



## State League 3 Night Championships

**Saturday 24 April 2010**

### EVENT INFORMATION

**Venue** University of Western Sydney, O'Connell St, Kingswood  
**Map** "UWS Penrith", 1:10000 & 1:7500, 5m contours (2010 edition with new extension)  
**Time:** Starts from 6:30 pm (Enter-On-Night (EON) from 7:00pm)

#### **Terrain**

The terrain is open undulating grassland with roads and buildings

**Directions :** From Sydney CBD, take the M4 Motorway and take the Mamre Road exit. Turn right onto Mamre Road. Turn left from Mamre Road at the Great Western Highway. To reach the Kingswood site, turn left onto O'Connell Street from the Great Western Highway. Turn left into car park (Hockey Patron Car Parking) after 750m.

#### **Parking and Start**

Please follow parking warden instructions. The finish and assembly area are about 100m east of the parking area.

#### **Out of Bounds**

The area south of the campus road to the parking area is Out of Bounds. Also see the safety notes below.

#### **Course planner's notes**

1. **SAFETY:** All courses except Blue have controls on both sides of The Great Western Highway. Runners **MUST** cross the Highway on the overbridge. (All courses are set so that this is the best route choice.)  
The GREAT WESTERN HIGHWAY IS OUT OF BOUNDS.  
It has been marked on the map with forbidden route symbols (red Xs), which are more easily visible at night than the usual red hatching. Anyone who runs across the Highway not the overbridge will be disqualified (as soon as we have called for an ambulance).
2. All courses cross campus roads. We expect that there will be no traffic, but we cannot guarantee this. Please take care. Parents, please tell your children to take care.
3. **OTHER NOTES:** This urban map is mapped with sprint symbols rather than forest symbols. For example, buildings are dark grey rather than black, light grey buildings are runnable areas with a roof, and distinctive trees are mapped as green spots rather than crosses.
4. Maps for Courses for Red 1/2/3, Red 4/5, Red 6 and Red 7 are printed at 1:10000. Maps for courses Red 8, Red 9, Orange, Green and Blue are printed at 1:7500.
5. Longer courses have many changes of direction to provide the required course length on this fast open map. Runners are advised to carefully check their control sequence. On some courses, route lines have been bent to clarify the sequence. (If you use a route line for a compass bearing, check for bends.)
6. Runners on Red 1/2/3 and Red 4/5 courses run close to the assembly area about 2/3 of the way through their courses.
7. Just after passing the assembly area Runners on Red 1/2/3 and Red 4/5 courses should follow the recommended route to the west part of campus. The route is marked on the map with a large crossing point symbol.

## Start

There is one start. It is about 300m east of the assembly area. (Clothing return will not be provided.)

## Warm up Area

The area between the assembly area and the start may be used for warming-up.

## Courses Details

Course	Distance (km)	Climb (m)	Map Scale	Classes
Red 1/2/3	10.9	155	1:10 000	M21A, M-20A, M35A, M40A, W21A
Red 4/5	7.5	110	1:10 000	M-18A, M45A, M50A, W-20A, W35A, W40A, M21AS
Red 6	6.1	110	1:10 000	M-16A, M55A, W45A
Red 7	5.6	100	1:10 000	M60A, M65A, W-18A, W50A, M35AS
Red 8	4.9	90	1:7 500	M70A, W-16A, W55A, W60A, M45AS, W21AS
Red 9	4.1	70	1:7 500	M75A, W65A, W70A, M55AS, W35AS, W45AS
Orange	4.7	70	1:7 500	M-14A, W-14A, MOpenB, WOpenB
Green	2.2	35	1:7 500	M-12A, W-12A, M/WOpenC
Blue	1.9	35	1:7 500	M-10A, W-10A, M/W-10N

## Start Procedure

Start time minus 6 minutes	SI stick checked against start lists. EON times allocated
Start time minus 4 minutes	Collect your control descriptions. Please provide your own holder.
Start time minus 2 minutes	Proceed to the map box labelled with your course and write your name on a map. The start is a series of beeps from a clock. At the long beep you can start your course. Punch the start control before looking at your map

## Blue Competitor Start Times

M/W-10N competitors have not been allocated start times. These competitors may start any time up to 7.30 pm. Please go to the Start to be allocated a start time.

## Control Descriptions

Control descriptions are collected 4 minutes prior to starting. (There are no control descriptions on the map.) Red courses have descriptions using IOF symbols; Orange courses have IOF and English; Green and Blue have descriptions in English.

## Electronic Punching

Electronic punching is being used. If an SI unit fails to record (with a red light flash) then punch in the boxes provided on the maps. **Clear and Check** is available at the start area. **Control numbers** will be on top of the stands. Please ignore all markings on control flags.

## Finish Procedure

To complete a course, competitors must punch one of the Sportident finish control units and download the contents of their SI stick at the finish tent. Results will be displayed on the night and posted on the Garingal website after the event at Garingal.com.au **Important:** All competitors must report to the finish tent even if not completing their course.

## Water

Water will be provided on the course at the overbridge crossing the Great Western Highway. Water for drinking will be available at the finish. Please bring additional water for your other needs.

**Event Safety**

Courses close at 10.00 pm. All competitors must report to the finish by this time, REGARDLESS OF WHETHER THEY HAVE FINISHED THE COURSE. Competitors are advised to carry a watch to ensure they are back on time. Organisers will start to collect controls at course closing time.

**Safety Bearing**

Competitors who become lost are advised to travel south until they can relocate.

**First Aid**

First aid will be available near the information / enter on the night tent in the assembly area.

**Hired SI Sticks**

Hired SI sticks collected from the information tent. Hired SI sticks must be handed in at the finish tent on completion of your run.

**Enter on Night**

Enter-on-the-night is available on Blue, Green, Orange, and Red 7 courses. Cost \$10 for Seniors and \$8 for Juniors (under 21 or fulltime students), plus an additional \$2 if you need to hire an SI stick. Register at the Registration Tent. Starts are generally from 7:00 pm to 7:30 pm, though earlier times may be possible (ask at the registration tent).

**Risk Notice:** *In entering this orienteering event you should recognise that the sport of orienteering has certain risks due to its conduct in the natural environment. Included in these risks are injury due to rough terrain and obstacles and the effects of heat, cold and exhaustion. You should also be aware that there is no personal accident insurance on your participation in the sport and that you participate at your own risk.*

**Toilets Catering**

The toilet block is 200m west of the parking area (across O'Connell St.)

**Event Personnel**

**Planner** Graeme Dawson **Controller** Carol Jacobson

**Organiser** Jim Forbes (9452 6996 or 0412 965 564) Email: [nitechamps@gmail.com](mailto:nitechamps@gmail.com)