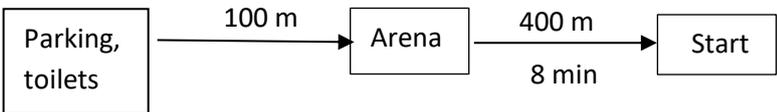
Event Name	Go for 2&5 Australian 3 Day Championships – Day 2
Status	NOL Race 5
Race Classification	Long
Winning Times	As per OA Competition Rules
Location and Directions	From Perth CBD take Brookton Highway southeast for approximately 100km; turn left into Westdale Road for 14.6km; right onto Hobbs Road for 450m; turn right onto farmland and follow signs for 1km to arena. From Beverley take Great Southern Highway for 3km; right into Westdale Road for 26.9km; left into Hobbs Road, then as above
Map	Hill Park Dale
Map Scale(s)	1:10,000
Contour Interval	5m
Mappers	Alex Tarr 2004, updated to ISOM 2017 standards by Noel Schoknecht and Peter Komysan 2019
Course Planner	Peter Komysan
Controller	Craig Dufty
OA 3-Day controller	Richard Matthews

Terrain Description	Open Eucalypt forest and farm paddocks on hilly granite terrain. Generally fast running except in rocky areas and areas of localized fallen timber. Be careful crossing fences. All fences are marked on the map. Course 18 has one taped route.
Safety Instructions	Due N to Hobbs Road
Punching System	SportIdent (no SIAC)
Walk Distances & Times	 <pre> graph LR Parking -- 200 m --> Arena Arena -- 50 m --> Toilets Arena -- 500 m / 10min --> Start </pre>
Start Times	From 10:00am
Start Procedure	As per separate instruction sheet
Warm-up Area	Open paddocks West of access road, North West of Arena
Out of Bounds	All Bush areas East of Car Park and Arena as well as all bush areas south of Hobbs Road.
Enter-on-the-Day courses	Courses 12, 16, 17 and 18 will be available on the day, with start times following the competition starts.
Course Closure	14:30
Other Information	There is one start for all courses

Go for 2&5 Australian 3 Day Championships – Day 2 course details

Course	Classes		Length (km)	Climb (m)	Controls
	Women	Men			
1		M21E	15.5	700	28
2	W21E		11.1	510	22
3		M21A, M20E, M35A	10.2	455	19
4		M40A	8.9	400	18
5		M45A	7.7	325	17
6	W20E, W35A, W40A	M20A, M50A	6.7	315	16
7	W21A, W45A	M21AS (Sledge)	6.4	260	14
8		M16A, M55A, M35AS	5.8	245	16
9	W50A	M60A	5.6	250	14
10	W55A	M45AS, M65A	5.0	220	15
11	W20A, W60A, W21AS, W35AS	M70A, M75A	4.1	135	13
12	W16A, W45AS, W65A	M55AS	4.1	135	11
13	W70A, W75A, W80A	M65AS, M80A	2.8	110	10
14	W55AS, W65AS		2.6	130	9
15		M14A, M Junior B, M Open B	4.9	165	14
16	W14A, W Junior B, W Open B		4.4	150	11
17	W12A Open Easy	M12A	3.4	85	9
18	W10A, Open Very Easy, W shadow	M10A, M Shadow	2.8	75	12

Go for 2&5 Australian 3 Day Championships – Day 3, Monday 22nd April

Event Name	Go for 2&5 Australian Easter 3-days – Day 3
Status	NOL Race 6
Race Classification	Middle Distance
Winning Times	30-35 minutes for all classes, except M/W10 and M/W 12 20-25 minutes
Location and Directions	From Perth CBD take Brookton Highway southeast for approximately 100km; turn left into Westdale Road for 8km; right onto Luptons Road for 1.7km; turn left onto farmland and follow signs for 2km to arena. From Beverley take Great Southern Highway for 3km to Westdale Road, thence 33km and turn left into Luptons Road, thence as above
Map	Umuna
Map Scale(s)	1:10,000
Contour Interval	5m
Mappers	Alex Tarr 2004, updated to ISOM 2017 standards and locally revised by Noel Schoknecht
Course Planner	Dan Greig
Controller	Brian Austin
OA 3-Day controller	Richard Matthews
Terrain Description	A ridge covered by generally open woodland and clear areas with local green vegetation and granite rock detail; generally fast running
Safety Instructions	Uphill to the central track and then north to Assembly area
Punching System	SportIdent (no SIAC)
Walk Distances & Times	
Start Times	10:00am onwards
Start Procedure	As per separate instruction sheet
Warm-up Area	North of fence separating parking area from arena
Out of Bounds	All areas south of fence mentioned above, other than arena area
Enter-on-the-Day courses	Courses 9, 16, 17 and 18 will be available on the day, with start times following the competition starts.
Course Closure	14:30
Presentation	Presentation of the 3 Day Championship awards will commence as soon as practical

Go for 2&5 Australian 3 Day Championships – Day 3 course details

Course	Classes		Length (km)	Climb (m)	Controls
	Women	Men			
1		M21E	5.8	230	24
2		M20E, M35A	5.0	195	22
3	W21E	M21A	4.7	190	20
4		M40A	4.6	155	21
5		M45A	4.3	145	18
6	W20E	M16A, M20A, M50A, M55A	4.1	125	18
7	W35A, W40A	M60A	3.8	125	16
8	W21A, W45A		3.7	110	16
9	W16A, W50A		3.4	105	14
10	W55A	M65A	3.3	105	14
11	W20A, W60A, W65A	M70A, M75A, M21AS, M35AS	3.1	95	13
12		M45AS, M55AS	2.6	55	12
13	W21AS, W35AS, W45AS, W70A, W75A, W80A	M80A, M85A	2.1	50	10
14	W55AS, W65AS	M65AS	1.7	55	9
15		M14A, M Junior B, M Open B	3.4	95	17
16	W14A, W Junior B, W Open B		2.8	55	13
17	W12A, W Open Easy	M12A, M Open Easy	2.3	50	10
18	W10A, W Open Very Easy, W Shadow	M10A, M Open Very Easy, M Shadow	2.1	50	11
19		M21AS (Sledge)	3.6	115	14

WANDOO WANDER

Organisers: South West Orienteering Trekkers (SWOT)

Date: Thursday 25th April 2019.

Location: Lions Dryandra Woodland Village, Dryandra Woodlands (1hr 45mins SE Perth)

Summary: Thursday afternoon score event at this popular nature reserve with beautiful remnant eucalypt forest. Subtle contours and enjoyable running. A one hour score event - 30 controls, something for everyone! A great warm-up for Saturday's Go for 2&5 Australian Middle Distance Orienteering Championships, control picking opportunity on undulating to hilly terrain, scattered granite, laterite breakaways. Dryandra is the home of the Woylie.

EVENT INFORMATION

Start Time and procedure

Course start time is 2.00pm and competitors are asked to gather at the prestart by 1.50pm. Competitors will start in groups of 10 (mixed classes) one minute apart. There will be a start brick accessible for each group of 5. Course time of 60 minutes will commence on punching the start brick. The start triangle will be to the south a short distance away. There will be no starts after 2.30pm.

Control points: controls 101-110 = 5pts, controls 111-120 = 10pts and controls 121-130 = 15 pts.

Timing

The SportIdent electronic punching system will be used. Hire tags will be available from the Registration Hall at the time of registration. Clear and check stations will be available at the registration hall and at the start. Individual results printout will be available at the registration hall and you are reminded to download twice. If a SportIdent control station fails, you must punch your map using the punch on the control stand and mention this when downloading your results

Control Descriptions

Control descriptions will be printed on all maps, with IOF descriptions. There will be English descriptions for the sub-junior available at the Pre-Start.

Finish Procedure

The finish will be where the start is. All competitors must punch the Finish, then proceed to the registration hall to download. Soft-soled running shoes only to be worn in the hall – no metal spikes allowed. A penalty system is in place for those in excess of 60 minutes. 3 points are deducted for each minute over 60minutes. Full loss of points occurs at 90 minutes.

Awards

Winners of each class will receive an award - these will be announced at approximately 3.45pm. A number of SWOT prizes will be randomly drawn from entries – winners will need to be present at the time to choose their prize.

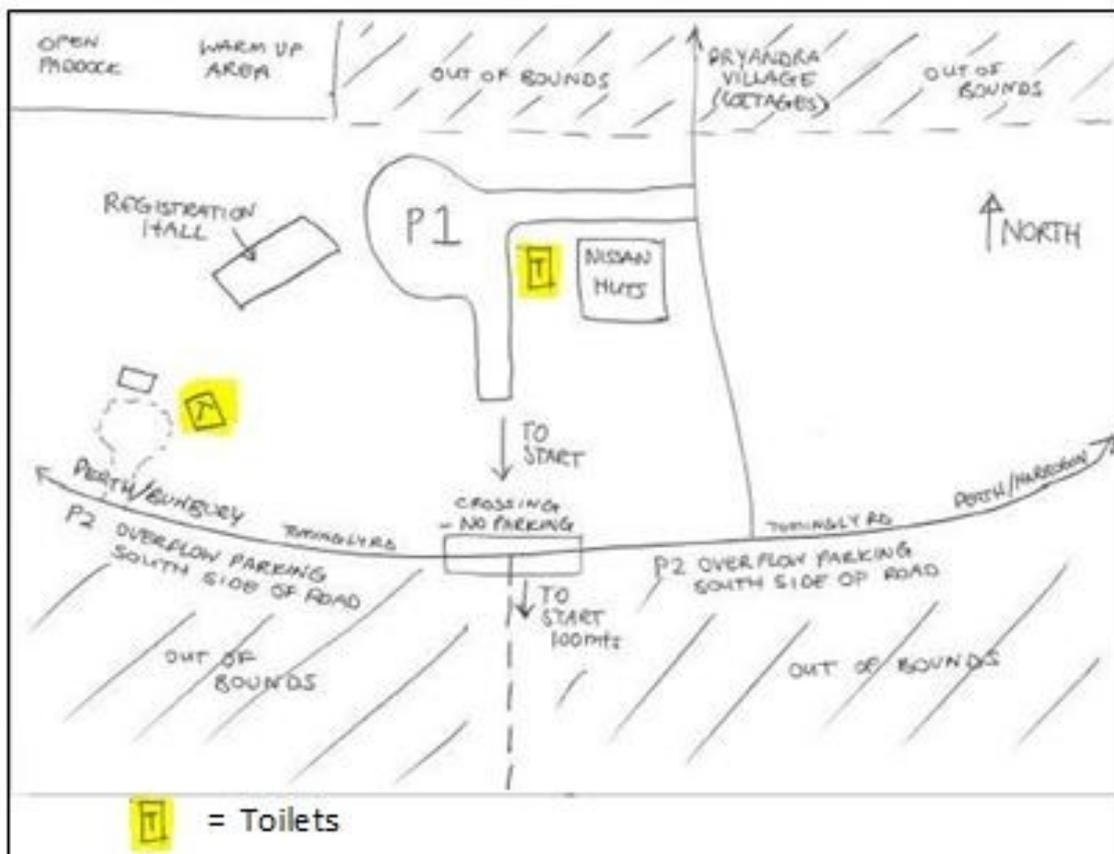
Directions

Note: From Perth using Google maps it will send you through the Dryandra Lions Village – you are asked to avoid this route and follow the instructions below.

From Perth – option 1: Take Albany Hwy, North Bannister-Wandering Rd, Wandering-Pingelley Rd, Pumphreys Rd then the Wandering-Narrogin Rd. Turn into Dryandra Rd and then Tomingley Rd. It will be sign posted from the Dryandra Rd turnoff.

From Perth – option 2: Take Albany Hwy, York-Williams Rd, Tomingley Rd

From Narrogin – Take Wandering-Narrogin Rd, Dryandra Rd and Tomingley Rd.



Parking

P1 on the mud map will be the first parking area to be filled – turn from Tomingley Rd into the Dryandra Village Road and follow the directions of the parking attendants. Once P1 is full, parking will be along the south side of Tomingley Rd. A no parking area will be marked either side of the road where the track to the start begins – there will be crossing attendants situated there too.

Welcome to Narrogin Event – Friday 26th April

Event Name	Welcome to Narrogin Event
Status	Informal, Warm-up
Race Classification	Scatter
Winning Times	Non-competitive
Arena Location	Gnarojin Park, Gordon St, Narrogin
Directions	<p>From the town centre (Shire Hall at corner of Federal and Fortune St) you can walk to the event via three crossing points over the (disused) railway line and Great Southern Highway, then over the creek to the Ceremony assembly area near the Skate Park.</p> <p>Alternatively, drive North on Federal St then turn right into Clayton Rd, which leads to a roundabout at the junction of Great Southern Highway. Take the second exit from the roundabout into Kipling St, then immediately turn right into Gordon St and the assembly area is in 100m, with parking available nearby.</p>
Map	Gnarojin Park
Map Scale	1:4000
Contour Interval	2 m
Mappers	Tony Simpkins
Course Planner	Tony Simpkins
Welcome Ceremony	The event will open at 9:00am with a Welcome to Country performed by Basil Kickett, a local Noongar man. The President of Narrogin Shire, Mr Leigh Ballard, will then welcome orienteers to Narrogin, followed by a response from Blair Trewin, President of Orienteering Australia.
Orienteering Course	<p>From around 9:30am a scatter type orienteering course with 16 controls will be available. Participants can use a paper map (available for \$2.00), or MyOMaps on their smartphone – or both. The MyOMaps version of the course will be available for download from the Welcome Event page on the Carnival website (https://www.wa.orienteering.asn.au/easter-2019) from Tuesday 23rd April. You will need to have the MyOMaps app (available for Apple and Android phones from http://www.myomaps.com/).</p> <p>Street-O type course markers with traditional punches will be used, and will remain in place until 1:00pm. The course will be available on MyOMaps for several days.</p>

Go for 2&5 Australian Sprint Orienteering Championships - Friday 26th April

Event Name	Go for 2&5 Australian Sprint Orienteering Championships
Status	WRE, NOL Race 7
Race Classification	Sprint
Winning Times	12 – 15 minutes
Arena Location	School oval at Narrogin Senior High School, Homer St, Narrogin
Directions	All competitors – assemble at Arena (see “Transport and Parking” and the map below).
Map	Narrogin SHS
Map Scale	1:4000 for M/W14 to 40, 1:3000 for other classes. See Course Details table below.
Contour Interval	2 m
Mappers	Tony Simpkins
Course Planner	Tony Simpkins
Controller	Russell Candy
IOF Event Advisor	Jenny Casanova
Terrain Description	The area comprises a school campus, located on a plateau, and the surrounding forested slopes, which include areas of complex contour detail, and many tracks and paths. The runnability of the forested area varies from very fast to very slow, but the worst thickets are easily avoided by the use of the path network. The school campus is small, but complex, with many fences, walls, gardens and passageways.
Safety Instructions	Use caution running around building corners, Watch for other runners. Please respect other runners on all courses and at controls.
Punching System	SportIdent (no SIAC)
Start Times	Elite Starts from 12 noon Reverse World Ranking order. NB 20E and 21E start lists are combined. Non-Elite Starts commence from 1:10pm.
Start Procedure	See the start procedure elsewhere in this bulletin. Start interval is 1 minute for all classes
Start	The Pre-Start is on the West side of the school sports oval, where the Event Arena is located. From the Pre-Start there is a compulsory taped route of 40m to the Start, which will be marked by a flag with no SportIdent station.
Warm-up Area	Competitors can warm up on the school oval – do not cross spectator barriers, and do not leave the grassed area. The cricket square and practice areas are out of bounds. Warm-up is also allowed along Gray St and Homer St. All the area East of Gray St and all the area South of Homer St as far as the junction with Butler St are out of bounds.

Clothing and Footwear	Full leg cover is recommended, but not essential. Both within the school and in the forest area there are tracks and sloping areas of a coarse gravel, known locally as ‘pea gravel’, which can be very slippery in shoes with minimal grip. Shoes with reasonable grip are recommended, but if using dobbed soles, bear in mind that there are also substantial paved areas within the school. Full spikes are not permitted.
Map Notes	<p>The map conforms to ISSOM 2007, except that some symbols from the draft ISSOM 201x have been adopted. These include:</p> <ul style="list-style-type: none"> • 103 Form line – width reduced to 0.15; • 402 Open land with scattered trees – white dots on yellow background; • 519 Passable wall – black line with evenly spaced large dots; • 709 Out of bounds area – purple cross-hatch; • 601 Magnetic North lines – now 120m apart. <p>In addition, some line thicknesses have been changed in accordance with the draft ISSOM 201x, eg:</p> <ul style="list-style-type: none"> • 102 Index contour reduced to 0.30; • 507 Small unpaved footpath increased to 0.27; • 526.2 Canopy outline increased to 0.10; • 529.1 Step or edge of paved area increased to 0.10. <p>For 528.1 Area that shall not be entered, all instances have a boundary line. Within the school campus, 528.1 is used mainly for gardens, and these will be taped off wherever they might otherwise appear to be crossable. There is one crossable section of a linear garden that has no plantings, and is mapped as Rough Open Land (403), and will not be taped.</p>
Special Map Features:	<ul style="list-style-type: none"> • A residential hostel, immediately North of the school is mostly out of bounds, shown with symbol 709. On the East side of the Hostel, two gates will be opened, allowing passage through that part of the grounds which is not marked as out of bounds. • Parts of the forested area have been quarried in past years, leaving areas with many depressions of varying sizes, many small hills and knolls, and much broken ground. • On the East side of the school sports oval, there is a slope with three concrete channels for the purpose of run-off. These are shown as short watercourses (symbol 306). • The areas surrounding the Pre-Start and the Map Change are out of bounds before and during the competition, shown with symbol 714 Temporary closed area. Route choices through these areas are therefore not allowed.
Map Change	There will be a map change on courses 1 to 9. This is located near the Arena, and visible from it. The procedure for the map change is:

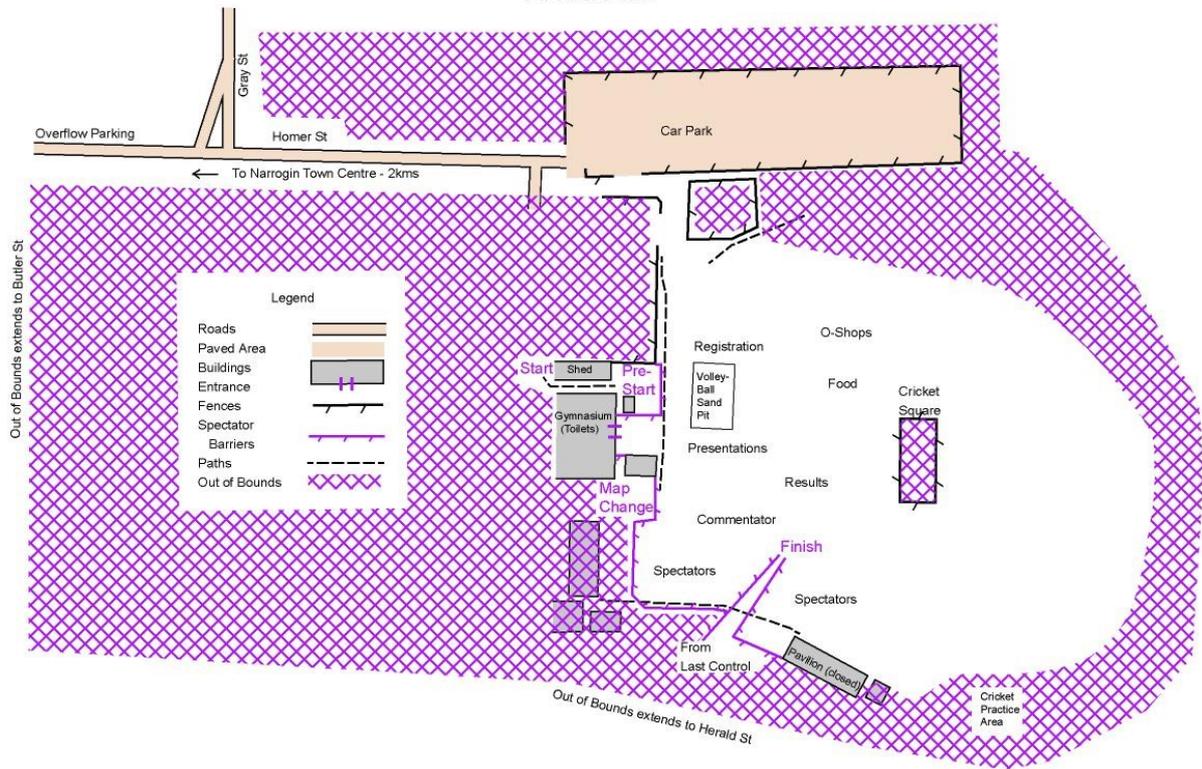
	<ul style="list-style-type: none"> • Punch the previous control (the last control shown on Map 1, and not visible from the Arena); • Follow a taped route 40 metres to the map change; • Place Map 1 in the box provided; • Pick up Map 2. This map shows a Start triangle at the map change location; • Follow a taped route for 40m, then continue to the next control.
Radio Controls	There will be three radio controls, one after an early loop on all hard courses, another at the Map Change for courses 1 to 9, and the final one at the last control (70m from the Finish).
Control Separation	<p>There are many controls in the competition area – check control codes carefully.</p> <p>Courses have been set in accordance with IOF Rules 19.4/3.5.5. Controls are more than 25m apart when control features are distinctly different, and more than 30m apart when on similar features.</p>
Finish	<p>The finish involves a short uphill before emerging into the Arena. Spectators will be allowed at the top of the slope; photographers wanting closer access to the last control should seek approval from the Event Controller.</p> <p>All competitors will be required to download twice after punching the Finish control. Maps must also be left at the Finish, and will not be available for collection until after all other age classes have started, at approximately 2:30pm.</p>
Transport and Parking	<p>Parking for the event is adjacent to the event arena, at the end of Homer St. This is a 2km drive or a 1.6km walk from the centre of Narrogin.</p> <p>Directions: from Narrogin town centre (Shire Hall at the junction of Fortune St and Federal St), travel either North or South along Federal St.</p> <p>Northern route (2.4kms): turn right at the end of Federal St into Clayton Rd, which leads to a roundabout at the junction of Great Southern Highway. Take the second exit from the roundabout into Kipling St, then after 1km turn right into Gray St. At the end of Gray St, turn left into Homer St, and drive 100m into the car park. All the area to the East of Gray St, and either side of Homer St is out of bounds.</p> <p>Southern route (2.2kms): continue South along Federal St for 700m then turn left into Forrest St, which leads to a roundabout at the junction of Great Southern Highway. Take the second exit from the roundabout into Herald St, then after 600m turn left into Butler St, and then turn right at the next intersection into Homer St and drive 250m into the car park. All the area to the East of Butler St and South of Homer St is out of bounds.</p> <p>Walking Route (1.5kms): from the Shire Hall cross Federal St, and take Fortune St East. Just around the corner you will see the</p>

	<p>footbridge which goes over the railway and across Great Southern Highway to Gnarojin Park. At the far end of the footbridge, cross the road and walk up Hansard St for 800m to Gray St. Turn right and next left into Homer St, then walk up to the car park, and from there onto the Arena.</p> <p>NB Only the Northern route will have Orienteering signs, and only from the Great Southern Highway roundabout exit into Kipling St.</p>
Out of Bounds	Refer to Map Notes, Special Map Features, and Warm-up Area sections above.
Spectating	Most of the oval is available for spectating - please respect barriers. Elite competitors will be visible several times during their courses from the viewing point at the S end of the oval, as well as in the run-in to the Finish in the Arena.
Toilets	Toilets are located in the school gymnasium, between the out of bounds areas of the Pre-Start and Map Change.
Enter-on-the-Day courses	<p>Enter on the day (EOD) will be available on courses 9, 12, 13, 14 and 15.</p> <p>EOD on courses 9 and 15 will be available to experienced orienteers only.</p>
Course Closure	50 minutes after the last start.
Presentations	Presentations for all classes, including Elite classes, will take place at around 2:45pm

Course Details:

Course No.	Classes	Map Scale	Length	Climb	No. Controls	Map Change
1	M20E, M21E`	1:4000	4.0km	30m	24	Y
2	W20E, W21E	1:4000	3.6km	20m	20	Y
3	M16A, M35A, M40A	1:4000	3.4km	40m	19	Y
4	M45A, M50A	1:3000	3.1km	30m	20	Y
5	W16A, W35A, W40A, M20A, M21A	1:4000	2.6km	20m	17	Y
6	W45A, W50A, M55A	1:3000	2.8km	15m	17	Y
7	W55A, M60A, EODH Sprint	1:3000	2.6km	15m	16	Y
8A	W60A, M65A, M70A	1:3000	2.4km	20m	15	Y
8B	W21A	1:4000	2.4km	20m	15	Y
9	W65A, W70A, M75A	1:3000	2.0km	10m	13	Y
10	W75A, W80A, M80A, M85A	1:3000	1.4km	15m	9	N
11	M14A, M Junior B, M Open B	1:4000	2.7km	35m	20	N
12	W14A, W Junior B, W Open B EODM	1:4000	2.4km	30m	18	N
13	W12A, M12A, Open Easy, EODE	1:3000	2.1km	30m	21	N
14	M10A, W10/M10 Shadow, Open Very Easy, EODVE	1:3000	1.7km	25m	24	N
15	Bush Course, EODH Bush	1:4000	3.1km	35m	20	N

2019 Go for 2&5 Australian Sprint Championships
Narrogin Senior High School
Arena Plan



Go for 2&5 Australian Middle Distance Orienteering Championships – Saturday 27th April

Event Name	Go for 2&5 Australian Middle Distance Orienteering Championships
Status	WRE, NOL Race 8
Race Classification	Middle Distance
Winning Times	30—35 minutes
Arena Location	Property of Greg and Eileen Scott, Narrogin
Directions	All competitors – assemble at Arena (see “Transport and Parking” and the map below).
Map	Foxes Lair
Map Scale	1:10000
Contour Interval	5 m
Mapper	Noel Schoknecht
Course Planner	Noel Schoknecht
Controller	Russell Candy and John Major
IOF Event Advisor	Jenny Casanova
Terrain Description	<p>Gently undulating to hilly terrain with scattered granite and occasional lateritic breakaways. Generally fast and open running.</p> <p>In some areas the eucalypts, sheoaks and wattles are closely spaced, but in general they are mapped white unless running speed is significantly affected. Small areas with fallen branches and moderately dense acacia or sheoak thickets are mapped as slow running or walk. Small and very distinctive areas of 1.5–2 m high bushes (not prickly) near the finish are mapped as slow running. There are also small areas of a prickly <i>Dryandra</i> species locally known as “parrot bush” which, depending on density, are mapped as slow running or walk.</p> <p>In the east of the map there are numerous narrow mountain bike trails mapped using the small footpath symbol. At the end of summer with little undergrowth these can be difficult to see on the run.</p> <p>At the end of several vehicle tracks there are gates standing alone without an associated fence. These are used to control vehicle access throughout the reserve. These gates may be open or closed. They have no influence on runnability and are not mapped.</p>
Safety Instructions	Most of the hard courses cross Range Road, a minor bitumen road which, although having very little traffic, should be crossed with caution.
Punching System	SportIdent (no SIAC)
Start Times	All starts from 10 am.
Start Procedure	See the start procedure elsewhere in this bulletin. Start interval is 2 minute for all classes.

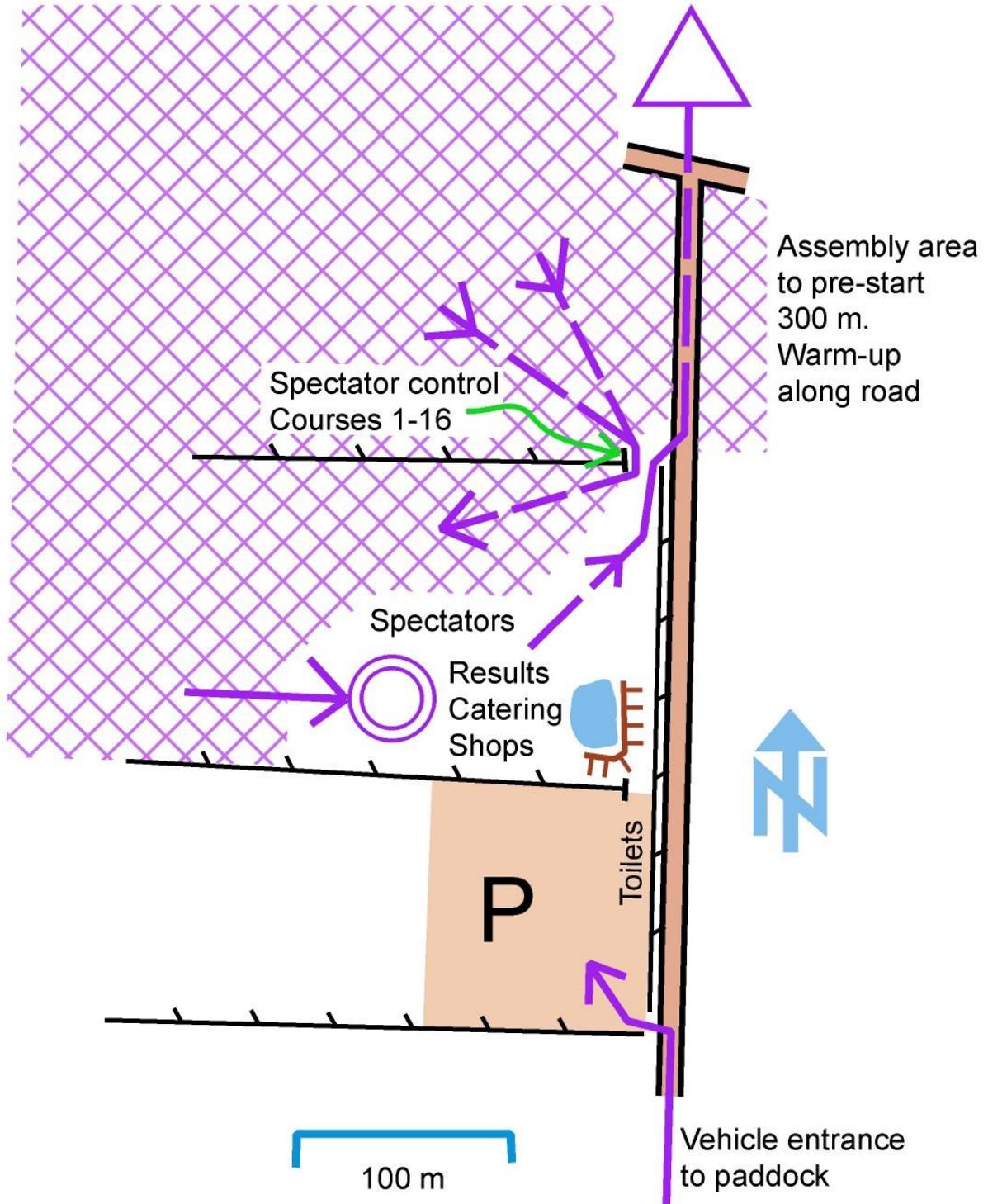
Start	<p>The Pre-Start is 300 m from the assembly area. The route from the assembly area to the Pre-Start will be marked by cones and tapes. The route starts NE from the assembly area through a paddock then through a gate, before travelling north along a road to the Pre-Start. A spectator control common to courses 1-16 is on the west side of this gate. Competitors walking to the start will pass through the eastern part of the gate. Tapes will clearly separate the two routes. Competitors must enter the Pre-Start with their Sportident cards cleared and checked 4 minutes before their start time. A clock will show 'Next Start Time' at the entry to the Pre-Start. Competitors will not be called up individually, and it is their responsibility to report at the correct time.</p> <p>Control descriptions will be issued 2 minutes before Start time. The description sheet sizes are 5 cm wide and the following lengths (including 2.4 cm for event information): M21E – 17.4 cm and W21E – 14.4 cm.</p> <p>From the Pre-Start there is a compulsory taped route of 80 m to the Start, which will be marked by a flag with no Sportident station.</p>
Warm-up Area	Warm up is along the road between the assembly area and the Pre-start.
Clothing and Footwear	Full leg cover is recommended, but not essential. The majority of the map has little undergrowth, although some areas have fallen branches and low bushes and small areas of a prickly <i>Dryandra</i> species locally known as “parrot bush”. Small kangaroo ticks occur occasionally. Please check after your run.
Map Notes	The map conforms to ISOM 2017. There is no legend on the map.
Water	Water will be provided on the course at selected control locations for all courses except C17 and C18. Water will be available at the Pre-Start and the Finish.
Radio Controls	There will be three radio controls, one about half way through the course, one near the finish and one at the last control (110 m from the Finish).
Finish	<p>There is a gentle downhill run to the finish.</p> <p>All competitors will be required to download twice after punching the Finish control.</p> <p>Maps must also be left at the Finish, and will not be available for collection until after all other age classes have started, at approximately 12:30pm.</p>
Transport and Parking	From Narrogin Centre drive south along Federal Street. After 1.4 km (From Federal Street/Egerton Street intersection) turn right into Mokine Road (signposted). Travel south along Mokine road for 1.5 km. The road does a sweeping bend to the right and heads west. Stay on the bitumen. After about 1.2 km turn right into a gravel road (signposted). After 200m turn right again. Follow this gravel road (which turns into a bitumen road after 0.8 km) north for 1.3 km. Turn left into paddock and follow directions for parking.

	<p>The route will be signposted from the Federal Road/Mokine Road intersection. Assembly area co-ordinates are 32.95°S 117.164°E.</p> <p>Note that a shorter route to the assembly area from Narrogin along Range Road travels though the Foxes Lair event map and is strictly out-of-bounds.</p> <p>Toilets are located near to the parking area.</p>
Out of Bounds	Refer to arena plan. Out of bounds areas will be indicated by signs.
Spectating	<p>Both sides of the lower 50 m of the finish chute is available for spectating. The shaded slope north of the finish chute will be a beautiful place to view the finish activities.</p> <p>There is also a spectator control common to courses 1-16 on the west side of the gate which all competitors pass through on the way to the start.</p>
Toilets	Toilets are located on the edge of the parking area, about 100 m from the assembly area.
Enter-on-the-Day courses	Enter on the day (EOD) will be available on courses 10 (hard), 15 (moderate), 17 (easy) and 18 (very easy).
Course Closure	2 hours after last start.
Presentations	Presentations for all classes, including Elite classes, will take place as soon as possible after the last starts - around 1.30 pm.

Course Details:

Course	Classes	Controls	Length	Climb
C1	M21E	23	6.2 km	135 m
C2	M20E, M35A	20	5.5 km	115 m
C3	W21E, M21A	19	5.1 km	105 m
C4	M40A	20	4.8 km	100 m
C5	M45A	20	4.6 km	100 m
C6	W20E, M16A, M20A, M50A, M55A	17	4.4 km	90 m
C7	M60A, W35A, W40A	15	4.0 km	75 m
C8	W21A, W45A	15	3.7 km	70 m
C9	W16A, W50A	17	3.6 km	70 m
C10	M65A, W55A, EOD Hard	16	3.3 km	65 m
C11	M70A, M75A, W20A, W60A, W65A, M21AS, M35AS	15	3.1 km	55 m
C12	M45AS, M55AS	12	2.3 km	40 m
C13	W21AS, W35AS, W45AS, M80A, M85A, W70A, W75A, W80A	11	2.1 km	40 m
C14	M65AS, W55AS, W65AS	10	1.9 km	30 m
C15	M14A, M Open B, M Junior B, EOD Moderate	13	3.0 km	50 m
C16	W14A, W Open B, W Junior B	11	2.4 km	40 m
C17	W12A, M12A, Open Easy, EOD Easy	14	2.5 km	40 m
C18	W10A, M10A, Open Very Easy, M&WShadow, EOD Very Easy	12	2.0 km	30 m

ARENA PLAN



BLANK PAGES FOR YOUR OWN NOTES

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Go for 2&5[®] Recipe Collection

8 serves of vegies
in this recipe

Chicken Burgers

15 minutes preparation + 5 minutes cooking

Pattie Ingredients

500g chicken mince
100g mushrooms, roughly chopped
1 stick celery, roughly chopped
1 onion, roughly chopped
1 large sprig parsley
1 egg
2 teaspoons reduced-salt soy sauce
½ -1 cup fresh breadcrumbs
A little flour to shape patties
Olive or canola oil spray

Other Ingredients

6 wholemeal rolls, cut open and spread with sweet chilli sauce
3 lettuce leaves, shredded
1 tomato, sliced
½ cucumber, sliced

Method

Place mince in a large bowl and process all other ingredients in a food processor until smooth. Mix with chicken mince and enough breadcrumbs to make a soft but manageable texture. Divide mixture into six and shape with a little flour to round patties larger than the width of the rolls. Spray a non-stick pan with oil and cook for 4-5 minutes on each side until brown and cooked through. Serve on a roll with lettuce, tomato and cucumber slices.

Makes 6

Variation

For a beef burger, substitute 500g lean minced beef for chicken. Substitute low-fat cottage cheese or labneh for the sweet chilli sauce.

