

2019 Queensland Orienteering Championships

Long Distance

PROGRAM



Kingaroy
7 and 8 September 2019



WELCOME

As the new President of Orienteering Queensland, I would like to welcome you to this year's Queensland Long Distance Championship.

It is an event held traditionally over two days and I remember coming up from New South Wales to compete in what is the premier event in the Queensland Orienteering Calendar. I always liked a two-day event as even if you had a bad run the first day you could catch up with friends that evening and hopefully have a better run the next day.

A special welcome to newcomers and interstate visitors. Hopefully the weather will be kind to us. The terrain around Kingaroy will always be challenging and whether you win or lose I hope you have a great time and "if it's a hill you get over it"

Judi Hay
President, Orienteering Queensland

PROGRAM OF ACTIVITIES

Sat 7 September - DAY 1		Sun 8 September - DAY 2	
12:00pm	Early starts - helpers	7:30am	Early starts - helpers
12:30pm	Registration open	8:00am	Registration open
12:30pm	Cold drinks	9:00am	Lions catering Cold drinks
1:30pm	First official starts	9:00am	First official starts
		12:30pm	Presentations
4:30pm	Course closure	1:00pm	Course closure

EVENT INFORMATION

Minmore Homestead

Our competition area, Minmore, is a Hereford beef producing property of 7000 hectares, 20 kilometres west of Kingaroy. Minmore has been in the same family since 1915 and is well known for its quality beef. The Homestead is an Australian Colonial style with high ceilings and long verandas, set in a hectare of gardens with an abundance of bird life including beautiful King Parrots.

Further Information on Tourist Attractions

The South Burnett Tourism Office can be contacted on 07 4189 9172 and has a good website at www.southburnett.qld.gov.au. This gives good information on accommodation, tours and activities and other tourist activities in the whole area.

Kingaroy Visitor Information Centre at Haly Street (opposite the peanut silos) is open seven days a week from 9am-5pm. Phone: (07) 4162-6272
Email: tourism@kingaroy.qld.gov.au

Weather

The climate in September is generally mild. Average temperatures are 25 degrees maximum and 8 degrees minimum. September is one of Kingaroy's driest months, but of course rain is always possible (average 29.3mm for September).

It can get cold at night so take your winter woolies.

How to get there

Kingaroy is located at the junction of the D'Aguilar and Bunya Highways, approximately **209** kilometres north-west of Brisbane.

It's a terminus of the D'Aguilar Highway and can be reached by following:

□ the D'Aguilar Highway from **Brisbane** - 2hr 43min

- the Brisbane Valley Highway through **Esk** – 2hr 47min
- the Bunya Highway via **Dalby** or – 1hr 54min (Toowoomba)
- the Burnett Highway via **Gympie** - 2hr 35min (Sunshine coast)

Kingaroy itself is the largest town in the South Burnett and the region's commercial centre, offering all the services, shopping facilities and many of the industries generally expected in much larger centre. The town has its own hotels, motels, caravan parks, bed and breakfasts and cabins; supermarkets and convenience stores; and a range of restaurants, fast food outlets, ATM facilities and petrol stations (including a 24-hour petrol station). The township has a population of around 8,000 people.

Directions from Kingaroy

Take the Bunya Highway South until you reach Tablinga Village. Turn right at the Golf Course into Kingaroy- Burrandowan Road.

After 3.2km take the right fork before crossing the creek. Continue on for approx. 19km more through the localities of Inverlaw and Wattle Grove until you pass Manneum Rd on left.

Shortly after this intersection, turn right in to Wilsons Rd (at the sealed 90 degree turn, not the dirt track shortly before). Continue for 4.7km then turn right into the Minmore property. The entry GPS co-ordinates are:

26°32'06.4"S 151°37'20.4"E.

Follow the dirt road approximately 1.5km to the assembly area. The dirt road into the property is rough and care should be taken along its length. Additional caution is recommended through a short rocky section of the road. Although the road is suitable for most conventional vehicles, it is recommended that very low clearance vehicles be left at or near the gate, with all occupants advised to catch a lift into the property.

Please park as directed by the parking attendants.

The driving time from Kingaroy is approximately 30minutes.

Assembly area

The same assembly area will be used for both days and will be adjacent to the parking area. Shade is available under the trees. There is ample room for Club tents.

Registration

The Registration and Information Tent will be open from:

- 12:30pm on Day 1 – Saturday 7 September; and
- 8:00am on Day 2 – Sunday 8 September.

It will be the information centre for the Championships.

Competitors are not required to visit the registration tent prior to starting. However, information will be available there regarding the orienteering events, posted start times and SI hire sticks.

Catering

Drinks will be available on Saturday.

Catering will be provided by the Kingaroy Lions Club on Sunday. Please support this local group as it is an important fund raiser for them.

Facilities

Two portaloos will be provided at the Assembly Area.

Water will be available near the Finish. To assist the organisers, please bring along your own supplies as well. Water points have been placed at designated control sites as shown on the maps and control descriptions.

First Aid

A first aid attendant will be located at the assembly area on both days.

Accommodation

If you have yet to organise your accommodation, Kingaroy and the surrounding district has a variety of accommodation on offer, from caravan parks to motels and bed and breakfasts. Further details are on the website www.southburnett.qld.gov.au

Camping

Camping will also be available at the Kingaroy Showgrounds. The showgrounds are extensive and offer basic facilities of toilets and hot showers. Powered site \$25, unpowered site \$16.50. The showgrounds are located south of the town on the Bunya Highway. Camping is not permitted on the Minmore property.

Championship Dinner

The Championship Dinner will be held on Saturday 7 September starting at 6:30pm at the Kingaroy RSL on the corner of Markwell and Short Streets, Ph 4162 1755. You can view the menu and price list at www.kingaroyrsl.com.au with payment made on the night. There is no need to contact the RSL as we have a room already booked. Come along and enjoy some good old-fashioned country cooking in a relaxing atmosphere with your friends.

For youngsters

Supervised childcare at the event is **not** provided. Parents must make their own arrangements for supervision.

Enter on the Day

Enter on the Day is not available.

General Enquiries

All comments, queries about results or complaints will be dealt with at the Registration and Information tent. **Please do not disturb the officials in the Finish tent.**

Safety

Whistles should be carried by all competitors but should only be used in cases of severe injury where assistance is required. The distress signal is six short blasts repeated at short intervals. If you hear such a signal, you are requested to abandon your course and give assistance. Where vehicle or medical assistance is required, this should be reported to the Information tent as soon as possible.

Please report overdue competitors to the Registration and Information tent – DO NOT organise your own search. In the event of an emergency, the event organisers should be contacted, via the registration tent.

If first aid is required, report to the First Aid tent for assistance.

Mobile phone reception is poor on both days but is better from the hills. However, in an emergency call the organizer on mobile number 0408 807 468.

Restrictions

We would ask that you respect the landholders' properties and cause minimal disturbance. Please leave gates as you find them and be careful climbing through fences so that you do not cause damage. If cattle are encountered, try to keep disturbance to a minimum. In keeping with Orienteering Queensland policies, competitors are requested to abide by our rules of **no smoking, fires, dogs or littering** at the event (this includes in the Assembly Area).

PRESENTATION OF AWARDS

Awards will be presented to all place-getters in the Queensland Long Distance Championships.

Combined times will be calculated for the overall winners on Sunday.

These awards will be presented to the place-getters in each class at approximately 12:30pm. All classes will receive badges.

TECHNICAL INFORMATION

Competition Rules

The competition rules of Orienteering Australia shall apply to all of the Carnival events. In particular, competitors are reminded that controls must be visited in the order shown on the course and that talking to, collaborating with, or distracting other competitors during the competition is not permitted.

GPS Devices

Competitors are reminded that you may not use telecommunication equipment between entering the pre-start area and reaching the finish in a race. GPS devices with no visible map display or audible signal may be carried.

Control Descriptions

Individual international control descriptions for each course will be provided to competitors at the pre-start at each event with those for the Moderate, Easy and Very Easy standard courses being in English. Control descriptions will also be printed on the front of the maps. For all Hard and Moderate navigation courses, international control descriptions only, will be used on the maps. English descriptions will be provided on the maps for all Easy and Very Easy courses.

Control Stands

Standard blank control flags will be suspended with an SI unit and punch. The control identification numbers will be on the top of these units. Please note that some controls will be in close proximity to others. It is the competitor's responsibility to **CHECK** the control number before punching.

Sportident Electronic Timing System

The Sportident electronic timing system will be used for the Championships.

All competitors should remember to bring their SI stick with them and ensure that they use the same one at each event. Family groups should take particular care not to mix their sticks as this will create major administrative problems for the Finish team at the event. Please check the details on the Start List to ensure we have your correct SI number recorded. If there is an error, please email qldchamps@oq.asn.au or call 0408 807 468 as soon as possible, prior to the Championships.

For those competitors who are hiring an SI stick, you can collect this at the Registration tent. Please remember to return your hired stick to the Finish tent after Day 2. In the event of a loss, replacement sticks may be hired at a cost of \$2 per day from the Registration tent. If a hired stick is lost, the competitor will be charged its full replacement cost of \$72, so please make certain it is attached with a piece of string or elastic.

Clear and Check

It is important to remember to "clear" and "check" your SI stick prior to each event, to delete previous event information stored on it. Special "Clear" and "Check" units will be positioned at the pre-start area on each day.

SI use on the Course

If an SI unit at a control malfunctions and does not "beep" or "flash" when the stick is inserted, the competitor must use the punch on the stand to

mark one of the three reserve boxes printed on their map. Failure to do this will result in miss-punch (MP) being recorded. If you need to use a punch at any control, please advise the Finish officials as they will need to take your map at the completion of your course.

Map Presentation and Scale

This is a new map made by Geoff Peck. All courses will use a 1:10,000 scale map printed on waterproof and tearproof paper.

There will be a legend on each map.

Map Notes

The map has scattered areas of rock, some creek systems and many termite mounds. The terrain is generally fast, and the dry conditions mean that the grass is short in almost all areas. Some specific comments are given below.

Termite mounds – prominent termite mounds have been mapped but there are many others around. In particular, note that some termite mounds that are amongst areas of boulders that have been left off because the size of the symbol interferes with the clarity of the rock symbols.

Watercourses – there is a major creek running from south to north on the eastern side of the map. Hard courses 1-4 will cross this creek. In a normal season, it has a number of long and deep waterholes which also have steep banks in and out of the water. The mapping has been done on this basis. As the season is particularly dry, then competitors can take their chances to cross at any point. Note that the banks of this main creek have only been mapped generally as each flood event causes changes. All other watercourses are dry at the time of writing.

Distinctive trees – there are quite a number of distinctive Moreton Bay fig trees on the map. In many cases they are growing out of the rock formation. These trees have been mapped as a green circle.

Vegetation – *Green* – Around the map there are a few small pieces of lantana and an area of “slow run” along the creek. There are a few small thickets of “walk” along a major west-east tributary creek and also the western boundary of the mapped area is generally shown as slow run or walk. This western area is so obvious to the eye that it is easy to recognise. *Striped Green* – The few areas of striped green are usually fallen logs. *Yellow* – there are considerable areas of rough open and semi-open scattered trees across the map. The boundaries of these zones were all made by eye. Do not rely on such boundaries for precise navigation.

Tracks – Tracks vary from the major drivable track heading east-west through the property, through to distinct motorbike tracks and smaller foot pads. While every attempt has been made to map the distinct tracks, some newer motorbike tracks have been observed, and not all of these are mapped. There are also numerous indistinct tracks which are not shown on the map.

Fences – important note for parents. There are fences at the northern and southern boundaries of the map, and along the green region to the west of the map. Please advise your children that they are not to climb through a fence or they may go off the map.

Out-of-Bounds Areas

Competitors and spectators must obey all out-of-bounds signs and keep within designated areas on both days, both near the Assembly Area and on the way to the Starts. Any competitor seen in an out-of-bounds area without the permission of officials, whether before or after their run, will be disqualified.

START INFORMATION

Direction to Start

The Day 1 start for all courses is 400m west of the assembly area back along the main track then 200m north along a track, follow orange tapes.

The Day 2 start for all courses is 700m east from the assembly area past the finish along the main track. Close to the finish, please keep left and give way to earlier finishing runners.

Start Times

Start times have been randomly distributed. To maximise the participation of volunteers, they have been allocated special start times to allow them to fulfil their official duties before or after they compete. Request for changes to start times cannot be considered unless there are exceptional circumstances. Starting times for those children who require shadowing on Course 12 will be later in the day to enable parents to accompany them to the start and shadow them.

Spectator control on Hard 1 and Hard 2 Courses

On Day 2, Hard 1 and Hard 2 competitors will have a map exchange approximately 60% of the way through their course. This will be at a spectator control close to the assembly area. Water will be available at this control. Competitors may choose to leave gels / hydrating drinks at the registration tent prior to starting their course.

M/W10 N Courses

Shadowing is permitted only on this course. Entrants may start at any vacant time during the start window but “shadows” must have completed their course first. Report to the “Late Start” official at the start. Shadowed runners will use a punch start so will not need to start at published start time.

Start Procedure

Both days will use a 2 minute start sequence. The starter will **not** repeat information provided in published event information.

Clear and Check your SI card before entering the Pre-start.

Competitors enter the pre-start area when the Prestart clock shows your race time (Call-up time). This is six (6) minutes before your official start time.

Your name, the last two numbers on your SI stick and whether your SI stick has been cleared will be checked by officials, so please ensure your stick is clearly visible and that it has been cleared. Only competitors missing from the pre-start area will be called by name.

At the four (4) minute mark, starters will move forward to a table to collect the control description for their course. Please bring the control description holder of your choice.

At the two (2) minute mark, competitors may move to their map box which will be marked with the course number and age classes. The starter will give any special instructions.

Check that the map is the correct one for your course by looking at the number on the top right hand corner on the back of the map. If you do not appear to have the correct map, please immediately draw this to the attention of the Start Official. You will be required to write your name on the map. **Please ensure that you only pick up one map.**

On the final "beep" of the start clock competitors must **punch the start SI unit**, then follow the streamers to the Start Triangle as marked on their map and on the ground. A stand with a blank control flag but **no** SI unit will be placed at this location.

Late Starts

Competitors who miss their allotted start time on any day should report to the pre-start officials who will direct them to the Late Start Official. They

will be started as soon as possible but will be regarded as having started at the time stated on the official start list, unless the organisers are at fault.

FINISH INFORMATION

Finish Procedure

After punching the last control, each competitor must navigate to the Finish banner where there will be multiple units on stands, one of which must be punched. After finishing, you will be asked to place your map in the appropriate box for your course before proceeding to the Finish tent to have the information on your SI stick downloaded into the computer. Your SI stick will be read to record your course details and elapsed time and a print out of your split times will be made available. If you have had to use the traditional punch boxes on your map because of a unit failure, please notify the Finish Officials so they can take your map and verify the punch marks.

If you are using a rental SI-stick and this is your last event, please return the SI-stick to the Finish Tent after completing the downloading process.

You must report to the Finish even if you have not completed your course.

If you have not finished at the course closure time, you must return to the Finish as soon as possible or a search will be mounted for you. Go to the Finish control and proceed up the Finish chute. If injury prevents you from doing this, please ensure that your return to the Assembly Area is reported to the Registration and Information Tent. The officials will pass the information on to the Finish team.

Any complaints or comments about the course should be made to officials at the Information tent. **Please do not disturb the officials at the Finish.**

Map Return

Day 1 and Day 2 maps will be available for collection on day 2 after the last starts. They will be distributed in boxes according to course numbers.

Maps for people who did not start will be available from the Registration and Information Tent after 10:30am on Sunday.

Results Display

Provisional results will be displayed on the result computer screen as soon as possible after each competitor has finished. Queries about results are to be made at the Registration and Information Tent, NOT at the Finish Tent!

Complaints and Protests

Any complaint shall be made in writing and lodged at Registration tent within 15 minutes of the result being posted. A complaint is adjudicated by the organiser. The complainant shall be informed about the decision immediately. If the complainant is still dissatisfied, they may lodge a formal protest, in writing, to a jury appointed by the organiser and approved by the controller. The controller will chair the jury meeting but will not vote on the outcome. The decision of the jury will be final. There is no fee for lodging a complaint or protest.

Jury

In the event of a protest, the jury will be Liz Bourne, Mark Petrie and Rob Rapkins.

DAY 1 COURSE DETAILS

Course	Navigation	Classes	Distance (km)	Climb (m)	Controls
1	Hard	M21A	9.6	185	16
2	Hard	M20A, M35A	8.0	165	15
3	Hard	W21A, M45A	6.9	155	12
4	Hard	W35A, M16A, M21AS, W20A	5.7	165	14
5	Hard	W45A, M55A, M35AS, W21AS, M20AS	5.1	115	8
6	Hard	W55A, M65A, M45AS, W35AS, W20AS	4.2	100	8
7	Hard	W65A, M75A, M55AS+, W45AS, W16A	3.4	75	7
8	Hard	W75A, M85A+, W55AS, W85A+	2.3	50	5
9	Moderate	M14A, MOB	4.0	90	8
10	Moderate	W14A, WOB	3.4	65	7
11	Easy	W12A, M12A, OE	2.9	60	11
12	Very Easy	M/W10N, W10A, M10A, OVE	2.4	45	10

DAY 2 COURSE DETAILS

Course	Navigation	Classes	Distance (km)	Climb (m)	Controls
1	Hard	M21A	13.2	285	22
2	Hard	M20A, M35A	10.2	240	18
3	Hard	W21A, M45A	8.6	210	15
4	Hard	W35A, M16A, M21AS, W20A	7.6	190	14
5	Hard	W45A, M55A, M35AS, W21AS, M20AS	6.0	140	11
6	Hard	W55A, M65A, M45AS, W35AS, W20AS	4.9	130	11
7	Hard	W65A, M75A, M55AS+, W45AS, W16A	3.8	110	7
8	Hard	W75A, M85A+, W55AS, W85A+	2.8	80	6
9	Moderate	M14A, MOB	4.8	110	9
10	Moderate	W14A, WOB	3.5	80	7
11	Easy	W12A, M12A, OE	3.0	75	10
12	Very Easy	M/W10N, W10A, M10A, OVE	2.5	45	10

	Day 1 - Saturday 7 September	Day 2 - Sunday 8 September
Registration tent open	12:30pm	8:00am
Map	Boskerville 2019	Boskerville 2019
Mapper	Geoff Peck	Geoff Peck
Map Scale	1:10000	1:10000
Course Setter	Brendan Henry	Brendan Henry
Starts	Official starts will be from 1:30pm. Early starts for helpers will be from 12:00 noon.	Official starts will be from 9:00am. Early starts for helpers will be from 7:30am
Directions to start	Day 1 start is 400m west of the assembly area back along the main access track then 200m north along a track.	Day 2 start is 700m east from the assembly area past the finish along the main access track.
Close	Courses close at 4:30pm	Courses close at 1:00pm
Warm up area	Along the main track to the start	Along the main track to the start
Safety Bearing	North to fence and then west to road	North to fence and then west to road
Terrain	The area is predominantly open and very runnable undulating eucalypt forest with scattered to complex granite.	The area is predominantly open and very runnable undulating eucalypt forest with scattered to complex granite.

ACKNOWLEDGEMENTS

Orienteering Queensland wishes to convey its thanks to the Landowners Deanne and Graham Wilson for access to their property and assistance in conducting of the State Championships. Graham, Deanne and Graham's son has also provided invaluable assistance in preparation of this event.

KEY PERSONNEL

Co-ordinator	Joe Garbellini
Controller	Tim McIntyre
Course Setter	Brendan Henry
Mapper	Geoff Peck
Set up	Rob Rapkins
Administration	Tony Bryant
Entries	Tony Bryant
Registration	Lucy Peljo
Start team co-ordinator	Fiona Caristo
Finish Team co-ordinator	Tony Bryant
Parking	Jim Bowling

ENQUIRIES

Email enquiries

treasurer@oq.asn.au

By Telephone

Joe Garbellini – 0408 807 468

Enquiries during the Championships

Enquiries should be made at the Information tent or, in an emergency, call 0408 807 468 (mobile coverage on site is poor – try a text message if a call fails).