



10–17 October 2009



WORLD MASTERS ORIENTEERING CHAMPIONSHIPS

Bulletin 3



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Calendar of events

Friday 9 October

1230–1500 Sprint warm up, Callan Park
Information: www.wmoc2009orienteering.asn.au

Saturday 10 October

1000 Sprint Qualification, Macquarie University
1800 Sprint Final start list available: www.wmoc2009orienteering.asn.au

Sunday 11 October

1000 Sprint Final, Sydney Olympic Park
1345 Sprint Prize Giving Ceremony, Event Arena
1730 World Masters Games Opening Ceremony, ANZ Stadium, Sydney Olympic Park

Monday 12 October

1200–1900 Event Centre open, Lithgow Showground

Tuesday 13 October

0930–1130 Long Distance Model, Ben Bullen State Forest
1000–1500 Event Centre open at Lithgow Showground
1515–1530 Countries assemble in Union St near Lithgow Workmen's Club for March
1600 March begins
1630–1730 Worlds Masters Orienteering Opening Ceremony, Lithgow Showground
1800 Aussie BBQ and Bush Dance at Event Centre, Lithgow Showground

Wednesday 14 October

0930 Long Distance Qualification 1, Ben Bullen State Forest
1230 Blue Mountains Challenge Day 1, Ben Bullen State Forest
1600–1900 Event Centre open, Lithgow Showground

Thursday 15 October

0930 Long Distance Qualification 2, Clandulla
1230 Blue Mountains Challenge Day 2, Clandulla
1600–1800 Event Centre open, Lithgow Showground
1800 WMOC 2009 Banquet, Lithgow Workmen's Club

Friday 16 October

1000–1900 Event Centre open, Lithgow Showground
1430 Long Distance Final start list available: www.wmoc2009orienteering.asn.au, or Event Centre, Lithgow Showground

Saturday 17 October

0930 Long Distance Final, Clandulla
1230 Blue Mountains Challenge Day 3, Clandulla
1400 Long Distance Prize Giving and WMOC 2009 Closing Ceremony at Event Arena, Clandulla
1600–1800 Event Centre open, Lithgow Showground

Sunday 18 October

World Masters Games Closing Ceremony, Tumbalong Park, Darling Harbour

Welcome messages



A message of welcome from the President of the International Orienteering Federation

It gives me great pleasure to welcome you to the 2009 World Masters Orienteering Championships (WMOC) in Australia, the third occasion on which the Championships have been organised as part of the World Masters Games. Orienteering is one of the permanent sports (core sports) on the programme of the World Masters Games, the world's largest multi-sport event.

The WMOC continues to attract increasing numbers of masters from around the world, making it without doubt the biggest Championship event in orienteering. It shows that orienteering truly is a lifelong sport, one of the fundamental values of orienteering, complementing the aim of the International Masters Games Association in promoting the "sport for all" philosophy of the Olympic Charter.

The staging of the Sprint in the beautiful harbour city of Sydney will give competitors an opportunity to experience urban parkland with open areas, buildings, tracks and many changes of vegetation. The Sprint Final will be contested at the Olympic Park precinct, the site of the highly acclaimed 2000 Olympic Games. The Sprint Final, contested close to the World Masters Games' event centre, will showcase our sport, making it visible to spectators, media and the world sporting community.

The long distance events near Lithgow will provide another uniquely Australian experience. The orienteering in native eucalypt gully spur terrain, with areas of complex sandstone rock outcrops will be physically and mentally challenging, further reflecting the sport's values.

The event will also be an enjoyable social and cultural occasion for orienteers from around the world, an opportunity to share friendship and a lifelong love of orienteering and physical activity, to experience legendary Australian hospitality.

I sincerely thank Sydney 2009, Orienteering Australia and the local orienteering organisers for making the World Masters Games and World Masters Orienteering Championships a great success.

I wish each participant personally rewarding performances.

Åke Jacobson
President
International Orienteering Federation



A message of welcome from the President of Orienteering Australia

On behalf of Orienteering Australia I extend to all orienteers, a very warm welcome to the World Masters Orienteering Championships, a part of the Sydney World Masters Games 2009.

Orienteering Australia is delighted that once again, orienteering is the most popular sport in these games for overseas competitors.

The WMOC committee of the Orienteering Association of NSW (OANSW) has been working very hard for the past few years to bring you some high quality orienteering events. You may be aware that the IOF will allocate WMOC events to a country when the World Masters Games are also allocated to that country. This has resulted in a particularly busy few years for OANSW as they also organised JWOC in 2007, and I know that many of the organisers for that event are also key figures for WMOC2009.

These orienteering events are able to come to life because of a number of factors, which are:

- the WMOC committee of OANSW, including the organisers, mappers and course planners
- the land owners. We thank them for their permission to use their land
- the sponsors. Some are specific to the event and you will no doubt see or hear about them during the course of the event. Others are sponsors to orienteering generally, such as the Australian Sports Commission.

Before you leave your last event I would ask if you could take the time to let the organisers know if you have enjoyed the orienteering and thank them for their efforts to bring you a challenging and satisfying event.

I should also like to make you aware that all of my great grandparents, from Great Britain, Sweden and Germany, were so keen for me to compete in this event when they migrated to Australia about 150 years ago.

May you all compete to the best of your ability and in the spirit of good sportsmanship.

Bill Jones
President
Orienteering Australia



A message of welcome from the President of the Orienteering Association of NSW

On behalf of the orienteers of New South Wales I am pleased to have this opportunity to welcome all competitors and visitors from overseas and around Australia to the 2009 World Masters Orienteering Championships in Sydney and Lithgow as part of the Sydney World Masters Games.

For many, the 2009 World Masters Championships will be the culmination of months of dedicated training and many of you will have travelled half way around the world to attend and to compete with your peers on a world stage. For some it will also be an opportunity to catch up with orienteering friends from around the world and to enjoy the social side of our sport, and I hope that you will all enjoy everything that Sydney and the Blue Mountains has to offer.

The 2009 World Masters Championships organising team has worked long and hard to bring you a variety of orienteering experiences, from the Sprint final in Sydney's Olympic Park to the bush events in typical Australian "spur-gully" and the spectacular sandstone pagoda country of the Blue Mountains. These championships will see the introduction of two new areas by OANSW, and in doing so I trust that there will be something new and challenging for all to experience.

As always in a major event of this magnitude, it can only be staged with the dedicated effort of many people and Event Director Nick Dent has been ably assisted by many volunteers over the past 3 years to bring you this event. Their tireless contributions have helped these championships become a reality and I sincerely thank them for all of their time and hard work.

Of course without the support of the landowners it would not be possible to conduct these championships and for this we have to thank Forests NSW, Sydney Olympic Park Authority, Royal Agricultural Society and Macquarie University and private landowners Eddie & Cheryl Farrugia, Tony Orford and Stewart Morris.

I would also like to acknowledge the support and financial assistance of Lithgow City Council, Sydney World Masters Games Organising Committee, Centennial Coal and Delta Electricity as sponsors of the event. Making such an event a success relies on many people, and the support and assistance of the Lithgow community and Council is also recognised.

I sincerely hope that you all enjoy the carnival, that you are able to compete to the best of your abilities, and that you take home a lasting memory of orienteering 'down under'.

I wish you all the best in your events.

Paul Prudhoe
President
OANSW



A message of welcome from the Mayor of Lithgow City Council

I am delighted to welcome competitors, officials and spectators to Lithgow for the World Masters Games Orienteering and World Championships Orienteering. I hope that you have the opportunity to discover the unique attractions that have made Lithgow a tourism destination for travellers from every corner of the world.

Lithgow is honoured to be hosting this exciting event in and around the picturesque World Heritage Wollemi National Park and Gardens of Stone.

With about 1200 international competitors from more than 30 countries expected to join our national orienteers, the championships will showcase the talents of the world's elite and age-group athletes.

Lithgow is an exciting, friendly environment- a wonderful place in which to live, work and enjoy both its glorious history and present vitality.

If you are visiting Lithgow for the first time, there is plenty to see and do in our beautiful city and beyond, including our pristine bushland, world class attractions and majestic landscapes.

On behalf of the Lithgow City Council and the residents of the Lithgow area, I welcome all participants and visitors to the World Masters- Orienteering. I hope you all have a successful event and enjoy the wonderful experiences that Lithgow has to offer. Good luck!

Councillor Neville Castle



Sport Ambassador Message

Welcome to the Sydney 2009 World Masters Games orienteering competition.

Congratulations on being part of the world's biggest multi-sport event. Orienteering at the Games is not just one of the 28 sports on offer, but it is the 2009 World Masters Championships for the sport so there will be a lot of interest in the races.

The courses that have been set for the competition are assured to be both technically and physically challenging. Intricate sandstone terrain can be demanding but spectacular and, like most of Australia, the forest should be runnable with good visibility. We should have a great week of orienteering.

I trust that you are looking forward to the competition and the social events involved in the Games as much as I am. Enjoy catching up with old friends and take the chance to meet new people. That's what the Games are all about!

Best of luck for the competition.

Jenny Bourne
Sydney 2009 World Masters Games Orienteering Ambassador

Organising committee and key officials

Event Director
Nick Dent



National Controller
Robert Vincent



Marketing and Promotion
Colin Price



Arena Management
Hilary Wood



Administration
Robert Bradley



Starts
Julia Prudhoe



Mapper
Eric Andrews



Course Setter
Sprint Final
Nick Wilmott



Course Setter
Long Qualification 2
Phoebe Dent



Controller
Sprint Qualification
Dick Ogilvie



Controller
Long Qualification 1
Paul Prudhoe



Controller
Long Final
Terry Bluett



IOF Senior Event Adviser
Graham Teahan (NZ)



Treasurer
Mark Shingler



Special Events
Robyn Pallas



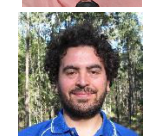
IT
Melvyn Cox



SportIdent/Finish
Ron Pallas



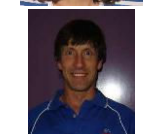
Website/Results
Jose Zapata



Course Setter
Sprint Qualification
Tracy Bluett



Course Setter
Long Qualification 1
Mark Freeman



Course Setter
Long Final
Jock Davis



Controller
Sprint Final
Andrew Lumsden



Controller
Long Qualification 2
Keith Jay



General information

World Masters Games Accreditation Centre

The Dome, Sydney Showgrounds, 1 Showground Rd, Sydney Olympic Park.

All competitors are required to collect their accreditation pass prior to attending their first day of competition. When collecting your accreditation pass, please bring:

- a copy of your Games Registration Confirmation Letter (a copy is located in your myGames account)
- photographic identification which includes your full name and date of birth.

If you have not already sent your photo to the World Masters Games, please send your photo (including your name and User ID) to: registrations@2009worldmasters.com

There will be an orienteering official at the Accreditation Centre on Wednesday 7, Thursday 8 and Friday 9 October 2009. The Accreditation Centre will be open at the following times:

Date	Opening hours
Wednesday 7 October	1500 – 2100
Thursday 8 October	0900 – 2100
Friday 9 October	0900 – 2300
Saturday 10 October	0800 – 2200
Sunday 11 October	0800 – 1730
Monday 12 October	0800 – 1700
Tuesday 13 October	0900 – 1700

For maps of Sydney Olympic Park including a driving and parking map, please visit <http://www.sydneypark.com.au/Visiting/maps#parking>. For directions to the Accreditation Centre see directions to the Sprint Final on page 17. Parking, often with parking meters, is available in Sydney Olympic Park town centre.

Orienteering equipment

Orienteering competition number, SI hire stick and ordered compasses can be collected from the Orienteering desk at the Accreditation Centre when you attend accreditation. They will also be available at the Information Tent on Saturday 10 October at Macquarie University and at the Event Centre Lithgow Showground on Monday 12 and Tuesday 13 October.

Event Centre Lithgow



How to get there

Lithgow is approximately 130kms WNW of Sydney Olympic Park. The best route is to take the M4 tollway west bound from just south of Sydney Olympic Park, sign posted Penrith and the Blue Mountains. The M4 leads onto the Great Western Highway at the foot of the Blue Mountains. Follow signs to Katoomba and Lithgow. Lithgow is another 35 minutes past Katoomba. On entering Lithgow, turn right at a set of traffic lights (by McDonald's) towards Lithgow Town Centre (look for the WMOC signs). Travel along Main Street for 1km and turn left into George Coates St. Travel 300m turning left into Barton Street. Entry to the showground and parking are as shown on the map.

Katoomba is the hub of the Blue Mountains with such attractions such as the Three Sisters and Scenic Railway.

The Event Centre

The Event Centre is located in the main building as shown on the map. This is where you will be able collect all of your orienteering equipment, including competition number, compasses, public event entries, camping tickets, tickets for the Aussie BBQ and the Banquet, SI hire cards and WMOC commemorative SI-cards.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Times	1200 – 1900	1000 – 1500	1600 – 2000	1600 – 1800	1000 – 1900	1600 – 1800
Social activities		1600: March 1430: Opening ceremony 1800: BBQ		1800: Banquet		

Camping

If you have booked camping through the WMOC website please enter the showground, park and go to the Event Centre Information Desk where you can collect tickets and information. You will be given 2 tickets, one for display in your car and one for attaching to your tent or campervan. **Do not proceed to set up camp until you have been assigned a site by the Event Centre Staff.**

Event catering

There will be a range of food available including cakes and hot and cold drinks at every event, except the Model Event.

Internet facilities

Internet will be available at the Lithgow Library which can be found at 157 Main Street, Lithgow. The library is open between 0900 and 1800 hours and has 12 terminals at very reasonable rates.

Tourist Information Centre

The local Tourist Information centre will be able to provide information about what to see and where to go while you are in the area. Displays will also be set up in the event centre by the Blue Mountains tourist office, the Mudgee tourist office and the Lithgow tourist office. We suggest a visit to Jenolan Caves (50kms) or seeing one of the spectacular films shown on the IMAX screen at The Edge Cinema in Katoomba. The Edge also has a café and a restaurant if you wish to relax before or after the show.

Medical help

Medical professionals will be available at events offering help and advice. Doctors and pharmacies are located in Lithgow and most major towns. The Lithgow Hospital is located at Col Drew Drive, off the Great Western Highway at South Bowenfels (5 minutes from Lithgow town centre towards Sydney). Phone 02 6350 2300.

Orienteering equipment

O-shops will be at all the events selling a range of clothing, O-gear and compasses (limited supply). The O-shops will also be at the Event Centre in Lithgow on Tuesday 13 October from 1200 hours.

Compasses

It is recommended that you use a southern hemisphere compass while orienteering in Australia. You can reserve a thumb or base plate compass by paying a deposit through the WMOC website www.wmoc2009.orienteering.asn.au (go to Public Events online entries). The reserved compasses will be available for collection at the Accreditation Centre, where the balance will be payable to WMOC. We recommend that you reserve a compass via the website to ensure that you don't miss out as we cannot guarantee supply on the day.

Social Functions

WMOC 2009 Opening Ceremony

Tuesday 13 October

March. The March will start in Union Street between Lithgow Workmen's Club and Lithgow Greyhound track. Competitors will assemble into countries at 1515 hours. The March will start at 1600 hours and finish at the showground (Event Centre). It is suggested that you leave your car at the showground and walk to Union Street (2 km). There is a small amount of parking behind Union Street.

Opening Ceremony. The Opening Ceremony will commence at the completion of the March at approximately 1630 hours. You will be greeted by the local Aboriginal community, entertained by local school children and local groups. We hope you enjoy the opening ceremony which will finish at about 1730 hours.

Aussie BBQ

The BBQ will begin at 1800 hours at the Lithgow Showground. Tickets to the Aussie BBQ need to be purchased on the WMOC 2009 website. Tickets can be collected at the Event Centre on Monday 12 and Tuesday 13 October. There will be two halves to the ticket, one half for the main meal and the second half for your dessert. Other food, coffee, ice-creams and drinks will be available for purchase at the Showground. Entertainment will be provided in the hall by a local musical group from 1800 to 2100 hours while you are having dinner and afterwards you may like to join in some bush dancing.

WMOC 2009 Banquet

Thursday 15 October. As this is a pre-booked function, admittance will be by ticket only which you will need to collect from the Event Centre, Lithgow Showground before Thursday.

Location: The Lithgow Workmen's Club, Tank Street Lithgow (see local map).

Time: The venue will be open from 1800 hours onwards for you to enjoy a drink and a talk in the 'Tuscan Gardens'. Dinner will be served at 1900 hours.

WMOC 2009 Prize Giving and Closing Ceremony

Saturday 17 October. Following the Long Final at Clandulla there will be the Prize Giving and Closing Ceremony. This will be held at the Long Final Arena and will start at approximately 1430 hours. The organising committee encourages you to stay for the presentations and enjoy some of the local foods. Entertainment will be provided by local groups and there will be a range of local crafts and food for you to sample.

Competition Information

Competition Rules

The competitions will be conducted under Competition Rules for IOF Foot Orienteering Events (2009) and Guidelines for the World Masters Orienteering Championships (2009). Copies can be downloaded from www.orienteeering.org/rules.htm.

Fair Play

All competitors shall behave with fairness and honesty. During the races athletes are forbidden to speak to each other except in the case of an accident or emergency. All race competition areas are embargoed. Any attempt to survey, walk or train in the competition areas is forbidden. Attempts to gain any information related to the course, beyond that provided by the Organiser, is forbidden before and during the competition. After crossing the finish line, a competitor may not re-enter the competition terrain without the permission of the Organiser. This includes the start and the start area. A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

The rules for the Sprint are more flexible, as some competitors may have accommodation within one of the competition areas. However, competitors are not allowed to survey or train in the Sprint competition areas before the respective competitions are held. A strict embargo on Sydney Olympic Park and Macquarie University will be enforced from 0600 hours on the day of each race while the competitions are being set up. Competitors are not allowed to re-enter either Sprint area after they have finished their race until 1400 hours.

Drug Policy

The IOF Anti-Doping Rules apply to all IOF events. See IOF website for more information.

Competition Number

Each competitor will be issued with a numbered bib. The bib must be worn on the chest in each race. Information on the bibs will consist of competitor's name, SI card number and start times for qualification races. Runners who qualify for the top ten in the A finals will receive a different bib at the pre start for both the Sprint and the Long Distance final. These bibs will have a number that indicates class and start position for each runner.

Clothing

Sprint: Shoes with metal studs or spikes are forbidden. Rubber studs are not recommended, as there are many paved areas. There is no restriction in type of clothing that can be worn. **Long:** There is no restriction in the type of clothing that can be worn. Full body cover is recommended.

Maps

The WMOC 2009 orienteering maps have been made according to IOF drawing specifications using OCAD 9. Sprint Qualifying and Sprint Final race maps have a 1:4000 scale and a 2.5m contour interval for all classes. Sprint maps are drawn according to ISSOM 2007, the International Sprint Map Standards. International sprint map standards are significantly different to normal ISSOM mapping standards. Please ensure that you familiarise yourself with these. Long Qualifying and Final race maps have a 1:10000 scale and a 5m contour interval for all classes.

Control descriptions will be printed on the front side of the maps. All competition maps will be collected at the finish.

Special Map Features

In accordance with ISSOM sprint mapping standards the sprint maps have some special map features:

- Black x
- Thick black line: impassable feature.
- Circle o (black)
- Circle o (green)

Marshals will disqualify competitors crossing or entering out-of-bounds features. Out of bounds areas are:

- mapped by a green/yellow (olive green) 'settlement' colour. Areas are typically garden beds or private property
- buildings (dark grey)
- impassable water (dark blue areas), even if the water is shallow
- marked on the map by the normal vertical purple line overprint or the purple shade for spectator areas.

Sprint warm up event

Friday 9 October. Details for this event are available from www.wmoc2009.orienteering.asn.au. The map used for this event will be 1:4000 scale with 2m contour intervals and be drawn to ISSOM 2007 International Sprint map standards.

Long Distance model event

Tuesday 13 October. During WMOC there will only be one model event. This will start at 0930 hours. This model event will demonstrate the start, water station, terrain, map quality, control features and the positioning of the controls. The controls are marked with a stand, a flag and a number but no SportIdent unit. Control descriptions will be on the map. Maps will be issued at the Information Tent at the model event.

Warm up maps

At each event competitors will be issued with a warm-up map. For the Sprint events these will be made available on arrival at the event. They show the area that competitors can access before they compete and after they have competed. They will include the location of the pre start. For the Long Distance events the warm up maps will be available along the track to the Start and will indicate the location of the competitor when receiving the map – start triangle S1, and the location of the pre start – start triangle S2. The control points marked on the warm up map do not have SI units or codes. Once you have received the warm up map any area not on the map is out of bounds.

Previous maps

Previous maps of 'Macquarie University' and 'Long Swamp' exist. These will be on display at the warm-up map distribution point (Macquarie University) and model event (Long Swamp).

Controls

Each control flag is on a stand approximately 1m high. The SportIdent station and control code are located on the top of the stand. Each stand is equipped with one punching device for use in the case of the electronic unit not working. In this case please use the reserve boxes on your map. In the sprint events for some controls the stand will be replaced by a wooden trestle. There will be many controls so please make sure that you check your control codes.

Control Descriptions

Control descriptions will be printed on the front side of the competition maps. Loose copies of the control descriptions will also be available in the start lanes as part of the start procedure. Competitors who intend to collect control descriptions at the start are reminded that they will have one minute to secure their control description sheet the way they choose. The loose control description dimensions are 55x210mm (maximum 30 controls) and each grid square has 6mm sides. Control descriptions will not be distributed with the registration material before the event.

SportIdent Hire Sticks

These can be collected from either the orienteering desk at the Accreditation Centre or the Information Tent at the Event Arena. Competitors hiring an SI-stick must pay a deposit of **50AUD**. This is fully refundable when the stick is returned.

Electronic Punching System

The SportIdent (SI-card) system will be used for all events. If you are using a rental SI-card please return your SI-card to the Information Tent at the Arena on Saturday 17 October after you have competed and your deposit will be refunded.

SportIdent card

It is important that you always use your registered SI-card. It will be checked at the start and you will not be allowed to start with the wrong SI-card. SI-card of series 8 and 9 are acceptable to be used.

Clear and Check

Each SI-card must be cleared and checked before each event. SI-card clear stations will be located in the 3 minute start box. Insert your SI-card and wait a few seconds until the 'clear' unit beeps and flashes, verifying that previous data has been deleted. After clearing your SI-card, please place the SI-card into a 'check' unit where the 'check' unit will beep and flash immediately, confirming that the SI-card is ready for use.

At each control

At each control insert your SI-card into the control unit until the unit beeps and flashes. The red light and beep do not guarantee that the competitor is at the correct control. This should be checked by reading the control code. If you punch at an incorrect control, simply continue to the correct control. The extra punch will be disregarded by the results software. If the control unit does not function (there is no beep and no flash) then use the pin punch attached to the control stand and punch in a reserve box on your map. If you punch your map in this way you must hand your map in at the finish desk before leaving the finish area and explain what you have done. At some controls there may be two or more control units. You may use any of the units.

At the finish

At the finish line you must punch one of the SI units on the finish line. Your elapsed race time only stops when you punch one of these SI units. All competitors must punch one of these finish units even if they have not completed the course.

After the finish line

After the finish line you will be directed to the download area where the data from your SI card will be transferred to the results system. Please note that there will be two downloads. The system will verify that you have visited all of the controls in the correct order. Split times are printed immediately and handed to the competitor. If you are using a rental SI-card and this is your last event, please return the SI-card to the Information Tent and collect your deposit.

Start lists and results

For the qualification races, competitors in classes with more than 80 entrants are allocated to parallel heats by a random draw. The heats are indicated by letters A or B after the age class e.g. W55B is the second heat for W55 runners, while W55A is the first heat for W55 runners. Each runner will be in the same heat for both Long Qualification races, but the heats for the Sprint Qualification will be drawn differently.

Start lists for the Qualification races are available in Bulletin 3 (www.wmoc2009.orienteering.asn.au), at the Games Centre Sydney Olympic Park until Saturday 10 October, Lithgow Showgrounds Event Centre from Monday 12 October and at the Arena Information Tent each day and at each start.

Start times for the Sprint Final will be available on Saturday 10 October at www.wmoc2009.orienteering.asn.au by 1800 and at the Games Centre (Olympic Park). They will be available on Sunday at the Arena Information Tent and also at the Start. The first start time for the Sprint Final is at 1000 hours.

Start times for the Long Final will be available at www.wmoc2009.orienteering.asn.au by 1400 hours Friday 16 October as well as at the Event Centre (Lithgow Showground). They will be available at the Arena Information Tent on the Saturday morning and at the Start. The first start time for the final is at 0930 hours.

Individual split times will be given to each competitor after crossing the finish line and having downloaded. Provisional results will be continuously updated at each Arena. The complete results lists will be displayed at the event/games centres from 1800 hours after each race. All start lists, results list, split times and accumulated times will be made available at www.wmoc2009.orienteering.asn.au.

Start procedure

Every starting procedure is a silent process, and it is the runner's responsibility to be there on time. At the 5 minute gate in the respective start area, runners will pass through 5 consecutive starting boxes and remain for one minute in each box. When the clock in front of the first start box (-5 minutes) displays the runners **starting time**, the runner comes into the box. This will be 5 minutes before the start. For example, if a runners start time is 1045, the clock at the 5 minute line shows 1045 when the real time is 1040 i.e. it is set to run 5 minutes fast in order that the runner leaves the start line 5 minutes later at the correct time.

At the **5 minute box** (-5 min) the Bib number and starting time are checked. **Sprint Qualification and Finals** only—your shoes will be checked for metal studs or spikes. These are forbidden.

At the **4 minute box** (-4 min) the SI-card number will be checked. Runners without a Bib or with the wrong SI- card will not be allowed to start. If you lose your bib you can obtain a replacement at the Arena Information desk.

At the **3 minute box** (-3 min) SI-cards will be cleared and checked. Each runner's cleared SI-card will be checked by WMOC volunteers.

At **2 minute box** (-2 min) each runner will pick up their loose control descriptions (optional). There will be no tape available for competitors use. Competitors must bring their own equipment to carry the loose control descriptions during the race. The control descriptions will also be printed on the map.

At **1 minute box** (-1 min) each runner moves to the map table labelled with the correct class and waits besides the map table for the remaining part of the minute. The competitors map will be placed face down on the table beside the competitor. The competitor's number will be written on the back of the map by the start official.

The start will be indicated by a series of beeps from a clock. At the 6th beep the race starts. The runner then takes the map from the map table. The runner will have the responsibility for taking the correct map. The map table at each event will be located at the start triangle marked on the map.

Late start

Runners that arrive after their allocated starting time shall use the Late Start Lane where an official will show them how to proceed. Clear, check at the start is mandatory. Their start will be at the next unused start time and the athletes will use the punching start unit. These athletes will be placed using the official start time and only if their lateness is the fault of the organiser will the competitor be awarded their true race time (IOF rules 22.9 and 22.10). Any runner who is late should not discuss this with the Start officials, but should wait until they have completed their race.

Finish procedure

All competitors are required to punch at the finish line by placing their SI-card into one of the control units situated directly on the finish line. Competitors who do not complete the whole course must also punch on the finish line. Your bib

number must be clearly visible as you cross the finish line. You then proceed to the download station where you will place your SI-card into the download unit, wait for the official's confirmation and receive your split times. You must stay in line until your SI-card has been downloaded. Then place your competition map into the box and proceed to the refreshment station. If the finish official reports a problem (for example a control appears not to have been visited) you must follow instructions given by the finish official and proceed with your map to the problems desk where an explanation will be given. Competitors who are disqualified for other reasons should go to the Arena Information Tent.

Disqualification

If a runner is missing one or more controls, the runner will be disqualified and the results will show 'dsq' or 'mp'. If a competitor runs with the wrong SI-card the runner will get no time registered and will be disqualified. It is the runner's responsibility to run with the correct SI-card.

Complaints and protests

Any complaint must be made in writing and given to the Organiser as soon as possible at the Information Tent in the event Arena. Once a decision is made about the complaint the complainant will be informed as soon as possible. There is no fee to make a complaint. If the runner is not satisfied with the result of the complaint, a protest can be made against the Organisers decision on the complaint, no later than 1 hour after that decision has been reached. Protests must be in writing and handed to the IOF Senior Event Adviser or a Jury member. The jury members will be Christine Brown (AUS), David May (UK) and Gudrun Broman (SWE). Protests will be handled by the jury. There is no fee for a protest.

Map reclaim

Runners will receive their own map after the last competitor has started. Each competitor's number will be written on the back of their map, the maps will be sorted into classes and placed into baskets labelled by class. Maps will be available from an area next to the Information Tent at the Arena. You must display your competition bib to collect your map. Please cooperate with the officials handing the maps out who will be Australian orienteer's who compete in each class. Each competitor will receive a new map with all controls marked on it. These can be collected from the Information Tent after the last starter or later from the Event Centre at Lithgow Showground.

Refreshments

Sprint races will only have water supplied at the finish. For the Long Distance races, except the Model Event, water will be supplied at the start, the finish and in the competition area. A 600ML bottle of water will be given to the competitors at the completion of each Long Distance event. These can be refilled and please recycle them. The water stations in the competition area will be supervised by volunteers. Locations in the forest are mostly close to optimal route choices and will be shown using the standard small cup symbol on the map. In Long Qualification 2 and the Long Final events on some courses there will be controls with water; these will be indicated on your control descriptions.

First Aid

There will be first aid facilities at all the events. First aid locations on the Long Distance competition maps will be at the water stations marked on the map. In the case of an accident, illness or injury fellow competitors are obliged to assist.

Final Qualification process

The qualifying system is described in IOF Competition Rules (6.14). In the Sprint races only competitors who start in the Sprint Qualification event may run in the Sprint Final. For the Long Distance event only competitors who start in at least one of the qualification races may run in the Long Distance Final. Competitors who start but do not finish in either or both qualification events will start before the qualified runners in the lowest ranked final. They will appear in the results list as not placed.

If there are from 20-160 entrants in a class, then they shall be split as equally as possible between an A Final and a B Final, with the A Final having at least half the number of entrants. If there are less than 20 entrants, then all shall compete in the A Final. If two or more competitors have the same time for the last qualifying place in a Final, all of them will qualify for the Final.

The start order in the Finals is the reverse of the placing in the Qualifying Events. This means that the best competitor in the heats will start last. According to IOF rules, ties shall be decided by drawing lots. The top ten runners in each A Final will be given a new bib with a number which indicates class and start order. This will be available in the 5 minute box at the start. Volunteers will be available to assist competitors with their number bibs

Responsibility and safety

All competitors who take part in WMOC 2009 must consider any risks and take precautions for their own safety. Competitors are responsible for their own safety and any injuries which might occur during the races.

Daily Programme

Sprint Qualification, Saturday 10 October, Macquarie University

Macquarie University is out of bounds (embargoed) from 0600 hours on 10 October until the end of the competition. This is the area bounded by Herring Rd, Talavera Rd, Culloden Rd and Epping Rd. Competitors can only enter the area to:

- follow directions to finish
- enter the warm up area
- enter the start area, or
- compete in the Sprint Qualification event.

How to get there

By private transport - car or private bus

From Olympic Park, take Homebush Drive north and follow this road for 10km without turning off as it becomes Concord Rd, Church St, Devlin St and then Lane Cove Rd. 800m after crossing under Epping Rd turn left into Talavera Rd and drive for 2.4km. Turn right at the roundabout at Culloden Rd and park as directed. Alternatively follow Epping Rd north-west for 3km from the Lane Cove Rd turnoff. Turn right into Vimiera Rd and after 600m turn right into Waterloo Rd. After 500m turn left into Culloden Rd. Drive on Culloden Rd for 600m, travel straight ahead at the roundabout crossing Talavera Rd and park as directed.

Public transport - train or bus

Public transport for competitors is free using your accreditation pass. Macquarie University Train Station is located on the southern side of the University. There are four trains every hour from Chatswood and Epping to Macquarie University Station (Note: Macquarie Park is a different station). From Sydney City, catch a train on the North Shore line to Chatswood and change trains.

On arrival at the station you must not enter the University. You are to walk along Herring Rd in a north east direction, turn left into Talavera Rd; and then left into Culloden Rd; you will then enter the warm up area from Culloden Rd; this distance will be 2km (follow orienteering signs). After the Qualification Event finishes, you can walk to the station through the competition area (approx. 800m).

If you catch a bus, you must get off the bus at Macquarie Centre shops. This is on Herring Road, opposite the Macquarie University train station. Walk across Herring Road at the traffic lights and follow directions from the station. For details of bus, train and ferry times see Transport Info: <http://www.131500.info/realtime/default.asp>.

From Macquarie University hotels

The Ranch Hotel, Stamford Hotel: walk NW along Epping Rd, turn right at Culloden Road and walk approx. 600m to the entry to the warm-up area.

Travel Lodge, MGSM Executive Hotel: walk directly to Talavera Rd, turn left and left again at Culloden Rd. You will then enter the warm up area from Culloden Rd. All competitors must exit these hotels before 0830 hours on 10 October. Competitors exiting the hotels after 0830 hours will be in out of bounds areas and will be disqualified.

All competitors must enter the warm up area via Culloden Rd. There will be marshals along Culloden Rd to direct runners.

Map: 'Macquarie University'

Mapper: Eric Andrews

Field Survey: 2009

Course planner: Tracy Bluett

Landowners: Macquarie University

Scale: 1:4000 **Contour Interval:** 2.5m

Field Check: Andrew Lumsden, Rob Vincent

Cartography: Eric Andrews

Controller: Dick Ogilvie

Terrain description: university campus, complex building, garden and paved areas plus open parkland.

First start 1000 hours

Shoes: most of the course is on paved areas. Running shoes are recommended. Orienteering shoes with metal studs or spikes are forbidden.

Special symbols: sculptures are marked with a black circle. Monuments are marked with a black circle with a dot in the middle.

Paved areas: scattered trees in paved areas are not shown on the map.

IMPORTANT—all roads are kept open: all roads in Macquarie University are open during the Sprint Qualification. Generally, these only have light, slow-moving traffic. Cars drive on the left of the road in Australia, so look right first before crossing! All roads open to traffic are shown in the darker paved area symbol. Take care crossing these roads.

Warm up map: as runners walk west along Culloden Rd from either the car park or from the train station they will come to an open area. The warm up maps will be available at this point. S1 marked on the map is the location when receiving the map and S2 is the location of the pre start.

Arena: the arena is an open area with good visibility of finishing runners. Toilets are located near the arena (see map) and there are also public toilets located next to the car parking. Water and a variety of food will be available in the arena.

Sprint Qualification Arena

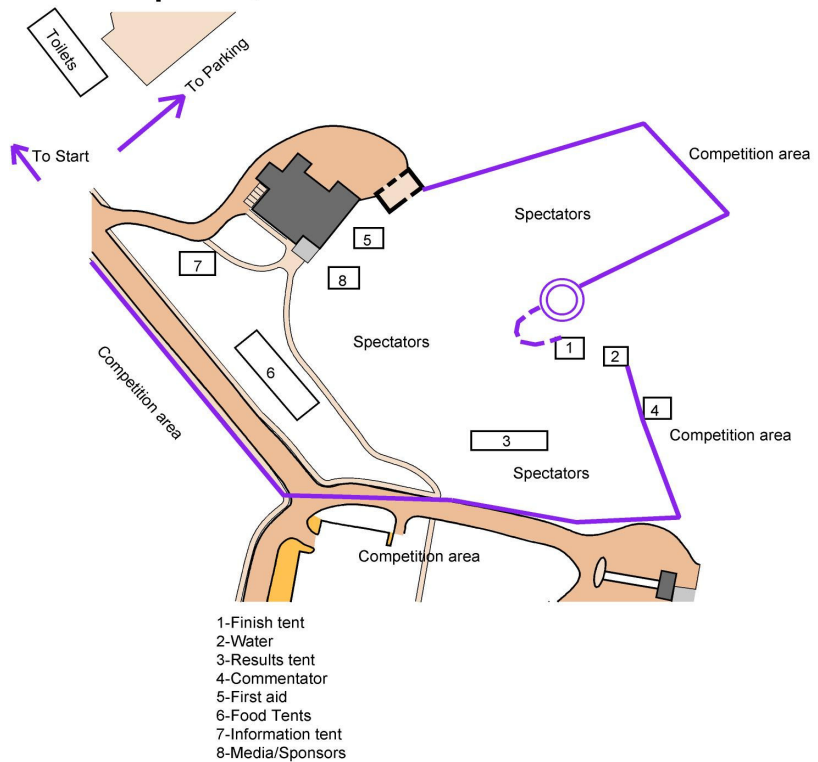
Close to the arena is the Aquatic Centre, it has a 50m outdoor pool. All orienteers are welcome to have a swim after their event. The entry fee is \$4.50

Distances:

Event Centre (Olympic park)
to parking 13km
Parking to Pre start 1km
Parking to Arena 1km
Arena to start 300m

Parking: At Macquarie University Sports Field at the end of Culloden Road. A fee per vehicle of \$5 will be collected when entering the car park. There is also parking available in Talavera Rd and Culloden Rd.

GPS co-ordinates: Lat S 33° 77' 28"
Long E 151° 10' 89"



Class	Length (m)	Climb (km)	Controls	Class	Length (m)	Climb (km)	Controls
M35	2.9	35	21	W35	2.5	30	15
M40	2.8	30	19	W40	2.4	25	16
M45	2.5	30	15	W45	2.4	25	16
M50A	2.4	30	18	W50	2.0	25	12
M50B	2.4	30	18	W55	1.9	25	13
M55A	2.3	25	13	W60	1.8	20	13
M55B	2.3	25	13	W65	1.8	20	13
M60A	2.0	25	12	W70	1.6	20	12
M60B	2.0	25	12	W75	1.4	20	9
M65A	1.9	25	10				
M65B	1.9	25	10				
M70	1.8	20	12				
M75	1.6	20	12				
M80	1.4	20	9				
M85	1.4	20	9				

Sprint Final, Sunday 11 October, Sydney Olympic Park

Sydney Olympic Park Town Centre is out of bounds (embargoed) from 0600 hours on 11 October until the end of the competition. This is the area bounded by Kevin Coombs Avenue, Edwin Flack Avenue, Sarah Durack Avenue and Australia Avenue. Competitors can only enter the embargoed area to:

- follow directions to finish
- enter the warm up area
- enter the start area, or to compete in the Sprint Final.

Maps of Sydney Olympic Park are available at <http://www.sydneolympicpark.com.au/Visiting/maps#parking>.

How to get there

Public transport timetables

Public transport for competitors is free using your accreditation pass. There are likely to be additional bus and train services to Olympic Park—see <http://www.2009worldmasters.com> for details. For details of other bus, train and ferry times see Transport Info line: <http://www.131500.info/realtime/default.asp>. There is a new train timetable starting on 11 October. See Timetable Changes link at the Transport Info line website.

By train

Olympic Park Station is 500m from the finish. All orienteers must exit Olympic Park Station by the East exit. Walk towards the front of the train. On exiting the station collect your warm up map.

By bus

Buses stop at the East end of Olympic Park Railway station. Please exit the bus and collect your warm up map.
IMPORTANT –delays in train, bus, ferry and car transport in Sydney are not uncommon. Please arrive early.

By private transport. Car or bus

Parking is \$4 per hour or \$20 per day. Automatic Pay Stations accept cash only. Orienteers driving to the Sprint Final must use Olympic Park Parking Area P5, Pod C. To drive to the car park, you must follow the route described. From Homebush Bay Drive exit into Australia Avenue, turn right into Bennelong Road. Follow Bennelong Road to the T intersection with Hill Road and turn left. Car park P5 is on your left. Please note that the intersection of Homebush Bay Drive and Australia Avenue is often congested on Sunday mornings and delays are common. You may use other roads after the competition.

Map: 'Sydney Olympic Park'

Mapper: Eric Andrews

Field Survey: 2008-2009

Course planner: Nick Wilmott

Landowners: Sydney Olympic Park Authority, Royal Agricultural Society of NSW

Scale: 1:4000 **Contour Interval:** 2.5m

Field Check: Andrew Lumsden, Rob Vincent

Cartography: Eric Andrews

Controller: Andrew Lumsden

Terrain description: flat, urban area with parks, gardens, stadiums, exhibition halls and office buildings

First start: 1000 hours

Start 1 Classes M35A, M35B, M45A, M45B, M50A, M55A, M55B, M60A, M65A, W35, W40A, W40B, and W55A.

Start 2 Classes M40A, M40B, M50B, M60B, M65B, M70A, M70B, M75A, M75B, M80, M85, W45A, W45B, W50A, W50B, W55B, W60A, W60B, W65A, W65B, W70A, W70B and W75.

Shoes: most of the course is on paved areas. Running shoes are recommended. Orienteering shoes with metal studs or spikes are forbidden.

Special symbols: black x cable anchor

black o sculpture, playground equipment

Both of these symbols are the same on the map and in the control descriptions.

In control descriptions: Stone wall control description symbol is used for all types of walls.

Multi-level structures: Signs, streamers and/or temporary fences are used in the terrain to indicate the transition to levels other than the main running level. Other levels are out of bounds. Some areas are below the main running level and are out-of-bounds. The out-of-bounds area symbol (ISSOM 709) has been used to show these areas.

Paved areas: Scattered trees in paved areas are not shown on the map. One paved area features a sculpture consisting of many poles. It has reduced visibility, but not running speed. The edges are shown with the distinct vegetation boundary symbol (415)—a dotted black line.

Roads: All roads are shown in a darker brown. For nearly all competitors, the first road you cross after starting is open to restricted light traffic. Please take care crossing this road. Most competitors will cross up to 3 vehicle entrances leading into Car Parks. These are all early in the course. These will have marshals guiding traffic. Please take care. Most roads crossed by courses will be closed to traffic. Roads will reopen to traffic from 13:30.

Directions to the Arena

Competitors are not allowed in out of bounds areas before they start. Competitors must use the routes on the map below to walk from Olympic Park train station, bus stops, P5 car park or hotels to the finish arena.

From P5 car park (approximately 1km)

Walk to southern edge of car park and turn right and walk along path to south-west of pod B (near Cashiers building). Walk south along Holker Bus way using left (east) footpath. Please cheer and applaud 10km road race competitors. Cross Marjorie Jackson Parkway and walk south along the left (east) side of Australia Avenue to the crossing point to the finish. Collect your warm-up map at east side of crossing point. Navigate to finish.

From east exit of Olympic Park Station (train and bus)

Collect your warm-up map at east exit. Navigate to finish.

From Olympic Park Hotels

Hotel Formule 1: walk north along the left (western) side of Edwin Flack Avenue, then along the left (northern) side of Kevin Coombs Avenue and then along the left (eastern) side of Australia Avenue to the crossing point to the finish. Collect your warm-up map at eastern side of crossing point. Navigate to finish.

Pullman, Ibis and Novotel: there will be an orienteering official in the hotel lobby between 0800 and 0900 on 11 October. The official will provide you with directions on how to walk to the finish. All competitors must exit these hotels before 0900 on 11 October. Competitors exiting the hotels after 0900 will be in out of bounds areas and will be disqualified.

Directions to the start

There will be two separate starts. Make sure you enter the correct start. The exit-gate to Starts 1 and 2 is 500m from the finish arena. The location will be shown on the warm-up map. There will be no toilets or water at the starts. The top ten runners in each A final will be given a new bib to wear which indicates their start position and class. This is available from the Collection Point near the exit gate to Starts 1 and 2 (see warm up map). Please collect your bib at least 10 minutes before going to the exit gate. At the exit gate shoes will be checked for metal studs or spikes—these are forbidden.

Warm up map

Warm-up maps will be available on entering Olympic Park. Competitors must use the map to navigate to the arena and pre start. Competitors are not allowed to enter any part of the area other than what is on the warm up map before and after the competition up to 1400 hours. Competitors can also use the map to get used to the scale and to the terrain. The warm-up map will be handed to competitors travelling by:

- public transport: at the east exit of Olympic Park Railway station
- private transport: on the east side of Australia Ave, before the crossing point to the Finish Arena

Arena

The finish is in a 2000 seat stadium. It has timber seating with no backs. The stadium has no roof. The spectator area is the arena stadium plus the area on the warm-up map. Spectators will have approximately 10 controls that will be visible from the spectator area at the arena. Toilets, water and a variety of food and drinks will be available in the Arena. The prize giving ceremony will be held at approximately 1400 hours in the Arena.

The World Masters Games

Opening Ceremony will be held in ANZ Stadium at 1730 (500m from finish arena).

Distances:

Parking to Arena 1400m
Train Station to Arena 500m
Arena to Starts 500m

GPS coordinates:

Arena: GPS: Lat S 33° 50' 38.43"

Long E 151° 04' 09.00"

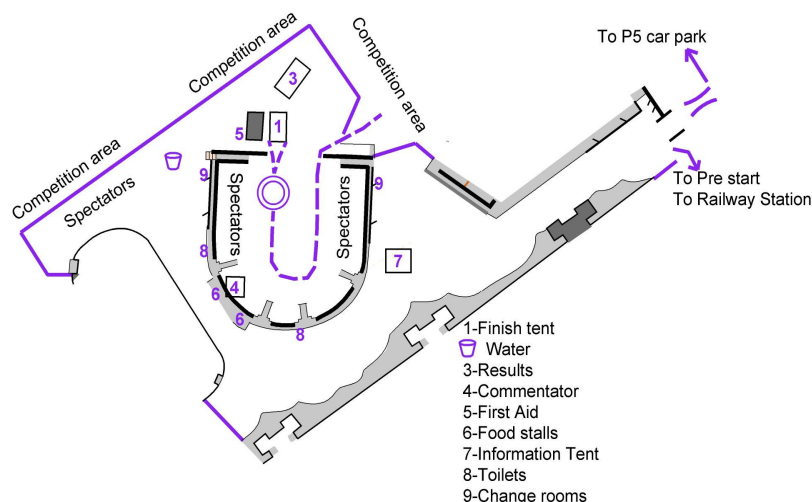
Parking: GPS: Lat S 33° 50' 0.68"

Long E 151° 04' 09.00"

Distances are measured in a straight line between controls.



Sprint Final Arena



Class	Start	Length (km)	Climb (m)	Controls	Class	Start	Length (km)	Climb (m)	Controls
M35A	1	2.8	23	27	W35	1	2.3	25	22
M35B	1	2.2	15	18	W40A	1	2.2	30	22
M40A	2	2.5	28	20	W40B	1	1.9	25	16
M40B	2	2.1	18	19	W45A	2	2.1	18	19
M45A	1	2.5	20	20	W45B	2	1.5	13	14
M45B	1	2.0	25	19	W50A	2	2.0	18	17
M50A	1	2.4	25	20	W50B	2	1.5	23	11
M50B	2	2.0	18	17	W55A	1	1.8	20	16
M55A	1	2.2	15	18	W55B	2	1.4	13	12
M55B	1	1.8	20	16	W60A	2	1.6	13	14
M60A	1	2.0	25	19	W60B	2	1.4	10	10
M60B	2	1.7	20	15	W65A	2	1.5	23	11
M65A	1	1.9	25	16	W65B	2	1.3	8	12
M65B	2	1.5	23	11	W70A	2	1.4	10	10
M70A	2	1.7	20	15	W70B	2	1.2	8	11
M70B	2	1.3	8	12	W75	2	1.3	8	12
M75A	2	1.4	13	12					
M75B	2	1.3	8	12					
M80	2	1.3	8	12					
M85	2	1.2	8	11					

Model Event, Tuesday 13 October, Ben Bullen State Forest

How to get there

From Lithgow Event Centre turn right, follow road to railway line. Cross the railway line and turn right and then immediately left at the Tourist Information Centre. Turn right onto Great Western Highway towards Bathurst. After travelling approximately 6.5km take the left exit to Mudgee onto the Castlereagh Highway-sign posted Mudgee. After approximately 5km turn right to Lidsdale (Wolgan Rd). This road will have signs to Wollemi National Park. After approximately 8km turn left into Ben Bullen State Forest. Parking is 2.5km from the entry to the forest. Allow 25 minutes from the Event Centre to the parking. There will be orienteering signs from the Event Centre.

From the Blue Mountains (Katoomba, Blackheath, Mt Victoria). Travel west on Great Western Highway to Lithgow. (Katoomba to Lithgow allow 35 minutes). After passing main intersection (McDonald's) follow instructions above from Tourist Information Centre.

Map: 'Model Map'

Scale: 1:10000 **Contour Interval:** 5m

Mapper: Graham Fowler 1997; Eric Andrews, Rob Vincent 2009

Cartography: Graham Fowler 1997; Eric Andrews, Rob Vincent 2009

Copies of previous map of "Long Swamp" will be on display at the Arena.

Starts: 0930–1130

Distances:

Lithgow Event Centre to parking	21km (allow 25 minutes)
Parking to start	200-300m

Facilities: Water is available at the start/finish. Toilets available 1.5km from State Forest gate on the way to the parking.

Long Qualification 1, Wednesday 14 October, Ben Bullen State Forest

How to get there

From Lithgow Event Centre turn right and follow the road to the railway line. Cross the railway line and turn right and then immediately left at the Tourist Information Centre. Turn right onto Great Western Highway towards Bathurst. After travelling approximately 6.5km take the left exit to Mudgee onto the Castlereagh Highway-sign posted to Mudgee. After approximately 5km turn right to Lidsdale (Wolgan Rd). This road will have signs to Wollemi National Park. After approximately 8km turn left into Ben Bullen State Forest. Parking is 1.5km from the entry to the forest. Allow 20 minutes from the Event Centre to the parking. There will be orienteering signs from the Event Centre.

From the Blue Mountains (Katoomba, Blackheath, Mt Victoria). Travel west on Great Western Highway to Lithgow. (Katoomba to Lithgow allow 35 minutes). After passing through the main intersection (McDonald's) continue on the Highway towards Mudgee (follow instructions above from the Tourist Information Centre).

Map: 'Long Swamp'

Scale: 1:10000 **Contour Interval:** 5m

Course Planner: Mark Freeman

Landowner: State Forests NSW

Mapper: Graham Fowler 1997; Eric Andrews & Rob Vincent 2009

Controller: Paul Prudhoe

Cartography: Graham Fowler 1997; Eric Andrews & Rob Vincent 2009

Terrain description: The terrain ranges from undulating slopes covered in open eucalypt forest with scattered sandstone rock on the western half of the area to sandstone cliffs and pagoda terrain with a variety of rock features on the eastern half. Runnability is generally good however there are slower areas of thicker vegetation mainly in and around the rock. Full leg cover is recommended. The ground is hard underfoot. Visibility ranges from excellent to good. There is a network of minor tracks covering part of the western area. The area is scattered with termite mounds which range in size from 0.7m to 1.8m. The rock can be slippery when wet.

Special Map Symbols

Brown Cross	-	Termite Mound
Brown Dot	-	High Point, generally rocky
Green Cross	-	Distinctive Tree (generally lone pine tree in eucalypt, but not used as control sites)

First start: 0930

Start 1: Classes M35, W35, M40, W40, M45, W45, M50, W50, M55, W55, M60, M65.

Start 2: Classes W60, W65, M70, W70, M75, W75, M80, W80, M85.

Directions to Starts

Start 1: warm up maps are available from the southern end of the car park on the eastern side. From here it is 300m to the pre start (40m climb).

Start 2: from the northern end of the car park follow the main track north for 400m to where the warm up maps will be given to competitors. Pre start is a further 200m.

There will be water available at both pre starts. Warm up maps identify the location where the warm up maps are obtained as S1 and the competition pre-start area as S2.

Distances

Lithgow Event Centre
to parking 19km
(approximately 20 minutes)

Parking to Start 1 600m
Parking to Start 2 700m
Parking to Arena 600m

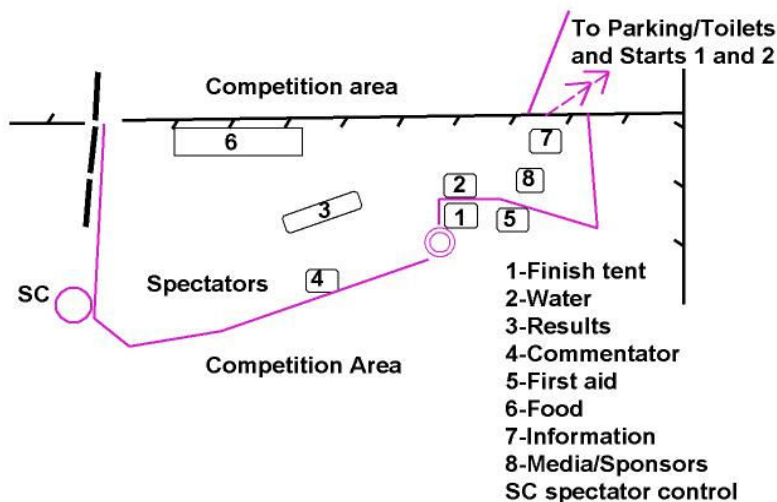
Parking: will be along a cleared area under a power line. Parking attendants will instruct you where to park. Please follow their instructions.

Toilets will be located next to the parking and are accessible from the arena on the way to both Start 1 and Start 2. There will be no toilets at either start.

GPS co-ordinates: 150°05'40"E
33°19'31"S



Long Qualification 1 Arena



Class	Start	Length (km)	Climb (m)	Controls	Class	Start	Length (km)	Climb (m)	Controls
M35	1	8.4	315	29	W35	1	5.0	135	18
M40	1	7.2	275	26	W40	1	4.1	135	17
M45	1	6.4	280	24	W45	1	3.6	175	15
M50A	1	5.6	235	21	W50	1	3.5	145	17
M50B	1	5.7	220	22	W55	1	3.3	155	13
M55A	1	4.5	175	18	W60	2	3.3	80	10
M55B	1	4.6	205	18	W65	2	2.8	75	9
M60A	1	4.2	185	17	W70	2	2.5	60	9
M60B	1	4.2	180	15	W75	2	2.1	35	10
M65A	1	3.9	150	19	W80	2	1.8	35	7
M65B	1	4.0	175	17					
M70	2	3.9	100	13					
M75	2	3.1	95	13					
M80	2	2.5	70	12					
M85	2	2.1	50	10					

Long Qualification 2, Thursday 15 October, Clandulla State Forest

How to get there

From Lithgow Event Centre/Blue Mountains: travel west from Lithgow on the Great Western Highway for approximately 6.5km. Take the left exit onto the Castlereagh Highway-signposted to Mudgee. Follow this highway for approximately 61km. Turn right to Kandos/Rylstone onto the Bylong Valley Way. Travel for approximately 8km and turn left into the property 'Jarrawood'. This is a sharp left turn please slow down well before the property. There will be orienteering signs from Lithgow and warning signs as you approach the property.

Map: 'Prosser's Reef'

Mappers: Rob Vincent

Field Survey: 2008/2009

Course planner: Phoebe Dent

Landowners: Eddie & Cheryl Farrugia, State Forests NSW

Scale: 1:10000 **Contour Interval:** 5m

Field Check: Rob Vincent

Cartography: Rob Vincent

Controller: Keith Jay

Terrain description: the terrain ranges from undulating to steep slopes covered in open eucalypt forest and scattered rock. Runnability is generally good; however, there are areas of low undergrowth and slow run mainly in the gullies. Full leg cover is recommended. The ground is hard underfoot and rocky along the steeper slopes where running is slower. Visibility ranges from good to excellent. There is a network of minor tracks covering the area and a small area of gold mining. The area is scattered with termite mounds (brown cross symbol) which range in size from 0.5m to 1.5m. Close to the arena there are a number of fences. Please note that some of these fences are electric but that ALL ELECTRIC FENCES WILL BE TURNED OFF. Some fences can be difficult to cross. Crossing points are marked on the map.

Special symbols: X (black cross) wreckage X (brown) termite mound
O (blue circle) water tank X (green) pine tree

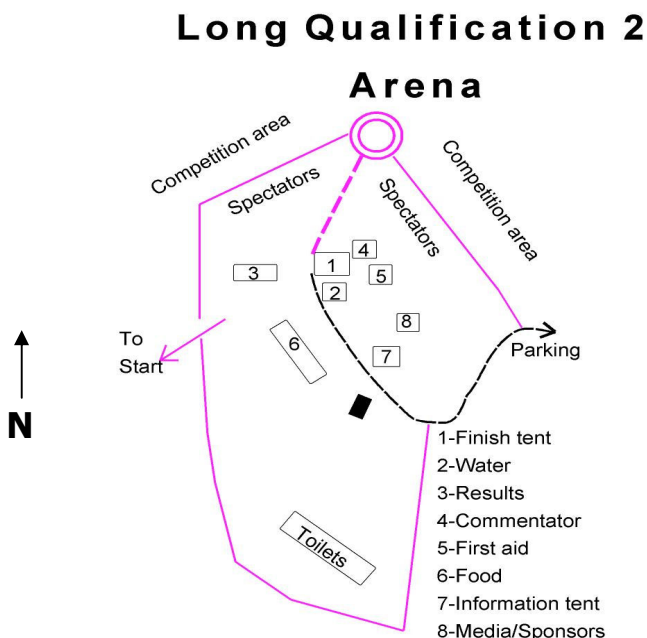
First Start: 0930 hours

Directions to start: there is only one start for all classes. From the Arena follow signs south west along a track marked with streamers. After 300m runners will receive a warm up map. It is approximately 500m to the pre start from this point. The pre start is marked on the warm up map as S2. There will be water available at the pre start but no toilets.

Distances Lithgow Event Centre to parking
Parking to Arena
Arena to Pre start

Parking: will be in a large paddock. Please park as directed by parking attendants.

GPS co-ordinates: S 32°54.903' E
149°56.078'



Class	Length (km)	Climb (m)	Controls	Class	Length (km)	Climb (m)	Controls
M35	9.5	275	18	W35	5.4	215	12
M40	8.3	220	16	W40	4.9	195	10
M45	7.6	230	14	W45	4.1	165	11
M50A	6.4	220	15	W50	3.9	155	11
M50B	6.4	220	14	W55	3.5	115	9
M55A	5.4	215	12	W60	3.3	130	9
M55B	5.4	215	12	W65	3.1	125	8
M60A	4.9	195	10	W70	2.6	90	8
M60B	4.8	195	11	W75	2.3	80	11
M65A	4.3	170	11	W80	1.9	45	8
M65B	4.3	170	12				
M70	4.1	165	11				
M75	3.5	115	9				
M80	3.1	125	8				
M85	2.3	80	11				

Long Distance Final, Saturday 17 October, Clandulla State Forest

How to get there

From Lithgow Event Centre/Blue Mountains: travel west from Lithgow on the Great Western Highway for approximately 6.5km. Take the left exit onto the Castlereagh Highway-sign posted to Mudgee. Follow this highway for approximately 61km. Turn right to Kandos/Rylstone onto the Bylong Valley Way. Travel for approximately 8km and turn left into the property 'Jarrawood'. This is a sharp left turn please slow down well before the property. There will be orienteering signs from Lithgow and warning signs as you approach the property.

Map 'Carwell's Labyrinth'

Mappers Eric Andrews & Rob Vincent

Field Survey 2008/2009

Course planner Jock Davis

Landowners Eddie & Cheryl Farrugia, Tony Orford Stewart Morris, State Forests NSW

Scale 1:10000 **Contour Interval** 5m

Field Check Rob Vincent

Cartography Eric Andrews

Controller Terry Bluett

Terrain description: The area has a series of deep valleys with many impassable cliffs. There are also numerous boulders, narrow passages and other rock detail. There are a few tracks and fences. While the forest is generally good

visibility and runnability, areas near the cliffs can be more difficult to run or walk due to thicker vegetation and rocky ground. Many watercourses and the meandering Carwell's Creek cut through the area. The area is scattered with termite mounds (brown cross symbol) which range in size from 0.5m to 1.5m. Close to the arena there are a number of fences that will have crossing points (marked on the map). Full body cover is recommended. (Use this description)

Special symbols: X (black cross) wreckage X (brown) termite mound
O (blue circle) water tank X (green) pine tree

There will be a clearly marked out of bounds area on the longer courses. Please do not cross the tapes. The main road bordering the map is a forbidden route. You may walk/run next to it if you stay off the asphalt. Water is provided at a control on the shorter courses, plus a marked location towards the finish. On the longer courses, water is available at the locations marked on the map.

First Start: 0930 hours

Directions to start: There is only one start for all finals. From the arena follow signs south along a track marked with streamers. After 300m runners will receive a warm up map. This is marked as S1 on the map It is approximately 900m to the pre start from this point- follow the streamers. The pre start is marked on the warm up map as S2. There will be water available at the pre start but no toilets.

Distances:

Lithgow Event

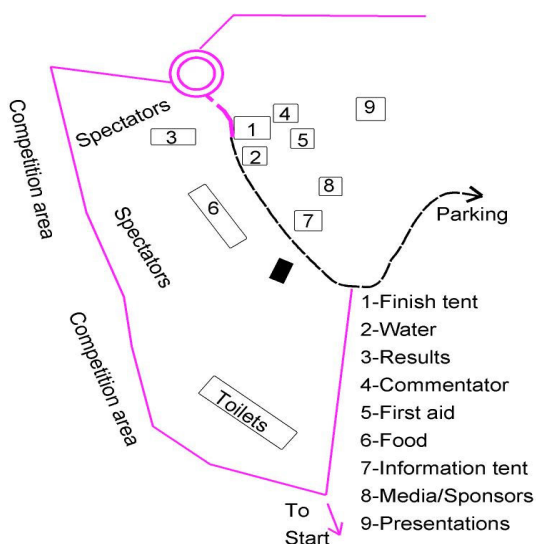
Centre to parking 77kms
(approximately 60 minutes)

Parking to Arena 500m
Arena to Pre start 1200m

Parking: will be in a large paddock.
Please park as directed by parking attendants.

GPS co-ordinates: S 32°54.903'
E 149°56.07

Long Final Arena



Class	Length (km)	Climb (m)	Controls	Class	Length (km)	Climb (m)	Controls
M35A	8.65	400	18	W35	5.99	260	12
M35B	7.41	370	14	W40A	5.12	220	11
M40A	7.96	370	14	W40B	3.81	120	10
M40B	6.45	300	13	W45A	4.15	175	12
M45A	7.41	370	14	W45B	3.23	140	9
M45B	5.99	260	12	W50A	3.81	120	10
M50A	6.45	300	13	W50B	3.00	120	10
M50B	4.92	200	10	W55A	3.65	150	11
M55A	5.99	260	12	W55B	2.58	100	8
M55B	4.09	140	9	W60A	3.44	150	8
M60A	5.12	220	11	W60B	2.44	90	6
M60B	3.61	160	11	W65A	3.23	140	9
M65A	4.73	230	9	W65B	2.08	75	8
M65B	3.31	120	9	W70A	2.58	100	8
M70A	4.15	175	12	W70B	1.87	55	7
M70B	3.00	120	10	W75	2.25	55	8
M75A	3.61	140	9	W80	1750	30	6
M75B	2.58	100	8				
M80	2.73	105	9				
M85	1.87	55	7				

Map of Sydney Olympic Park



Statistics

WMOC 2009 Entries by Country

Nation	Sprint	Long		
Australia	235	276	Ireland	1
Austria	11	11	Italy	1
Belgium	14	15	Japan	26
Brazil	1	1	Latvia	11
Bulgaria	4	4	Lithuania	14
Canada	21	21	Luxembourg	3
Chinese Taipei	1	1	New Zealand	42
Czech Republic	17	17	Norway	64
Denmark	26	26	Poland	1
Estonia	19	21	Portugal	7
Finland	114	119	Russia	83
France	6	6	Slovakia	4
Germany	11	12	Sweden	162
Great Britain	112	122	Switzerland	44
Hong Kong	1	1	Ukraine	4
Hungary	2	2	United States of America	10
Total			1072	1147