

Final Information for Auckland Secondary School Orienteering Championships

organised by Auckland Orienteering Club

Wednesday 23rd June

Muriwai

Event centre Muriwai Surf Club, Jack Butt Lane, off Motutara Rd

Signposted from Waimauku, SH16

Parking is on grass just before the Surf Club. Please park as directed

First start 10.30, last start approximately 12.10

Course closure 2pm

Prize giving 2pm at the latest (we will try to have it earlier)

Sport Ident hire cards will be bagged by school and available at registration

Any enquiries to Joanna Stewart 021 1153727 auckoc@gmail.com

For details about starts, top team competition, timekeeping etc see initial information sheet

Important information for ALL competitors to read

Map Scale 1:7500

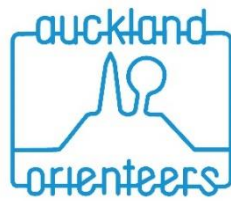
Contour interval 5m

Terrain & Mapping notes for Grass Track Road (from the mapper)

The area is predominantly sloping forest terrain, rising to steep in places. Instead of the intricate contour detail typically found in Woodhill, the contours here are less complex, except on the steeper slopes, which are incised by erosion gullies.

The area provides a wide range of runnability including fast open mature forest, low visibility forest choked with trimmings and pampas grass, and everything in between. There are also open grassy areas with scattered bushes and pockets of native bush.




Care has been taken when mapping to reflect the runnability of the different areas. Where there are just a few trimmings on the ground or pampas grass that can easily be run around, so don't materially slow your running speed, the area is mapped as open forest (white). Where the trimmings and pampas grass combine so you then need to weave your way through, which slows progress, the forest is mapped as slow running (light green). If you are reduced to pushing your way through the pampas grass and trimmings (but you can still get through) the forest is mapped as walking pace



(medium green). It is not recommended you try to navigate through areas mapped as fight (dark green).



A groundcover of Asparagus Fern covers much of the southern part of the forest, becoming thicker the higher up the slope you go. While visibility remains good this can reduce running speeds so is mapped using the green stripe symbol in the most affect regions. The borders of these areas however cannot be reliably used for navigation as on the ground the transition is more gradual. Areas of scattered logs in the northern part of the map are mapped similarly.

One area of the map contains a number of old 4wd tracks that are not always easy to follow or have been overtaken by pampas grass. These could provide faster running in some circumstances so are denoted using the following narrow ride symbol with different coloured backgrounds:

-  Narrow ride, good running
-  Narrow ride, slow running
-  Narrow ride, difficult to run

There is a network of mountain bike tracks. For the most part these can provide faster running, but on the steeper slopes these tracks can be very steep, making them physically difficult to clamber up or down. Visibility of tracks depends on how recently they have been used by bikes. Vague tracks have not been mapped but recent biking may have changed their visibility.

Special mapping symbols used are:

-  Water tank
-  Dead tree, stump

Clothing and Equipment

Shoes with good grip are strongly recommended for all but the white course as is body cover to protect from the pampas grass and trimmings on the ground.

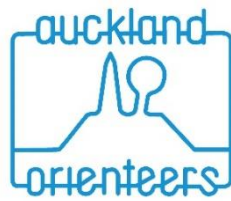
A whistle and compass should be carried by all competitors. The whistle is for use in an emergency only. See below.

All competitors need to come equipped with a towel and a warm change of clothing. If the weather is inclement, you should wear appropriate clothing on the course (dependent on your speed of travel and fitness).

Safety bearing, injured competitor, evacuation in an emergency and course closure

Should you become completely lost during the event and need to pull out follow a compass bearing south-west to Coast Road (the road you crossed on the way to the start) and then south-east back towards the road crossing to the event centre. If uncertain remain on Coast Rd. The map will have the safety bearing and course closure time (2pm) written on it. If you are still in the forest at course closure time, you should take the shortest route to return to the event centre.

If you are injured or ill and cannot continue, use your whistle to call for assistance. The whistle is for use in emergencies only. The emergency signal is 6 short blasts on the whistle. Stop and then repeat. If any competitor hears this sound during their competition, they should stop their race and go to



the assistance of the injured competitor. It is important no competitor uses their whistle unless it is an emergency as they will end the race for any other competitor in the area.

Should there be an emergency such as fire in the area requiring evacuation of the forest, cars will travel the road sounding their horns repeatedly. Return immediately to Coast Road and back to the event centre unless instructed otherwise once at Coast Road.

Start and start procedure

The start is 700 metres from the event centre along an almost flat track. You must report to the start at least 6 minutes before your start time. You will be called up into the first start box 4 minutes before your start. The clock here will be 4 minutes ahead of race time so you move into the first start box when it displays your start time. There will be starts every minute but there will be at least 2 minutes between people on the same course.

If you are late for your start time report to the late start official who will start you when possible. Your original start time will remain except in extenuating circumstances at the discretion of the controller.

Clothing return

There will be a clothing return from the start to the event centre.

Finish

The finish will be in the event centre with the last control fully visible at the beginning of the finish chute. You must punch at the finish and proceed to the download even if you have not completed your course, otherwise you will be registered as still in the forest and a search party will be mounted for you at the end of the event.

Toilets

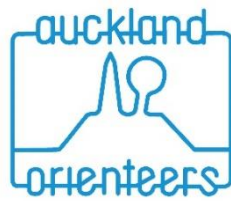
There are toilets in the surf club building at the event centre. There will be no toilets at the start.

Compulsory road crossing point

All competitors have a compulsory taped route, crossing the road towards the end of the course. The road will be manned. You can only cross the road when told you may do so. There is a control at the beginning of the taped route, before the road and another at the end of the tape after crossing the road. You MUST punch both these controls. They are very close together on your map. Your time between these 2 controls will not be included in your race time, however you must not linger while completing the road crossing and taped route.

Taped routes on courses

There are 2 taped routes on course 10 for Junior and Yr 7/8 standard competitors. These tapes should be ignored by all other competitors.



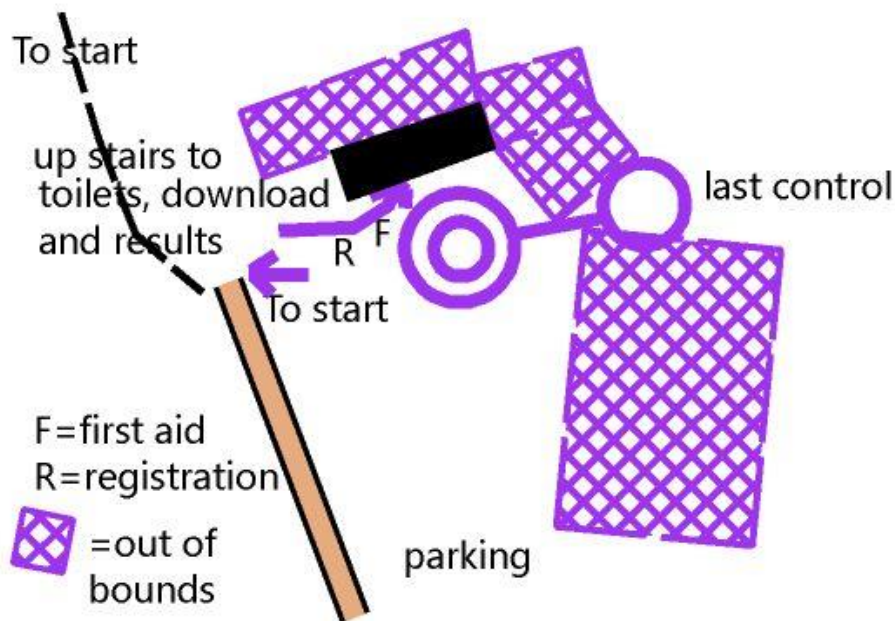
Water

There will be water available on all courses. Most of these are at controls and are marked in the control descriptions. Ensure that you punch your control before you have a drink. There is one at a road junction marked on the map. There are drinking fountains at the event centre.

Out of bounds

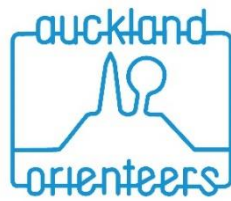
Except for those walking to the start all areas around the event centre are out of bounds except back south east towards the sea. You can warm up back in that direction. When walking to the start you must remain on the formed track and follow direction signs. All forest across Coast Rd is out of bounds except when competing as is Coast Rd itself except when crossing at the marshalled crossing point to get to the start.

Event Centre Diagram



Control Descriptions

Control descriptions are on all maps. They will also be available for collection during the start sequence. For red courses (Senior Championship) they use international symbols. For orange courses (Intermediate Championship and Senior Standard) both international and text versions will be available for collection and on the map. For yellow (Junior and Year 7/8 Championship, Intermediate Standard and Senior Novice) the text versions will be on the map but there will also be some international ones at the start. White courses will have text only both on the map and at the start.



Course details – It is important you know your course number as well as your grade

Grades	Course number	Estimated Winning Time	Distance *	Climb	Controls
Championship					
Senior Boys	1	45-50mins	5.3km	245m	26
Senior Girls	2	45-50mins	4.0km	220m	24
Intermediate Boys	3	35-40mins	4.2km	170m	18
Intermediate Girls	4	35-40mins	3.9km	150m	19
Junior Boys	7	25-30mins	3.2km	125m	16
Junior Girls	7	25-30mins	3.2km	125m	16
Year 7/8 Boys	8	25-30mins	3.0km	80m	16
Year 7/8 Girls	8	25-30mins	3.0km	80m	16
Standard					
Senior Boys	5	35-40mins	3.6km	135m	17
Senior Girls	6	35-40mins	3.3km	130m	16
Intermediate Boys	9	25-30mins	2.6km	70m	16
Intermediate Girls	9	25-30mins	2.6km	70m	16
Junior Boys	10	20-25mins	2.4km	85m	20
Junior Girls	10	20-25mins	2.4km	85m	20
Year 7/8 Boys	10	20-25mins	2.4km	85m	20
Year 7/8 Girls	10	20-25mins	2.4km	85m	20
Novice					
Senior Boys/Girls	9	25-30mins	2.6km	70m	16

*This distance is a straight line distance.