



**CENTRAL
COAST
ORIENTEERS**



*Event program
Belanglo State Forest, Arthursleigh &
WSU Campbelltown
June 8-10 2019*

Saturday 8th June 2019 Middle Distance SL5

Day 1 Belanglo State Forest

11:00 Registration and Information at Event Arena + EOD
12:00-14:00 Start window Day 1
15.45 Course closure

Sunday 9th June 2019 Long Distance SL6

Day 2 Arthursleigh

08:45 Registration open for EOD courses
09:30 – 12:00 Start window Day 2
10:00-12:00 String Course available
14:15 Course closure

Monday 10th June 2019 Bush Sprint SL7

Day 3 Western Sydney University Campbelltown

09:00 – 10.30 Start window Day 3
08.30 Registration open for EOD courses
11:15 Presentation of Awards
11.30 Course closure

Event Organiser:

Ron Pallas mobile: 0424720165

email: ronpallas@hotmail.com

General Information for All Days

We encourage you to take a whistle with you – 3 blasts every minute, if you need help.

Start Procedure:

We will be operating a **queuing start** – there will be no timed start lists – please come to the start when you ready and queue for the next available space **BUT** be aware of the start window.

Please note we will be slotting split-start people (couples with young children) and staggering NSW Squad Juniors (4 minute gaps) into the queue.

The start interval **Days 1,2,3 days will be 1 minute**

Day 1,2,3	Queue behind your course lane or advise Start official if you require an early start	Start -3	Start -2	Start -1	0	
Clear & Check		Enter lane for your course when empty Competitor – SI check unit	Collect control descriptions	Line up behind your course map box	Collect Map	Punch start unit before looking at map

Map boxes and control descriptions will be clearly labelled with the **Course number** and each **Class** running that **Course**.

Control descriptions:

These will be printed on the maps and will also be available at the start (see start procedure). On maps the control descriptions will be IOF for all Hard and Moderate courses, and English for Easy and Very Easy. Both IOF and English descriptions will be available at the pre-Start for Moderate, Easy and Very Easy courses.

Maps:

All maps will be printed on Pretex synthetic paper which is waterproof and tear resistant.

Control Stands

Sportident units are fixed to the top of stands. Control codes (which run from 101 to 161) will be on the SI unit only. The SI units will NOT be SIAC-enabled. Should a Sportident unit not beep and or flash, use the control punch to punch your map. Inform an official immediately upon finishing.

Electronic Punching: The SPORTident electronic punching system will be used.

It is the competitor's responsibility to clear and check their SI card before starting each day. The clear and check units will be at the start (see start procedure). If an SI unit fails, record your passage through the control by punching in the reserve boxes on the map using the back-up punch on the control stand.

SPORTident Active Card (SIAC):

Days 1 and 2 will feature traditional punching. For those with SIAC sticks there will be a SIAC OFF control located just prior to entry into the map boxes if you wish to turn off your SIAC stick

Day 3- Monday's sprint will feature SIAC activated controls however you will need to punch both at the start and finish controls as these will not be SIAC activated.

Why is this: When you swipe the start / finish (all field controls) – your details are not stored in the memory of that control- when you punch traditionally it is. So if we are looking at who has not finished – and you have but

failed to download, we have no way of knowing whether you have finished and then hopped in your car and gone home. – (This happens!!!!) or you are still out on the course.

Course/Class matrix:

Many Hard classes will change course numbers over the 3 days. Please check the course/ class matrix for each day to ensure you run the correct course for your class.

Results:

All competitors are to report to the finish. After punching the finish control proceed to the download tent and follow instructions. Your result will be on a slat and you will then hang it on the result board.

eResults:

Results will be available on Eventor asap after each day

Map return:

There will be no map collection – please take responsibility for not discussing or showing your map to other competitors until they have finished.

String Course:

There will be a string course for young children available from registration on Days 2 and 3 – courtesy the Peel family
– many thanks.

First Aid:

A first aid kit will be located at the registration tent. -

Mobile Phone coverage:

There is some Telstra and Optus coverage around the Arena area.

O Shop:

“Aussie O Gear” will be open limited hours, see Colin Price on the day. “NSW O Gear” will also be on site.

Presentation

A presentation to the winners in each class (cumulative time for the 3 days) will be made no later than 11.40 on Monday. Competitors in M/W10N will each receive a Certificate of Completion.
Our thanks to OANSW for providing the Award Badges

Enter On the Day:

Available on Day 1, 2 and 3. See the helpers at the registration Tent.

EOD Courses available:

Day 1 - Middle	Day 2 - Long	Day 3 - Sprint
Hard – Courses 2,4	Hard Course 6	Hard – Courses 2a, 4
Moderate – Course 6	Moderate Course 9	Moderate – Course 5
Easy – Course 7	Easy – Course 10	Easy – Course 6
Very Easy- Course 8	Very Easy – Course 11	

Enter on days Fees

Fees	Senior	Junior	Sub Junior	Family Maximum
Hard Course	\$25	\$16	n/a	\$60
Moderate	\$16	\$12	\$10	
Easy / very easy	\$12	\$10	\$8	
Sportident Hire	\$4	Return it at the finish		
Extra map	\$2	If available		

Follow link for ONSW Rules for Competitors – good bedtime reading!

<https://onsw.asn.au/images/stories/admin/manual2016/401.pdf>

Acknowledgements

We say a big thank you to our landholders:

Forestry Corporation	-	Belanglo State Forest
Sydney University		Arthursleigh -
Western Sydney University		Campbelltown Campus

And especially to the many members of Central Coast and Uringa who have worked voluntarily over the 3 days to provide these events for you.

Our planners, controllers and mappers have made a number of trips to the competition area preparing for these events. All of this is done voluntarily for you.

2019 QBIII

DAY 1 (Saturday June 8) – Belanglo

Location:	Belanglo State Forest
Course setter:	Ian McKenzie
Day Controller:	Paul Prudhoe
Course Closure:	15.45
Map:	"The Piggery" 5m contours Courses 1-6 1:10,000 Courses 7,8 1:7500
Legend:	The legend is partially obscured by control descriptions. A full copy of the legend is included in Day 1 information

Travel Directions

From the North: Take Belanglo Road exit to the west from Hume Freeway (signposted Belanglo State Forest), approx. 6km south of Berrima exit and follow this gravel road for 2.5kms. Take care making the turn as you are crossing 110km north bound lanes

From the South: Travel approx. 12kms north from McDonalds at Sutton Forest, turning left onto Belanglo Rd. Continue as above

Parking: Once you reach the ONSW Hut on Belanglo Rd, parking officials will direct you where to park. Do NOT park within the Hut grounds, which is reserved for officials only. Those intending to camp in the Hut grounds on Saturday night may erect their tents and bring in their vehicles AFTER the event has concluded.

Assembly Area: The assembly area is at the OANSW Hut, located on the south side of Belanglo Rd, just before the right hand turn-off into Cowlshaws Fire Trail that leads to the start

Terrain: Mix of eucalypt and pine forest. Extensive sandstone rock features including some high cliff faces. Forest road network (but don't expect to make significant use of this if you're on a Hard course!). Some minor paths. Modest number of termite mounds.

Map Notes: The map is printed on pretext water-resistant map paper. The mapping of the vegetation is now in places dated. In some areas, the vegetation now tends to be more runnable than mapped, in particular, some patches within areas that are mapped as "light green" are now better represented as "white". Route choice on harder courses should bear this in mind eg wider routes designed to avoid apparently less runnable vegetation may be less favourable than the map suggests compared with more direct routes. The course-setter and controller have corrected some of the vegetation mapping, concentrating on the vicinity of control sites.

The forest is actively used by trail bikers who have left a few narrow trail-bike paths in the forest. These paths often have a ridge of dirt running along both sides of the rut produced by the trail-bike tyre. They are NOT mapped.

Some of the mapped minor tracks are somewhat indistinct in parts (eg covered by patches of pine needles or the occasional fallen branch), though they are generally not so indistinct that you risk losing contact when on the track. However, the strategy of running through the forest to intersect a minor track (eg with a view to then running along the track) may run the risk that you may miss picking up the track. (There are, however, few legs where this strategy is an option!)

Many of the areas mapped as bare rock are (at the time of writing) covered in pine needles and not readily recognisable as bare rock.

Safety Advice: Take care crossing Belanglo Rd at all times.

Only the Easy and Very Easy courses cross Belanglo Rd and they do so at a manned crossing.

The harder courses involve rock features which are likely to be slippery, if not treacherous, when wet. Please take care and wear appropriate footwear.

Other particular hazards include high cliffs and fallen logs.

Registration: will be open from 11:00 am

Enter on the day courses: Registration opens at 11am and closes at 1pm

Start: There is one start for all courses. It is located 250m NW along Cowlshaws Firetrail from the Belanglo Rd turn-off.

All courses have a punching start – there are NO allocated start times.

There will be NO water at the start (given its proximity and the time of year).

The start symbol on the map denotes the position of the Start's SI units, one of which each starting competitor must punch to initiate the recording of their time on course.

Warm Up Area: Along the NE side of the section of Cowlishaws Firetrail that is SE of the Start (taking care of any vehicles still entering to park).

Finish: There are TWO finishes. The finish for Easy and Very Easy courses is within the ONSW Hut compound. The finish for all other courses is in the forest, within easy walking distance of the Assembly area (approx. 500m away).

After punching their Finish control, all competitors should proceed directly to the Download Tent in the Assembly area to download their SI-stick and to ensure that organisers know that you are not still out on your course.

Maps will NOT be collected from competitors at the Finish. We rely on the honesty system that early finishers will not show their maps to late starters.

Start Window: The start will be open from 12 noon until 2.00 pm

Course Information

Course closure: All courses close at 15.45. Any competitors still on the course must return to the Arena and report to the Finish.

Arena facilities

Toilets: There are toilets at the assembly area

Catering: NSW Carabines will provide snacks and drinks.

Water: available at the Assembly area. Also available at at least one control site on the longer courses: Hard 1, 2, 3, 4 and 5 and Moderate.

Course information

Course format: Middle Distance

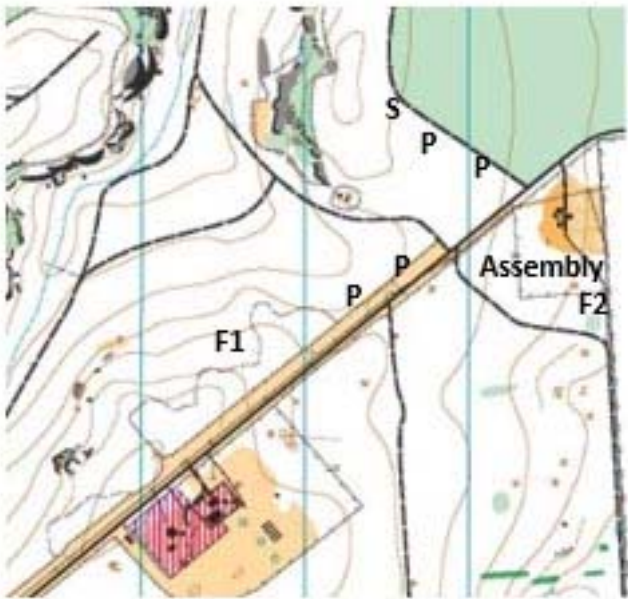
Safety Bearing: From the north, head south to Belanglo Rd.

For the short section of the Easy and Very Easy courses that is south of Belanglo Rd (i.e. after the manned crossing of Belanglo Rd), head north to Belanglo Rd.

Course lengths

COURSE	CLASSES	km	CLIMB	No of controls
1	M21A, M35A	5.1	235	17
2	M20A, M40A, M45A, M50A, M55A, W21A, EODHL	4.5	165	19
3 a	W16A, W20A, W35A, W40A, W45A, W50A, W55A, W60A	3.5	125	18
3b	M16A, M60A, M65A, M70A, M21AS,, M35AS	3.5	150	18
4	M75A, W65A, W70A, M45AS, M55AS, W21AS, W35AS, W45AS, W55AS, EODHS	3.1	105	17
5	M80A, M85A, W75A, W80A, W85A, M65AS, W65AS,	2.3	70	10
6	M14A, M Open B, M Junior B, W14A, W Open B, W Junior B, EODM	2.9	65	13
7	M12A, W12A, M/W Open Easy, EODE	2.5	35	14
8	M10A, W10A, M/W Open Very Easy, M/W10N*, EODVE	2.1	30	9

* Orienteers in M/W10N shall be permitted to receive assistance on the course (shadowing or direct assistance) and shall also be given the opportunity to study their course with a parent or mentor for up to 10 Minutes prior to their start time. M/W10N is not an Orienteer of the Year class. Times shall not be recorded



The legend is partially obscured on the map

The Belanglo House compound has recently been cleared due to fire risks. You will find it unrecognisable and quite dusty.

Whilst there are showers at the hut They are for use of those who are staying at the Hut.

The current drought has drastically affected the level of water in the tank.

contours	
high points	
pits	
termite mound	
ditch	
log/earth mounds	
cliff; rock face	
boulders	
boulder field	
rocky ground	
bare rock	
creek	
watercourse	
marsh	
gravel road	
track	
path	
narrow ride	
fence	
power line	
buildings	
vegetation boundary	
rough open area	
semi open area	
open area	
forest	
forest - slow run	
forest - walk	

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DAY 2 (Sunday 9th June) – Canyonleigh

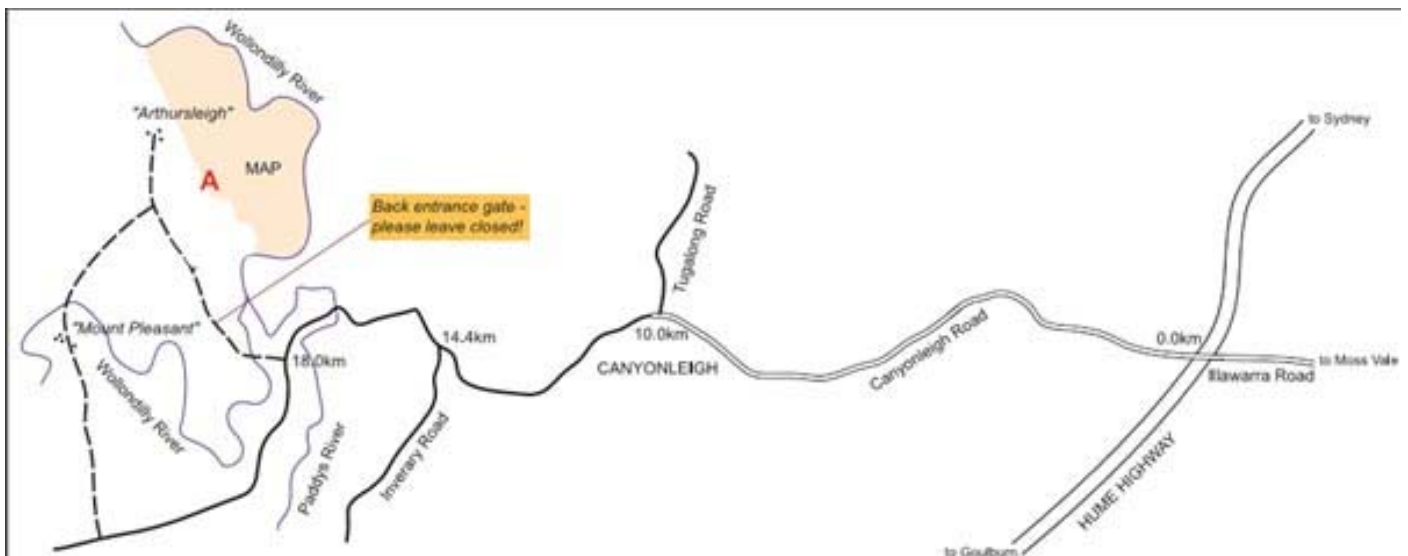
Map: "Arthursleigh" Revised 2017 5m contours
Scale: Courses 1,2,3,4,5,6,7 and 9 will be 1: 15000
Courses 8, 10 and 11 will be 1:10000
Course setter: Colin Price
Day Controller: Nick Wilmott
Course closure: 14.15
Contact: Ron Pallas Phone: 0424720165
Email: ronpallas@hotmail.com

Travel Directions

From the North: Exit at the junction of the Hume Highway and Illawarra Highway. Head west (not towards Moss Vale) Follow this road west for 18kms. Please note that the road turns to gravel after the Tugalong Road junction. Turn right into Kelso Lane and proceed down the hill and into the University property through a gate. This road is very rough so standard sedans need to take care. Follow O signs through the property, past the shearing shed and shearers' quarters to the assembly / parking. Allow 50 minutes from the Highway junction.
Remember, **IF YOU OPEN A GATE – YOU CLOSE THE GATE.** Don't leave it for a following car.

From the South: Proceed along the Hume Highway, past the Sutton Forest McDonalds and exit west at the Illawarra Highway. Follow this road west for 18kms turn right and then follow directions above.

Remember, **IF YOU OPEN A GATE – YOU CLOSE THE GATE..** Don't leave it for a following car.



Parking: The drive in crosses a dry creek. If there is significant rainfall in the days prior to the event parking will be on higher ground. Please consider this and add 10 minutes walking time to the assembly.

Assembly: DRY – The assembly is 10m from the parking. WET – The assembly may be 250 – 400m from the parking.

There is some shade in the assembly area

Please use the crossing points marked for access to assembly.

Planners notes: Runnable gully/spur terrain in open eucalypt forest with limited rock outcroppings on hill tops. Much of the rock is mapped as stony ground or not mapped at all as not sufficiently significant.

Termite mounds are a feature of the terrain and the map has been updated for significant changes, adding major termite mounds and deleting those which have weathered to small mounds. However, competitors will find the contour details more reliable than termite mounds for navigation. Small termite mounds have not been mapped. You will find there are many new termite mounds as well as many which have disappeared.

Thickets have grown in some areas but thinned in other areas.

Water is limited on the course, use sparingly and responsibly. Water is available half way to the start but NOT at the start.

Notes for Very Easy and Easy competitors.

All Very Easy and Easy competitors will have the opportunity to look at their map (with courses) prior to their start.

Sample maps can also be viewed in the assembly area at the Information tent.

The reason for this is that both courses are challenging, passing through forest with streamer trails for a large portion of the courses. We want to be sure all these young orienteers are fully aware of where they need to follow streamers. We feel it is also a very good opportunity for parents to run through the course and point out features on the map that the young competitors are not sure of.

Easy courses will have taped routes using Red and White tapes.

Very Easy courses will have Black and Yellow tapes on their taped routes.

These will be hanging from trees at intervals.

Note that the start area, the finish and the arena will be using red and white streamers.

Enjoy the Orienteering

Safety Bearing: West to cleared land

Do not cross the Wollondilly River

Starts: There is one start 750m from assembly. Follow streamers.

There will be queueing starts from 9.30am at 1minute intervals

It is a QUIET start and you will be in the START Triangle.

There will be NO clothing return. Leave it at the fence!

There will be NO toilets at the start.

There will be no water at the start. Last water will be at the fence.

First Aid: Will be available

Toilets: Basic bush toilets will be available however flushing toilets are available approx.700m from assembly area. For your comfort it would be a good idea to use these loos on the way into the event

Facilities: Water (assembly, on the way to the Start at marked points on the map), Bush Toilets.

Catering: NSW Carbines will provide snacks and drinks.

Clear/Check: Clear and Check stations will be located at the start

Special acknowledgement

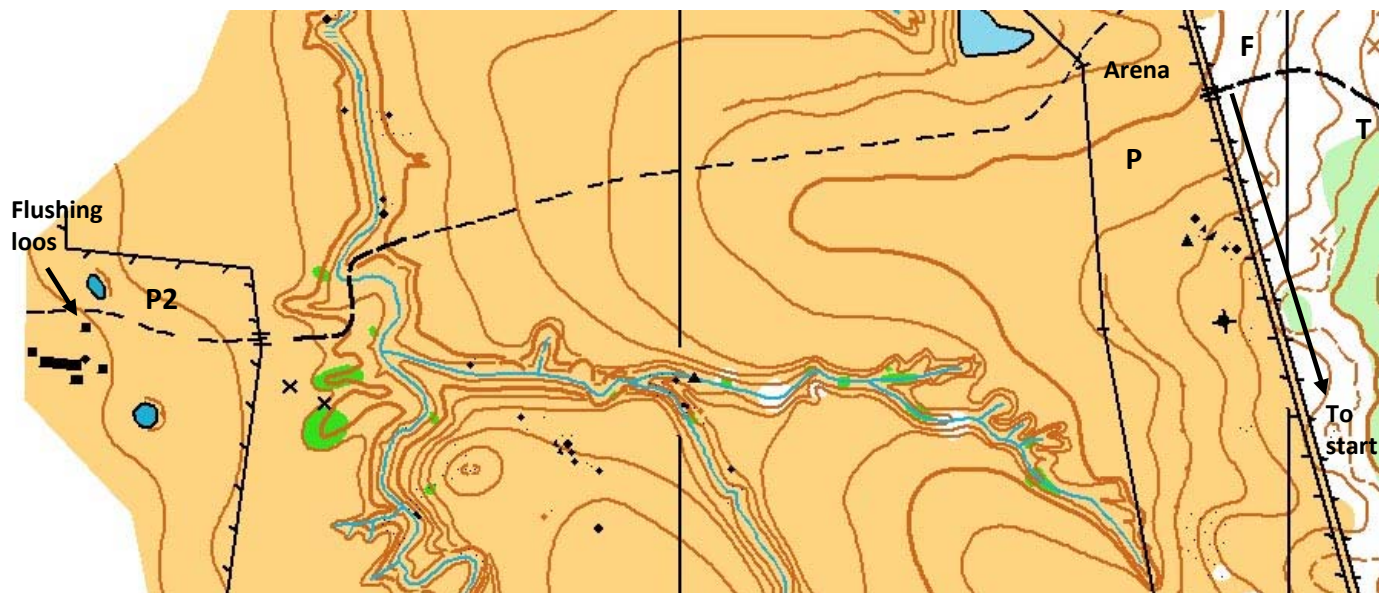
We would like to thank Sydney University for the use of "Arthursleigh" and the assistance given by Steve in the preparations for this event.

Courses and Classes

Course	Classes	Length km	Climb	No of controls
Hard 1	M21A,	12.6		16
Hard 2	M20A, M35A, M40A	9.9		12
Hard 3	M45A, W21A	7.7		8
Hard 4	M50A, W20A, W35A, W40A, W45A, M21AS,	6.4		9
Hard 5	M16A, M55A, M60A, M65A, W50A, M35AS	5.4		9
Hard 6	M70A, W16A, W55A, W60A, M45AS, W21AS, EODH	4.5		7
Hard 7	M75A, W65A, W70A, M55AS, W35AS, W45AS, W55AS	4.0		7
Hard 8	M65AS, M80A, M85A, W65AS, W75A, W80A, W85A	2.3		5
Moderate 9	M14A, W14A M Open B, W Open B, M Junior B, W Junior B EODM	4.0		11
Easy 10	M12A, W12A, Open Easy, EODE	3.4		11
Very Easy 11	M10A, W10A, M/W-10N*, Open Very Easy, EODVE	2.3		9

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Arena



P -Parking P2 - parking in the event of wet weather. T- Bush Toilets F- Finish – remote to arena
Start- approx. 750m

There are very comfortable flushing loos on the way in (the little white building) - adjacent to the shearers quarters which are much more comfortable than Bush Toilets

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DAY 3 (Monday June 10) – Western Sydney University Macarthur Campus

Location: Western Sydney University- Macarthur Campus
Organiser: Ron Pallas
Course setter: Shane Doyle
Controller: Dave Lotty
Map: 'WSU, 1: 4 000, 5m contours, Dave Lotty, Lyn Malmgron 2019
Course Closure: 11.30
Terrain: Typical college campus with a complex array of buildings plus sporting fields. Also featured are paddocks and a bush area..

Travel Directions

From the north: Proceed south along the Hume Freeway, exiting left onto Narellan Rd. Take the left turn at the T junction. Head east on Narellan Rd. Continue past the turn off marked Western Sydney University. Turn right into Gilchrist Dr (sign posted to Ambervale) and then right into Goldsmiths Avenue. Continue on to the carpark on the left.

From the south: Proceed north along the Hume Freeway. Exit left at Narellan Rd, turning right at the T junction. Head east on Narellan Rd. Continue past the turn off marked Western Sydney University. Turn right into Gilchrist Dr (sign posted to Ambervale) and then right into Goldsmiths Avenue. Continue on to the carpark on the left.

Parking: Park in Car Park 2 and then follow streamers to the Assembly Area which is located on the northern side of Gilchrist Avenue

NB: This is a paid parking area- you must pay and display- \$7 per car per day. Recently there has been no payment needed – beware of large potholes!

The venue can be reached by train alighting at Macarthur Station which is located adjacent to the parking and arena. (approx. 1km)

Registration and starting

Registration / EOD: Will be open from 8.30 am

Enter on the day courses: Registration closes at 10.00.

Start window: 9.00 - 10.30

Course close: All courses close at 11.30

Starts: There are two starts- adjacent to each other approx. 150 metres north of the assembly area. Courses 1-6 on the south start. Course 7 on the North Start

Shoes: There are significant paved areas on all courses. Shoes with metal spikes or studs are forbidden.

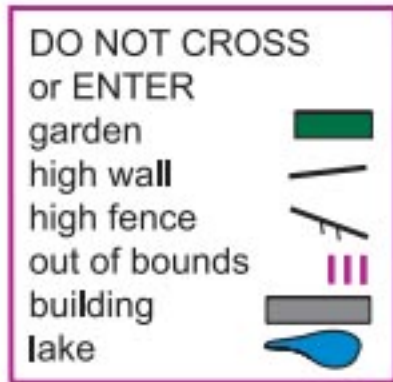
Course information

Course format: Sprint

Controls: Sportident (SI) units will be on T stands, either free standing or in some cases attached to features such as handrails. Control numbers will be on the top of the SI unit. All controls **except the start and finish** will be set for SIAC contactless punching.

Uncrossable features

The campus is very intricate with many many gardens, fences and walls. Cutting through a garden or over an uncrossable fence or wall – it is cheating! You will need to concentrate!



Competitors must not cross or enter the following features.

- uncrossable fences and walls
- gardens and hedges – dark green areas on map
- out of bounds areas – purple hatch or olive green

Competitors who have been found to violate this condition will be disqualified.

Map Flip

Courses 1, 2a, 2b will have a map flip. The maps will be in the map boxes start side down

Course information

Distances are “as you would run” not straight line

Course	Classes	Distance km	Climb m	No. of controls
Hard 1	M21A,M16A,M20A,M35A	3.6	80	22
Hard 2a	M40A,M45A,M50A,,W20A,W21A,W35A, EODHL	2.8	35	18
Hard 2b	M55A,M60A,M65A, W40A,W45A, M21AS	2.6	30	19
Hard 3a	M70A, W50A,W55A, W60A, M35AS,M45AS, W21AS,W35AS	2.3	25	14
Hard 3b	M75A,W16A, W65A,W70A, M55AS, W45AS,W55AS	2.4	25	15
Hard 4	M80A, W75A,W80A, M85A, W85A M65AS,W65AS, EODHS	1.5	15	11
Moderate 5	M14A,W14A, M Open B, W Open B M Junior B, W Junior B, EODM	1.7	20	15
Easy 6	M12A, W12A, Open Easy EODE	1.2	15	12
Very Easy 7	M10A, W10A, M/W10N*, Open Very Easy	1.2	10	10

* Orienteers in M/W10N shall be permitted to receive assistance on the course (shadowing or direct assistance) 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. M/W10N is not an Orienteer of the Year class. Times shall not be recorded for this class.

Safety information:

Motor vehicles: Very little vehicular traffic is expected but all internal roads and car parks will still be open during the event. Therefore competitors should take care when running on or crossing roads.

Running around buildings: All courses take competitors through the building areas of the campus. Care should be exercised when running around corners of buildings to avoid colliding with other competitors or members of the public.

Facilities

Toilets: Toilets are situated in building 2 adjacent to the assembly area.- on the western side of David Pilgrim Ave.

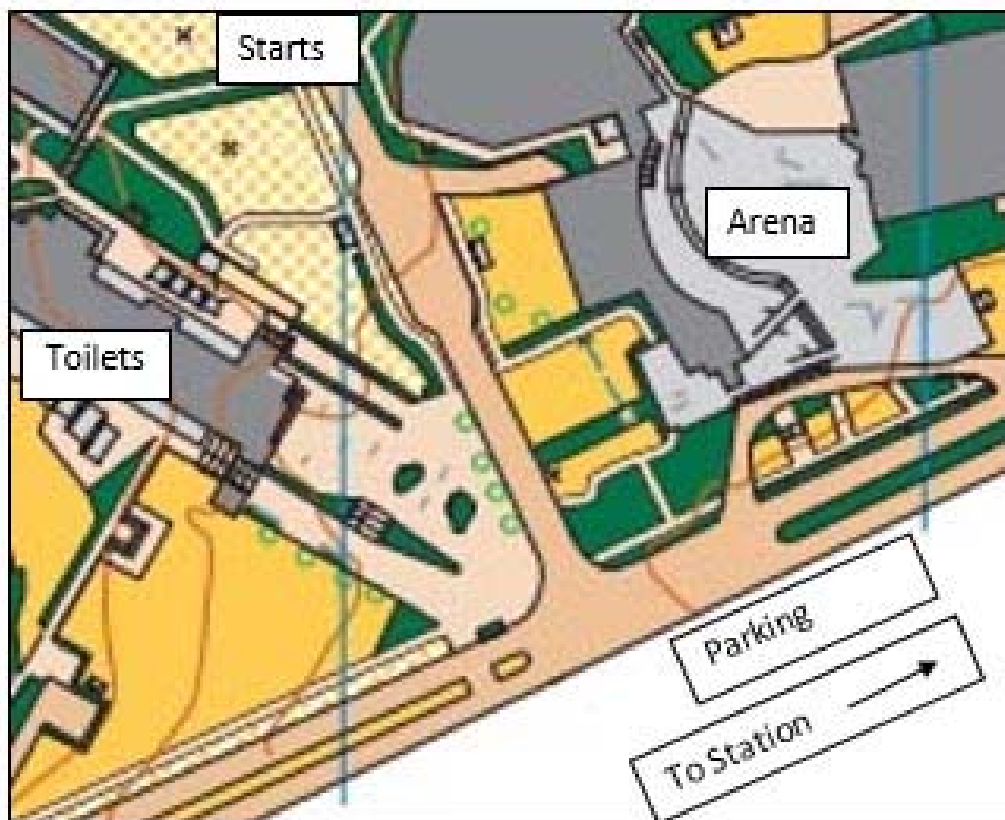
Water: There will be no water either on courses, at the start or the finish.

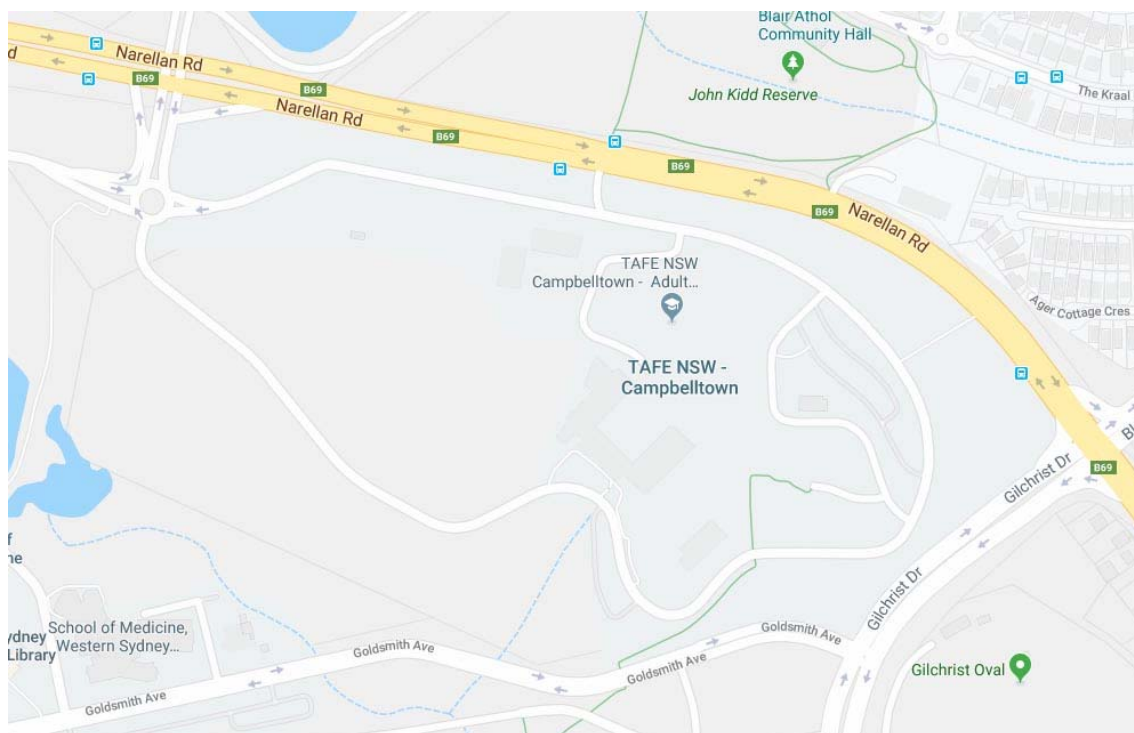
Clothing return: Due to the short distance to the start there will be no clothing return.

Catering: There will be no catering.

Special acknowledgement

We would like to thank Western Sydney University for the use of their campus and the assistance given in the preparations for this event





Looking for something special On Sunday

Why not head north to Mittagong and take in the remnants of the shale oil mine at Joadja. In the old town you will find a distillery which brews Whiskey, Anis, Gin and a fortified wine.

On Sunday he will be open from 10am until 4pm, and he said that he will be conducting two 90 minute guided tours (\$29 per person). One at 11am and the other at 2pm. He also advised that if there were 20 people interested he could conduct a private tour. – If you can you round up a posse of 20 you can have a special guided tour.

FYI it takes about 20 ~ 30 minutes from Mittagong to get there – the last 6km is dirt, but no problems.

There's a basic website here

- <https://www.joadjatown.com.au/> about the town, and info on the distillery here - <http://www.joadjadistillery.com.au/>

Take the first exit to Mittagong and turn left onto the Old Hume Hwy and then right into Wombeyan Caves Rd. Joadja is a signposted turn off on the left a ways down this road.)