



**2019 NSW ORIENTEERING CHAMPIONSHIPS
+ NOL ROUND 4 - INCLUDING ULTRA-LONG
CENTRAL WEST, NSW
18-19 May 2019**



INFORMATION FLYER

Program:

Saturday 18 May 2019 Wyangala	NSW SL 3: Middle Distance Championships NOL 9: Middle Distance (Elite-classes only)
Sunday 19 May 2019 Willagalong	NSW SL 4: Long Distance Championships NOL 10: Ultra-long Distance (Elite-classes only)

These NOL events will be selection trials for WOC 2019.

Location:

Wyangala - 42km from Cowra (45mins), 115km from Bathurst (1.5h), 351km from Sydney Airport (4 - 4.5h), 191km from Canberra Airport (2.5h)

Willagalong - Roseberg State Forest is 40mins drive from Wyangala, 25mins from Lyndhurst and 1h from either Cowra or Bathurst.

Terrain:

"Wyangala Waters" is undulating terrain with mainly open fields, but has some forest cover with some steeper and rockier areas. It is generally good running although there are some areas of thicker cypress pine. There is scattered to complex areas of granite rock and cliffs, with some areas quite intense. Excellent views of Lake Wyangala occur regularly across the area

"Willagalong" is spur/gully terrain with a scattering of granite outcrops, providing bare rock, very rocky ground, small rock faces, and many boulders, some over 4 metres in height. Minor watercourses and some termite mounds can be found across the area. The forest is a mix of open eucalypt and mature pine.

Entry Fees:

	Saturday 18 May Middle Champs / NOL Middle	Sunday 19 May Long Champs / NOL Ultralong
Senior	\$30	\$35
Junior (<21y)	\$20	\$25
Sub-junior (<13y)	\$15	\$20
Non-member	Add \$3	
Family entry fees are capped at 2 senior + 1 junior or sub-junior. This will be calculated by Eventor if all family members are entered at the same time.		

Enter and pay via Eventor: If entering both days (NOL or Champs) please select both events prior to proceeding to payment. This will allow the entry to be completed with a single payment. Some courses will have a limited availability to Enter on the Day (EOD), with the same fees as outlined above. These courses will include EOD HL, EOD HS, EOD M, EOD E, EOD VE. Competitors in these classes will not be eligible for NSW OY points or Championship status.

Closing date for entries: 3 May 2019

Starting times:

Saturday's Middle Distance from 12:30pm. NOL competitors will start last.

Sunday's NOL Ultra-long will have mass starts from 9:30am, with NSW Long Champs to follow with allocated start times from 10am.

Punching system:

SPORTident electronic timing. SIAC Air+ contactless punching will be enabled. SIAC sticks will *not* be available for hire; if you want to use Air+ you will need to bring your own. Standard SI Sticks can be hired with registration in Eventor (\$4).

M21E competitors in the NOL Ultra-long will require an SI stick capable of holding 50 or more controls (SI-Card6, SI-Card10, SI-Card11 or SIAC). M20E and W21E competitors also will need a later model SI stick capable of holding 30+ controls. The W20E course will use less than 30 controls, so participating competitors will not have any special requirements for their SI Sticks.

Accommodation:

Reflections Holiday Park-Wyangala Waters is located on the Middle Distance map. Options available include cabins, cottages, bungalows, tent and caravan sites. All the cabins, cottages and bungalows (approx. 100 beds) have been reserved, specifically for orienteers, until 28 February and RHP have offered a 10% discount to any orienteer staying that weekend. Check out the details on their website but please call the office to secure your booking.

Ph: 02 6345 0877

<https://reflectionsolidayparks.com.au/park/wyangala-waters/>

Lyndhurst, Mandurama, Carcoar and Blayney on the Mid Western Hwy have accommodation options also, as do the larger towns of Cowra and Bathurst.

Embargoed Areas:

Roseberg State Forest - 82km Southwest of Bathurst, through the town of Lyndhurst.

Wyangala Waters - The area bounded by Reg Hailstone Way, Elliotts Lookout Rd and Reflections Holiday Park - Wyangala Waters. Access is permitted to Reflections Holiday Park but is restricted to the immediate Park accommodation area.

Permission to access embargoed terrain shall be obtained from the Organiser if needed.

Previous Use:

The last known use of the Wyangala area was for for QBIII in 1991, using the 'Giant' map. The area being used for the NSW Middle Champs has had dramatic vegetation change and been completely remapped. A section of Roseberg State Forest was last used for the Australian Schools Long Championships 2017. Other sections have been used in 2013 and earlier. Sample maps from these events will be available on the champs website.

Training Opportunities:

No specific training is offered.

String Courses:

Will be available at both events.

Website for further information:

<http://who.orienteering.asn.au/nswchamps/>



Saturday 18 May 2019

NSW SL 3 - Middle Distance Championships & NOL 9 - Middle Distance

Location: Wyangala

Key Officials:

Organiser: James McQuillan; 0402032419; jamcquillan@gmail.com

Setter: Rob Bradley

Controller: Rob Vincent

Map: 'Wyangala Waters' 2018 (Rob Vincent) based on 'Giant' 1991 (Gareth Prosser & Chris Wilmott) and digitized by Graeme Hill 2017.

Scale: 1:10,000; contour interval 5m

Course Structure

NSW Middle Distance Championships & NOL Middle					
Course	Classes	Winning Time (min)	Length est (km)	Climb (m) TBA	Controls TBA
Hard 1	M21E	30-35	5.5		
Hard 2	M20E, M35	30-35	5.0		
Hard 3	W21E	30-35	4.8		
Hard 4	W20E	30-35	4.0		
Hard 5	M40A, M45A, M50A, M55A	30-35	4.1		
Hard 6	M16A, M60A, M65A, M21AS, W35A, W40A, W45A	30-35	3.6		
Hard 7	M35AS, M70A, W16A, W50A, W55A, W60A	30-35	3.3		
Hard 8	M75A, M45AS, M55AS, W21AS, W65A, W70A, W35AS, W45AS, W55AS	30-35	2.8		
Hard 9	M80A, M85A, M90A, M65AS, W75A, W80A, W85A, W90A, W65AS	30-35	2.0		
Moderate	M14A, W14A, MOpenB, WOpenB, MJuniorB, WJuniorB	25	2.8		
Easy	M12A, W12A, Open Easy	25	2.5		
Very Easy	M10A, W10A, M/W10N*, Open Very Easy	20	2.0		

* Shadowing is allowed for this class. Times are not recorded

Note:

Allocated Starts 2 minutes apart from 12:30pm. Elite classes will start last.

M21A, M20A, W21A and W20A classes will not be offered. The corresponding elite classes will accrue points in the NOL and compete in the 2019 NSW Middle Distance Championship at the same time

Sunday 19 May 2019

NSW SL 4 - Long Distance Championships & NOL 10 - Ultra-long Distance

Location: Roseberg State Forest

Key Officials:

Organiser: James McQuillan; 0402032419; jamcquillan@gmail.com

Setter: Steve Dunlop

Controller: Rob Vincent

Map: 'Willagalong' 1999 (Bruce Cooper & Chris Wilmott). Re-mapped 2018 (Rob Vincent)

Scale: 1:15,000 (elites); 1:10,000 (all other hard and moderate classes); 1:7,500 (Easy, V Easy)
contour interval 5m

Course Structure

NSW Long Distance Championships & NOL Ultra-long					
Course	Classes	Winning Time (min)	Est. Length (km)	Climb (m) TBA	Controls TBA
Hard 1	M21E	150	25.0		
Hard 2	M20E	110	19.5		
Hard 3	W21E	110	14.5		
Hard 4	W20E	95	10.5		
Hard 5	M35A, M40A	65	10.8		
Hard 6	M45A	60	8.5		
Hard 7	M50A, W35A, W40A, W45A, M21AS	60	7.0		
Hard 8	M16A, M55A, M60A, M65A, W50A, M35AS	50	6.0		
Hard 9	M70A, W16A, W55A, W60A M45AS, W21AS	50	4.7		
Hard 10	M75A, M55AS, W65A, W70A, W35AS, W45AS, W55AS	50	4.5		
Hard 11	M80A, M85A, M90A, W75A, W80A, W85A, W90A, M65AS, W65AS	50	3.2		
Mod 1	M14A, MOpenB, MJuniorB	40	5.0		
Mod 2	W14A, WOpenB, WJuniorB	30	3.3		
Easy	M12A, W12A, Open Easy	25	2.5		
Very Easy	M10A, W10A, M/W10N*, Open Very Easy	20	2.0		

* Shadowing is allowed for this class. Times are not recorded

Note:

Elite competitors will have mass starts from 9:30am. All other competitors will have allocated starts at 2 minute intervals from 10am.

M21A, M20A, W21A and W20A classes will not be offered. Competitors in the corresponding elite classes will compete in the NOL Ultra-long and be eligible for the 2019 NSW Long Distance Championship at the same time.