



# Big Foot Orienteers

*State League 6*

*Sunday 18 May 2014*

**Map:** 'Rydal Showground' 1:15,000 with 5m contours for all courses except Very Easy which is 1:7,500.

**Planner:** Jock Davis

**Controller:** Mark Shingler

**Organiser:** Miles Tel: 0430 231060

## **Directions**

From Lithgow McDonald's take the westbound Great Western Highway for 15km. Turn left into Old Western Rd. This road turns sharp left after a km and is followed approx. 5km to Rydal. After crossing the railway line in Rydal township, turn left and drive up the hill into the showground and park as directed (allow 20mins from Lithgow).

From Bathurst/Orange, take the Great Western Hwy east and turn right into Old Western Rd before you reach the turnoff to Wallerawang (43km from the Macquarie River bridge), then follow directions as above, allow 40 mins from the bridge in Bathurst.

## **Parking**

Parking will be on the far side of the showground. Please follow signs and directions.

## **Terrain/Map**

The area is largely eucalypt forest, with some fallen timber. It varies from flat to very steep. Some parts have distinct gullies and spurs; other parts have vague contour features.

Note that the main creek running north-south down the centre of the map is relatively easy to cross, but quite tough to run along. We haven't been able to keep up with new mountain bike tracks and blackberry growth. Three weeks before the event mountain bikers were still building tracks, so your course may cross unmarked tracks.

Also take care on tracks as there are 4WDs, motorbikes, quad bikes and mountain bikes in the area.

There are some out of bounds areas clearly marked on the map. You may run on roads at the edge of or within out of bounds areas. The out of bounds stripes indicate this. Do not run across the newly planted pine plantations or the cemetery. There may be forestry workers weeding along the plantation roads but this should not affect competitors.

The oval in the showground has a fence around it. The oval is not out of bounds but the fence is not easy to get over. It does have many gaps where you can get under so it's been designated as a crossable feature.

## **Map – special symbols**

X (black cross)      Various types of man-made features e.g. car wrecks, rubbish piles etc.  
 X (brown cross)      Termite mound

## Course Information:

Course	Classes	Controls	Length	Climb
Hard 1	M21A	12	9.8 km	395m
Hard 2	M17-20A, M35A, M40A	9	7.6 km	270m
Hard 3	M45A, W21A	8	6.3 km	220m
Hard 4	M21AS, M50A, W17-20A, W35A, W40A, W45A	6	5.5 km	150m
Hard 5	M16A, M55A, M35AS, M60A, M65A, W50A	6	4.0 km	75m
Hard 6	M45AS, M70A, W16A, W21AS, W55A, W60A	6	3.5 km	60m
Hard 7	M55AS, M75A, W35AS, W45AS, W65A, W70A, W55AS, M80A, W75A, W80A	6	3.1 km	60m
Moderate	M14A, W14A, M/W Open B, M15-20B, W15-20B	6	3.4 km	50m
Easy	M12A, W12A, M/W Open C	6	2.3 km	40m
Very Easy	M10A, W10A, M/W10N	8	1.9 km	85m

**Course closure is 1.30pm**

## Notes on Specific Courses

*Very easy*      From the start to control 1, and then from controls 1 to 2 there are streamers.

## Enter on the day

Courses Hard 6, Moderate, Easy & Very Easy will be available on the day priced at \$25 for the Hard and \$13 for all others (\$10 for juniors and sub-juniors). Please register at the information desk.

## Start

The start for all courses (except Very Easy) is 2.3km from the assembly area along a gently undulating track. There will be water available at the start, but no toilets. Clothing return will be available and should be used if the weather is cool. The start and the journey there are exposed to the wind. Allow up to 40 minutes to walk to the start.

Due to the distance we will be flexible with start times for juniors running the Easy course to allow them to walk to the start with their parents.

The Very Easy start is a flat 500m walk from the assembly area.

Shadowed competitors can start at any time, not necessarily at their allocated time.

Late starters should report to the starter and will be allowed to start at the starter's discretion. A decision on whether time penalties should apply will be made by the organiser.

EOD starters should report to the starter who will allocate the next available time for their course.

### Start Procedure

Competitors should be at the start **at least 4 minutes** before their start and remember to clear and check their SI stick before entering the boxes.

- 4 mins SI stick will be “checked” and pick up control descriptions.
- 2 mins Move forward to the map baskets.
- 0 mins on final beep of robot pick up your map, punch the start control and begin your course

### Control descriptions

Loose control description will be available at the start. These will be IOF symbols for the hard courses, IOF symbols & English for the moderate course and English for the Easy & Very Easy courses.

### Results

Results by class will be displayed at the event and live online at [live.bigfootorienteeers.com](http://live.bigfootorienteeers.com).

### Catering

Our wonderful NSW Junior Squad will have been preparing food and drinks for you. Please support them and thank them for their efforts.

### Toilets

Toilets are available around the showground.

### First Aid

First Aid will be available at the assembly area.

### Safety

#### Getting Lost and Being Unable to Find the Finish

All competitors are encouraged to carry a whistle and be aware of the international distress signal (3 blasts)

SAFETY BEARING is west to the ridge at the edge of the map. Once you find a track at the top of the ridge head south to the showground area.

Competitors who do not know how to find the finish can ask for assistance from another competitor or follow the safety bearing information on the map. Waiting at a control, especially if it is on your course, or staying on a drivable track or roads are sensible options – orienteers' preliminary searches will concentrate on these. An orienteer lost overnight should stay in one place – police searches are designed to find people who are not moving.

Injured competitors, who need assistance, should (if possible) blow their whistle in line with a recognised distress signal or 'cooee' periodically. All competitors are reminded of the requirement to help an injured runner.

Cold - The area is 1,000 metres above sea level, it has here snowed at past events! If weather conditions are very bad, the organisers may **require** that all competitors wear or carry:

- thermal top; and/or
- hooded waterproof jacket or similar weatherproof garment

Please bring these items and a bag in case they are needed.