

Event Information – Binalong Bay mini rogaine/score event.

Location	Event Date		
Binalong Bay	Monday September 28 th		
	to		
	Friday October 2 nd		

COVID-19 Compliance

To comply with government regulations there are changes to the way orienteering in Tasmania takes place:

- You must enter using the online entry system <u>Eventor</u> by the Wednesday evening before the event.
- There will be no entry or payment on the day. If you turn up without pre-entering you will not be allowed to participate.
- Before you come, read the <u>COVIDSAFE Participant checklist.</u>
- Bring your own water no water will be available on the course or at the assembly area.
- Bring your own snacks/lunch no catering will be available.
- Social distancing and a range of hygiene measures will be enforced.

If you have COVID-19 symptoms, have been in recent contact with a COVID-19 case, or have travelled overseas recently please stay home.

About This Event

• This is a 3 hour mini-rogaine / score event for teams of 2 to 5 people using the MapRun F app.

MapRun – how does it work

• For detailed information, see below.

Where is the Start?

• The start and finish are <u>HERE</u> at the public BBQ/playground in Binalong Bay, coordinates (-41.250471, 148.308327)

When Can I Start?

- The event can be undertaken any day from Monday September 28th to Friday October 2nd.
- You can start anytime between 9am and 1pm.
- You can participate more than once.
- Before starting please sms the organizer (Paul Pacqué on 0431 663 379) with the names of your team members and your approximate start time.

When do I Have to Finish?

- You need to finish within 3 hours of your starting time. Finishing late will incur a penalty of 30 points per minute or part thereof. If you finish more than 20 minutes late you will be disqualified. The course will be closed daily at 4pm. If you cannot complete your course by this time you will need to abandon it and head back to the assembly area to arrive by course closure time.
- At the end of your course, please upload your result via the MapRunF app.
- So that we know you have returned safely, and don't organise a search party for you, please once more sms the event organizer.

Which Map is Being Used?

- Map: Binalong Bay.
- The map is part of the map used for the Australasian Rogaining Championships in 2019 covering Humbug Point, Binalong Bay and its immediate surroundings. We thank Rogaining Tasmania for their kind permission to use the map.
- Scale: 1:33,333 or 3cm/km
- Contour Interval: 10m
- Copies of the map will:
 - Be emailed to participants after entries have closed (PDF format).
 - Be posted on the O-training Tasmania and the Rogaining Tasmania Facebook pages.
 - Be available in hard copy at the Saturday 26/09 and Sunday 27/09 orienteering events.
 - Be available in hard copy on Monday morning 9am at the start area in Binalong Bay.

What are the Courses?

- No fixed courses. This event uses the rogaining format. Essentially it is a long score event where you make up your own course.
- There will be 30 "virtual" controls scattered around the area. Each control will have a point value (between 10 and 60 as detailed on the map/control description).

• There will be no flags in the terrain. Instead the "MapRun F" app will be used to detect your proximity to the control location.

Do I Need an SI Stick or P Card?

You do not need an SI stick. However you will need your mobile phone with the MapRun F app installed and a fully charged battery. For more information on MapRun, see below.

How do I Enter?

To comply with COVID-19 regulations you must enter online by midnight on the Wednesday night (September 23rd) before the event.

- If you are a newcomer, see *Information for Newcomers* below
- Enter using <u>Eventor</u> the online orienteering entry system.
- Eventor doesn't allow you to enter as a team. Therefore all team members must enter individually. Please sms the organiser with your team composition (0431 663 379).
- If you need help to enter, follow the <u>How to Enter guide.</u>
- There will be no entry or payment on the day.
- To enter online you need to be <u>registered as a casual or full member of Orienteering Tasmania</u>. Casual membership is free! Members of Rogaining Tasmania will also need to register as casual members of Orienteering Tasmania.

Information for Newcomers

Newcomers are encouraged to come along and give bush orienteering a try. Wear comfortable clothing and foot wear suitable for walking or running; bring warm clothes and wet weather gear in case the weather is inclement. Long pants are a good idea if you plan on doing a course that takes you off tracks and through the bush.

When you arrive at the event come to the registration desk and let the organisers know you are new; an experienced member will help you through the registration, start and event procedure.

Event Fees Casual Member	Adult	Adult	Youth or Concession	Youth or Concession	Family	Family
	Casual Member	Full Member	Casual Member	Full Member	Casual Member	Full Member
Local event	\$12	\$8	\$6	\$4	\$30	\$20

How Much Does it Cost to Enter?

Contact Information

The organiser for this event can be contacted on <u>paulpacque@internode.on.net</u> or 0431 663 379

Course Planner

Course Planner: Paul Pacque

What Else do I Need to Know?

As Orienteering Tasmania events are often conducted on private property we have a blanket policy of not permitting dogs at our events. Please leave your dog at home if going orienteering. As well, please leave gates closed or open as you find them.

MapRunF

MapRunF is a smartphone app that allows orienteering using a phone for viewing the map (optional), punching and timing.

About your phone:

- Install the free MapRunF App (Apple App Store or Android Play Store) on your smart phone.
- Using the app relies on the phone's GPS working as well as possible.
 - \circ $\;$ Make sure you have enabled "location" services on your phone.
 - o Ensure the app can run in the "background" once the screen turns off
 - o Ensure that the phone's "battery saver" features are turned off
 - As much as possible use a carrying system that allows the phone to be exposed to the sky to best receive GPS signals from satellites.
 - If you are having issues with your phone restarting it can help
- Make sure your phone is charged and you have a safe method of carrying it. Once you start your course you do not need to look at it so it can be stored securely in an arm strap or in a bum bag or backpack.

For more information about phone GPS please see http://maprunners.weebly.com/phone-settings.html

Before you come to the event:

- Start the app and "register" by entering your details requested.
- Press "Select Event" and scroll down to the "Tasmania" folder. Select "MR 11 Binalong Bay". If you are in the vicinity of the event map you can also press "Events Near Me"
- You can play with "Options and Settings" but most of these are fine for normal use.
- Print off a paper copy of the course you wish to run. This will be supplied in PDF form by the organiser. The course can also be seen on the phone as you run. Your location is hidden but less confident orienteers might wish to show this by changing this setting in "Options & Settings"

At the event:

- Open the MapRunF app.
- Let your phone sit still a few minutes with a free view to the sky before going to the start to get a good starting GPS position.
- Only when you are ready to go, press "Go to Start" and the map with course will appear on your screen.
- You MUST start at the triangle (S1) on the map and finish at the double circle (F1).
- When you go through the start the phone will beep and buzz. It then does the same when you successfully visit a checkpoint and finally at the finish.
- There are no standard orienteering flags at checkpoint sites.
- If you reach a checkpoint and the phone does not beep and buzz wait for a period whilst the GPS accuracy improves. If it doesn't register within 30 seconds or so move on. If you are certain you were at the checkpoint you can adjust your results upon completion of the event
- At the end of your run press "Upload Results" to be in the result list. This will allow you to compare your time with others.

More Information

For information about MaprunF please see <u>http://maprunners.weebly.com/</u> For information about orienteering please see <u>https://tasorienteering.asn.au/</u>