



2019 ACT Orienteering Championships

31 August – 1 September 2019

Program

Website: <http://act.orienteering.asn.au/events/>

Saturday 31 August: ACT Middle Distance Championships. 2019 ACT League #10, NSW State League #12

Organising Club: Bushflyers

Event Controller: David Hogg (PO)

Organisers: Peter Miller and Alison Inglis

Courser Planner: Darryl Erbacher (PO)

Enquiries: peterandalison1@optusnet.com.au, 0434 198 429

Venue: Careys Caves, Wee Jasper. The venue is within a private property known as Cooradigbee. See further notes about this property below.

Directions to the Assembly Area

Note: All the roads leading into Wee Jasper are narrow, twisty, with blind corners. Allow plenty of time and drive with care. Travel times quoted should be treated as minimum times and it may be prudent to allow more time in case slow vehicles are encountered.

From Canberra. Northern Route Estimated time 1 hour 40 min. Take the Barton Highway out of Canberra. Take the first exit to Yass (Yass Valley Way). Follow signs to Wee Jasper Road. Follow Wee Jasper Road for 23.7 km before turning right to remain on Wee Jasper Road for a further 27.3 km. Turn right at the end onto Caves Road. Travel 6 km to the property 'Cooradigbee'.

Southern Route Estimated time 1 hour 30 min Drive west out of Canberra on Uriarra Rd for 11.8 km. You will cross the Murrumbidgee River, proceed (to the right) onto Fairlight Road and follow it for 4.8 km. Turn right onto Mountain Creek Road and follow it for 26.4 km. Turn left onto Wee Jasper Road and follow it for 27.3 km. Turn right onto Caves Road and travel 6 km to the property 'Cooradigbee'.

From Sydney. Estimated time 4 hours. Take the Hume Highway to Yass, (**don't take the M23 exit to Canberra at Goulburn.**) Exit onto the Yass Valley Way. Continue on Yass Valley Way for ~10 km before turning right onto Grand Junction Road which becomes Wee Jasper Road. Follow Wee Jasper Road for 23.7 km before turning right to remain on Wee Jasper Road for a further 27.3 km. Turn right at the end onto Caves Road. Travel 6 km to the property 'Cooradigbee'.

From Wagga Wagga or Victoria. Estimated time 2 h 30 min -3 hours. There are a number of route choices from Wagga involving a variety of secondary roads, potentially dirt in places: One example would be exiting the Hume onto Gobarralong Road. Further travel information is on the Careys Cave tour website (see link below). Alternatively, if you wish to save your navigation for your orienteering and you prefer bitumen, go via Yass and follow directions as 'from Sydney'.

Return Directions from the Assembly Area to Canberra via Mountain Creek Road. When returning to Canberra, all roads are sealed; if you miss the turn onto Fairlight Road you will leave the bitumen and you know you have made a mistake.

Leave the event on Caves Road and turn left onto Wee Jasper Road after ~6 km. Proceed on Wee Jasper Road for 27.3 km. Turn sharp right onto Mountain Creek Road just after the Mountain Creek bridge and follow it for 26.4 km. Turn left onto Fairlight Road and after 4.8 km turn left and cross the Murrumbidgee River onto Uriarra Road and proceed to Canberra.

Terrain: The competition area is on a new map, *Careys Caves*, printed at 1:7500. The mapped area covers approximately 1 square kilometre. The terrain features complex karst limestone in which the rock is eroded, giving rise to Careys Cave (a popular tourist cave), several other caves and numerous sink holes and rocky pits.

The area is very open with scattered trees (mainly kurrajongs), offering fast running between the bands of complex rock, which many competitors will find advantageous to traverse at walking pace. The area is grazed by sheep and other stock and the grass is generally closely cropped. Sheep may be encountered but the landowner advises that they are expected to retreat to the periphery of the mapped area near the boundary fences.

Hazards and warnings: There are a number of hazards in the area, including sinkholes, deep pits and high cliffs. The courses have been set to avoid these where practicable, and sinkholes known to occur close to the course area have been taped with black and yellow tape 75 mm wide. There are also some high cliffs which have been taped at the top. **Do not cross these warning tapes under any circumstances** and be vigilant in watching for other potential hazards which are not taped. The Easy and Very Easy courses do not enter the rock areas.

Take particular care if the rock is wet, as it may be slippery and much of the rock contains sharp edges. In a couple of small areas on courses Hard 1 to 7 there is limestone rock in grass up to 40 cm high. Care of ankles in these areas is advisable. There are scattered areas of low stinging nettles. Covering of lower legs and ankles is recommended for protection against stinging. (Note: If you experience nettle stings, **do not rub it**, as this prolongs the stinging feeling).

All courses cross a dirt access road to the out-of-bounds area at Careys Cave, which is out of bounds prior to competing. While visibility along this road is high, care should be taken when crossing it. The area surrounding the Careys Cave entrance contains high cliffs, will be taped with black and yellow tape and is marked on the map with purple crosshatch.

Because of the nature of the terrain, it is compulsory for all competitors to carry a whistle for attracting attention if needed in the event of an accident.

Map. Careys Cave. 1:7,500, 5m contours. This is a new map and the area has not previously been used for orienteering. The original mapping was undertaken by Marian Cotirta, a visiting Romanian mapper, at a scale of 1:10,000, but has been enlarged to 1:7500 to improve its legibility. Some refinement of the original mapping has been undertaken for this event by David Hogg and Darryl Erbacher.

The rock mapping is highly interpretive with only the most prominent rock features mapped in many places. These include large rock outcrops several metres in height and width which are represented as circular cliffs/rock faces, sometimes with bare rock or high points on top, or shown to scale in black. Four sizes of boulder are used, the size reflecting the relative height or bulk in the local context. Boulders less than 1.5 m high are generally not mapped individually but, where numerous, may be shown within a boulder field. Extensive areas of lower rock between major features are shown using the rocky ground symbol (random black dots), the dot density reflecting the effect on

runnability, with a denser dot pattern likely to affect running speed significantly. Boundaries of surface rock and bare rock are indicative only. Running speed is generally low within the areas containing major rock features due to the broken ground, but this may not be obvious from the map.

A number of non-standard or uncommon symbols have been used on the map, which will be printed as a map legend and displayed in advance in the arena and at the start. These include the following:

- A black V may indicate a rocky pit or sinkhole (if oriented to north) or a cave (drawn at any angle, sometimes with a rockface at the point of the V). Other pits are shown with a brown V. Small depressions are obvious in the terrain and are usually several metres wide.
- Many of the trees are mapped individually using a large or small open green circle. A small green circle may also indicate a large bush. Clumps of several trees too numerous to map individually may be shown as forest (white), and may appear less obvious on the map than the individual trees. Conspicuous dead or felled trees are shown with a green cross. Log piles are shown with a short green line.
- Small water features (e.g. tanks) are mapped with a blue star.
- A windmill is mapped as a small tower (T).

Apart from the roads, any tracks on the map are of a minor nature and may not be obvious in places. There are numerous other sheep tracks which are not mapped.

Important information about the venue: This event is occurring on private property (Cooradigbee) owned by Mrs Helen Castles. Please respect the property. The event is entirely enclosed by fences.

There are likely to be sheep within the course area, including some lambing ewes. Please try to avoid disturbing ewes with young lambs (slow down or deviate around them if necessary). **Do not go near isolated lambs or attempt to touch them, even if they appear to be abandoned.** Their mothers will return to them later. There may also be some dead lambs as a result of recent frosts or fox attacks.

There may also be a couple of horses wandering around the assembly area. The landowner has assured that these are friendly, but do not encourage them by patting or feeding.

Courses/Classes

Course	Classes	Length (km)	Climb (m)	No. of controls	Difficulty
1	M21A, M35A, M20A	5.8	270	24	Hard
2	M40A, M45A, W21A	4.8	205	23	Hard
3	M16A, M50A, M55A, W35A	4.4	215	24	Hard
4	M60A, W20A, W40A, M21AS, M35AS	4.0	145	21	Hard
5	M65A, W16A, W45A, W50A, M45AS	3.6	150	19	Hard
6	M70A, M75A, W55A, W60A, M55AS, W21AS, W35AS	3.1	105	16	Hard
7	M80A, W65A, W70A, M65AS, W45AS, W55AS	2.5	120	15	Hard
8	M85A, W75A, W80A, W65AS	1.5	75	11	Hard
9	M90A, M95A, W85A, W90A	1.1	50	9	Hard
10	M14A, MJuniorB, MOpenB	3.0	145	16	Moderate
11	W14A, WJuniorB, WOpenB	2.5	70	13	Moderate
12	M12A, W12A, M/WJuniorEasy, M/WOpenEasy	1.6	40	10	Easy
13	M10A, W10A, M/W10Novice, M/WJunior VeryEasy	1.3	40	15	Very easy

Start. Pre-entry starts will be from 1 pm (see separate start list on Eventor). See *General Information* for details of the start procedure. The start is located ~150 m from the assembly area.

Enter on the Day. Enter on the day classes are available on Courses 7 (Hard), 11 (Moderate), 12 (Easy) and 13 (Very easy) after the last pre-entry starts on those courses. EOD competitors must register before 12:30. EOD entry fees are Senior (>20) \$25, Junior (<21) \$15; EOD competitors will not score any ACT League points.

Awards: ACT Championship awards will be made to placegetters in all Championship (A) classes. The presentation ceremony is scheduled for 3:30 pm.

Thanks to Landowners. Thanks to the owner, Mrs Helen Castles, and Ian Castles, for the use of the Cooradigbee property and their co-operation in planning the event.

Careys Cave tour: Careys Cave, which is within the event area, operates as a tourist cave. A public cave tour will operate at 3.00 pm on the day of the event and orienteers are welcome to join it. Further information: www.weejaspercaves.com . (There are earlier tours at 12.00 and 1:30, but these will clash with the event and are within the competition area and hence out of bounds to competitors prior to the event).

Sunday 1 September: ACT Long Distance Championships. 2019 ACT League #11, NSW State League #13

Organising Club: Parawanga Orienteers

Event Controller: Keith Fifield (RR)

Organiser: Cathy Hogg

Course Planner: Rohan Hyslop

Enquiries: cathyhogg11@gmail.com, 0411 207 770

Venue: Slap Up Creek, Jerangle. The venue is within private property.

Directions to Assembly Area: The event area is located about 110 km south of Canberra via either Bredbo or Captains Flat. You should allow two hours for travel from Central Canberra.

Via Bredbo: Travel south along the Monaro Highway towards Cooma for approximately 80 km to the village of Bredbo. Turn left at the end of the village onto Braidwood Street and after 300 m bear right onto Jerangle Road. Travel approximately 34 km (there is some bitumen but mostly gravel) then turn right onto Slap Up Road. This turn is about 3.7 km past the village of Jerangle, where the road crosses Towneys Creek. Travel 8.2 km along Slap Up Road. Follow signs and park as directed.

Note: There is likely to be heavy snow traffic on the Monaro Highway in the afternoon.

Via Captains Flat: Take the Kings Highway to just beyond Queanbeyan then turn right at the large roundabout on to Captains Flat Road. Travel approximately 40 km to Captains Flat. When entering the town, turn right into Foxlow Street, which becomes Jerangle Road. Travel approximately 32 km (there is some bitumen but mainly gravel) then turn left into Slap Up Road. Travel 8.2 km along Slap Up Road. Follow signs and park as directed.

Note: Slap Up Road is a narrow, unfenced, gravel road and some parts are in poor condition. There are narrow cattle grids and gutters along the road. Please drive to conditions and take particular care if encountering stock on the road.

Parking: Follow signs past the landowner's residence for 200m and park as directed.

Assembly Area: The assembly area is located 300m south of the parking.

Terrain: The terrain is a granite plateau featuring complex granite outcrops. Runnability varies from open farmland to areas of forest with fallen timber. The majority of the forested areas are very runnable.

Map: *Slap Up Creek*, 1:10,000, 5 m contours. The area was previously used for the 2013 Australian Long Distance Championships. The 2013 version of the map will be available at the event, on the OACT Facebook page and on Eventor under *Documents*. In accordance with Orienteering Australia Competition Rules, competitors are not permitted to bring copies of previous course maps to the event.

Course Setters Notes: Slap Up Creek is a map of complex granite. Boulders that may usually be expected to be mapped may only be indicated as rocky ground, if at all. Since 2013, there have been some minor changes to the map. The fence that separates the forested areas from open paddocks has been reconstructed and is no longer mapped as broken. A fence has been added on the western side of the map, which will not affect any courses. Some minor vehicular tracks have been added to the map. Areas mapped as undergrowth, slow running (thin vertical green stripes) have expanded over time but have not been remapped. Several fence-crossing points have been marked on the map. These are NOT mandatory crossing points. They are made from bales of hay with hessian over the barbed wire. While it is only the beginning of September, snakes may be encountered.

The very easy and easy courses feature some taped legs. These will be taped with a combination of blue and yellow tapes.

Courses/Classes:

Course	Classes	Length (km)	Climb (m)	Controls	Difficulty
1	M21A	11.5	305	21	Hard
2	M20A, M35A	8.7	200	13	Hard
3	M40A, M45A, W21A	7.5	215	10	Hard
4	M16A, M50A, W35A	6.0	180	9	Hard
5	M55A, M60A, W20A, W40A, W45A, M21AS	5.5	135	8	Hard
6	M65A, M70A, W50A, W55A, M35AS, M45AS, W21AS	4.1	95	9	Hard
7	M75A, W16A, W60A, W65A, M55AS, W35AS	3.6	70	9	Hard
8	M80A, M85A, W70A, W75A, W80A, M65AS, W45AS, W55AS	2.6	55	7	Hard
9	M90A, M95A, W85A, W90A, W65AS	1.7	55	7	Hard
10	M14A, MJuniorB, MOpenB	4.1	80	10	Moderate
11	W14A, WJuniorB, WOpenB	2.8	60	6	Moderate
12	M12A, W12A, M/WJuniorEasy, M/WOpenEasy	3.0	45	12	Easy
13	M10, W10A, M/W10Novice, M/WJuniorVeryEasy	2.3	45	12	Very easy

Start: Pre-entry starts will be from 10am (see Eventor for the start list). The start for all courses is located 800m from the assembly area (or 900m from the car park). Follow the signs and taped route to the start.

Enter on the Day: Enter on the day classes are available on Courses 4 and 8 (Hard), 11 (Moderate), 12 (Easy) and 13 (Very easy) after the last pre-entry starts on those courses. EOD competitors must register before 11am. EOD entry fees are Senior (>20) \$35 Junior (<21) \$22. EOD competitors will not score any ACT League points.

Course Closure: All courses close at 3pm. If you are not finished by this time, please abandon your course and return to the finish.

Safety Bearing: The safety bearing is due north to the farm track and then west to the old farmhouse.

Awards: Cloth badges will be awarded to the top three placegetters in all Championship (A) classes. The presentation ceremony is scheduled for 1pm.

Thank you to landowners Lisa Phillips & Dick Walker and Charles Meszaros for their kind support of orienteering,

General Information for Both Events

Start Procedure: Competitors are to report the Start at least six minutes before their start time. They should clear and check their SI card before entering Box 1.

- a) Competitors are to Clear and Check their SI card before entering Box 1 at six minutes before their Start time.
- b) On entering Box 1 an official checks each competitor's name and SI number. The Clock will show their Start time, but it will actually be six minutes ahead of their Start time.
- c) On entering Box 2 competitors collect their control descriptions.
- d) On entering Box 3 an official uses a SI unit to check that a competitor's SI card has been cleared. Competitors write their name on the back of the next map in their map box.
- e) At the final beep competitors pick up their map and commence their course.

Late starters: should report to the starter and will be allowed to start at the starter's discretion. The organiser will make a decision on whether time penalties should apply.

Results Display: The results will be displayed on TV screens after a competitor downloads their course data.

Catering: The ACT Junior Squad Blue Lightning will provide catering at both the Middle and Long Distance Championships. Hot toasted sandwiches, sausage sandwiches and soup will be available, as well as an array of cakes, biscuits and hot and cold drinks. Please support our local junior orienteers.

Toilets: At the Middle Distance Championships, toilets will be adjacent to the assembly area. For the Long Distance Championships, toilets will be located between the parking and the assembly area.

Orienteering Supplies: Aussie O Gear will be at both events for all your orienteering needs

First Aid: A first aid officer will be available at both events.

Complaints and Protests: Complaints and protests will be handled in accordance with Orienteering Australia Competition Rules sections 27 and 28, and if necessary a Jury will be appointed in accordance with section 29.