This week's junior league event will be held at the University of Canberra. The area is a spacious yet tricky campus with courses set to maximise the detail available. Expect fast running and quick decision making to be key to a good result.

There are a range of lengths available:

Orange 1: 3.6 km, 24 controls

Orange 2: 2.6 km, 17 controls

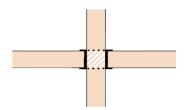
Green: 1.7 km, 12 controls

Blue: 1.0 km, 16 controls

Read below for some useful information regarding the event.

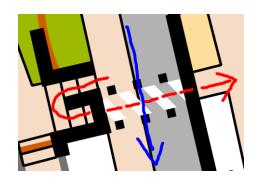
A few sections of the terrain have intricate, double-levelled sections that introduce route choice to some legs.

In an attempt to make these parts of the map more readable, a new map symbol has been used. This symbol (variation of **501.2 Paved area in multilevel structures [A]** of the proposed ISSprOM 2019, for anyone who is interested), represents an area that is runnable on a second level. There are four of these on the map.

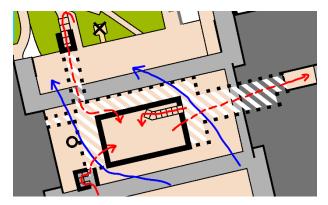


The symbol is a white dashed area over brown paved area or building etc. The boundary of the lower level is represented by the underpass or tunnel symbol of black squares in a line. Where this feature is marked on the map, runners can pass through the terrain on either level.

Here are examples of the new symbol on the UC map (and photographs). On this part of the map, the white dashed area represents a tunnel/stairway underneath the main level to get to a lower section of the map. It is possible to run along the blue line over the tunnel, or to go underneath along the red line.



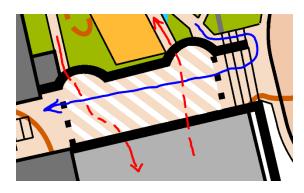




This is the most complicated part of the map. The lower level is accessible from four places: East under the building, North and south via stairs, or down the set of stairs in the middle, into the courtyard area. This can be surpassed on either side (blue) on top, but the lower level can be maneuvered through anywhere between the four

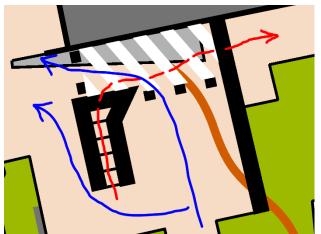
entrances (red lines).





This area is an underground carpark that allows runners to travel underneath from the canopy to the garden area and paths on the other side (red). It is also possible to run up the stairs and along the blue line above.





Finally, this small section of double level allows runners to move from the lower to top level via the set of stairs (red), or to run around the stairs while staying on the top

(blue).



Competitors on Blue and Green courses avoid most of these areas but will find the courses easier if they are familiar with the symbols. For those who are beginners to the sprint format, have a look at <u>Out of Bounds areas</u>. We hope you enjoy your run!