

# 2019 NSW SCHOOLS CHAMPIONSHIPS SPRINT DISTANCE & STATE LEAGUE 14a and 14b Saturday 7<sup>th</sup> September 2019



Southern Highlands  
Orienteers



Illawarra Kareelah  
Orienteers



ORIENTEERING NSW

## Sprint Race 1 / State League 14a

**Venue:** Oxley College, Burradoo  
**Map:** "Oxley College" 1:3000, updated June 2019  
**Terrain:** School campus, ovals. Some roads on the longer courses  
**Planner:** Ruth Shedden  
**Controller:** Kev Curby  
**Starts:** from 9.30am. Last start 11am  
**Course closure:** 11.30am  
**Organiser:** David Green      0409 608990      dayle.david@bigpond.com

### Directions: **From Bowral**

Turn right into Yean St, signposted 'Burradoo Station'. Follow O signs to Oxley College.

**DO NOT** approach or depart on Burradoo Road, Osborne Road, Holly Road. They are blind intersections onto a road with fast flowing traffic.

### **From Moss Vale**

Turn left into Yean St, signposted 'Burradoo Station'. Follow O signs to Oxley College.

**DO NOT** approach or depart on Burradoo Road, Osborne Road, Holly Road. They are blind intersections onto a road with fast flowing traffic.

**Arena:** The Arena is located in the College grounds. All facilities available. Shelter is provided for competitors.

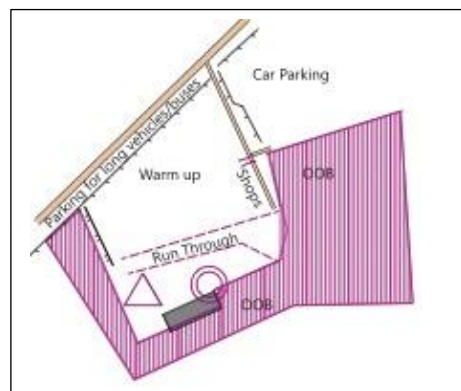
Start and Finish are in the Arena.

**Spikes:** METAL SHOE SPIKES are not allowed as they will damage the flooring and the paths.

Warm up on the oval north of the arena.

**Parking:** Parking is on the campus. Please follow parking instructions. A bus bay is available outside the school for school buses and long vehicles only.

100m walk to the Assembly and Start.



**Terrain:** Typical college terrain with adjoining ovals.

**Mapper's Notes:** The area is a school campus with a mix of buildings and open space. Garden beds, coloured olive, are out of bounds and crossing of these will lead to disqualification. Urban furniture such as tables and bins are not mapped.

**Planner's Notes:** All courses take competitors through the building areas of the school with steps and many narrow corridors. Care should be exercised when running around corners of buildings to avoid colliding with other competitors or members of the public.

Courses Hard 1 to 4 and Moderate will have a double-sided map. The maps will be in the map boxes start side down. At the last control on map 1, flip your page to map 2 and continue the course. The last control on map 1 is the same as the first control on map 2.

**On the Course** Sportident units are fixed to the top of stands. Control codes will be on the SI unit. 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 in the boxes provided. Inform an official immediately upon finishing.

**Control Descriptions** Control descriptions will be on the front of each map. They will also be available at the start. Competitors in the NSW Schools Championships can collect their English control descriptions when they register.

**Enter on Day:** Enter on Day will be available on Very Easy, Easy, Moderate and Hard 3 courses.  
Fees- Very Easy, Easy and Moderate \$13, all hard courses \$25

**Start:** The start is within 50m of the Arena.

**Course Closure:** All courses close at 11.30am. Please return to the finish, even if you have not finished your course. All competitors must download at the computers.

**Catering** Light refreshments will be provided by students and staff of Oxley College - sausage sandwiches, hot and cold drinks and some cakes, as a fundraiser for students going to Nepal, Botswana and Fiji. Please support. There will also be a coffee van on site.  
Lunch between Sprints can be bought in Bowral and Moss Vale.

**Gear:** The O-shops will be present.

**Thanks to:** Oxley College for hosting the race.

Allow 20 minutes to travel to Sprint 2 at Moss Vale.

**Courses: (set to sprint standard winning times: 12-15min)** Distances are straight line distances

#### Classes and Courses

Course	Length (km)	Climb (m)	Controls	State League classes	NSW Schools Championship classes
Hard 1	3.2	24	23	M21A, M20A, M35A	M 17+A M16A M15A
Hard 2	2.9	20	21	M40A, M45A, M50A, M55A, M60A, M65A, W20A, W21A,	W17+A

				W35A, W40A, W45A M21AS	
<b>Hard 3</b>	2.5	20	16	M70A, M75A, W50A, W55A, W60A, W65A, W70A  M35AS M45AS M55AS W21AS W35AS W45AS W55AS, EOD Hard 3	W16A, W15A
<b>Hard 4</b>	2.3	10	19	M80A, M85A, W75A, W80A, W85A  M65AS, W65AS,	
<b>Moderate</b>	2.1	10	21	M Open B, W Open B, EOD Moderate	M14A, W14A, M13A, W13A, M15+B, W15+B,
<b>Easy</b>	1.2	8	19	Open Easy, EOD Easy	M12A, W12A, M11A, W11A, M13-14B, W13-14B,
<b>Very Easy</b>	1.0	8	15	Open Very Easy, M/W10N, EOD Very Easy	M10A, W10A, M9A, W9A, M11-12B, W11-12B,

The SI units will be used but will NOT be SIAC-enabled.

## Sprint Race 2 / State League 14b

**Venue:** Tudor House, Moss Vale (allow 20 minutes to travel from Sprint 1 at Burradoo)  
**Map:** "Tudor House" 1:3000, updated June 2019  
**Terrain:** School campus, ovals and fields  
**Planner:** Vicki Wilmott  
**Controller:** Peter Meyer  
**Starts:** from 1.30pm. Last start 3pm  
**Course closure:** 3.30pm  
**Organiser:** David Green      0409 608990      dayle.david@bigpond.com

### Directions: **From Moss Vale**

Travel 3km east along the Illawarra Hwy from Moss Vale. Turn left into Tudor House School.

### **From Robertson**

Travel 18km west along the Illawarra Hwy from Robertson. Turn right into Tudor House School taking care crossing oncoming traffic.

### **Arena:**

The Arena is located in the College grounds. Toilets are available 100m east of the arena, please access via the southern road. Do not walk through the Start area.

Shelter is NOT provided for competitors.

Start is 100m from the Arena.

### **Spikes:**

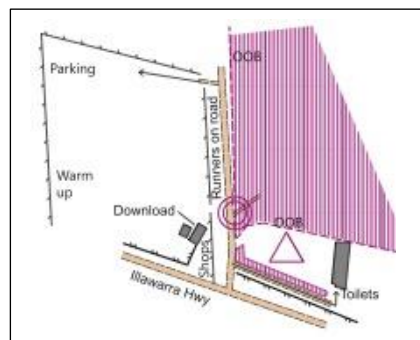
METAL SHOE SPIKES are not allowed as they will damage the flooring and the paths.

Warm up on the oval around the arena.

### **Parking:**

All parking is on the campus. Please follow parking instructions. Please proceed with caution as competitors will be crossing the driveway to go to the Start and return from the Finish.

100m walk to the Arena.



### **Terrain:**

Typical school terrain with adjoining ovals. The school also has an adjoining farm with scattered farm houses.

### **Mapper's Notes**

The area is a school campus with a mix of buildings and farm land. Garden beds, coloured olive, are out of bounds and crossing of these will lead to disqualification. Urban furniture such as tables and bins are not mapped. This is a boarding school and some residential buildings are out of bounds, they are marked in OLIVE GREEN. Please do not cross or enter these areas.

Respect the rules, respect your competitors and respect the map!

### **Planners Notes:**

All courses take competitors through the building areas of the school with steps and change of height. Care should be exercised when running around corners of buildings to avoid colliding

with other competitors or members of the public.

Courses Hard 1 to 3 will have a double-sided map. The maps will be in the map boxes start side down. At the last control on map 1, flip your page to map 2 and continue the course. The last control on map 1 is the same as the first control on map 2.

Take care when crossing internal roads as there may be farm vehicles.

**On the Course** Sportident units are fixed to the top of stands. Control codes will be on the SI unit. 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 in the boxes provided. Inform an official immediately upon finishing.

**Control Descriptions** Control descriptions will be on each map. They will also be available at the start. Competitors in the NSW Schools Championships can collect their English control descriptions when they register.

**Course Closure:** All courses close at 3.30pm. Please return to the finish, even if you have not finished your course. All competitors must download at the computers.

**Gear:** The O-shops will be present.

**Presentation:** We anticipate holding the presentation for the NSW Schools Sprint Championships at approx. 3.30pm.

**Thanks to:** Tudor House for hosting the race.

**Courses: (set to sprint standard winning times : 12-15min)** Distances are straight line distances.

#### Classes and Courses

Course	Length (km)	Climb (m)	Controls	State League classes	NSW Schools Championship classes
Hard 1	2.7	50	29	M21A, M20A, M35A	M 17+A M16A M15A
Hard 2	2.1	40	21	M40A, M45A, M50A, M55A, M60A, M65A, W20A, W21A, W35A, W40A, W45A  M21AS	W17+A
Hard 3	1.5	30	21	M70A, M75A, W50A, W55A, W60A, W65A, W70A  M35AS M45AS M55AS W21AS W35AS W45AS W55AS, EOD Hard 3	W16A, W15A
Hard 4	1.1	20	16	M80A, M85A, W75A, W80A, W85A	

				M65AS, W65AS,	
<b>Moderate</b>	1.7	30	21	M Open B, W Open B, EOD Moderate	M14A, W14A, M13A, W13A, M15+B, W15+B,
<b>Easy</b>	1.5	20	20	Open Easy, EOD Easy,	M12A, W12A, M11A, W11A, M13-14B, W13-14B,
<b>Very Easy</b>	1.2	20	19	Open Very Easy, M/W10N, EOD Very Easy	M10A, W10A, M9A, W9A, M11-12B, W11-12B,

## Start Procedure for Sprint Championships – Both races

**Schools Championships competitors will have allocated start times.**

**State League competitors will have queuing starts after the Schools Championship competitors have finished. (estimated 45min)**

**Schools Registration** will be at a marked table in the Arena. Please register here at least 30 minutes before the start of your first event. Here you will collect your hired timing unit (SportIdent SI Stick), your control descriptions and a whistle if it is needed. This SI stick has been allocated to you for all the events you have entered. It will be collected at the Finish table at the completion of your last event. Do not swap with another runner. Lost sticks must be paid for. All competitors are required to use a SI stick.

Box 1	-3 minutes	Name check	Make sure you have cleared and checked
Box 2	-2 minutes	Collect control descriptions if you don't have them.	Loose descriptions will be available for all courses. Sticky tape not provided
Box 3	-1 minute	Map tray	Check you are at the correct map tray. No need to write name on map. Listen to your coach.
	0 minute	Punch start unit before looking at your map	Enjoy your run.

At the Start **Course lanes** will be marked with red and white tape. These will be clearly marked with course name and each class running that course.

**Map trays** will be clearly labelled with the **Course name**.

**Officials will be available at the start to help students who may require assistance to orientate their map and know which way to head to the first control.**

**Maps will not be collected after your run. Please do not show your map to any competitor who has not started their course.**

## Finish Procedure

After registering at the finish control please proceed directly to the download area. Here you will download twice. The 1<sup>st</sup> download will provide you with your split times and the 2<sup>nd</sup> download provides a result.