



Sunshine Orienteers

Coochin Creek MTBO and FOOT Events



Sunday 26th May 2019

Points to note for this event

- **The Bruce Highway and the verge is Out of Bounds (OOB) as shown with the 'forbidden route' symbol.**
- Parking is going to be tight so follow instructions and please park economically.
- Registration is indicated on the map by a red cross. It is also the First Aid post.
- Sausage sandwiches, fruit, biscuits and drinks are available at the administration area.
- Pit toilets will be erected at the event site. Please use them courteously. There are toilets located at the service centre before you get to the event if coming from the south.
- Install Emergency App onto your phone. See details below.

Mobile phones, including smartphones, may be carried for emergency use only. They must not be visible whilst riding and are obviously not to be used during the event for navigation.

- GPS enabled devices may be used during the event, provided they don't display a map or breadcrumb trail. If in doubt about your device ask the Organiser.

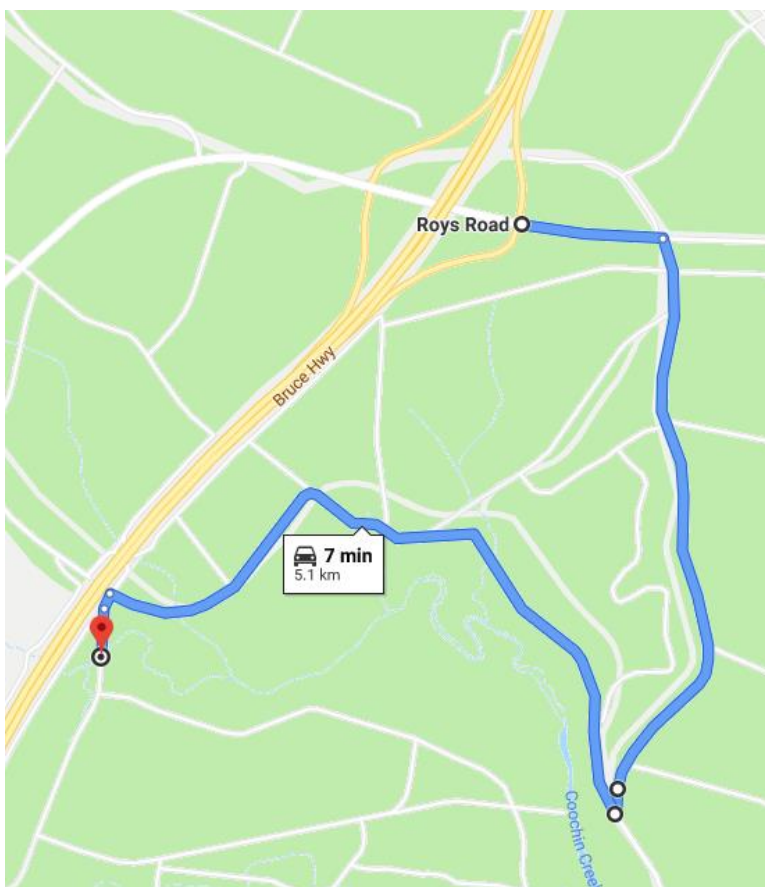
DIRECTIONS

From Brisbane: Travel North along the Bruce Highway and take the Bells Creek Rd, Roys Rd exit (Exit 179) and turn right using the bridge to cross the Bruce Highway. Travel 1km, turn right into Roy's Rd and follow Bells Creek Rd directions below. [Google Maps](#) link to this point.

From Sunshine Coast: Travel South along the Bruce Highway and take the Bells Creek Rd, Roys Rd exit (Exit 179) and turn left. Travel 500m, turn right into Roy's Rd and follow Bells Creek Rd direction below. [Google Maps](#) link to this point.

From Bells Creek Rd. Turn right into Roys Road . Travel 2km and turn sharp right. Travel along this bitumen road for 2.5km to parking area.

There will be signs and all but the last 100m is bitumen.



PARKING

Please follow parking attendants instructions. Most 4WD's will be asked to park past the administration area (be careful of pedestrians).

REGISTRATION

Rego Opens at 8:00 am for MTBO competitors and 9:15am for foot courses.

All competitors are required to go to Registration to check in and make any outstanding payments.

If you hired a SPORTIDENT timing stick when you entered, we'll issue it or if you missed that step, they're available for \$5.00. Bring cash.

For newcomers, basic instruction on use of the SPORTIDENT Air sticks and using the map and map board will also be available from our club members at registration.

A small quantity of club map boards will also be available for hire at registration for \$10. It makes a big difference to holding the map on your bike.

COURSES

Course	Length	Climb	Classes
1	35 km	125m	M21, M40, W21, Long
2	24 km	100m	M20, M50, M60, W20, W40, W50, Medium
3	14 km	55m	M14, M17, M70, W14, W17, W60, W70, Short
Score	3 hour		This event can be ridden solo or team up after you start.
Rec Score	90 min		E-bikes, Families, Groups, Teams

For the Score class, there will be a number of controls on the map that may be visited in any order. The aim is to accumulate the maximum number of points and return within the given time limit by visiting the most controls. Each control is worth a multiple of ten. For eg. Control 57 equals 50 points, Control 65 equals 60 points, Control 93 equals 90 points.

In the event that more than one rider visits all the controls, the winner will be the rider that returns in the quickest time.

10 points will be deducted for each minute or part minute you are longer than your allocated time (3hrs or 90 mins) up to the time you punch a "Finish" control. Riders finishing more than 30 minutes after the course finish time will have all points deducted. There are no extra points for finishing before the finish time.

This is not a mass start for the Score Course so it is important that you keep track of your own time from when you started. Bear in mind that all courses close at 12:30. Please keep this in mind when making your way to the start.

You may decide to bring your own plastic map bag just in case it rains.

There will be many other controls in the field that are not on your map.

All courses close at 12:30pm.

START

After you register for

- MTBO, you can start between 8:30am and 9:30 am.
- For Foot you can start between 9:30am and 10:15am.

There are no pre-allocated start times. You may start at any time during the above starting windows.

Note: you must **Clear** and **Check** your SPORTIDENT Air stick, as this wakes it up. There will be a **Test** unit after the Clear and Check to test your Sportident Air stick has turned on.

Tip: we use a pre-recorded announcement to give you safety warnings and tell you when you can pick up your map, so listen to it carefully!

After you've been given the start signal, you may choose to spend a few minutes deciding on which route to follow. Just move aside so you don't obstruct other starters.

TIP: take it slow to your first control point, to get a feel for how the scale of the map relates to actual distances on the ground.

Note: you're unable to change courses at the start. Do this at Rego beforehand.

FINISH

At the finish, riders must punch or wave one of the "Finish" controls to end their event and record a finish time. After punching the finish control, proceed to the download desk at the administration tent to download your results and receive your time. If you have a hired SPORTIDENT stick, we'll retrieve it from your bike/person. If you hired a mapboard this will also be recovered. **Riders who finish after the official course closure time will be disqualified.**

For safety reasons, all riders must report to the finish and then the download tent to indicate they have returned safely, irrespective of what time they return, to avoid search and rescue procedures.

DO NOT GO HOME WITHOUT DOWNLOADING.

Tip: The Finish control turns off your SPORTIDENT Air stick, so you must go there to end your ride and conserve its battery.

COURSE CLOSE

All courses close at 12:30pm. Controls will turn off at that time, so if you are still on the course, return to the Finish and then the Download desk.

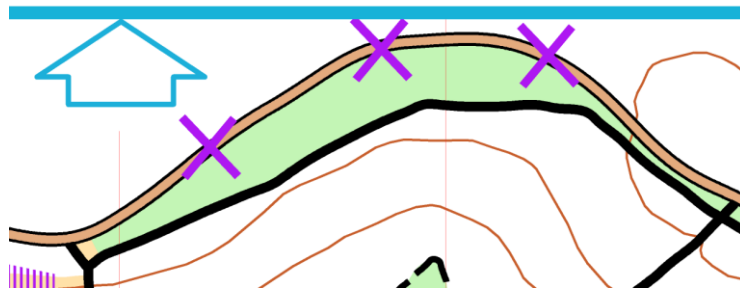
TERRAIN

The event area is mainly plantation pine separated by areas of native bush. It contains a network of dirt roads and some 4-wheel drive tracks and some narrow single track. The majority of the area is gently undulating. A few of the tracks can be more difficult to identify and may be overgrown. Most tracks have survived the recent rains well but some tracks are prone to standing water (mud) at watercourse crossings. There are some large puddles but most will be able to be ridden or walked around. Please do so with caution. The tracks are shown with a rideability (speed) grading. Whilst we spend lots of time getting our maps right, grass grows, it rains and trees fall and some tracks have been bulldozed or slashed just before this event. These things are beyond our mapper's control, so things might appear differently on the ground.

OUT OF BOUNDS

Prohibited areas are marked on the map with a regular striped pattern. You are not to ride on any road or track within the Out of Bounds area. You must stay on tracks and open land areas marked on the map. You must also remain with your bike at all times. No shortcutting through the bush is allowed.

There are roads that you are not permitted on during competition. **This includes the Bruce Highway and the verges beside it.** They are marked on the map with purple crosses to clearly indicate that you can't travel on them.



TRACK GRADING

The maps have been prepared to the IOF standard for MTBO maps with the exception that we are using the Australian 2 x 4 track grading system, briefly explained below. If you are unsure about the track grading system, study the map legends available at registration. If you have any questions, please ask of our helpers.

	fast	medium	slow	difficult
Bitumen road	—————			
Dirt roads	—————	- - - - -	- - - - -
Dirt tracks	—————	- - - - -	- - - - -
Overgrown		———		

Fast – little or no restriction to the speed which a rider can attain. Generally, these are tracks that would be suitable for a standard 2WD vehicle. Roads shown as a wide full line, and tracks as a narrower full line.

Medium – generally good riding with some reduction in speed and a requirement to keep an eye on where you are going to avoid obstacles such as potholes, rocks, ruts, sand, vegetation etc. Generally, these are tracks that would be suitable for a light 4WD vehicle. Roads shown with a wide line and a long dash and tracks with a narrower line and a long dash.

Slow – sufficient obstacles to require the rider to pick lines to avoid obstacles. Consistently potholed, rocky, rutted, vegetated or sandy. Skilled, fit riders should be able to ride almost always. Less skilled and fit riders may have to dismount. Roads shown with a wide line and a short dash and tracks with a narrower line and short dash.

Difficult – a technical track/path which may require the rider to dismount. Skilled, fit riders may be able to ride without dismounting.

Overgrown – track existed at some earlier stage to a standard indicated by the black line symbol, but may be obscured by plant growth.









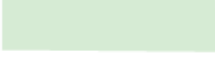


Map

For the MTBO, the map will be 1:20000, A3 with a 5m contour interval.

For the Foot O, the map will be 1:10000, A4 with a 5m contour interval.

MAP SYMBOLS

Legend

Forbidden route	
Special manmade feature	
Obstruction on track	
Lake/dam	
Crossing Point	
Railway	
Contour/Index contour	
Watercourse	
Native Bush	
Out of bounds	
Rough Open Land	

SMOKING

Orienteering is a Smoke Free sport, so our assembly and event areas are smoke free zones.

WATER

Drinking water will be available for purchase at administration. It is advisable to bring your own water for before, during and after the event. Competitors are strongly advised to have plenty to drink prior to competing to help minimise the effects of dehydration and to take sufficient water with you.

SAFETY

For any serious medical emergency call Triple Zero (or 112 if you don't have reception from your usual mobile carrier).

If you encounter an injured rider, you **MUST** abandon your course and render whatever assistance you can. Send another rider back to registration for assistance, if possible. Mobile phone coverage may be limited on the course and assembly area. The emergency contact at the assembly area is 0439979261 or 0439979260

A first-aid kit will be available in the assembly area for emergencies. There will also be a trained first-aider in the assembly area.

Please carry a whistle with you and blow 6 blasts at 5 min intervals should you require assistance.

Hazards on this course may include fallen trees, potholes, long grass, wildlife, horse riders, motor bike riders, vehicles and trucks on public roads, 4WD's. Please keep alert and ride to the conditions. You must obey all road rules.

We recommend and use the Emergency + App, to assist Emergency Services to locate you...



Emergency Plus app

'Emergency +' is a national app developed by Australia's emergency services and their Government and industry partners, helping people to call the right number at the right time, anywhere in Australia. ... Triple Zero calls are free.

Android - https://play.google.com/store/apps/details?id=com.threesixtyentertainment.nesn&hl=en_AU

Apple - <https://itunes.apple.com/au/app/emergency/id691814685?mt=8>

RULES

http://www.mtbo.com.au/mtbo_rules.pdf

The Australian MTBO rules shall apply to this event. These can be found on the [MTBO Club page](#). All competitors are urged to read and understand these rules. Some key items include:

- All MTBO competitors must wear bike helmets.
- Competitors must stay on the tracks marked on the competition map. If terrain or road conditions force the rider to dismount, they must carry the bike on a marked track. No off-road shortcuts through the bush are permitted.
- Competitors on normal courses must visit the control sites in sequential order. Check the control number on the marker is the same as the one on your map before punching.
- Competitors must not become separated from their bike during a competition, unless through injury or mechanical failure.
- **Courtesy and sensible behaviour are expected when mountain bike riders encounter walkers, runners, horseback riders, land-owners, forestry workers, or logging vehicles during an event.**
- Competitors and officials must avoid disturbing local flora, fauna and stock at the event and respect the local environment.
- Practice and observe the rules of the road – keep to the left on roads and tracks.
- Approach all track/road crossings, corners and hillcrests with caution.
- Ride defensively and in control at all times.
- Give way to faster riders wishing to pass on narrow tracks. **Give way to pedestrians.**
- Riders going downhill should give way to riders going uphill
- Calling out to other riders, sharing information about control locations, or seeking assistance with regards to your location, will bring instant disqualification. If you see or hear any of this behaviour, report this to the organiser.
- Give assistance to injured competitors on the course. Organisers may give a restart or organiser points for the rider who gave assistance.

EVENT TIMING



This event will be using the SPORTident Electronic timing system. SPORTIDENT sticks are hired for a small fee. Lost hire sticks will incur a replacement charge of \$95.00.

SPORTIDENT Air Contactless Punching

Familiarise yourself with how the system works by reading the guides that we've sent to you.

Control Stands and Flags:

Orange and white control flags will be suspended from pickets with a SPORTident unit and manual punch device. The control identification number will be the SportIdent unit on the top of the stand. This will match up with the control number on the map.

Clear & Check:

It is important to remember to “clear” and “check” your SPORTIDENT stick prior to each event, to delete previous event information stored on it. Special “Clear” and “Check” units will be positioned in the pre-start area of each event. It is the competitor's responsibility to ensure that they have the correct SPORTident stick and that it is cleared of previous race

data before they start. If you do not clear your SPORTIDENT stick it may not have enough memory to record all your controls.

SPORTIDENT Air Check:

There will be an SPORTIDENT Air Test unit after the Clear/Check units to test your SPORTIDENT Air stick.

SPORTIDENT Air use on the Course:

If a SPORTIDENT unit at a control malfunctions and does not “beep” or “flash” when the stick is inserted, the competitor must use the punch at the control to mark one of the boxes printed on the plastic strip distributed to all competitors. If you lose your strip, punch on the map instead. Failure to do this will result in a DNF (Did Not Finish) being recorded. If you need to use a punch at any control, please advise the Finish officials as they will need to take your strip or map at the completion of your course, to confirm that you have completed the course. If the SPORTIDENT stick can't be found any controls it contained can't be confirmed and no points will be awarded.

EVENT RESULTS

Placings, Split Times and Replays will be available in Eventor and our club website shortly after the event...
www.sunshineorienteers.com.au

QLD MTBO STATE SERIES POINTS

For all the details of this series, visit the series page - <https://oq.orienteeing.asn.au/mtbo-state-series>

PROTESTS

Complaints may be made in the first instance verbally with the Event Organiser at the Registration Desk. The Organiser will assess the complaint and make a ruling. If the complainant is still dissatisfied, they may lodge a formal written protest with the Registration Desk. The Event Advisor will then appoint a three-person jury to assess the complaint. The Event Advisor will chair the jury meeting but w

ill not vote on the outcome. The decision of the jury will be final.

REGO PLATES

Don't cop a fine on the way to the event by obstructing your rego plate like this guy...



Either relocate your existing one so it can be seen or buy an 'accessory' plate...

<http://www.ppq.com.au/infohub/plateinformation/accessoryplates.aspx>



Anything Else

Contact

MTBO - Deb Gordon. 0439979260

Foot - Trevor Sauer 07 5445770

Thanks to Craig Steffens from MTBO Club for his original Final Instructions.

Behind the scenes: Thank you to the numerous people that have helped to bring this event to you.

Constructive Criticism welcome but a hand at the next event will be mandatory!