

## Garingal DUO – Sunday August 23

**Venue:** Frenchs Forest Girl Guide Hall, 12 Grattan Crescent, Frenchs Forest. Parking available on-street and at Ararat Reserve.



GARINGAL  
ORIENTEERS

All courses are 'score' events: visit as many controls as you can in any order within the time limit. No prior planning time will be allowed, except for the Easy course.

Course	Start Window	Duration	Controls	Max score	Late penalty
Foot O	10.30-11am*	60 mins	23	50	2 points / min
MTBO	12-12.30pm	60 mins	22	50	2 points / min
DUO	As above	120 mins	45^	100	As above
Easy	11-11.30am	45 mins	11	25	2 points / min

\* Vulnerable individuals may start Foot O between 10.15-10.30am.

^ normal SI sticks are OK as you will download after the Foot section.

**Course closure:** 1.45pm.

**Control descriptions:** will be in IOF symbols and English, and (1) printed on the maps, (2) available here for downloading and printing at least 24 hours before the event.

**Map:** "Ferretville". Foot O: 1:4000 (Sprint specs). The course is a mix of Easy, Moderate and Hard controls. No planning time is allowed.

MTBO: 1:8000 (using a Foot O map). You may only ride on tracks, roads and open areas (yellow). No planning time is allowed.

All maps are printed on A4 Pretex waterproof paper.

**SportIdent electronic timing:** SI-Air+ will be enabled for all field controls. However, both the Start and Finish must be physically dipped.

**Results:** will NOT be displayed at the event. Live online results will be available for Foot O, MTBO and Easy courses. DUO results will be posted as a pdf in Eventor after the event.

**Services:** SI stick and map board hire are free but must be selected as services in Eventor if required. Anyone redeeming an **Active Kids, Free Entry or Gobies voucher** must enter on the day (no surcharge applies).

**Entry Fees:** Pre-entry is strongly recommended via Eventor by midnight Saturday August 22. Enter on Day will incur a surcharge and is payable by card or exact cash; no change will be given.

	Adult	Junior (<21)	EOD extra
Foot O	12	8	3
MTBO	12	8	3
DUO	15	10	3
Easy	Free	Free	Free

**MTBO:** you must supply your own **bike** and a Standards Australia-approved **helmet**. A "commuter" or "city" bike is suitable for this event, but not a "road" bike.

Roughly half the course is on quiet suburban streets. Please exercise caution as cars are often parked on both sides of these streets.

**Important note:** riders (a) must cross Wakehurst Parkway only via the overhead footbridge at control 101, (b) must ride from south to north on Possum Trail (any of the single track sections from 121-101), (c) may cross a tiny section of bush to access Aquatic Drive from Madison Way (this is marked on the map), (d) must obey NSW Road Rules.

**Terrain hazards:** Foot: include many steep impassable rockfaces, slippery tracks and bare rock, mountain bike riders, car parking and vehicles at Forestville Park, watercourses that may be prone to flash flooding.

MTBO: include motorised vehicles on roads, other mountain bike riders, bushwalkers and trail runners, jumps (B-lines are available), mounds, bridges, mud.

**Hungry afterwards?** [The Austrian Club](#) is 100m away and open from 12-9pm on Sundays. They have outdoor and indoor dining areas (including a room for up to 30 people) – but you must book, as well as a takeaway menu.

## **This event will be covid-compliant.**

### **Contact tracing:**

All attendees at the event must register, even if not participating; choose the “Spectator only” class in Eventor.

If running as a Group, only the Group leader needs to be entered. **All other group members must also pre-enter but use the (free) GrpMbr class.**

**COVID-19:** COVID safety conditions apply. These are shown in the attached information flyer which must be read and acknowledged before entry is accepted. Please recheck immediately before the event as the safety instructions may change.

Please keep your time at the event to a minimum.

You must not attend if you are unwell or meet any of the criteria for self-isolation identified by Health NSW.

If you have pre-entered but cannot attend due to covid symptoms, please contact the organisers to arrange a refund.

### **What to do when you get to the event:**

1. For people who have pre-entered, you will only need to visit the Registration Desk at the event to:

- Pick up a rental SI stick
- Have your Active Kids card stamped
- Hand in your Gobies
- Pick up a map board (MTBO only)

Otherwise you just turn up, clear/check, hand sanitise, pick up your map and start during the start window. Pre-planning time will only be allowed on the Easy course.

2. For people who enter on the day, please report to the Registration Desk.

Your emergency contact for this event is Ian Jessup 0416 040 135.