

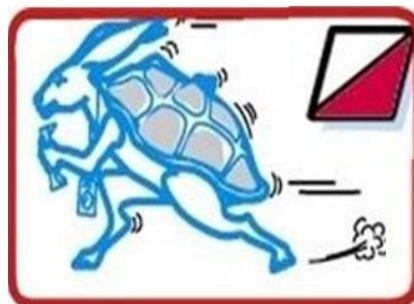


2020 ORIENTEERING QUEENSLAND CHAMPIONSHIPS Long Distance



PROGRAMME

17 and 18 October 2020



WELCOME FROM OUR PRESIDENT

As President of Orienteering Queensland, I would like to welcome you to this year's Queensland Long Distance Championship. It has been such a difficult year for everyone with the COVID-19 restrictions but with all the good work by Queenslanders we will be able to have a Championship event.

There has been so much work done by the organisers, course setters and controllers and the volunteer helpers. So much work goes into putting on a Championship event long before we actually get to compete.

A special welcome to newcomers and any interstate visitors. Hopefully the weather will be kind to us. The terrain around Stanthorpe will always be challenging and whether you win or lose I hope you have a great weekend

Judi Hay
President
Orienteering Queensland

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 to 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.

ACKNOWLEDGEMENTS

The Kambuwal, Jukambal, Kwiambal, Ngarabal, Bundjalung and Gidabal people are all known to have been in the area. They possibly came together for trade, gift exchanges, marriages and ceremonial gatherings such as feasts and corroborees. We ask that visitors respect the area, walk softly and don't take anything away ie, artefacts.

Broadwater State Forest is managed by Queensland Department of Environment and Science.

Stanthorpe Rare Wildflower Consortium (Boronia repanda occurs throughout the State Forest and is listed as 'Endangered' under the Nature Conservation Act 1992.)

PROGRAM OF ACTIVITIES

Sat 17 October - DAY 1		Sun 18 October - DAY 2	
11:30am	Early starts - helpers	7:30am	Early starts - helpers
12:00pm	Registration open	8:00am	Registration open
1:00pm	First official starts	9:00am	First official starts
4:00pm	Course closure	12:30pm	Course closure

GETTING TO THE EVENT

Directions

From Stanthorpe allow 20 mins. Take the New England Hwy past Applethorpe and turn left into Ellwood Rd.

From Warwick allow 1 hour. Proceed down the highway toward Applethorpe and turn right into Ellwood Rd and proceed as below...

Follow Ellwood Rd and turn left into Kelly Rd and then left into Sims Lane. Follow to the forest entry.

Parking

Parking will be 'nose in' off the forest track on the South side only. Park as directed (There are some small humps along the track so take care and if uncertain then park on the approach side of these).

The assembly area will be between 200m to 500m from parking SW along this level vehicle track.

BE AWARE on Sunday there will be no entry into the forest or exit from the forest by car along the vehicle track between 10am and 12.30pm as our junior orienteers will be using it as part of their course. If arriving after this time or if you wish to leave before 12.30pm then park at the entrance to the forest necessitating a walk of 1k to the assembly area.

(Should parking on Day 2 re-open at an earlier time an announcement will be made on PA)

Assembly Area

This will be the same for both days. Shade should be adequate.

Registration

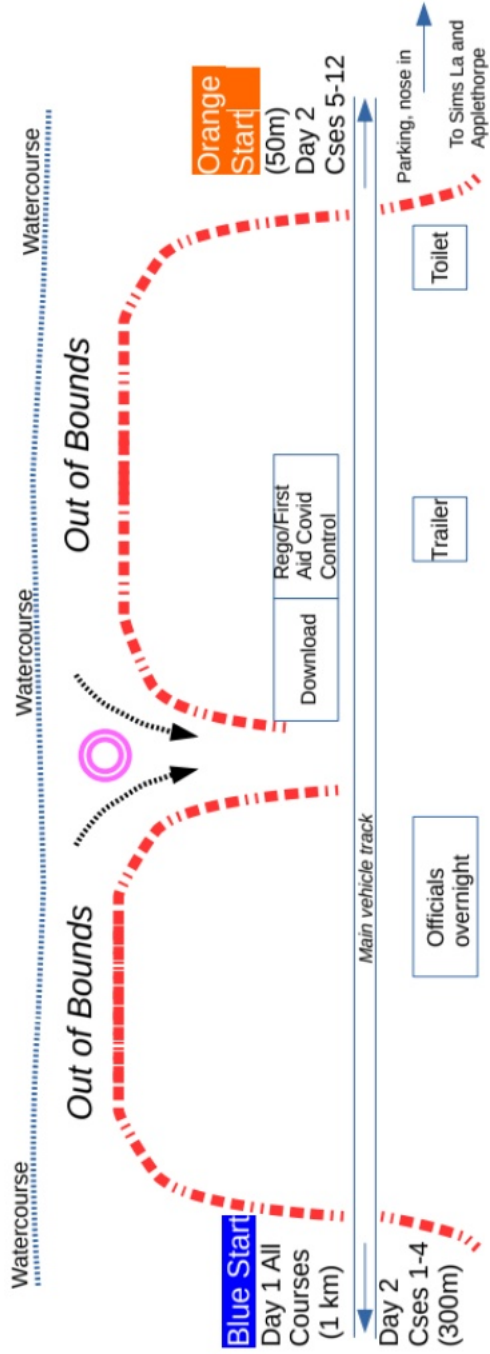
The Registration and Information Tent will be open from:

- 12:00pm on Day 1 – Saturday 17 October and
- 8:00am on Day 2 – Sunday 18 October.

It will be the information centre for the Championships.

Competitors are not required to visit the registration tent prior to starting. However, information will be available there regarding the orienteering events, posted start times and SI hire sticks.

Competition Area – Out of Bounds



MAP DETAILS

Maps

This is a new map made by Geoff Peck.

Map scales will be at 1:10,000 scale other than the very easy and easy courses which will be at 1:7,500. There will be a legend on each map. Printing will be done on waterproof paper.

Map Notes

Competitors at this year's state championships will enjoy amazing terrain; spectacular granite formations, complex contour features and mostly runnable forest provided by recent bush fires. Some of the steeper slopes are not mapped as they are often dangerous (high cliffs) with rocky ground and thicker vegetation.

The map has been drawn to the new ISOM (2018) standard. Large root mounds (fallen timber) are mapped using the green "x" symbol. Some of the huge boulders are the size of houses, and many of the larger boulders are thin, very tall and close together. The symbol takes up more space on the map (over 10m) so it has been impossible to include all the rocks at the 1:10000 scale. In places only the largest rocks are drawn, and boulder field symbols have been used to indicate other rocks. The fastest running is often on the larger areas of bare rock, which can be slippery when wet.

Vegetation varies from fast "open" forest to scratchy low bushes with poor visibility. Eye protection and full body cover are recommended. The fire has resulted in a lot of fallen timber which can slow progress. The steeper slopes are generally rocky and slow. Unmapped areas are depicted using grey contours and suitable lettering such as "steep slope, not mapped".

Early starters may encounter wild boar, king parrots and even deer. No goats have been seen as the area is also inhabited by a tribe of trolls. Competitors should take care not to disturb their usual siesta time during the early afternoons.

Out of Bounds

All areas outside of the flagged assembly (other than the track leading in to the assembly area and the track to the starts) are out of bounds. Additionally there are a number of hatched areas on the map covering protected flowers which need to be respected. Any competitor found in an OOB area could find themselves disqualified.

START INFORMATION

Directions to Start/s

Day 1

All courses start from the **BLUE** start, 1.0km SW along the track.

Day 2

Courses 1-4 will start from the new **BLUE** start, 300m SW along track.

Courses 5-12 will start from the **ORANGE** start, 50mtrs NE(toward parking)

Start times

Times are randomly distributed but some officials will be starting early.

Day 1 all courses **BLUE** start 1pm-2.30pm

Day 2 courses 1-4 **BLUE** start 9am-9.45am

Day 2 courses 5-8 **ORANGE** start 9am-10.30am

Day 2 courses 9-12 **ORANGE** start 10am-10.30am

Course Closure

Times are 1600hr Day 1 and 1230hr Day2.

M/W 10N courses

Shadowing is only permitted on this course. If you have children to shadow then later times will be avail for them, up until 2.30pm on day 1 and 10.30am on day 2. If shadowing you must complete your course first so you may wish to request an early start.

COURSES

Day 1

Course	Nav	Classes	Dist	Climb	Controls
1	Hard	M21A	6.7km	220m	20
2	Hard	M20A, M35A	5.2km	160m	17
3	Hard	W21A, M45A	4.5km	150m	15
4	Hard	W35A, M16A, M21AS, W20A	4.1km	140m	14

Course	Nav	Classes	Dist	Climb	Controls
5	Hard	W45A, M55A, M35AS, W21AS, M20AS	3.5km	110m	13
6	Hard	W55A, M65A, M45AS, W35AS, W20AS	2.7km	100m	11
7	Hard	W65A, M75A, M55+AS, W45AS, W16A	2.2km	70m	10
8	Hard	W75A, M85+A,W55AS, W85+A	1.8km	45m	8
9	Moderate	M14A, Mens open B	2.4km	70m	10
10	Moderate	W14A, Womens open B	2.0km	50m	8
11	Easy	W12A, M12A, Open easy	1.8km	40m	7
12	Very Easy	M/W10Novice, W10A, M10A, Open v/easy	1.6km	30m	10

Day 2

Course	Nav	Classes	Dist	Climb	Controls
1	Hard	M21A	10.1km	365m	24
2	Hard	M20A, M35A	8.0km	290m	21
3	Hard	W21A, M45A	7.3km	270m	19
4	Hard	W35A, M16A, M21AS, W20A	6.4km	225m	17
5	Hard	W45A, M55A, M35AS, W21AS, M20AS	5.3km	200m	15
6	Hard	W55A, M65A, M45AS, W35AS, W20AS	4.4km	155m	13
7	Hard	W65A, M75A, M55+AS, W45AS, W16A	3.5km	125m	12
8	Hard	W75A, M85+A,W55AS, W85+A	2.7km	100m	11
9	Moderate	M14A, Mens open B	3.4km	120m	15
10	Moderate	W14A, Womens open B	2.8km	100m	12
11	Easy	W12A, M12A, Open easy	1.9km	40m	11
12	Very Easy	M/W10Novice, W10A, M10A, Open v/easy	1.9km	20m	10

Summary

	Day 1 Sat 17th October	Day 2 Sun 18th October
Registration	From 12 noon	From 8:00am
Map	Wild Boar Creek	Land of Rock Trolls
Mapper	Geoff Peck	Geoff Peck
Scale	Cse 1-10, 1:10,000 Cse 11&12, 1:7,500	Cse 1-10, 1:10,000 Cse 11&12, 1:7,500
Setter	Greg Chatfield	Greg Chatfield
Controller	Rob Rapkins	Rob Rapkins
Start time	Official starts from 1:00pm	Official starts from 9:00am
Direction to start	All courses 1km SW along track(blue start)	Cse 1-4 300m SW along track(new blue start) Cse 5-12 50m NE (orange)
Course close	4:00pm	12:30pm
Warm up	Along track to start	Along track to start
Safety bearing	North to track	South to track

TECHNICAL INFORMATION

Competition Rules

The competition rules of Orienteering Australia shall apply to all of the Carnival events. In particular, competitors are reminded that controls must be visited in the order shown on the course and that talking to, collaborating with, or distracting other competitors during the competition is not permitted.

GPS Devices

Competitors are reminded that you may not use telecommunication equipment between entering the pre-start area and reaching the finish in a race. GPS devices with no visible map display or audible signal may be carried.

Control Descriptions

Individual international control descriptions for each course will be provided to competitors at the pre-start at each event with those for the Moderate, Easy and Very Easy standard courses being in English. Control descriptions will also be printed on the front of the maps. For all Hard and Moderate navigation courses, international control descriptions only, will be used on the maps. English descriptions will be provided on the maps for all Easy and Very Easy courses.

Control Stands

Standard blank control flags will be suspended on stands with an SI unit and punch. The control identification numbers will be on the top of these units. Please note that some controls will be in close proximity to others. It is the competitor's responsibility to **CHECK** the control number before punching.

Sportident Electronic Timing System

The Sportident electronic timing system will be used for the Championships.

All competitors should remember to bring their SI stick with them and ensure that they use the same one at each event. Family groups should take particular care not to mix their sticks as this will create major administrative problems for the Finish team at the event. Please check the details on the Start List to ensure we have your correct SI number recorded. If there is an error, please email qldchamps@oq.asn.au or call 0423 046 001 as soon as possible, prior to the Championships.

For those competitors who are hiring an SI stick, you can collect this at the Registration tent. Please remember to return your hired stick to the Finish tent after Day 2. In the event of a loss, replacement sticks may be hired at a cost of \$2 per day from the Registration tent. If a hired stick is lost, the competitor will be charged its full replacement cost of \$72, so please make certain it is attached with a piece of string or elastic.

Clear and Check

It is important to remember to "clear" and "check" your SI stick prior to each event, to delete previous event information stored on it. Special "Clear" and "Check" units will be positioned at the pre-start area on each day.

SI use on the Course

If an SI unit at a control malfunctions and does not “beep” or “flash” when the stick is inserted, the competitor must use the punch on the stand to mark one of the three reserve boxes printed on their map. Failure to do this will result in miss-punch (MP) being recorded. If you need to use a punch at any control, please advise the Finish officials as they will need to take your map at the completion of your course.

Out-of-Bounds Areas

Competitors and spectators must obey all out-of-bounds signs and keep within designated areas on both days, both near the Assembly Area and on the way to the Starts. Any competitor seen in an out-of-bounds area without the permission of officials, whether before or after their run, will be disqualified.

Start Procedure

Both days will use a 2 minute start sequence. The starter will **not** repeat information provided in published event information.

Clear and Check your SI card before entering the Pre-start.

Competitors enter the pre-start area when the Prestart clock shows your race time (Call-up time). This is six (6) minutes before your official start time.

Your name, the last two numbers on your SI stick and whether your SI stick has been cleared will be checked by officials, so please ensure your stick is clearly visible and that it has been cleared. Only competitors missing from the pre-start area will be called by name.

At the four (4) minute mark, starters will move forward to a table to collect the control description for their course. Please bring the control description holder of your choice.

At the two (2) minute mark, competitors may move to their map box which will be marked with the course number and age classes. The starter will give any special instructions.

Check that the map is the correct one for your course by looking at the number on the top right hand corner on the back of the map. If you do not appear to have the correct map, please immediately draw this to the attention of the Start Official. ***Please ensure that you only pick up one map.***

On the final “beep” of the start clock competitors must ***punch the start SI unit***, then follow the streamers to the Start Triangle as marked on their map and on the ground. A stand with a blank control flag but **no** SI unit will be placed at this location.

Late Starts

Competitors who miss their allotted start time on any day should report to the pre-start officials who will direct them to the Late Start Official. They will be started as soon as possible but will be regarded as having started at the time stated on the official start list, unless the organisers are at fault.

Finish Procedure

After punching the last control, each competitor must navigate to the Finish banner where there will be multiple units on stands, one of which must be punched. After finishing, you will keep your map and proceed to the Finish tent to have the information on your SI stick downloaded into the computer. Your SI stick will be read to record your course details and elapsed time. If you have had to use the traditional punch boxes on your map because of a unit failure, please notify the Finish Officials so they can use your map to verify the punch marks.

If you are using a rental SI-stick and this is your last event, please return the SI-stick to the marked box in Finish Tent after completing the downloading process.

You must report to the Finish even if you have not completed your course.

If you have not finished at the course closure time, you must return to the Finish as soon as possible or a search will be mounted for you. Go to the Finish control and proceed up the Finish chute. If injury prevents you from doing this, please ensure that your return to the Assembly Area is reported to the Registration and Information Tent. The officials will pass the information on to the Finish team.

Any complaints or comments about the course should be made to officials at the Information tent. **Please do not disturb the officials at the Finish.**

Map Return

Maps will not be collected this championships to cater for restrictions and precautions for Covid-19. Be mindful to keep your map secure until end of Starts. Maps for people who did not start will be available from the Registration and Information Tent after 10:30am on Sunday.

Results Display (Covid-19 precautions)

Splits will not be provided at the event to discourage clusters discussing results and courses.

There will be no results display.

Provisional results will not be available until uploaded to Eventor

Complaints and Protests

Any complaint shall be made in writing and lodged at Registration tent within 15 minutes of the result being posted. A complaint is adjudicated by the organiser. The complainant shall be informed about the decision immediately. If the complainant is still dissatisfied, they may lodge a formal protest, in writing, to a jury appointed by the organiser and approved by the controller. The controller will chair the jury meeting but will not vote on the outcome. The decision of the jury will be final. There is no fee for lodging a complaint or protest.

Jury

In the event of a protest, the jury will be Rob Rapkins (Chair), Anna Sheldon, Mark Petrie, TBC

GENERAL INFORMATION

Broadwater State Forest

The forest contains impressively large granite boulders, stands of grey gum, wild boar, king parrots quolls, gliders, and even deer.

Although the granite boulders have existed for many millenia, the area has seen limited exploration and development until relatively recently. Land clearing efforts in 2013 brought the area to the attention of climbers.

Further Information on Tourist Attractions

Just 10 minutes north of Stanthorpe on the New England Highway is the hamlet of Applethorpe – home of the “orchardists”.

<https://www.southernqueenslandcountry.com.au/>

<https://southerndownsandgranitebelt.com.au/>

Weather

As the championships are late this year expect some heat in the day. Ensure you are well hydrated and carry your own water – there will be NO WATER on courses.

It may still get cold at night so take your winter woolies.

Catering

There will be no catering for the championships.

Facilities

Toilets will be available in the Assembly Area.

Water

Water will NOT be available at the starts or on the courses on both days. Therefore it is most important to ensure you take water with you.

In case of emergency there will be bottled water at a position NOT on your course along the northern track, as marked on your map, on day 2 (the courses are longer this day). If you find you have depleted your own supply and need water then proceed to this position, take one bottle and drink it there and dispose of the container in the bag provided.

There will be a manned water point at the assembly area to enable you to refresh before and after your run.

First Aid

A first aid service will be located at the Assembly Area on both days.

Accommodation

If you have yet to organise your accommodation, Stanthorpe and the surrounding district have a variety of accommodation on offer, from caravan parks to motels and bed and breakfasts.

Camping

Camping will also be available at the Stanthorpe Showgrounds. The showgrounds are extensive and offer basic facilities of toilets and hot showers. Powered sites are \$25.00 per night and Unpowered is \$20.00 per night. Call or SMS the site manager, Kevin, on 0407 637 711.

Camping is not permitted in the Broadwater Forest.

Championship Dinner

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Due to restrictions in this Covid environment we invite members to get together informally taking mind of current social distancing and hygiene requirements. Should circumstances ease and alter options updated information will be provided in a special bulletin.

Note that most local dining requires advanced booking due to restrictions.

For Youngsters

Supervised childcare at the event is **not** provided. Parents must make their own arrangements for supervision.

Enter on the Day

Enter on the Day is not available.

General Enquiries

All comments, queries about results or complaints will be dealt with at the Registration and Information tent. **Please do not disturb the officials in the Finish tent.**

Safety

Whistles are to be carried by all competitors (no whistle no start) but should only be used in cases of severe injury where assistance is required. The distress signal is six short blasts repeated at short intervals. If you hear such a signal, you are requested to abandon your course and give assistance.

Where vehicle or medical assistance is required, this should be reported to the Registration and Information tent as soon as possible.

Please report overdue competitors to the Registration and Information tent – DO NOT organise your own search. In the event of an emergency, the event organisers should be contacted, via the Registration and Information tent.

If first aid is required, report to the First Aid tent for assistance.

Mobile phone reception is poor on both days but is better from the hills.

Restrictions

We would ask that you respect the landholders' properties and cause minimal disturbance. Please leave gates as you find them and be careful climbing through fences so that you do not cause damage. If wildlife are encountered, try to keep disturbance to a minimum. In keeping with Orienteering Queensland policies, competitors are requested to abide by our rules of **no smoking, no fires, no dogs, no littering** at the event (this includes in the Assembly Area).

PRESENTATION OF AWARDS

Awards will not be presented at the Queensland Long Distance Championships, but badges will be awarded to all placegetters delivered at a later date.

Combined times will be calculated for the overall winners on Sunday.

KEY PERSONNEL

Co-ordinator	James Mitchell
Controller	Rob Rapkins
Course Setter	Greg Chatfield
Mapper	Geoff Peck
Equipment	James Mitchell
Administration	James Mitchell, Tony Bryant, Linda Burridge
Entries	Tony Bryant
Registration	TBC
Start team co-ordinator	Peter Effeney
Finish Team co-ordinator	Tim McIntyre
Parking	TBC

ENQUIRIES

Email enquiries

qldchamps@oq.asn.au

By Telephone

James Mitchell 0423 046 001

Enquiries during the Championships

Enquiries should be made at the Information tent.