



ORIENTEERING NSW



SYDNEY SPRINT WEEKEND
BULLETIN 2 WORLD RANKING EVENT
National Orienteering League Rounds 1, 2 and 3.

Event 1. Sprint Relay



Big Foot Orienteers

NOL and Public Sprint Relays

Venue: University of Sydney

Starts – NOL relays start at 9:00am

Public relays start at 10:15am

Saturday Orienteering Series for Schools from 10:20am

There will be limited enter on the day from 10:20am (easy course: senior \$20, students and juniors \$10)

Courses:

Men - 2.2 -2.3 km. 30m climb, 19 controls

Women - 2.0 - 2.1 km. 30 m climb, 17 controls

Open - as per women

Easy 1.0 km 16 controls

(Courses measured by straight-line distance)

Course Setter: Jayne Sales

Controller: Cath Chalmers

Organiser: Jo Parr

Relay changeover procedure: Each map will be rolled and clearly labelled with the team and leg number.

At the mass start, maps will be distributed to the first leg runners, rolled up. On the start, competitors may open their map and start. Subsequent leg runners will be called across to the change-over area at regular intervals where their maps will be distributed and they will wait for their team mate to come in. **They may only open the map after they have been tagged by their team mate.**

Public toilets are available at the assembly area, catering is from various outlets on campus.

Directions:

Start/Finish area is located at the southern end of Eastern Avenue. The overpass across City Road is out of bounds. NOL competitors **MUST** approach the assembly area from the south using the pedestrian crossing at the end of Butlin Ave – i.e. NOT the overpass. All other competitors may approach from the north; if you do so please walk directly south along Eastern Ave.

NOL competitors must be in the Quarantine Zone (quad behind the Carslaw Building next to the Start/Finish area) from **8:30am**. There will be access to the toilets from the Quarantine Zone.

NOL Point Scoring –Sprint Relay (National Orienteering League- Organisers Guidelines Jan 2015)

- only the highest-placed team from each state/territory shall count towards points in each division
- In a mixed-gender relay the points according to placing will be allocated to both the male and female NOL teams from that state.
- In a mixed age-class relay the points will only be allocated to the senior NOL teams from that state.

Parking: There is limited parking at the Uni Sports and Fitness centre and at other locations around campus. Parking is by pay-and-display (\$6 on Saturdays) but is very limited – we recommend travelling by public transport where possible. The walking route from Redfern Station is shown on the map below, or alight from buses running along City Road (see <http://www.sydneybuses.info/routes> for details) at Butlin Avenue, Camperdown



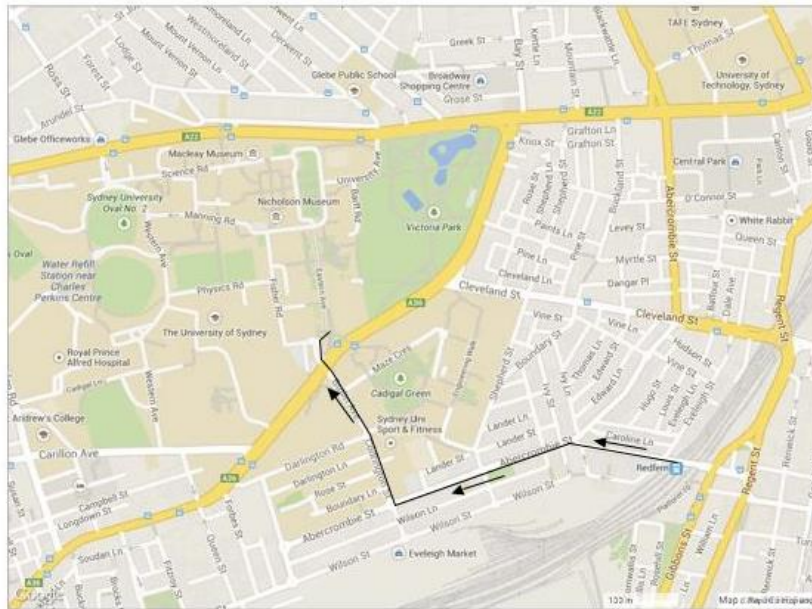
Take care crossing all roads and please note, this is a public thoroughfare and one of the main routes for pedestrians in the University. Please respect their space!

Please note that the Mardi Gras parade is on Saturday evening! There will be many tourists in the area ☺

To take public transport from the sprint relay event to the Saturday afternoon sprint at Sir Joseph Banks Park, Waratah Road, we suggest: walk to Regent Street, after Redfern Street, Redfern (stop 201622) take the bus 309 to Botany Road near Sir Joseph Banks Street, Botany (Stop 201928).

Travel time and distance from Sydney University to Sir Josephs Banks Park is 20 minutes (12km).

Directions from Redfern Railway Station



Event 2. Sprint Qualification



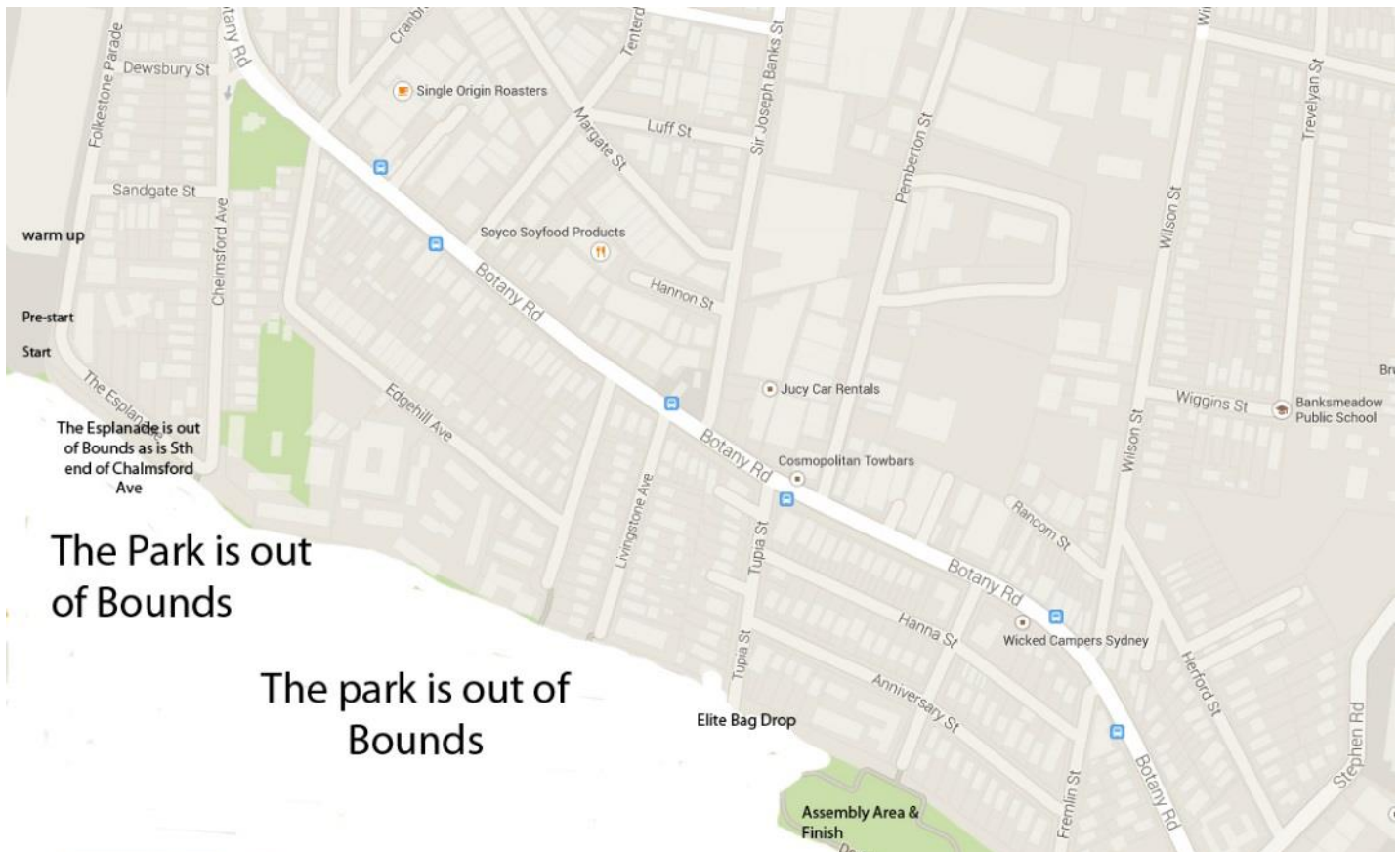
Uringa Orienteers present NOL Sprint Qualification 7th March 2015

Organiser: Ron Pallas 95266229 0424720165 ronpallas@hotmail.com
Planner: Matt Peters
Controller: Dick Ogilvie
NOL Controller: Nick Dent

Venue: Sir Joseph Bank Park, Botany. There will be no parking within the park itself. Competitors are asked to park in the surrounding residential and industrial areas on either side of Botany Road

Quarantine: Elite competitors may not enter the park prior to their start. You must approach the start/ warm up area in Folkestone Road using Dewsbury Street.

Chest Numbers: Competitors will need to sign in and collect their running bib from the table in Folkestone Road adjacent to the start area. These must be worn in both the Qualification and the Final on Sunday.



NOL Bag Drop: Elite competitors may drop their bags at the southern end of Tupia Street. The bag drop will be manned from 1.30pm until 3.45. Please collect your bag ASAP after your run.

Warm Up: Competitors may use only Folkestone Parade north of the start as a warm up area.

Start Procedure: There will be a **3 minute** start procedure. Competitors must clear and check before entering the start. Start clocks will display competition time. The start line clock will beep every minute at 10 seconds then at 3,2,1, final beep.

Bib Check	Control Descriptions	Start Table- check that your name is on the back of map
-3 minutes	-2 minutes	- 1 minute

You will be handed control descriptions at -2 minutes and then your map at -1 minute- please check that both have your name upon them. If there is a discrepancy run the course using the descriptions on the map. Maps will be placed on a table beside each competitor. The maps will be at the start triangle.

Timing: NOL Qualification heats will commence at 14.30hrs

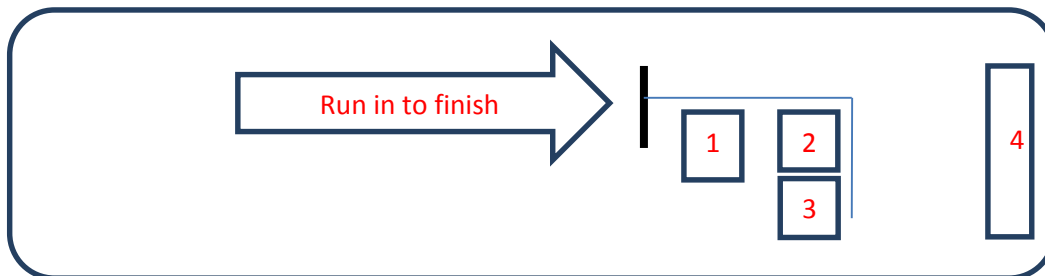
Map:“The Botany Bay Gift”, 1:5000, 2m contours. 2015

Terrain: Sir Joseph Banks Park has two types of terrain:

- rough open areas on low sand dunes interspersed with paths running through thick vegetation;
- parkland with ponds and some low (<10m) hills.

The area is different to any other area in Sydney and presents a new set of high speed, navigational challenges.

Arena



Not drawn to any scale

1. Commentary 2 - download, 3 - results, 4 - result board

The arena area is **OUT OF BOUNDS** for NOL competitors until after they have finished their run.

Courses / Classes:

NOL Sprint Qualification

Course	Length	Controls	Climb	Classes	
Men	2.7km	21	38m	M20E / M21E	Heat A
Men	2.8km	23	38m	M20E / M21E	Heat B
Women	2.5km	20	24m	W20E / W21E	Heat A
Women	2.5km	20	24m	W20E / W21E	Heat B

SportIdent: It is essential that you use the correct SportIdent stick, numbered as shown on the Start list. SI numbers will not be checked at the Start so please ensure that you check your SI number on the start list. Don't forget to clear your SI stick before the Start. Competitors should punch on the map if an SI unit fails.

Results: Will be available on Eventor asap after the event and live in the arena <http://o-lynxlive.com/>

Control descriptions: Control descriptions will be available 2 minutes before your start and will also be printed on the maps.

Zonta Fund Raiser **Cake and Support of a Good Cause**

Cupcakes and slices will be available. The Zonta Club of Sydney Breakfast Inc in association with Uringa Orienteers will be raising money to purchase materials for two important projects:

- Birthing kits: \$3 purchases the materials for a clean birth that may decrease the risk of death from infection and bleeding for a woman and baby. These kits are sent too many different countries where women give birth with only the assistance of a traditional birth attendant. Kits are assembled by volunteers. A kit will be on display.
- Breastcare cushions: \$3.50 purchases the materials for a cushion. These provide physical and emotional comfort to women (and men) after breast cancer surgery. Cushions are produced by volunteers. They are supplied to hospital breast care nurses for distribution to post-operative patients. A cushion will be on display.

Catering: The NSW Junior Squad will be selling cold drinks.

Drinking Water: There will be water at the start. There will be water at the finish.

Toilets: There are toilets located within the park and limited toilets at the start.

Maps: Maps will not be collected at the finish. The responsibility is on competitor not to show other NOL competitors their map until after they also have run nor seek to view maps of runners who have completed their courses. As some of the courses will be re-used for the State League it is essential that you not show or discuss your map with any State League competitors.









Complaints: a potential problem should be taken to the Event Organiser as a complaint as soon as possible but at least within 15 minutes of the last finisher on the course.

Protests: A protest can only be made after a complaint. A protest is made in writing to the IOF Event Adviser. Protests must be made no later than 15 minutes after the decision about a complaint is known. There is no fee for protests in WRE events.

Jury: a jury of suitably qualified persons (3) present at the event will be formed with the IOF Event Adviser as the chairperson

Fair play: Rule 26.1 *"All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain".*

Out of Bounds: Rule 26.10 *"A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified".*

Out of bounds or forbidden to cross	
pond	
hedge	
gardens & out of bounds	
buildings	 
wall - impassable	
fence - impassable	
temporary out of bounds	

The Botany Bay Gift

The Botany Bay Gift first began in 1894, two years before the modern Olympics, and is one of Australia's oldest footraces. The race was abandoned due to corruption in the 1930s, but resurrected in 1988 for Bicentenary celebrations and was run annually at Sir Joseph Banks Park. It became Australia's richest footrace after offering more than \$100,000 in prize money in 2001, before being scrapped the following year.

In its heyday the Gift attracted the best runners in the world, including Trinidad's four-time Olympic medal winner Ato Boldon and UK's Linford Christie, the first European to break the 10-second barrier in the 100m. (It is rumoured that when Linford ran he started outside the actual running track such was his handicap!) Patrick Johnson, Melinda Gainsford-Taylor and Nova Peris all raced on the track at Sir Joseph Banks Park at one time or another.

The Gift was run again in 2014, due to the efforts of Matt Shirvington, and was held at nearby Hensley Park.

Fancy a bite to eat or refreshment before or after the event:

There are a number of cafes and pubs in the surrounding areas.

Event 3. Sprint Final- (World Ranking Event)
National Orienteering League 2015 Sprint Final
organized by Garingal Orienteers



Location: University of NSW, Kensington

Map: University of NSW

Mapper: Ross Barr

Scale: 1:4000

Contour Interval: 2m

Setter: Ross Barr

Controller: Andrew Lumsden

IOF Event Adviser: Nick Dent

Event Organiser: Rod Eckels mb 0416812054

Terrain: The University of NSW is a densely built university campus with connecting roads, pathways, paved areas, lawns and well-defined garden beds. The western part of the campus is flat, rising 30m in the middle to the higher eastern sector. There are many staircases, passageways and canopies throughout the campus. For clarity, contour lines are not shown across stairways. Sculptures on campus are mapped as 'man made features' (ISSOM 540 – black X), however, note that the following are **NOT** mapped: Individual trees, seats, tables and benches, fire hydrants, light poles, and directional signage. There is one underpass marked on the map (black dotted lines and purple crossing line). Several building sites are still active across the campus, and are shown with the vertical purple 'out-of-bounds' stripe.

Course Setters notes

All courses have been set to maximize the variety and complexity of the university campus, with many multiple leg options being a feature. Intense navigation at high speed will be required. Controls will be almost equally divided between traditional metal O stands and saw horse stands. Because of the 'no stands in the ground' university policy, all metal O stands will be cable tied to the control feature with the Si unit level. Full sized flags will be adjacent, and also hang from the saw horse stands. Control numbers will be on the SI unit. To monitor unattached saw horse stands, out-of-bounds garden beds, impassable walls, marshals will be deployed in the field.

Photos of Underpass (symbol 518.1 and Crossing Section symbol 708.1)



Looking to the west



Looking to the east

Courses

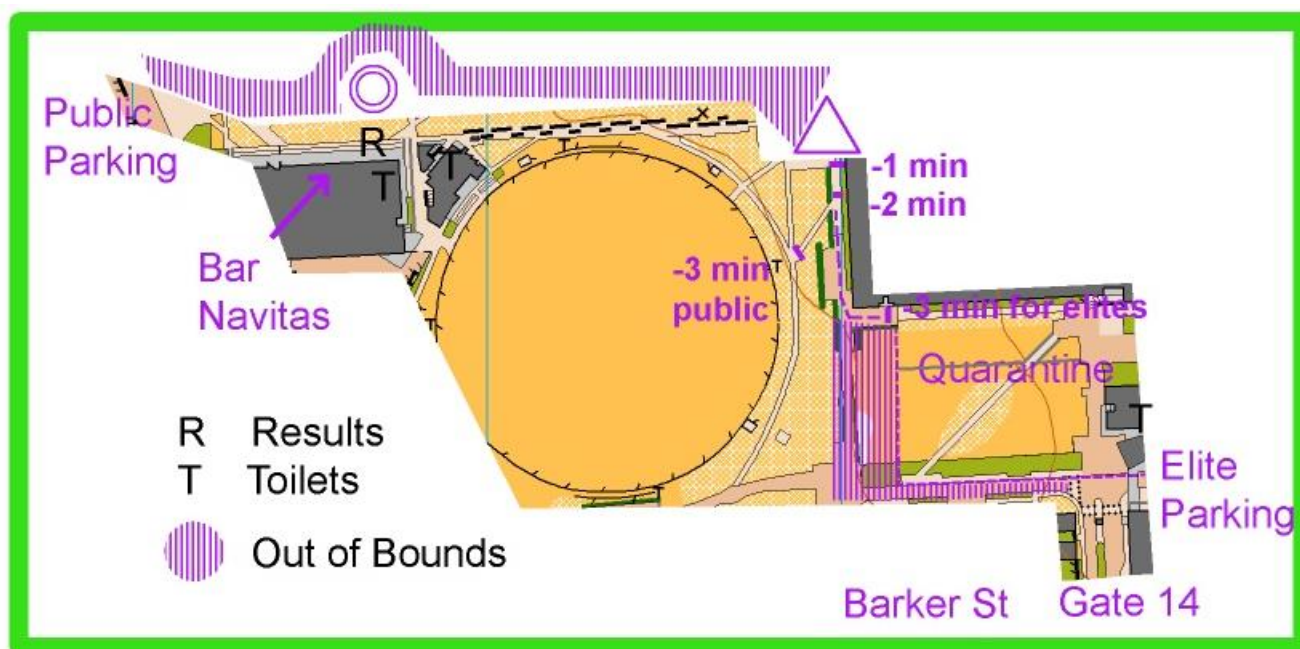
Course	Classes	Length	Controls	Climb
M21E,M20E	M21E, M20E	3.8km	22	64m
W21E,W20E	W20E,W20E	2.9km	18	44m

Note: Course Length is measured according to **Rule 16.3** which states that “The course lengths must be given as the length of the straight line from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, lakes, impassable cliffs etc.), prohibited areas and marked routes.”

Control descriptions: all maps will have control descriptions on them. Individual control descriptions will be available at the -2 minute of the start process. Maximum size will be 16cm x 6cm.

Parking: all elites must park in the multi story car park. Enter the campus at Gate 14 off the Barker St entrance next to the quarantine area.

Arena:



Bar Navitas Coffee Shop will be open at assembly area. This café have been very helpful in planning our event, and we would encourage patronage.

Quarantine: all elites in both B and A finals must be in Quarantine by 10:15am. Elites must park in car park off Barker St. Quarantine area has shade and shelter. Toilets are available (T). Start -3minute is on the NW edge of the quarantine area. Clothing and bags can be left at the western edge of the quarantine area and these will be transported to the finish area (eastern side of Tyree Building). When you are finished you are not allowed to re-enter the quarantine area. The rest of the University Campus is out of bounds on the day of the competition.

Rule 21.3: During the competition the only navigational aids that competitors may use or carry are the map and control descriptions provided by the organiser, and a compass.

Start Procedure: There will be a 3 minute start procedure. At the -3 minute, number checked, -2 minute, control descriptions, -1 minute, proceed to the maps. There will be a clock at each stage of this start procedure. In the A final only one person will be starting each minute.

Start Lists: these will be made available on Eventor on Saturday evening as soon as they have been completed and checked. The **A** finals will commence at 11:00am and the **B** finals will commence from 10:00am.

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Results: will displayed on screens in the arena and will be available live on I phones, smartphones and tablets at

<http://o-lynxlive.com/>