



**Go for 2&5 Australian Sprint Championships 2019**  
**Go for 2&5 Australian Middle Distance Championships 2019**  
**(World Ranking Events)**

**Narrogin, Western Australia 26/27 April 2019**

**Bulletin 2**

The Go for2&5 Australian Sprint Championships and Go for 2&5 Australian Middle Distance Championships for 2019 will be conducted by Orienteering Western Australia in the town of Narrogin, 200kms south east of Perth.

General event details are available in Bulletin 1 at the event website:

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

**Start Lists:**

Are available on the above website or the Eventor pages for the events:

Go for2&5 Australian Sprint Championships

<https://eventor.orienteering.asn.au/Events/Show/6943>

Go for 2&5 Australian Middle Distance Championships

<https://eventor.orienteering.asn.au/Events/Show/6944>

Start times will be in reverse ranking order, based on World Rankings as at 6<sup>th</sup> April 2019. Note that sprint rankings are different from forest rankings, so the starting order at the two events will be different. Competitors without a WRE ranking will start earlier.

For the Go for2&5 Australian Sprint Championships, Junior (M/W20E) and Senior (M/W21E) athletes will run the same courses, and will be treated as a single class for World Ranking Event purposes, and therefore for starting order purposes.

At the Go for 2&5 Australian Middle Distance Championships, only competitors entered in M21E and W21E will participate in the World Ranking Event.

**IOF Athlete ID for World Ranking Events:** please check the Start List to confirm that your IOF Athlete ID is entered correctly. If there is no ID number, then it is your responsibility to make sure you have registered in IOF Eventor, and to advise your athlete ID at Registration.

**Registration:**

Registration for the events is included in the Easter Carnival registration. Carnival Registration will be open at all the Easter 2019 Carnival events, commencing with the Go for 2&5 Sprint Relay Day on 19<sup>th</sup> April. See the above website for all the Carnival event details.

There is an email contact page on the website. For other contact details refer to Bulletin 1.



## Event Notes

### 1. Go for 2&5 Australian Sprint Championships

#### Map:

Narrogin Senior High School, 1:4000, 2m Contour Interval. The map conforms to ISSOM 2007, except that some symbols from the draft ISSOM 201x have been adopted. These include:

- 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.

In addition, some line thicknesses have been changed in accordance with the draft ISSOM 201x, eg:

- 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.

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.

#### Terrain Notes:

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.

#### Special Map Features:

- 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. These areas are very tight, and will be busy, therefore Route choices through them are not allowed.

#### Warm-Up:

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, and all the area North, East and South of the oval are out of bounds (see Arena Plan).

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.

### **Arena Plan:**

The Arena Plan is in the Final Bulletin for all Carnival competitors, available on the Carnival website. A copy is also available on the Eventor page for the event.

### **Start:**

The Pre-Start is on the West side of the school sports oval, where the Event Arena is located. 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.

Control descriptions will be issued 2 minutes before Start time. The description sheet sizes are:

Men – 20cm x 5cm; Women – 17.5cm x 5cm (these sizes include 2.5 cm for the event titles)

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.

The first start time is at 12:00 noon.

### **Map Change:**

There will be a map change on both the Men's and Women's courses. This is located near the Arena, and visible from it. The procedure for the map change is:

- 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 before continuing to the next control.

### **Clothing:**

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, such as road running shoes. 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.

### **Transport, Parking, etc.:**

Details of how to get to Narrogin were included in Bulletin 1. Parking for the Go for2&5 Australian Sprint Championships 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.

Directions: from Narrogin town centre (Shire Hall at the junction of Fortune St and Federal St), travel either North or South along Federal St.

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.

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.

Walking Route (1.5kms): from the Shire Hall cross Federal St, and walk in an Easterly direction to the bottom of Fortune St. Just around the corner you will see the footbridge which goes over the railway and across Great Southern Highway to Gnarojin Park. At the far end of the footbridge in Gnarojin Park, cross the road and walk up Hansard St for 800m to Gray St. Turn right and then next left into Homer St, then walk up to the car park, and from there onto the Arena.

NB Only the Northern route will have Orienteering signs, and only from the Great Southern Highway roundabout exit into Kipling St.

Toilets are located in the school gymnasium, between the out of bounds areas of the Pre-Start and Map Change. There is little shelter on the arena, but in the event of heavy rain, WRE competitors may shelter in the gymnasium.

The arena will have the Finish, Registration, electronic Results display from Living it Live and O-Lynx, a coffee van, and orienteering gear stall. There is good mobile telephone coverage.

### **Course Details:**

W21E (includes W20E): 3.6km, 20m Climb, 20 Controls.

M21E (includes M20E): 4.0km, 30m Climb, 24 Controls

Course lengths are given as the anticipated running distance, as per Orienteering Australia Competition Rule, Appendix 8 1.2.

There are no refreshment controls. Water will be available at the Pre-Start and the Finish.

The maximum running time is 50 minutes. Competitors over this time limit will be recorded as 'Did not finish' (dnf).

### **Radio Controls:**

There will be three radio controls, one after an early loop (approx. 20% of the course), another at the Map Change (70%), and the final one at the last control (70m from the Finish).

### **Finish:**

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 3:00pm.

### **Presentations:**

Presentations for the Elite classes will take place together with other classes at around 2:45pm.

## 2. Go for 2&5 Australian Middle Distance Championships

**Map:** Foxes Lair, 1:10000, 5 m contour interval. The map conforms to ISOM 2017.

### **Terrain Notes:**

Gently undulating to hilly terrain with scattered granite and occasional lateritic breakaways. Generally fast and open running.

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 *Dryandra* species locally known as “parrot bush” which, depending on density, are mapped as slow running or walk.

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.

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.

### **Warm-Up:**

Warm up is along the road between assembly area and the Pre-start.

### **Arena Plan:**

The Arena Plan is in the Final Bulletin for all Carnival competitors, available on the Carnival website. A copy is also available on the Eventor page for the event.

### **Start:**

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.

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.

The first start time is at 10 am.

### **Clothing:**

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 *Dryandra* species locally known as “parrot bush”.

## Transport, Parking, etc.:

Details of how to get to Narrogin were included in Bulletin 1.

Parking for the Go for2&5 Australian Middle Distance Championships event is in a paddock west of Range Road. Distance from Narrogin Centre to the assembly area is approximately 5.5 km.

## Directions:

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

The route will be signposted from the Federal Road/Mokine Road intersection. Assembly area co-ordinates are 32.95°S 117.164°E.

**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.**

Toilets are located near to the parking area.

The arena will have the Finish, Registration, electronic Results display from Living it Live and O-Lynx, a coffee van, and orienteering gear stall. There is good mobile telephone coverage.

## Course Details:

W21E 5.1 km, 105 m climb, 19 controls.

M21E 6.2 km, 135 m climb, 23 controls

Water will be provided on the course at control locations (2 for M21E, 1 for W21E).

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.

## Finish:

There is a gentle downhill run for 110 m to the finish. 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 12.30.

## Presentations:

Presentations for the Elite classes will take place together with other classes at around 1.30 pm.

