

# WOA ROCKS

Wellington Orienteering Champs | Hawkes Bay | 17-18 October

Hosted by Hawkes Bay Orienteering Club

<b>Competition Rules</b>	NZOF competition rules apply.
<b>SportIdent</b>	Will be used for all events.
<b>Registration</b>	Please collect your rental SportIdent chips upon arrival at the event. Control descriptions will be available at the Start.
<b>Maps</b>	Maps will be enclosed in plastic bags with control descriptions on the front.
<b>Whistles</b>	We recommend a whistle be carried at all times.
<b>Animals:</b>	<b>NO DOGS</b> are allowed at any of the events (even at the car park /event centre)
<b>Start Procedure</b>	Get to the start early. You need to be at the start line 6 minutes before your start. Late starters will be started when time permits. Adjustment of the 'start time' is at the discretion of the Organisers.
<b>Finish Chutes</b>	Ensure you download your SportIdent data and collect your splits printout. Maps will be collected until the last person has started their course.
<b>Protest Jury</b>	The protest jury will be convened if required consisting of the Controller plus a final panel of 3 A Grade Controllers from the following: Dick Dinsdale, Graham Teahan, Royce Mills, Alan Horn and Michael Wood.
<b>Catering</b>	Food will include a sausage sizzle, home baking as well as cold drinks. Available at the Middle and Long. Unfortunately there will be no coffee cart
<b>First aid</b>	There will be a First Aid Kit at Registration.
<b>Results</b>	Provisional results will be displayed at the event.
<b>Prize Giving</b>	There will not be a prize giving over the weekend, certificates / trophies will be sent to the winner's Clubs for distribution.

- Trophies** Can previous year’s winners please bring their trophies to the event and deliver to the registration tent.
- Woman’s Open (the Dawe Challenge Cup) 1986
  - M12&under (Wakelin Trophy) 1988
  - Men’s Open (donated by Graham, Bryan, Bill Teahan) 1986
  - M35 (donated by Red Kiwis OC)
  - M45A (previously M43A) (Larry Sykes Trophy - donated by Red Kiwis OC) 1984

**On the day Entries:** Entries on the day are permitted, please register at the caravan and request starts times from the download tent. On the day entry registration available from 9:30-11:30am for the middle and long. Courses available Red, Orange, Yellow and white. On the day entries for the Sprint 3:30-5:00pm, two courses available for the sprint.

**Entry fees on the day**

	Day 1 Middle	Day 1 Sprint	Day 2 Long	All Events
Senior	\$15.00	\$15.00	\$15.00	\$45.00
Junior	\$10.00	\$10.00	\$10.00	\$30.00
Family	\$40.00	\$40.00	\$40.00	\$100.00

**Event One – Middle Distance Saturday 17<sup>th</sup> October – Maraetotora**

**Scale:** Course 1-4 = 1:10000 with 5m contours  
 Course 5-10 = 1:7500 with 5m contours

**Planner:** Devon Beckman

**Controller:** Duncan Morrison

**Terrain:** Farmland with extensive intricate limestone rock detail. Rolling hills and a steep rocky hillside. The grass has been kept down very short with livestock, which provides a fast solid surface for running. Some small patches of Onga Onga intertwined within the rock detail.

**Course Setters Notes:**

The middle terrain for WOA Rocks lends itself towards an orienteer who can navigate smoothly and consistently at a high pace. With the grass only a little longer than your average grass athletics track, running paces will be high. But do not become complacent with the openness of the terrain! It will be important to control your pace, as the intricate sections of rock detail can stump even the most proficient of navigators. Negotiating safely through the tight, technical extensive areas of rock detail with speed is a challenge, and the one who can achieve this will come out on top. The courses have been planned with an emphasis on all aspects of middle orienteering: technical control sites, changes of direction and micro route choice.

**Note:**

For courses 1-6, fences will not be on the map

**Location:**

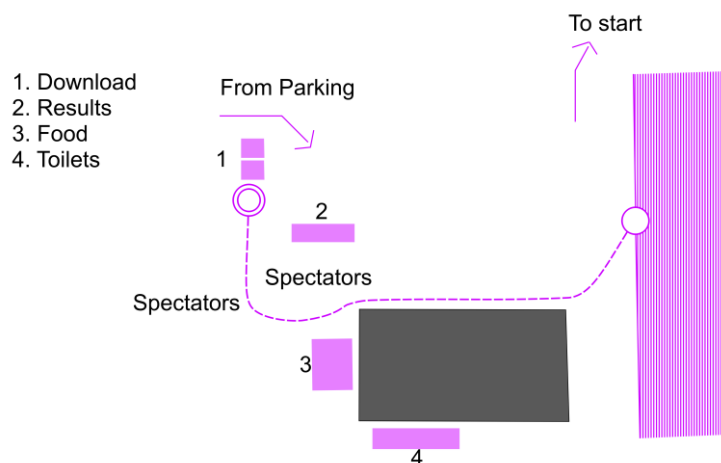
From Havelock North/Napier travel south to Waimarama Road. The event will be signposted from here. Continue along Waimarama Road until you reach Maraetotara Road on the right. Turn off onto Maraetotara Road and follow this road for about 12kms until you are directed to the parking.

**Start Times:**

Registration opens at 9:00am, first start 10:00am

**Event Centre:**

The event centre is on private land and will be signposted from Maraetotara Road, parking is in the paddock of the event centre please respect the Land Owner's property and park where indicated.



**Hazards/Comments:**

The property to the south of the event centre is out of bounds and is marked on the map, also the residential house where the event centre is located is also out of bounds, please respect the out of bounds areas.

Some fences include barbed wire strands and although every endeavour will be made to turn off electric fences, please be aware that some may be live.

Please respect stock on the property and close all gates.

There is Onga Onga out on the map. This is generally mapped with the light/dark green area symbol. It is advised that you avoid it, although the courses typically avoid the areas with large amounts present.

There are multiple tomos (sink holes) and underground caves in the terrain. These are sometimes mapped with the pit symbol but smaller ones will not be mapped. Please take care around these, as to avoid falling in.

**Start:**

The walk to the start is 365 metres from the event centre/car park. There is 75metres of climb to the start. Please leave at least 15 minutes before your call-up time to ensure you are at the pre start with enough time.

**Finish:**

In the event centre

**Warm-up:**

Around the car park/event centre and on the route to the start

**Water:**

Water will not be available on the courses and only available at the event centre and at the start.

**Course Closure:**

2pm

**Course Details:****Classes**

Course	Men	Women	Difficulty	Distance (approx)	Climb	Controls
1	M21E		Red	6570m	325m	27
2	M20A, M21A	W21E	Red	5400m	260m	21
3	M18A, M40A		Red	5130m	255m	20
4	M16A, M50A, M21AS	W18A, W20A, W21A, W40A	Red	4120m	200m	17
5	M60A, M40AS	W16A, W50A, W21AS	Red	3480m	125m	14
6	M70A	W60A, W40AS	Red	2870m	100m	12

7	M18B, M21B, M14A, M16B		Orange	4040m	165m	13
8	M40B	W21B, W18B, W40B, W14A, W16B	Orange	2800m	115m	10
9	M12A, M14B, M21C	W12A, W14B, W21C	Yellow	3200m	115m	12
10	M10, M12B	W10, W12B	White	2320m	105m	14

## Event two –Sprint Saturday 17<sup>th</sup> October – Arataki

**Scale:** 1:4000 with 2m contours

**Planner:** Ross Morrison

**Controller:** Geoff Morrison

**Terrain:** School grounds with intricate building detail.

**Course Setters Notes:** For a map that has been previously used in highly reputable/discriminated competitions, don't expect to find it 'old hat'. There are several map changes/updates, and courses have been optimised for fairness to Arataki virgins. There are many deceptive route choice challenges on all courses, where speed control, planning ahead and flow through controls (especially for SportIdent AIR+ users) will find the winner. There are areas where several controls are in close proximity, make sure you punch the correct control. Clarification dots are used for controls placed on area features to aid in navigation. Controls on point features will use standard control circles. All courses have spectator controls at some stage; this combined with the use of the latest in orienteering technology and exciting commentary, expect a very entertaining event atmosphere.

Course 1 has a flip-map. At control 15 the course will end, flip the map and you are at the start triangle for the second part of the course. Control numbers continue as usual, 16, 17 etc.

Please respect out of bounds, impassable features and private property. Any competitor that breaks international sprint orienteering rules will be instantly disembowelled.

**Location:** From the centre of Havelock North travel approximately 1km North-East along Napier road. Turn right onto St. Hill Lane, drive 230m and turn left onto Brookvale Road. Parking is on the roadside adjacent to Guthrie Park. The event centre is 200m-400m walk at the end of Legorne Lane. Do not park in Legorne Lane, the very limited parking space there is reserved for organisers only.

**Start Times:** Registration opens at 3:00pm, first start 4:00pm

**Event Centre:** The event centre is on the Te Mata school field. Access to the event centre is only allowed from the Legorne Lane alleyway. Competitors seen trying to enter the arena from the Te Mata school main entrance will be disqualified. Registration, toilets will be available in the event centre within view of the finish and spectator controls. Competitors must not enter the competition terrain before or after their race.

**Hazards/Comments:** As always with sprint orienteering, participants need to be wary of other competitors, especially when running around building corners. If you're a wuss, or frail, wear a bell. Some courses may cross some minor roads, these are not closed to public, so be aware of vehicles both on the road and coming in and out of driveways.

**Start/Finish:** Allow 10 minutes' walk from the event centre to the start call-up area (650m). Remember to be at the call-up area at least 6 minutes before your start time. Finish is in the event centre.

**SportIdent Air+:** In the WOA Rocks Sprint Race, M/W Elite runners will use the Sportident Air+ system.

Please note the following instructions:

Each athlete will receive a SIAC (SportIdent Active Card) from the registration table at the Sprint.

Please ensure you keep at least 5m away from finish line until you are actually finishing the race, including when warming up, and as you run your course. Passing the finish beacon early will turn off your SIAC.

### **Start**

At the start of the race competitors have to insert the SIAC in the "CLEAR" station (to clear data) and "CHECK" station (to turn on the radio mode of the chip).

**IMPORTANT:** After CLEAR and CHECK, the SIAC should be turned on and competitors should check this before they start by watching for the green or white led on the top of the tip that lights up every 5 seconds. If you do not see this light, repeat the CLEAR and CHECK procedure.

### **Race:**

During the race, just bring the SIAC at about 30 cm horizontally or 50cm vertically from the control point.

You will get both audible (tip will flash red) and optical (several beeps) feedback that the punch was recorded. In the unlikely case of the SI Air+ not registering with a control, the unit should be punched in the same way as a normal SI control, by inserting in the control box. Should this also fail, there will be a pin punch in the control.

**Finish line:**

At the end of the race, as competitors pass the finish line, a side plate antenna will activate the SIAC to record the finish time and turn off the SIAC. Please pass within 2m of this antenna when you finish. A standard sportident finish control will also be available if required.

Athletes must then go to the computer station to return the SIAC and get their intermediate times.

**Warm-up:** In the event centre, on Guthrie Park fields and en route to the start.

**Water:** Water is only available at the event centre

**Toilets:** Toilets are available in the event centre.

**Course Closure:** 7pm

**Course Details:**

**Classes**

Course	Men	Women	Difficulty	Distance (optimal route)	Climb
1	M21E, M21A, M20A, M40A	W21E, W21A, W20A	Normal	4.16km	20m
2	M50A, M18A, M16A, M40AS, M21AS, M21B	W40A, W18A, W16A, W21AS, W21B	Normal	3.56km	20m
3	M70A, M60A, M14A, M18B, M16B, M40B	W60A, W50A, W14A, W40AS, W18B, W16B, W40B	Normal	2.40km	15m
4	M12A, M14B, M21C	W12A, W14B, W21C	Normal	2.04km	10m
5	M10A, M12B	W10A, W12B	Beginner	1.78km	5m

## Event three – Long Distance Sunday 18<sup>th</sup> October – FireStation

<b>Scale:</b>	1:10000 courses 1-2 with 5m contours 1:10000 courses 3-4 with 5m contours 1:7500 courses 5-10 with 5m contours
<b>Planner:</b>	Devon Beckman
<b>Controller:</b>	Duncan Morrison
<b>Terrain:</b>	Rolling to steep farmland, with patches of pine and native forest & intricate rock detail. The topography of the area differs from the flat plateau of the middle distance. Expect steeper climbs and more defined contour details.
<b>Course Setters Notes:</b>	After the break neck speeds you will get up to on day one of WOA Rocks, day two could come as quite a shock. Although the terrain is open in parts expect rougher farmland, areas of forest and steeper climbs. As with a long course, the test in this event will be not only be within the control circle but the route to the control itself. The terrain really does lend itself for route choices and I am hoping that competitors will always have decisions to make regarding keeping height, run ability, ease of navigation etc to find the quickest route to the control.
<b>Fences:</b>	Courses 1-6 will not have fences on the map
<b>Road Crossing:</b>	There is a compulsory road crossing for all courses. Crossing the road in any other location is forbidden and competitors will be disqualified.
<b>Location:</b>	The event centre is the same as the Middle's Event centre, see previous directions.
<b>Start Times:</b>	Registration opens at 9:00am, first start 10:00am
<b>Event Centre:</b>	The event centre is the same as the Middle's Event centre the day before. Will be signposted from Maraetotora Road, parking is in the paddock of the event centre please respect the Land Owner's property and park where indicated.
<b>Hazards/Comments:</b>	Please see Hazards/comments for the Middle event which also applies for the Long.  There is a road crossing on all courses, please cross where indicated on the map and take all care when crossing the road.
<b>Start/Finish:</b>	The start is 10 minutes walk from the event centre/car park along the road. Finish is at the event centre.

**Warm-up:** Around the car park/event centre.

**Water:** Drink stations will be marked on the map and control descriptions. Water will also be available at the event centre:

**Safety Bearing:** East to Maraetotara Road

**Course Closure:** 2:30pm

**Course Details:**

**Classes**

Course	Men	Women	Difficulty	Distance (approx)	Climb	Controls
1	M21E		Red	11590m	555m	27
2	M20A, M21A	W21E	Red	7370m	385m	15
3	M18A, M40A		Red	5810m	315m	16
4	M16A, M50A, M21AS	W18A, W20A, W21A, W40A	Red	3950m	275m	12
5	M60A, M40AS	W16A, W50A, W21AS	Red	3570m	245m	10
6	M70A	W60A, W40AS	Red	2560m	185m	9
7	M18B, M21B, M14A, M16B		Orange	3130m	205m	11
8	M40B	W21B, W18B, W40B, W14A, W16B	Orange	3110m	195m	9
9	M12A, M14B, M21C	W12A, W14B, W21C	Yellow	2510m	170m	14
10	M10, M12B	W10, W12B	White	2200m	150m	17