

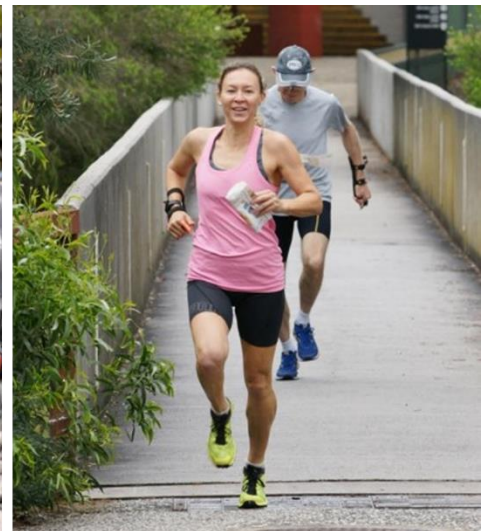


# MFR SPRINTS ORIENTEERING RACING REDEFINED

Melbourne Forest Racers invite orienteers of all ages and experience levels to join them for the inaugural MFR Sprints Series. These events take place on the land of the Wurundjeri People and MFR wishes to acknowledge them as Traditional Owners. We pay our respects to their Elders, past, present and emerging.

## Event Summary

- Four Sprint Orienteering events in the inner-northern suburbs of Melbourne.
- Perfect for all experience levels and designed to be particularly newcomer-friendly, so if you're keen to try sprint orienteering – or know of friends/family who are – then these are the events for you!
- Sunday Mornings (31 Jan, 7, 14 and 28 Feb) with starts from 10-10:40am
- Participants will be started in waves of 10 people (organisers will allocate groups but give an opportunity for changes to be made if needed)
- One course offered each day – approx. 3.3km (expect to take 12-25minutes if you're running or around 40min if walking)
- Entry fees: Adult - \$10, Junior (under 20) - \$5
- These events will comply with [Orienteering Victoria's Return to Sport plan.](#)





## Events

### 31 Jan – Carlton Gardens

- Course Setter: Mason Arthur
- Pre-entry closes: 11:59pm, Thursday 28 January
- [Enter on Eventor](#) (and further details)
- Race description: *For week one, we're heading to the beautifully maintained Carlton Gardens! The courses will take you past two of Melbourne's most iconic buildings, the World Heritage-listed Royal Exhibition Building and the Melbourne Museum, as well as through some narrow alleyways and unusually laid-out streets. One of Victoria's top junior orienteers, Mason Arthur, is planning the courses for the opening event, so expect exciting things!*

### 7 Feb – Commonwealth Village

- Course Setter: Patrick Jaffe
- Pre-entry closes: 11:59pm, Thursday 4 February
- [Enter on Eventor](#) (and further details)
- Race description: *Some of the world's greatest athletes once stayed on this map (when it was used as the accommodation for the 2006 Commonwealth Games) and now it will be playing host to Victoria's top orienteers. Expect plenty of variety from this map, with its mix of complex housing estates, larger blocks of streets and native parkland. This week's course setter is reigning Victorian Sprint Champion for M21, Patrick Jaffe.*

### 14 Feb – Princes Hill

- Course Setter: TBC
- Pre-entry closes: 11:59pm, Thursday 11 February
- [Enter on Eventor](#) (and further details)
- Race description: *Another area with a mix of terrain types to keep you on your toes. We'll be starting and finishing in Princes Park, one of Melbourne's most popular running destinations, and the courses will also take in the parkland around the remains of the Inner-circle Railway, plenty of tricky cobbled laneways and IKON Park (home of Carlton Football Club).*

### 28 Feb – Brunswick (The Grand Final)

- Course Setter: Aston Key
- Pre-entry closes: 11:59pm, Thursday 25 February
- [Enter on Eventor](#) (and further details)
- Race description: *After a week's break to rest up (or you might end up heading to the legendary Bendigo ToDay, which includes a sprint event), we'll be back for the 'Grand Final' and participants will be placed in seeded groups based on previous weeks' results. We'll be finishing the series with a bang with the Brunswick map – which features some complex housing estates in the old Brickworks area as well as the rapid fast (but deceptively tricky) Gilpin Park. Reigning Junior World Champion, Aston Key, is our course setter this week, so expect a real treat from these courses!*





## New to Orienteering?

It's a trail run (and often an off-trail run!) with a difference - an orienteering race doesn't follow a set route. Instead, you have to visit a series of checkpoints and register each one with an electronic timing chip (we'll lend one to you on the day). The checkpoints are marked by flags on the ground and may be along paths, fences, buildings or garden beds. The challenge is to race between each one, choosing your own route between the checkpoints, using a special detailed colour orienteering map (which you get to keep too).

Sprint races are the shortest format of orienteering (between 2-4km) and are held in complex environments like university or school campuses. More info on what to expect at your first Sprint event is available [here](#) (including what to bring).

We'll have plenty of friendly coaches on hand on the day to help introduce you to the sport if you are new to orienteering!



## Entry

- Pre-entry via Eventor is strongly recommended as only very limited spare maps will be available for enter on the day.
- Entry fees are \$10 for adults and \$5 for juniors (under 20s)
- If you don't own an Sportident (SI) stick (the timing chip that we use for these events), this can be hired as an additional service when you enter, or on the day
- While entering on Eventor, please check that you have an up-to-date contact phone number listed in Eventor (more details below).
- If you're registering for an Australian orienteering event for the first time, you will need to set up an Eventor account first. It's a quick and easy process and instructions are available [here](#).
- If you must enter on the day, we ask that you please bring the correct notes.





## Race Format

- We're introducing a brand new format for these events – the 'Mini-mass start'.
- We'll allocate you to a 'wave' of 8-10 people who will all start together.
- You'll be on the same course but there will be a number of course-setting techniques used to split you up (and stop you from just following each other around!)
- One of these, at the beginning of the course, will be a 'mini-scatter' – where you'll have to collect a set amount of controls in any order (either 3 out of 4 or 4 out of 5 – don't worry, it'll be made clear on the day), then you'll proceed onto the rest of the course, which you have to complete in a set order.
- One-course fits all – everyone will run the same length course (approximately 3.3km but varying slightly from week to week)
- Maps will be 1:4000, printed in full colour and with dots in the middle of each circle to show the exact location of the control (rather than symbol-based control descriptions, which are normally used for events). Controls will be in mixed-punching mode, so if you have an SI-Air (SIAC), please remember to enter with it.

## COVID-19

- These events will fully comply with Victorian Government Regulations and [Orienteering Victoria's COVID Safe Plan](#)
- **Participants should familiarise themselves with the [OV COVID Safe Participant Guidelines](#).**
- **All participants must provide an up-to-date contact phone number in Eventor.** To do so, login to Eventor, go to 'My Pages' and then the 'Contact Details' tab to add your mobile and/or landline number (or check that they are up to date).
- While doing so, please also check that you have registered with your SI-Air (SIAC) stick (if you have one).

## Contact

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