



# EASTER 2020 AUSTRALIAN 3 DAYS

## Australian 3 Days Orienteering Championships 2020 Invitation and Carnival Bulletin 1

### Introduction

You are invited to the Australian 3 Day Championships to be held in New South Wales, Australia over Easter 2020. The carnival features bush events over 3 days, plus urban sprint races on Good Friday.

There will be additional information progressively available at:

<https://www.onsw.asn.au/easter2020>

and in the Australian Eventor calendar

<https://eventor.orienteing.asn.au/Events/Show/8704>

### Location



On behalf of Orienteering NSW, Easter 2020 is being organised by:

- Bennelong Northside Orienteers Inc
- Goldseekers Orienteers
- Central Coast Orienteers Inc



## Contacts

CONTACT	NAME	EMAIL	Phone
Organising Body	Orienteering NSW		
Carnival Director	Ron Pallas	ronpallas@hotmail.com	0424720165
Technical Director	Nick Dent	nickdent7@gmail.com	0428251786
IOF event advisor	Nick Dent		
Landowner relations	Steve Flick		
Entries & results	Ron Pallas	ronpallas@hotmail.com	0424720165
Maps co-ordinator	Terry Bluett		

Dates	Events	Planners	Controllers	IOF advisor
Friday 10/4/2020	Prologue/Sprints	Jean Baldwin	Terry Bluett	Nick Dent
Saturday 11/4/2020	Day 1	Rod Parkin	Paul Prudhoe	
Sunday 12/4/2020	Day 2	Eric Morris	Nick Dent	Nick Dent
Monday 13/4/2020	Day 3	Anna Fitzgerald	Hilary Wood	

## Programme

Date	Location	Event
Friday 10 <sup>th</sup> April	Charles Sturt University Orange	Registration at Event
		Elite Sprint, Family Sprint Relay, Public Sprint
Saturday 11 <sup>th</sup> April	Noahs Ark Ridge, SW of Molong	Day 1 Australian 3 Days Championships - Middle Distance
Sunday 12 <sup>th</sup> April	Gumble Pinnacles, SW of Molong	Day 2 Australian 3 Days Championships - Long Distance
Monday 13 <sup>th</sup> April	Gumble Pinnacles, SW of Molong	Day 3 Australian 3 Days Championships - Long Distance

## Maps

CSU Orange	Noahs Ark Ridge (new map)	Gumble Pinnacles
2016 Atte Lahtinen 2019 Updated by Grace Molloy	2019 Terry Bluett 2019 Check by Rob Vincent	2000 First mapped by Eric Andrews 2019 Extended by Hugh Moore 2019 Updated by Rob Vincent

## Carnival Format

### Elites

Four day multi-stage competition. Cumulative time from all four stages to count.

Stage 1 – Sprint (World Ranking Event)

Stage 2 – Middle

Stage 3 – Long (World Ranking Event)

Stage 4 – Long

### All other age classes

Family relay / Public sprint followed by:

Three-day competition. Cumulative time from all three days to count.

Day 1 – Middle

Day 2 – Long

Day 3 – Long

### Entries

Early bird discount            To midnight Sun 29<sup>th</sup> Dec 2019

Standard entry                 To midnight Sun 15<sup>th</sup> Mar 2020

You can enter all, or any event, including individual days of the Easter Carnival.

Entry online via Eventor (<https://eventor.orienteering.asn.au/Events/Show/8704>) - note there will be limited Enter on the Day courses. If you need help with Eventor you will find Eventor Guidelines on each Eventor Event Page.

Elite runners should check the following link before entering:

<https://eventor.orienteering.asn.au/Documents/Event/6590/1/How-to-enter-the-Australian-3-Days---Elites>

If you have not used Eventor before you can create an account as a member of an Australian Club, as a member of an overseas club or as a non-member.

Also via Eventor:

- Family Teams Competition at the Prologue (no additional cost) see: <https://eventor.orienteering.asn.au/Documents/Event/6591/1/How-to-enter-the-Family-Relays>
- Hire of SIAC \$12 via Eventor Services (limited supplies available on a first in basis – alternatively buy a SIAC from Colin Price [www.aussieogear.com](http://www.aussieogear.com))

### Enter On The Day

There will be a limited number of Enter on the Day (EOD) Hard, Moderate, Easy and Very Easy courses available during the Easter Carnival. Participants will be timed, but there will be no prizes. To EOD go to the Registration Tent at each day's arena.



## Entry Fees

	Elite Prologue	Family Relay Public Sprint	Saturday	Sunday	Monday
Senior Elite	E \$40 S \$45 L \$60		E \$40 S \$45 L \$60	E \$40 S \$45 L \$60	E \$40 S \$45 L \$60
Junior Elite	E \$28 S \$30 L \$40		E \$28 S \$30 L \$40	E \$28 S \$30 L \$40	E \$28 S \$30 L \$40
Senior		E \$25 S \$30 L \$45	E \$40 S \$45 L \$60	E \$40 S \$45 L \$60	E \$40 S \$45 L \$60
Junior		E \$17 S \$20 L \$30	E \$27 S \$30 L \$40	E \$27 S \$30 L \$40	E \$27 S \$30 L \$40
Sub-Junior		E \$12 S \$15 L \$23	E \$20 S \$22 L \$30	E \$20 S \$22 L \$30	E \$20 S \$22 L \$30
FAMILY DISCOUNT	<p>The family discount aims to help keep the sport of orienteering affordable for families. A family is defined as a maximum of 2 adults plus any number of their junior or sub-junior dependents. The fourth and subsequent members of a family will not be charged an entry fee for these events.</p> <p>To qualify, all members of the family must be entered at the same time. The discount will then be applied automatically</p>				

E = early, S = standard, L= late

Refund Policy: Full refund less 10% - 01/10/2019 -15/03/2020 the retained 10% is for unrecoverable Eventor fees and bank charges). *No refunds will be made after entries close on March 18<sup>th</sup> as costs associated with your entry will have been incurred.*

## Accommodation

The city of Orange has many types of accommodation available - see

<https://www.visitorange.com.au/accommodation> and

<https://www.visitnsw.com/destinations/country-nsw/orange-area/orange/accommodation>

Molong also has some local accommodation including Molong Caravan Park -

<https://www.cabonne.nsw.gov.au/Recreation/Caravan-Parks/Molong-Caravan-Park>

## Registration

All participants or their representative must attend registration.

Registration will be available at the Event Centre when open and at Easter 2020 events.

## Insurance

Insurance against accidents and in case of injury is the responsibility of participants. We strongly recommend overseas participants have appropriate travel insurance.



## **Risk Waiver & Acknowledgments** (including Parent and Guardian Acknowledgement)

It is a condition of entry that participants agree to the Entry Terms and Conditions for this Carnival, which are available on Eventor as a document. The Entry T&Cs include a waiver and acknowledgment of risks and use of photographs including for parents and guardians of any children who enter.

## **Split Starts Request Form / Early Starts Request**

Please email [ronpallas@hotmail.com](mailto:ronpallas@hotmail.com) with any requests for split starts. Please include details of names and classes.

## **Overseas visitors**

Visitors to Australia generally require entry visas – please check before booking.

## **Technical**

### **The Rules**

Easter 2020 is being run in accordance with the Orienteering Australia Rules for Foot Orienteering. All participants must comply with the Rules. Of relevance to elite competitors - the IOF Rules for World Ranking events will also apply and will be on the carnival website nearer the event.

## **Elite Prologue/Family Relay/Public Sprint - Friday 10th April**

Three events in one

1. **Elites** - enter the respective gender course – see table below.
2. **Family Relays** - for teams of three from the same immediate family: L,M,S
3. **Individual** - enter in one of the available courses: L,M,S

### **Elite Prologue**

Course	Class
Long (L)	M21E, M17-20E
Medium (M)	W21E, W17-20E
Short (S)	

### **How will the relay work with Elite Runners?**

So that we can run the event as a true relay all elite runners will be first starters (they will not have to run again). Once the race gets under way your team's second leg runner will wait in the tag box with an official who will start you at your elites finish time.

Example: Team Dent - Julian, Phoebe and Jose

If Julian Dent ran 15.25 in the elite prologue- then the next runner either Phoebe or Jose will be started by the official, in the tag box 15.25 after the Family Relay begins.

In the case of a team with two elites then the third leg runner would start at the tag box at the combined time of the two elites.

This way the first third leg runner home will be the outright winner!

The team winning on Handicap will be announced at the presentation

NB: Only one male elite and one female elite can be included in any team.

(If by chance there is a team of 3 elites, then one of them must run the short leg).



## How to Enter the Family Relay

The Family Relay will consist of three legs - Long, Medium & Short courses.  
Competitors may enter a 3-person family team to run the relay.

First step is to enter the Public Sprint via Eventor - this is where you pay for the relay. If there are elites in your team, they do not have to enter this event.

Second step is to enter the Family Relays Event registering your 3 runners against their respective legs: L, M, S. If you have an elite or two in your team include them here.

For instructions see:

<https://eventor.orienteering.asn.au/Documents/Event/6591/1/How-to-enter-the-Family-Relays>

## Australian 3 Days – days 1, 2 and 3 Course/Class Details:

Course	Classes	Tech. Difficulty	Day 1 Win Time	Day 2 Win Time	Day 3 Win Time
1	M21E	Hard	30-35	85-90	45
2	W21E	Hard	30-35	65-70	40
3	M20E	Hard	30-35	70	45
4	W20E	Hard	30-35	55	40
5	M35A	Hard	30-35	56	56
6	M21A, M40A	Hard	30-35	54	54
7	M45A, M50A	Hard	30-35	50	50
8	W21A, W35A, W40A, M20A	Hard	30-35	48	48
8S *	M21AS	Hard	30-35	48	48
9	M16A, M35AS, M55A, W45A	Hard	30-35	48	48
10	M60A, W21AS, W50A	Hard	30-35	48	48
11	M65A	Hard	30-35	44	44
12	W16A, W55A, W20A	Hard	30-35	40	40
13	M45AS, W35AS, W60A, M70A	Hard	30-35	40	40
14	M55AS, M75A, W45AS, W65A	Hard	30-35	40	40
15	M80A, W55AS, W70A, W75A, M65AS	Hard	30-35	40	40
16	W80A, W85A, M85A, W90A, M90A, W65AS	Hard	30-35	34	34
17	M-JuniorB, M-OpenB, M14A	Moderate	30	32	32
18	W-JuniorB, W-OpenB, W14A	Moderate	25	24	24
19	M12A, W12A, M/W-EasyB	Easy	24	24	24
20	M10A, W10A, M/W10Shadow, M/W-VeryEasyB	Very Easy	16	16	16

\*M21AS aka “the SLEDGE” will be at Easter 2020.

*Want to be part of the fun? – simply enter M21AS and do some serious sledging!*

*Sledge is open to anyone wanting to have fun without the worry of winning trophies, regardless of age, fitness or ability - watch out for those boxer shorts!*



## Timing Devices

All events at Easter 2020 will use SPORTident Air Card (“SIAC”) controls.

Old model SPORTident (“SI”) cards can still be used.

NB: If you have a SIAC Card, please make sure it is the registered stick in your Eventor Account before you enter.

Limited supplies of SIAC are available for hire via Eventor when you enter. These will be allocated on a first in basis. SI cards will also be available to hire at the Arenas, including for Enter on the Day participants.

(Buy your own SIAC from Colin Price at [www.aussieogear.com](http://www.aussieogear.com) or during the Carnival at the O shops.)

## Start Times

Participants will be allocated start times for all events during the 3 Day Easter Carnival.

## Results

For the carnival we will be transmitting live race results, not only to on-site TV screens, but also to personal portable devices and internet enabled websites - courtesy Living it Live. Results and splits will also be available on Eventor as soon as possible after each event.

## Embargoes

All the areas being used for the Easter 2020 Carnival are embargoed – you must not train on or visit these areas:

- Prologue/Sprints - Charles Sturt University
- Day 1 - The area known locally as Noahs Ark Ridge, to the north of Packham Drive, SW of Molong (private property).
- Day 2 - Gumble Pinnacles (private property)
- Day 3 - Gumble Pinnacles (private property)

## Shadowing

Shadowing (with the exception of the M/W10 Novice class) by parents and/or coaches is not allowed during Easter 2020.

In the M/W10N class, entrants are 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. Times shall not be recorded for this class. Shadowing parents or coaches must run their own course before shadowing novices.

If newer orienteers do not want to go out alone or if parents are concerned about older children going out alone, we strongly recommend the Enter on the Day options.



## Old Maps

Copies of the previously used competition areas maps will be available on the Carnival website.

## Course Lengths & Winning Times

Approximate course lengths and winning times will be in accordance with Orienteering Australia Rules for Foot Orienteering.

Actual course details (length, total climb, number of controls and number of refreshment controls) will be available in a subsequent Bulletin and the Guide.

## Terrain, Climate & Hazards

**Prologue/Sprint** – typical University terrain of buildings, gardens, covered areas with surrounding parkland.

**Noahs Ark Ridge** – ridge with intricate rock detail alongside open gully/spur terrain.

**Gumble Pinnacles** – complex granite with some open sections of forest.

**Climate:** Temperatures in the Molong area in April average max of 22°C in the day and 6°C overnight. Rainfall – mean number of days  $\geq 1\text{mm}$  = 4 days.

**Hazards:** University sprint – blind corners and kerbs

Bush events – rough terrain and obstacles, heat/cold/exhaustion, wildlife, remote area

## Map details

Map	Scale	Contour interval
Charles Sturt University - Friday	1:4000 & 1:3000	2.5m
Noahs Ark Ridge - Saturday	1:10,000 & 1:7,500	5m
Gumble Pinnacles - Sunday	1:10,000 & 1:7,500	5m
Gumble Pinnacles - Monday	1:10,000 & 1:7,500	5m

## Start & finish procedures

Start and Finish Procedures will be in accordance with Rules 22 and 23 of the Orienteering Australia Rules for Foot Orienteering 2018. More details will be in a subsequent bulletin and the Guide.

## Awards

Awards will be presented to the winners and placegetters of all championship classes. Certificates will be presented to winners and place getters of all other classes.

## Complaints & Jury Members

Unhappy? The procedures for making a formal complaint from a competition perspective are set out from Rules 27-30 of the Orienteering Australia Rules for Foot Orienteering 2018. The names of the jury members will be published in a later Bulletin.

## Functions

TBA

[www.onsw.asn.au/easter2020](http://www.onsw.asn.au/easter2020)

