

# QLD Middle Distance Champs

## Final Instructions

COVID RULES – This event is being run under the COVID Safe Rules.

**COVID: Arrive, Compete, Leave**

**Safety Guidelines must still be maintained at events for competitors, family members, organisers and volunteers**

- **If you are feeling unwell, stay home**
- **Do not come to an event if you have any Covid-19 symptoms or have been in recent contact with someone who has Covid-19 or you are awaiting a COVID-19 test result.**
- **Wash your hands thoroughly before leaving home and as soon as you return**
- **Practise safe respiratory hygiene (coughing and sneezing into elbow etc) and no spitting**
- **Avoid touching your eyes, nose and mouth**
- **Avoid contact with others. Social distancing (1.5m between people)**

**A full refund will be provided if you are required to stay away on the day due to these or other COVID rules.**

As part of our COVID Safe Plan we are required to keep a register of all attendees. This includes all parents, family, friends etc that come along and do not participate. If there are any attendees that are NOT participants, they will need to check in and provide contact details at the registration tent. Participant details are maintained from pre entry.

Start Times are now published on Eventor (as a document). The time interval between starts is 3 minutes to give the best opportunity for separation on course and also to limit competitors waiting at the start. It is expected you start at your allocated time however if you do miss your allocated start time you may be slotted in where there is a space or you may need to wait to all other competitors have started your course. There will be a punch start so you will not be penalised. For those that have indicated they need a late/split start, it is noted so don't stress about the published allocated start time.

Warm-up Area. Please use the area along Collins Road as your warm up area. All bush areas off Collins Road are out of bounds. **The 400m walk to the start should only be used if you are heading there for your start time.** Please maintain social distancing along the track. All areas west of the track are out of bounds.

Results. There will be no splits printouts or results screen. Live results (triggered from downloads) should be operational (no splits sorry). A link is on the event page on Eventor. Apologies if it doesn't work on the day! Splits and results will be uploaded once all courses are closed and

## Course/Map Notes

OLD Map. A copy of the “old” map that was used for an event in 2019 has been published on the Eventor event page. Copies of this map are not to be brought to the event.

There are many controls close to each other. Check your numbers!

There are some scratchy natives and “wait a while” bush. Leg covering is recommended.

Forbidden Routes. Permission to use this forest depends on us respecting the wishes of the rangers. There are distinct tracks that QPWS are trying to grow over and therefore we are requested to not run along. On the map these are marked with Purple Crosses. A route which is out-of-bounds.  
Competitors are allowed to cross directly over a forbidden route, but it is forbidden to go along it.

There are a few mountain bike specific tracks that the longer courses may encounter. Please take care and avoid running along these tracks. They are likely to be busy with bike riders on Sunday morning.

Special Symbols on map

- o x Distinct tree, tree root
- o Cairn (pile of rocks)
- ↑ Log Shelter (Fodder rack symbol used)
- x BBQ, table, car wreck