

# South Australian Long Orienteering Championships, Narrinyeri Hills, Sunday September 13<sup>th</sup>, 2020



**Course Planner:** Jenny Casanova

**Controller:** Andrew Kennedy

**Organisers:** Peter Kreminski & Frank Tomas

**Location:** Kinchina Conservation Park, Maurice Rd, Murray Bridge:

<https://www.google.com/maps/place/35%C2%B006'45.8%22S+139%C2%B013'37.0%22E/@-35.1127186,139.2247523,17z/data=!3m1!4b1!4m14!1m7!3m6!1s0x6ab70cb9048102ff:0x5033654628eff50!2sMurray+Bridge+SA+5254!3b1!8m2!3d-35.1311491!4d139.2650902!3m5!1s0x0:0x0!7e2!8m2!3d-35.112723!4d139.226941>

Allow 60 minutes from Adelaide CBD. Take the Monarto Exit from the South Eastern Freeway and turn right at the junction with Old Princes Highway. The event will be signposted from Maurice Rd approximately 8km east of here. Be aware that there is a dirt section with a right hand bend, part way along Maurice Rd; from there, the event is a further 3km to the east. Take care when turning left into the paddock, and park as directed.

We do not recommend coming from the east past Mobilong Prison as this necessitates a sharp-angled turn across oncoming traffic, however leaving the event in that direction is ok.

## Map: Narrinyeri Hills

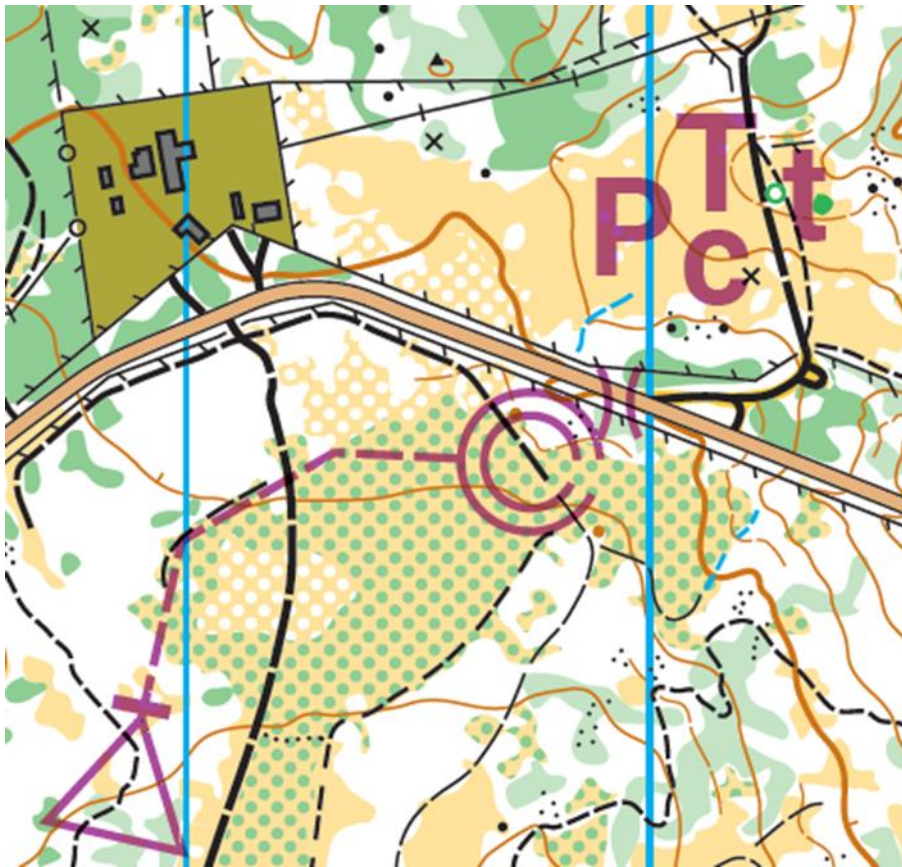
Remapped by Adrian Uppill 2020 to ISOM 2017.2 specifications; from the original Alex Tarr 1999 map, with new LiDAR by Aerometrex

**Terrain:** Broad sandy creeks and rocky hillsides with native pines & mallee scrub, and a network of mountain bike trails. Courses 1-3 cross under the Adelaide-Melbourne railway line at **MANDATORY CROSSING POINTS**. Courses 1-3 also cross Maurice Rd; take care when crossing as traffic may be doing 100km/hr although we will have "Runners On Road" signs out.

## Course Summary for SA Champs Narrinyeri 13/9/20

Course	Age classes	Scale	Navigational Difficulty	Length	Climb	No. of controls	Paper size
1	M21A	1: 10 000	Hard	12.6 km	310m	25	A3
2	M20A, M35A, W21A	1: 10 000	Hard	8.8 km	240m	18	A3
3	M45A, W20A	1: 10 000	Hard	7.5 km	210m	18	A3
4	M16A, M55A, W35A	1: 10 000	Hard	6.0 km	120m	13	A4
5	M21AS, W45A, M65A	1: 10 000	Hard	5.1 km	100m	10	A4
6	W55A, W21AS, M45AS	1: 10 000	Hard	4.2 km	100m	11	A4
7	M75A, W16A, W65A, W45AS M55AS, Open Hard	1: 10 000	Hard	3.5 km	70m	10	A4
8	W75A, W55AS, M65+AS, W65AS, M/W85A	1: 10 000	Hard	2.5 km	50m	8	A4
9	M14A, MOpenB	1: 10 000	Moderate	4.8 km	100m	11	A4
10	W14A, WOpenB	1: 10 000	Moderate	3.9 km	80m	9	A4
11	W12A, M12A, Open Easy	1: 10 000	Easy	2.2 km	40m	11	A4
12	W10, M10, M/W Shadowed	1: 10 000	Very easy	1.6 km	20m	9	A4

## Arena layout:



**P** = parking

**T** = registration & finish tent

**t** = toilets

**c** = coffee & donut van

**Registration:** You *must* attend the registration tent to get your name ticked off. Start lists will be on display at registration but not at the start, so take note of your start time and age class.

You must also return to the registration tent after your course to download your SI card.

**Hire SI cards:** will be available from registration if you do not have your own.

**Start:** From the car park, walk south approx. 200m along the entrance track, taking care to avoid incoming cars. When crossing Maurice Rd, heed the crossing officials' advice. On the south side, follow streamers 100m from the crossing point to the finish units/banner. From here it is a further 500m walk to the pre-start, following pink streamers/tags as per the dashed line in the above map extract (everything else is out of bounds). Allow 10-15 minutes in total.

**Warm-up:** Either around the car parking paddock or along the route to the start – do not warm up at the pre-start area; we are trying to minimise congregating.

**Clear & Check:** will be in the pre-start area.

**Start procedure:** 6 minute pre-start; i.e. you will be called up 6 minutes before you are due to start. This allows the starters to check you off. Also you will be asked to alcohol-gel your hands when moving into the start boxes. At 4 minutes before your start you will move forward to collect your control descriptions and at 2 minutes before starting you will stand behind your correct map box.

When you pick up your map, you must punch the start unit. The start flag is 50m further down the track and has no punch.

**Shadowed class:** will not have pre-allocated start times; parents can shadow their children around the very easy after they have run their own course.

**Water:** will not be provided at the start or finish – **bring your own**. Competitors are encouraged to carry their own water while on course; however, adequate water will be provided at controls for those who requested it.

**Special Refreshments:** Competitors on course 1 & 2 (M21A, W21A, M20A, M35A) will be able to leave their own labelled energy/sports drinks at registration and these will be taken to a nearby control, which is approximately halfway through their course.

**Finish procedure:** When you have punched the finish unit, follow the streamers 100m north (not west; that will take you to the start again) back to the road crossing and return immediately to the registration tent in the car park to download your SI card. You may keep your map after you finish but in the spirit of fairness do not show it to anyone who has not run their course yet.

**Course Closure:** 1:30pm. You must return to the finish by this time and report to the registration/download tent even if you have not completed your course.

**Safety bearing:** North to Maurice Rd for courses 4-12; either north or south to Maurice Rd for courses 1-3

**Covid-Marshall:** will ensure that you maintain social distancing while socialising 😊

**Catering:** **We'veave'ya'bean** coffee and rustic donut van will be available for all your hot drinks, cold drinks and milkshakes and yummy donuts.

**Presentations:** Certificates will be awarded to all placegetters, as soon as possible after 1pm



**Results:** will not be on display at the event.

Live results will be hosted here:

<http://bit.ly/SACHamps2020>

or scan the QR code!