

Virtual Australian Championships

Summary:

3 days, 3 different challenges, teams of 3 competing for ultimate glory. You will score points for each stage you compete in, with team members results being combined to a total score for the 3 events.

- For Stage 1 and 2 team members will be scored individually and then added for team score.
- For Stage 3 there will only be a team score, no individual score.
- Age categories are based off the age you will be by the end of 2021

Teams:

Individuals can make their own teams in whichever way they like – however they should think tactically on how they can achieve the most points with a mixture of ages and genders! See detail in Stage 1 and 3 on how different ages/genders are scored.

You can register your team here: <https://forms.gle/gUou2NJUo3RKSxXs5>

If you can't find a full team, try asking on the Facebook event or email headcoach@orienteering.asn.au

The Stages

1. Virtual Australian Sprint Championships: Basketball O (Friday 1st)

Time to get your sprint shoes out, this stage will challenge your agility, acceleration and pure speed, racing an "orienteering course" on your local basketball/netball court.

The nitty gritty:

Using the map provided set up cones in the appropriate places. You can test run the course prior to your "race" or you can try to navigate while running, up to you!

When you are ready – you will follow the line drawn on the map provided for a certain number of laps depending on your category (see below). Each lap is 270m long. The aim is to complete your allocated number of laps continuously as quickly as possible:

Category	No of laps	Distance
Men Masters (>35)	8	2.16km
Women Masters (>35)	7	1.89km
Men Open (20-35)	10	2.7km
Women Open (20-35)	8	2.16km
Men 17-20	9	2.43km
Women 17-20	7	1.89km
Men Junior (<17)	8	2.16km
Women Junior (<17)	6	1.62km

The rules:

- You must run the course as mapped, each lap you make an error you must either start again (if you realise during the lap) or will be given a 90 second penalty (if realise after finishing the lap).
- If you do not have access to a basketball court, you can mark out your own course on a similar sized space. Make sure each lap is 270m.

2. Virtual Australian Long Championships: Strava Art (Saturday 2nd)

After the success of the inaugural Strava Art championships at Easter in 2020, it's back with a few small twists!

The nitty gritty: The aim of today's stage is to create the best "Strava art" (e.g. this masterpiece of [Roo and Joey](#) in Bendigo). There is a 90 minute time limit and the art can be made on foot or by bike. This time around there is a theme "What's in store for 2022".

The rules: Strava Art creations will be scored with the following in mind:

- Creativity and relevance to the theme
- Accuracy
- Size of drawing (within the 90 minute time limit and in context of bike vs. run)
- All of the above in the context of geographical limitations (i.e. only being able to use streets vs. being able to draw line on orienteering map/open space)
- Each individual in each team will be scored separately, **however bonuses may be applied for teams who creatively follow the same theme. Surprise us!**

3. Virtual Australian Relay Championships: Zoom Relay (Sunday 3rd, 2:00pm AEDT)

The final test of speed and teamwork, teams will need to work out how they can get the **longest distance** possible in 40 minutes. **The Zoom relay will start at 2:00pm AEDT, with the Zoom live from 1:40pm AEDT.**

Zoom link:

Topic: Virtual Australian Championships Stage 3: Zoom Relay

Time: Oct 3, 2021 01:40 PM Canberra, Melbourne, Sydney

Join Zoom Meeting

<https://zoom.us/j/91566625822?pwd=TVFndXdkQk1sWHoxcjFhYzNPVy9JZz09>

Meeting ID: 915 6662 5822

Passcode: 438518

The nitty gritty: A zoom call will be held with all participants. Running one at a time, teams will aim to run as far as they can in 40 minutes. Team members don't have to run for equal times, it's up to the team to decide how long each individual will run for (i.e. 1 person runs 20 minutes and 2 people run for 10 mins each). Each runner will need to run from where they are doing the Zoom. Depending on their category, each runner's distance will be multiplied by a ratio as below:

Category	Ratio
Men Masters (>35)	1.10
Women Masters (>35)	1.30
Men Open (20-35)	1.0
Women Open (20-35)	1.20
Men 17-20	1.05
Women 17-20	1.25
Men Junior (<17)	1.10
Women Junior (<17)	1.30

The rules:

- Each team member only runs once, for a minimum of 5 minutes.
- The “tag” between runners will be virtual – and will need to be announced on the Zoom. Any breaking of this “fair play” rule can be called out by other teams.
- 40 minutes includes changeover time – your team may want to think tactically how you can easily tag over the Zoom (e.g. chat message or choosing random times to run i.e. 9:43 instead of 10:00).
- GPS/Strava records for each team member will be checked to ensure there is no overlap between runners in terms of time (i.e. team didn’t run for 45 min as a total).
- The longest distance achieved by a team (after multiplication by the above ratio) will be the winner.
- Whilst a runner must start their portion of the relay from where they are doing the Zoom, **they do not have to be at home**. They can complete their Zoom from wherever they please, within the local restrictions they need to follow.

Recording your results:

For each stage you will need to record your effort with GPS (watch or phone). You will enter your achievement (i.e. distance or climb achieved), as well as proof of this achievement with link to said activity (i.e. Strava, Garmin Connect etc.)

Use the following link to upload your results – <https://forms.gle/4hvw1twq3Et4n8Y9>

This form can be returned to and edited to add your results from subsequent stages.

Get involved on your socials!

The whole point of this challenge is to simulate the Australian Championships competition and a huge part of this competition is socialising with some of the best! So don’t slack off in that department and share your efforts, give your mates some kudos (and maybe a little bit of gentle banter) and have fun! So get involved:

- Head over to OA’s Facebook event: <https://fb.me/e/2z6uBgcf>
- Follow along on OA’s Instagram page: <https://www.instagram.com/orienteeringaus/>
- Join the Strava group for the event: <https://www.strava.com/clubs/986355>
- Use the hashtag #virtualauschamps in your social media stories and posts