

# **ACT MTBO CHAMPIONSHIPS 2020**

## **21-22 November, Kowen**



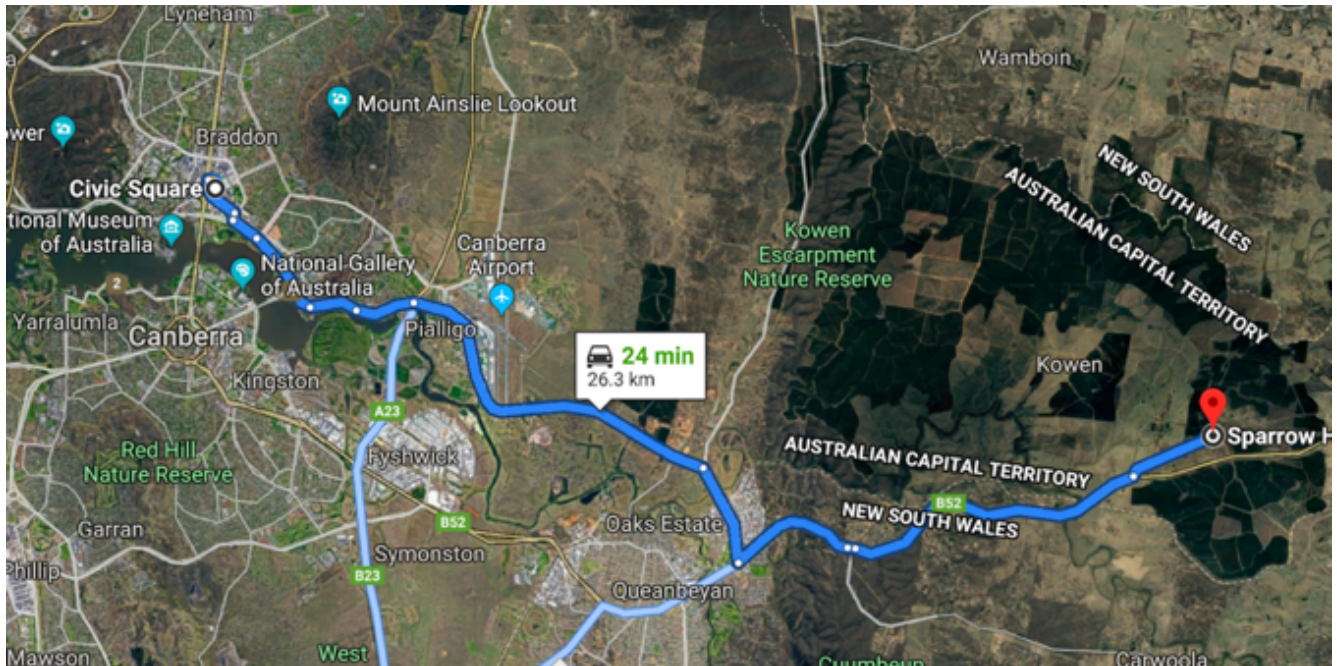
### **Bulletin 1**

## **EVENT SCHEDULE**

<b>SAT 21 NOV</b>	<b>Morning 10am</b>	<b>SPRINT CHAMPIONSHIP</b>	<b>Kowen Forest</b>
<b>SAT 21 NOV</b>	<b>Afternoon 2pm</b>	<b>MIDDLE CHAMPIONSHIP</b>	<b>Sparrow Hill</b>
<b>SUN 22 NOV</b>	<b>Morning 9am</b>	<b>LONG CHAMPIONSHIP</b>	<b>Kowen Forest</b>

# LOCATIONS OF CHAMPIONSHIPS

**21 NOV SPRINT & 21 NOV MIDDLE  
& 22 NOV LONG:  
KOWEN FOREST & SPARROW**



## Directions to the Event:

All 3 Events will have the same Assembly. Allow about 25-30 min from Canberra CBD to Kowen Forest. Take Kings Hwy and follow Google maps to Sparrow Hill MTB parking area at Sparrow Hill Rd, drive another 300m straight and park at the end of Sparrow Hill Rd as directed by Parking marshal.

Registration/Arena and Coffee van are a short walk from parking.



# ACT MTBO Championships 2020

## COURSES OVERVIEW

**Sprint Champ - Kowen Forest - Saturday, 21 NOVEMBER (morning)**  
**Middle Distance - Sparrow Hill - Saturday, 21 NOVEMBER (afternoon)**  
**Long Distance - Kowen Forest - Sunday, 22 NOVEMBER (morning)**

The 2020 ACT Mountain Bike Orienteering, Sprint, Middle and Long Championships will be held over 2 days in neighbouring fantastic locations of Kowen and Sparrow Hills. **Sprint, Middle and Long Distance Championships** will challenge competitors with a combination of excellent single tracks and undulating fire roads and will be a true mix of interesting, challenging, tricky and very much enjoyable MTBO.

### ACT MTBO Sprint Championships

**Date:** Saturday 21 November, **Start times:** From 10:00am until 11:00am

**Map:** Kowen Forest 1:7,500, 5m contours

**Course Setter:** Fedor Iskhakov, **Controller:** Marina Iskhakova, **Day Organiser:** Marina Iskhakova

### ACT MTBO Middle Distance Championships

**Date:** Saturday 21 November, **Start times:** From 2:00pm until 3:00pm

**Map:** Sparrow Hill 1:10,000, 5m contours

**Course Setter:** Jim Anderson, **Controller:** Belinda Allison, **Day Organiser:** Marina Iskhakova

### ACT MTBO Long Distance Championships

**Date:** Sunday 21 November, **Start times:** From 9:00am until 10:00am

**Map:** Kowen Forest, 1:15,000, 5m contours

**Course Setter:** Cath Chalmers, **Controller:** Eoin Rothery, **Day Organiser:** Marina & Fedor Iskhakov

**Mapper:** Andrew Slattery **Technical support::** Ann & John Scown

Course	Course	Expected winning time (SPRINT)	Expected winning time (MIDDLE)	Expected winning time (LONG)
Course 1	M21	20-25 min	55 - 60 min	105 min
Course 2	M17-20, M40, W21	20-25 min	50 - 55 min	85 - 95 min
Course 3	M16, M50, W17-20, W40, Open 3	20-25 min	45 min	80 min
Course 4	M60, W16, W50, Open 4; E-Bike	20-25 min	45 min	80 min
Course 5	M14, M70, W14, W60, W70, Open 5	20-25 min	40 min	60 min
Course 6	M12, M80, W12, W80, Open 6	16- 20 min	30 min	50 min



**ENTRY DEADLINE is**  
**19 NOVEMBER 2020, 11.59pm**

<https://eventor.orienteering.asn.au/Events/Show/9100>

(Only limited Entry on a Day is available  
to Open 3, Open 4, Open 5 and Open 6)

<b>Class</b>	<b>SPRINT</b>	<b>MIDDLE</b>	<b>LONG</b>
<b>Senior ( &gt; 21)</b>	<b>\$20</b>	<b>\$25</b>	<b>\$25</b>
<b>Junior (11 - 21)</b>	<b>\$10</b>	<b>\$15</b>	<b>\$15</b>

**HIRE: Map Board - \$5 /day, SI AIR - \$5 /day.**

**ENTER ACT MTBO CHAMP:**

<https://eventor.orienteering.asn.au/Events/Show/9100>

# RULES

These events are organized under the Orienteering Australia Competition Rules for MTBO 2019 <https://orienteering.asn.au/wp-content/uploads/2017/10/OA-MTBO-RULES-2019.pdf>

## PUNCHING SYSTEM

SIAC system will be used at the events (SI-Air, touchless SI system). If you do not own a SIAC chip, you can hire at the time of entry. The range will be set up as 30 cm, so to record a control you have to pass within a distance no more than 30 cm and at a speed less than 40km/h. You are still allowed to use a traditional contact SI.

## START

Event 1, 21 NOV SPRINT, allocated Start times **10.00am -11.00am, 1 min interval.**

Event 2, 21 NOV MIDDLE, allocated Start times **2.00pm - 3.00pm, 2 min interval.**

Event 3, 22 NOV LONG, allocated Start times **9.00am - 10.00am, 2 min interval.**

Start Lists for both days will be available by October 22<sup>th</sup> (Thursday) at Eventor.

Enter on a day will be available to start at vacant minutes, for MIDDLE and LONG only in OPEN3, OPEN4, OPEN5 and OPEN6 classes.

## WATER

There is limited water available at the start and finish – please bring your own water. There is no water on the course.

## WEATHER

Before heading to Canberra, please check the weather and bring warm clothes in spite of the forecast ☺ <http://www.bom.gov.au/act/forecasts/canberra.shtml>

## AWARDS AND PRESENTATIONS

Awards will be given in each declared Class for 3 places. The format of presentations will be announced closer to the event to comply with COVID-19 regulations.

## ACCOMMODATION

There is plenty of great accommodation in ACT.  
Suitably located and great Tourist Parks are:

### CRESTVIEW TOURIST PARK

81 Donald Road, Queanbeyan, NSW 2620  
<https://canberracaravanpark.com.au>

### ALIVIO TOURIST PARK

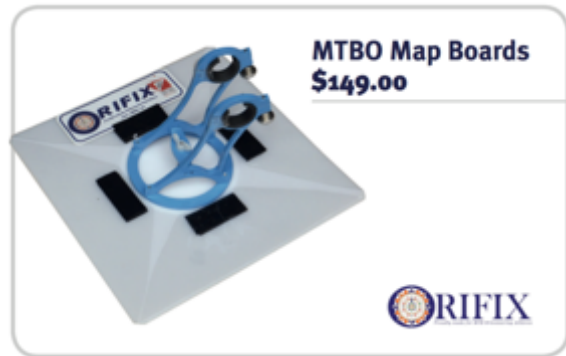
20 Kunzea Street, O'Connor ACT 2602  
<http://aliviogroup.com.au>

## MAP BOARDS and SI-AIR on sale

[www.aussieogear.com](http://www.aussieogear.com)



*SI AIR - \$65 (second-hand)*



*Map Board - \$149*

*Colin Price*

[www.aussieogear.com](http://www.aussieogear.com)

Australian Distributor of **Sportident** Timing Equipment.

Australian agent for **TRIMTEX** Performance clothing.

Importer of clothing & equipment for Orienteers, Rogainers and Adventure Racers;  
[Trimtex](#), [Vavry](#), [Orifix](#), [Siven/Bryzos](#), [Vapro](#) and [Moscompass](#).

**Mobile: 0415210339**

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**Final Details and comments from Course Setters  
will be provided in the **Bulletin 2**  
that is due 18<sup>th</sup> October 2020**

More information on ACT MTBO:

<http://act.orienteeing.asn.au/event-series/mountain-bike-orienteeing/>

Further enquiries on ACT MTBO Champ:

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