



*Ngadhu gawambanna
ngindhugir Wiradjuri
garai.**

*(I welcome you all to Wiradjuri land.)

Clear Networks Junior World Orienteering Championships

DUBBO, AUSTRALIA

7th-13th July 2007

Bulletin 4



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Messages of Welcome



Mayor Of Dubbo Shire

Dubbo is delighted to be hosting the Western Plains Orienteering Carnival.

On behalf of all the citizens of Dubbo I welcome the many competitors and officials who have traveled from all parts of Australia and New Zealand to compete in this event.

There are many wonderful attractions to visit while you are in this area, including the world famous Western Plains Zoo. Dubbo is a thriving and dynamic City and one of regional Australia's most popular holiday destinations.

While staying in this region I am sure you will enjoy the warm hospitality that regional Australia offers.

I wish everyone a memorable and enjoyable stay in Dubbo.

Councillor Allan Smith
Mayor of Dubbo Shire



Member for Dubbo

Competitors, officials, parents and members of the International Orienteering Federation, welcome to Dubbo!

We are very proud to host the Western Plains Carnival and 17th Junior World Championships and even prouder to be the first nation in the Southern Hemisphere to have been chosen for this competition since the inception of the Junior World Championships in 1990.

You will find ours to be a warm and welcoming community, uniquely Australian and supportive of the competitive challenges that await you during your stay. I would encourage you to enjoy our first class attractions such as the Western Plains Zoo, retail and dining opportunities and enjoy your own 'Australian Adventure'.

We also wish to thank you for helping lift the profile of this exciting sport. My thanks to organisers and sponsors who have made it possible.

Please enjoy your stay!

Dawn Fardell MP
Member for Dubbo



President Orienteering Australia

As one of the group of three, including John Brammall and Hugh Cameron, who successfully presented Australia's case for staging the 2007 Junior World Orienteering Championships to the International Orienteering Federation Foot Orienteering Committee, I am pleased to see everything coming together for a grand week of orienteering in Dubbo during July.

One of the first people to recognise Dubbo as a venue for an international orienteering event was NSW orienteer, Matt Sherlock, who, in October 2000, sent me a set of six photos. He suggested that consideration be given to using the areas around Dubbo for an international carnival such as JWOC. Nothing much happened for a year or so until Orienteering NSW decided it was time for it to host a major international competition and submitted a bid for 2007 JWOC. I then realised the benefit of Matt Sherlock's photos as we were able to use them in our presentation to the Foot Committee.

Knowing that the other main bidder, Sweden, had a strong case we argued our case on the basis of:

- fulfilling the IOF's desire that major international competitions be held outside of Europe,
- the competition would use completely new areas that had never been used previously for orienteering, and
- the opportunity for the young people to experience travelling to the other side of the world and a different environment and culture.

The first two will occur simply through the staging of JWOC in Dubbo. I trust those who have never previously been to Australia and even those who have, will enjoy the orienteering and social experiences the Organising Committee has planned for you. Securing the Western Plains Zoo as the venue for the Sprint Distance final was a great achievement and will no doubt give the competitors an experience to remember for the rest of their lives.

On behalf of Orienteering Australia I welcome everybody to one of the most significant orienteering competitions ever staged in Australia.

Robert Mouatt
President OA



Welcome from the Orienteering Association of NSW

On behalf of the orienteers of New South Wales, I would like to welcome all competitors and visitors to the 2007 Junior World Orienteering Championships (JWOC) in Dubbo, including of course, those orienteers taking part in the public races of the Western Plains Carnival.

The Junior World Championships is the culmination of a year of dedicated training, and many of you have travelled half way around the world to attend. With that in mind, the organising team headed by Ron Pallas, has worked tirelessly to present you with the best possible orienteering experience, and I sincerely thank them for making the carnival a reality.

The organisers have combined the serious challenge of demanding terrain, with the adventure of country NSW, and the joy of a friendly social scene.

Both the JWOC and public events will benefit from the same spectacular terrain, made possible with the generous assistance of landowners: Western Plains Zoo, the McCauley family, the Cook family and the Single families.

I would also like to acknowledge the support and financial assistance of Dubbo City Council and the NSW State Government through the Department of Sport and Recreation. Our major sponsor 'Clear Networks' is providing valuable support in providing broadband access to allow the event commentary and results to be streamed live via the internet. Neverfail Springwater is providing water for all competitors during the competitions.

Making such an important event a success relies on a host of other people, especially the tremendous assistance given by the friendly Dubbo community and local Council. Thank you also to the officials and volunteers who have put in such a sterling effort.

I trust you will enjoy the Carnival, and wish you all the best in your events.

Mike Weller

President

OANSW



Welcome from President JWOC 2007 Organising Committee

Dear Athletes and Officials,

It is indeed a great honour to welcome you to Dubbo for the 2007 Junior World Orienteering Championships.

For everyone these championships will be a number of firsts. For many it will be the first time that you have visited our country. It will be the first time that JWOC has ventured out of Europe. It will be the first time JWOC will be held in the Southern Hemisphere. It will be the first time orienteering will be held in Dubbo. With all these firsts it makes us all feel like the first settlers coming to Australia in 1788.

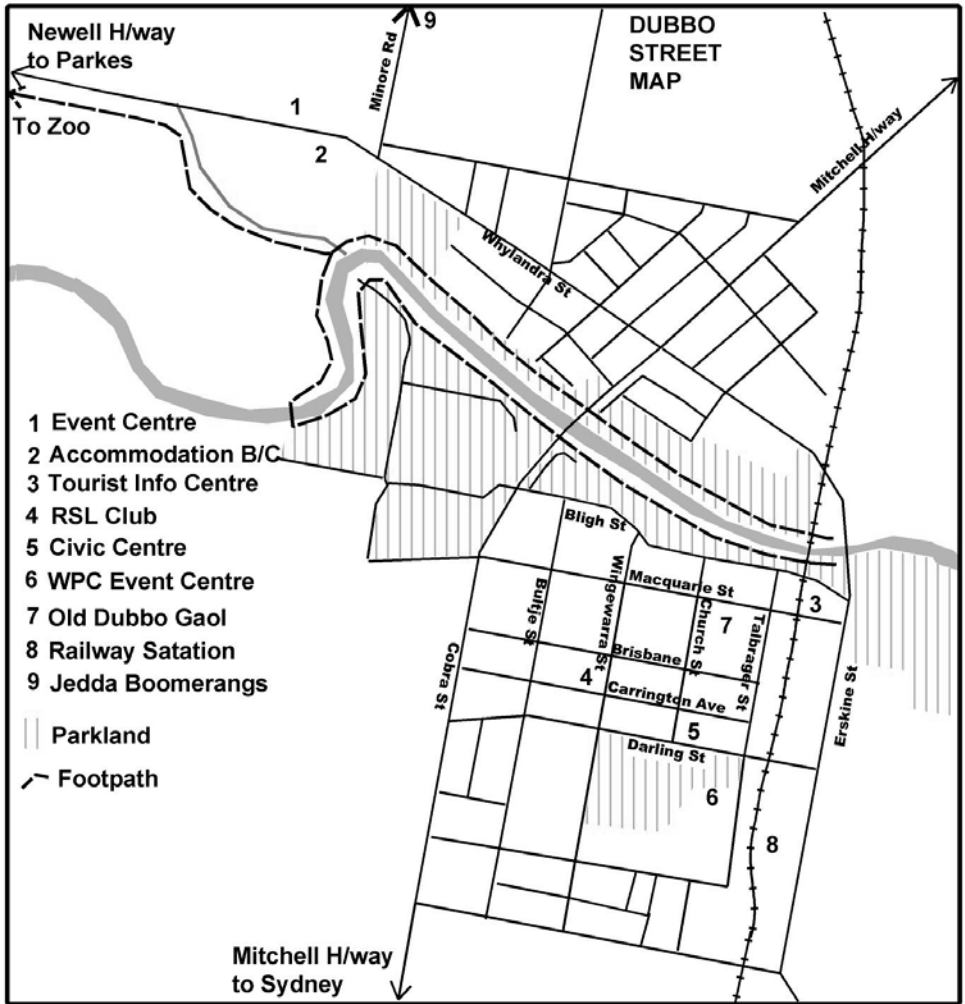
I wish you all every success for the JWOC week. I hope that you all are able to rise to the challenge of the terrain and courses and perform at your best.

Finally, just like a boomerang, I hope you all come back to Australia not only to orienteer but also to see, what we believe, is the most beautiful country in the world.

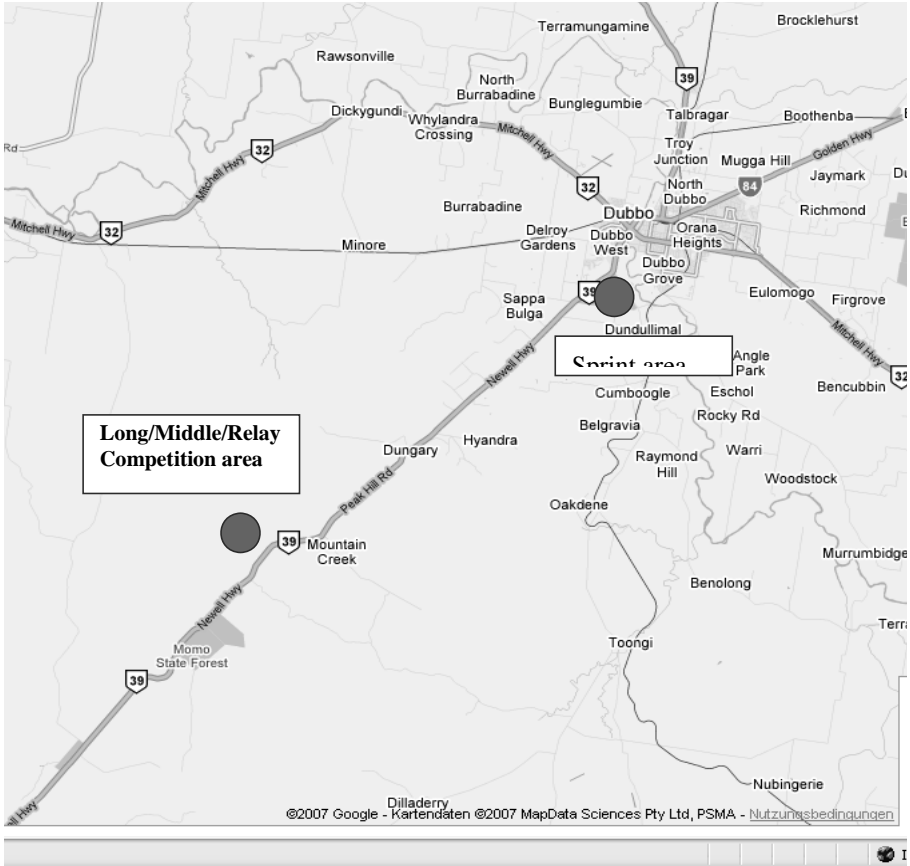
Good luck to you all

Ron Pallas
Chairman
JWOC Organising Committee

Map of Dubbo



Map of Dubbo Region



Program

Friday 6th July 2007 Arrival

PM Arrival at accommodation
17:00-22:30 Event Centre open
18:30-20:00 Dinner

Saturday 7th July 2007 Model Event - Opening Ceremony

07:30-09:00 Breakfast
07:00-09:00 Competition Office open
10:00-12:00 Model Event
12:00 Deadline for Entries for Sprint Distance Event
13:00-14:00 Lunch

Opening Ceremony

15:15 Assemble for March
15:30-16:00 March- from Information Centre to RSL Club
16:00- 17:00 Opening Ceremony RSL Auditorium
18:00-22:00 Competition Office open
18:00-18:30 Team Leaders' Meeting
18:30-20:00 Dinner

Sunday 8th July 2007 Sprint Distance Event

07:00-8:30 Breakfast
07:00-9:00 Competition Office open
09:30-12:00 Sprint Distance Event
12:00 Deadline for entries for the Long Distance Event
12:30 Presentation Ceremony at Event Arena
13:30-14:30 Lunch
17:00-22:00 Competition Office open
17:30- 18:00 Team Leaders' Meeting
18:30-20:00 Dinner

Monday 9th July Long Distance Event

06:00-9:00 Breakfast
07:00-9:00 Competition Office open
09:00-15:30 Long Distance Event
12:00-13:30 Lunch in Event Arena
15:30 Presentation Ceremony at Event Arena
18:00-22:00 Competition Office open
18:30-20:00 Dinner

Tuesday 10th July Rest day

07:30-09:00 Breakfast
10:00 Deadline for Entries for the Middle Distance Qualification
13:00-14:30 Lunch

17:00-22:00 Competition Office open
17:30-18:00 Team Leaders' Meeting
18:30-20:00 Dinner

Wednesday 11th July Middle Distance Qualification Event

7:00-8:30 Breakfast
7:00-9:00 Competition Office open
10:00-13:00 Middle Distance Qualification Event
13:00-14:30 Lunch
17:00-22:00 Competition Office open
17:30-18:00 Team Leaders' Meeting
18:30-20:00 Dinner

Thursday 12th July Middle Distance Final Event

06:30-8:30 Breakfast
07:00-9:00 Competition Office open
09:00-12:45 Middle Distance Final Event
13:00 Presentation Ceremony at Event Arena
12:00-13:30 Lunch in Event Arena
15:00 Deadline for entries for the Relay
17:30-22:00 Competition Office open
17:30-18:00 Team Leaders' Meeting
18:30-20:00 Dinner

Friday 13th July Relay Event

06:00-7:30 Breakfast
07:00-08:30 Competition Office open
09:30 Men's Relay Start
09:45 Women's Relay Start
11:30 Expected Finish Women's Relay
11:45 Expected Finish Men's Relay
12:30 Presentation Ceremony at Event Arena
13:00-14:00 Lunch in Event Arena
13:15 Team Leaders', Press and VIP Race
16:00-18:00 Competition Office open
18:30 Closing Ceremony, Banquet
20:00-02:00 Disco

Saturday 14th July Departure

07:00-09:00 Breakfast
08:00-09:00 Competition Office open
10:00 Accommodation checkout



General Information

JWOC Office Information during competition week

Event Office: Dubbo Mainstay Motel
Mb: +61428251786
Fax: +61 2 68818370
Email: dentwood@bigpond.com
Web page: www.jwoc2007.orienteering.asn.au

Organisers

The Junior World Orienteering Championships 2007 is organised by the Orienteering Association of NSW, on behalf of Orienteering Australia.

Chairperson	Ron Pallas
Planning Director	Robert Spry
Technical Director	Dave Lotty
Finance Director	Barry Hanlon
Marketing Director	Paul Prudhoe
Events Director	Ted Mulherin
JWOC Team Liaison	Nick Dent
IOF Event Advisor	Urs Hofer (SUI)
Email: urs.hofer@dplanet.ch	
National Controller	Christine Brown
Email: christine.brown@education.tas.gov.au	
Assistant National Controller	Robert Vincent
Email: ravinnie@yahoo.com	
Mappers	Eric Andrews Alex Tarr
Course Planners/ Controllers	David Meyer/Nick Wilmott (Sprint) Julian Dent/ Basil Baldwin (Long) Jim Merchant/Terry Bluett (Middle Qualification) David Shepherd/Bill Jones (Middle Final)

Event Centre

The event centre will be located at the Dubbo Mainstay Motor Lodge that is the location of Accommodation A. The Event Centre is across the road from Accommodation B and C. This is on a very busy main highway so competitors and officials are asked to be very careful when crossing the road. In Australia we drive on the left side of the road so always look to your right first then your left. The event centre will open on Friday 6th July at 17:00 and close on Saturday 14th July at 09:00.

Accreditation for all teams will occur at the Event Centre from 17:00 on Friday 6th July.

Press Centre

The press centre will be located at the Event Centre. There will be access to the internet. There will be a tent for press and media at the event arena. For more information for press and media: Paul Prudhoe +61 418287694, email: prudhoep@ozemail.com

Identity Cards

During accreditation identity cards for all competitors, team leaders, press and VIP will be handed out. They must be carried at all times during the week for accommodation, meals, transport, closing ceremony and disco. Also to enter quarantine for the Sprint Event all competitors and team leaders must have their identity card.

Accommodation/Catering

There are two locations for the team accommodation at the event centre. They are across the road from each other. All categories include breakfast, lunch and dinner from dinner Friday 6th July to breakfast Saturday July 14th. All meals will be served in the accommodation places except lunch on Long Distance (Monday), Middle Final (Thursday) and Relay (Friday) when a packed lunch will be available at the event arena. Competitors staying at accommodation A will eat at the Motel and competitors staying at accommodation B and C will eat at the Lodge



(Accommodation C). This is 150m from accommodation B.

All competitors and officials will have identity cards that must be shown when entering the restaurants. All accommodation is heated.

Opening Ceremony

All teams are welcome to participate in the Opening Ceremony. All teams are requested to assemble at the Dubbo Tourist Information Centre behind their national flag for a march through the streets of Dubbo. The march will begin at 15:30 so teams are asked to assemble by 15:15. The assembly area for the march is 2.5km walk from the accommodation. Each team is asked to elect one member who will carry the national flag during the march. Following the march all teams will assemble in the RSL Auditorium for the Opening Ceremony from 16:00-17:00.

Closing Ceremony

The closing ceremony will commence at 18:30 in the Dubbo Civic Centre and identity cards will be required to obtain entry. It will be a short ceremony to recognise all JWOC winners from the events during the week and the IOF prize for the best-performed country.

Banquet

The banquet will be held at the Dubbo Civic Centre immediately after the Closing Ceremony. Entrance is on the basis of having an identity card. A bistro meal with hot and cold dishes will be available followed by a range of desserts. Drinks including alcohol will be available from the bar. In Australia it is illegal to sell alcohol to persons 18 years and under. It is also illegal to supply alcohol to persons 18 years and under. No drinks are allowed to be brought into the Civic Centre. A disco will follow the banquet. Buses will be provided to take competitors and Team Leaders back to the accommodation after the disco.

Internet Access

There will be a room at the event centre with some computers which will have internet broadband access. Access will be limited to 10 minutes. Also the Motel (accommodation A) has internet wireless connection available in the rooms (there is a cost for this).

Event Presentations

At the conclusion of each event there will be an official prize giving ceremony in the event arena. This will involve the presentation of medals, certificates, flowers and gifts to top six placegetters in each final. All competitors are requested to stay at the event arena for these presentations, as there will be no presentations in the evenings.

Shops

On each day at the event arena there will be JWOC merchandise for sale. There will also be shops selling orienteering equipment and food and drinks at the event arena on each day.

There will be no shops at the event centre. Maps of the whole area used for JWOC will be on sale at the event centre on Friday 13th July after the relays.

Team Leaders' Meetings

The team leader meetings will be held in the Event Centre on the day before each competition at the time indicated in the program.

Important Phone Numbers

Medical- Dubbo Hospital +61 2 68858666

Police- Dubbo Police Station +61 2 68813222

Ambulance - +61 2 68834333

Fire- Dubbo Fire Station +61 2 68847447

Medical Services

There will be medical services at the event arenas. For your information we would like to mention a very rare disease called Q Fever caused by *Coxiella burnetti* a micro-organism carried by cattle, sheep, goats and sometimes ticks. Therefore watch out for ticks and do not get in contact with sheep or goats or their excrements. The symptoms are usually flu-like without sore throat or running nose appearing up to three weeks after infection. Treatment is with antibiotics (<http://www.qfever.org/aboutqfever.php>).

National Flags

Teams are requested to bring one national flag (recommended size 100x150cm) in the eventual situation of multiple runners on the finish podium. The flag will need to be taken by the team manager to the event arena for each event as all presentations are at the event arena.

Press/VIP and Team Leaders Event

This will be organised on Friday 13th with a mass start at 13:15. There will be men and women relay courses available. All team leaders, press and VIP who want to enter this event are asked to register their name, course and SI number at the event centre by Thursday 12th July.

Public Event

A program of public events will be organised during JWOC in Dubbo. These events will be on 7th July, 8th July (pm), 10th July, 12th July (pm), 14th July and 15th July. Further details are available on the website:

www.westernplainscarnival.asn.au

Most of the participants in these events will be spectators at the JWOC events helping to create an exciting event arena for the JWOC events.

Cultural Programs

Western Plains Zoo Tour

Dubbo's Western Plains Zoo is a superb open range zoo, which is worthy of the many awards it has earned. The zoo can be viewed either by car around a 6km road, by push bike or electric cart or walking through a myriad of trails throughout the zoo's many exhibits. The keeper talks and feeds are a must and the early morning zoo walk option is well worth the effort of the early start of 6.45am.

Old Dubbo Gaol

Visit Old Dubbo Gaol and see prison life as it was over the last two centuries! You will hear and see the Condemned Man, the Ghost of Old Dubbo Goal, and the Executioner. See the Gallows where eight men were hanged. Night tours are available. Open 7 days a week from 9am until 5pm. Last entry 4.30pm. Self conducted tours. Location is Macquarie St, Dubbo next to Commonwealth Bank.

Jedda Boomerangs

See boomerangs being made and then learn how to throw them. See if you can make your boomerang return. Open 9am to 5 pm. 7 days a week. Minore Rd; Dubbo (5Km north west)

Wellington Caves

Wellington Caves are thought to have been discovered in 1830 by a colonist, George Ranken, who accidentally fell into the entrance of one of the caves. Today, two caves are open for public inspection - the Cathedral Cave and the Gaden Cave. The Cathedral Cave is a vast area where visitors are confronted by a truly gigantic stalagmite, regarded as one of the largest in the world. This imposing formation rises from the dry earth covered floor to a height of about 15m and measures about 32m around the base. Illuminated by hidden lights, it has a majestic appearance and is popularly known as 'the Madonna'. The Gaden Cave is smaller in comparison to the Cathedral Cave, but has unusual and exquisite formations. Wellington-Osawano Japanese Gardens are just across the road and are open daily from 9am to 4pm - Free entry. School holiday timetable (7 days) Cathedral Cave: 9.00am, 10.00am, 11.30am, 1.00pm, 2.00pm, 4.00pm Gaden Cave: 11.00am, 3.00pm Phosphate Mine: 10.00am, 12.30pm, 2.00pm, 3.30pm. Location is 8km south of Wellington.

Western Plains Cultural Centre

The Centre provides a broad range of experiences in the Visual Arts, Heritage and Social History. The WPCC sits on the site of the old Dubbo High School, which was established in 1917 and operated until 2000. Dubbo Regional Gallery is housed in a purpose-built facility and features 706m² of exhibition space set out as four galleries. Dubbo Regional Museum is contained in the original Dubbo High School building and features a permanent exhibition space devoted to the Museum collection and a temporary exhibition space for changing exhibitions. The two-storey school buildings that run along the Gipps Street end of the site incorporates the Community Arts Centre.



Technical Information

Maps

All maps are new and have been drawn to conform to IOF standards (ISOM 2000 and ISSOM 2007). Competition maps are offset printed on Impress matt, 115gsm paper and sealed in plastic bags. Competition maps will be distributed to team leaders in the Event Centre after the competition is over. Green circles on the map represent distinctive trees either in open areas or in the forest.

Controls

Officials will watch the controls in the Sprint event. In other JWOC events controls will not be manned with the exception of refreshment controls and map changes.

There will be other controls in the forest for the public events.

Control Descriptions

Control descriptions are printed on the maps and will be available at the pre start area 2 minutes before the starting time.

Transport to the Events

Transport from the Event Centre (Dubbo Mainstay Motor Lodge) to the competition centres for all (except the Sprint) will be provided. For the Sprint Distance Event at Western Plains Zoo all competitors and team leaders will need to walk (2km) to the Zoo using the route marked on the map. The cost is included in the entry fee. It is mandatory for all competitors to use the official transport to the starts (except for the relay). It is the responsibility of the competitor to choose the right bus. Team officials and press may use the official transport to the finish arenas. Team officials can use the cloths transport to get from the start to the event arena (except the sprint where they can walk about 400 meters to the event arena).

Distances from the event centre to the event arenas:

July 7th Saturday

Model Event 27km (20 min)

July 8th Sunday

Sprint Distance 2km (25 min walk)

July 9th Monday

Long Distance 33km (35 min)

July 11th Wednesday

Middle Distance Qualification 30km (35 min)

July 12th Thursday

Middle Distance Final 30km (35 min)

July 13th Friday

Relay 35km (45 min)

For transport schedules see **Daily Program**.

Electronic Communication Devices

It is forbidden to use mobile phones or other communications devices during the transport to the starts and in the start areas until the last competitor has started.

Number Bibs

Number bibs will be handed out at the team leaders meetings the day before each event. The number bib must be attached to the chest. Number bibs may not be folded or cut.

Clothing

According to competition rules for IOF foot orienteering events, the choice of clothing and footwear is free. The organisers recommend full covered legs and arms and eye cover especially in the Sprint and Long Distance events. Shoes with spikes or metal studs will not be allowed in the Sprint Distance event.

Warm Up Area

Warm up maps are available near the pre-start points for all events (except the Sprint). In the Sprint runners will get a map of an unused section of the zoo to get the look-and-feel of the competition map. Areas outside the warm up map are considered competition area and are out of bounds. Please remain in the area indicated on the warm up map to avoid disqualification. Out of bounds areas will be clearly marked with signs and tape.

Refreshments

Drinking water and cups will be available in the start areas. Refreshments during the event are marked on the map. Drinking water and cups will be available at these points. There will be plentiful water available at the event arena.

Start Procedure

Six minutes prior to their start time, competitors are required to be at the pre-start. A clock will display race time minus 6 minutes. The start procedure will be silent; competitors' names will not be called out. The competitor will pass through six start boxes, moving forward one box

each minute. In the first box an official will check the competitor's SI card number. The SI card can then be "cleared and checked". Two minutes before the start (fifth box), the control description can be picked up (one each please). One minute before the start, the competitor moves into the final box. The map, with the competitor's chest number on the back, will be face down on a small table. The start is indicated by a series of beeps. On the long beep the competitor picks up the map. It is compulsory to follow the marked route to the start point indicated by a control flag in the terrain and a triangle on the map. The distance to the start point is indicated at the pre-start.

- 6 min.	-5 min.	-4 min.	- 3 min.	- 2 min.	- 1 min.	0
SI card clear and check	⇒	⇒	⇒	Control descriptions	⇒	Start

In the middle distance qualification race there will be three parallel start lanes.

Competitors who are late for their start time because of their own fault will be permitted to start, but they will be timed as if they had started at their allocated start time. Competitors who are late because of the fault of the organizers will be given a new start time. In both cases the following rules apply at the start: A late competitor must report at the call up. If the organizer decides that a runner has enough time to start at the allocated start time, she/he can continue with the normal procedure followed by a guide. If it is not possible for a competitor to start at the allocated start time she/he will be allocated to start one minute before the next competitor on that course (30 seconds for the sprint). Competitors from the same federation are not allowed to start consecutively.

Coaching Zones

In all races except the middle distance qualification race there will be clearly marked coaching zones (see event arena plans for exact location) where team coaches may coach their athletes as they pass by. Only accredited team coaches are allowed to enter these zones (maximum 2 per team). In order to maintain a high level of fairness the only activities allowed in the coaching zones are:

- Exchange of verbal communication with athletes – no written information;
- Exchange of personal equipment such as compasses, shoes, contact lenses etc.;
- Food and drinks may be handed out personally to the athletes.

During the race any exchange of information/material to/from athletes outside the official coaching zones is not permitted.

Punching System

Electronic SportIdent punching system will be used in all events. Competition SI cards will be handed out at team accreditation together with other materials. Competitors will run all events with the same SI card. It is the responsibility of each competitor to take the correct SI card to the start. Competitors are responsible for clearing and checking their SI card using the control units in the start area. In the case of SI malfunction punching on the competition map is required. Manual punching devices are on the control stand. Competitors have to announce any problem with the controls and punches at the SI read out tent.

SI cards must be returned to the event centre after the relay event. Team leaders are responsible for returning the SI cards.

Timekeeping

In all individual and relay races time will be taken using light beam. After the finish line competitors must download the SI card. An independent backup timing system will be used throughout competitions.

Complaints

Complaints must be handed to the Information tent at each event arena. The time limit is 12:30 for the sprint, 13:00 for the middle qualification and final, 15:30 for the long and 13:00 for the relay.

Jury

Urs Hofer (SUI) IOF Event Advisor will be Chairperson of the Jury. The IOF Foot-O Committee has appointed Hideo Onoe (JPN) and David Ales (CZE) as Jury members. The third

member will be selected from among the team leaders and accepted at the first team leaders meeting.

Anti-doping

IOF anti-doping rules valid from 1st January 2007 apply. The organisers are committed to do everything required to support official anti-doping authorities to successfully and transparently do their work. We strongly support all efforts to keep our sport clean and doping free.

Embargoed Areas

All forests and parkland within 50 km of Dubbo are embargoed for all potential members of JWOC 2007 teams (competitors and officials) and others who through knowledge of the terrain and competition details may influence results of JWOC 2007 competitions. This includes access to Western Plains Zoo.

Visit the

Australian Orienteering Championships Western Plains Carnival

Souvenir Shop



Ladies Polo Tops	\$26
Men's Polo Tops	\$32
Men's Rugby Tops	\$42
Ladies Rugby Tops	\$35
Microfleece Vests	\$28
Duffle bags	\$10
Beanies	\$15
Water Bottles	\$6
Headbands	\$10
Lanyards	\$5
Little 'O' flags	\$15
JWOC Courses	\$5
Area Map	\$10

Daily Program

Model Event

Saturday 7th July

Terrain Description

See Long Distance Event information

Transport

Bus departures from the event centre at 9:20 (2 buses), 9:30 (2 buses), 9:40 (1 bus). Travel time is approximately 20 minutes.

Bus returns from the Model Event at 11:30, 11:40, 11:50, 12:00, 12:10.

It is allowed to use your own transport to the Model Event.

Attention Points

There will be a model for refreshment control, marked route, fence crossing and the start procedure.

Map

Name	Scale	Contour Interval	Spacing North Lines	Magnetic	Size [cm]
Quarry Hill	1:10,000	5 m	250 m		combined: 29.5 x 21
Quarry Hill	1:15,000	5 m	500 m	m	

Photogrammetry
Fieldwork and Drawing:
Fieldcheck

Chris Wilmott
Eric Andrews and Alex Tarr
Rob Vincent

Courses

		Climb [m]	Controls	Winning Time	Refreshment Stations	Control Description Size [cm]
Model	3.9	170	19		1 (model)	15 x 5.5

Course planner: Rob Vincent



Sprint Distance Event

Sunday 8th July

Terrain Description

The sprint event will be held at the **Western Plains Zoo**. It is a flat-forested area with sections of open parkland. It has an irregular road and track network with some buildings and fences along with numerous out of bounds areas. It is a public area with pedestrians, bicycles and cars and will be operating as normal during the event.

Transport

There will be no transport to the Zoo. It is a 2km walk to the Zoo from the event centre. Behind the Caravan Park (Accommodation B and C) there is a walking/bike track. Cross the bridge

and turn right and follow this for 2km to the entrance to the Zoo. On entering the Zoo follow signs to the Quarantine area.

Attention Points

All competitors will be given a small sample of the competition map when entering quarantine. This is not a warm up map and the area of the map is out of bounds to all competitors. The warm up area is within the quarantine area that will be clearly marked with tape and signs.

The zoo is a public area and the general public will be using the zoo (on foot and in cars) during the sprint competition. Competitors need to be mindful of other zoo users.

Shoes with spikes or metal studs of any form are forbidden. Officials will man all controls in the Zoo.

Eye protection is recommended.

Maximum race time is 40 minutes.

Map

			Spacing Magnetic North Lines	Size [cm]
Western Plains Zoo	1: 5,000	2.5 m	150 m	29.3x 34.5cm

Base map, Fieldwork and Drawing:
Fieldcheck:

Alex Tarr
Rob Vincent

All animal enclosures are out of bounds and are drawn with ISSOM 2007 symbol 528.1 Area with forbidden access. They shall under no circumstances be crossed. There are two additional out of bounds area indicated with ISSOM symbol 709 Out-of-bounds area. Part of the borders are drawn with a solid line and marked on the ground.

Courses

		Climb [m]	Controls	Winning Time	Refreshment Stations	Control Description Size [cm]
Women	2.7	15	17	15 min	0	14 x 5.5
Men	3.25	25	18	15 min	0	14.5 x 5.5

Course planner / Controller: David Meyer / Nick Wilmott



Control descriptions

Control descriptions will be available in the pre start area and are printed on the map. Special feature black circle (symbol 539) represents playground equipment. Tables and chairs are not mapped.

Start area

Competitors and team officials must reach the check-in at the start by 9:30. After this time **nobody** is allowed to enter the quarantine area at the pre-start. Team officials or competitors who leave the start area cannot go back to the start area until the end of the competition.

A map of a small unused section of the zoo will be available for mental rehearsal and a preview of map style.

Toilets, tents will be available. Transport of cloths from the pre-start to the finish will be provided.

At pre-start competitors will be called 6 minutes before their start time.

Start times

Men's start time from 9.30 till 11:40 with 1 min interval.

Women's start time from 9.30 till 11:10 with 1 min interval.

Refreshments

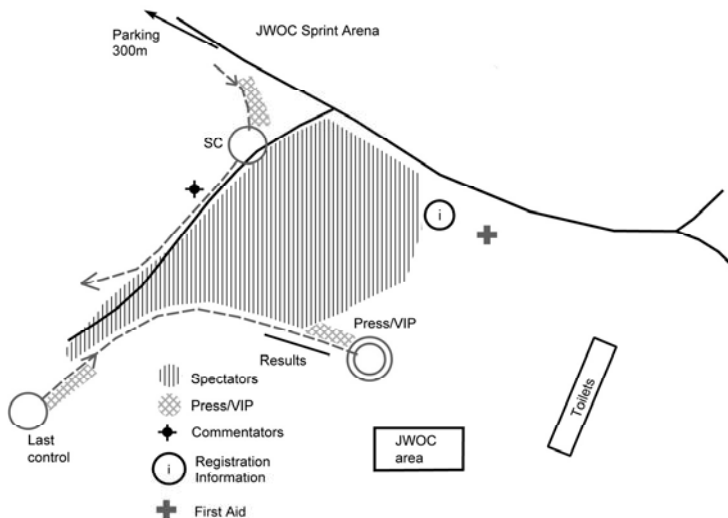
Refreshments will be available in quarantine (pre-start) area and at the finish.

Radio/Spectator Controls

Both courses will have a spectator control with a marked mandatory route through the event arena. For W20 it will be after 800m and for M20 it will be after 1.2km.

Both courses will have three radio controls. For W20 they will be after 0.5km, 1.8km and 2.5km. For M20 they will be after 1.1km, 2km and 3km.

Event Arena



Long Distance Event

Monday 9th July

Terrain Description

The area is dominated by complex granite outcrops. Many of the higher hills support spectacular granite formations with grand views of the countryside. The terrain varies from flat and undulating to very steep. Generally broader hill-sides with many gullies and saddles predominate throughout the area, although some complex contour details occur in some sections.

The forest is made up of native trees, mainly Eucalypts, Cypress Pine and Wattle with runnability mostly fast to very fast through open forest. The understorey in some sections of the forest restricts visibility and runnability greatly through a concentration of scrubby bushes, young Cypress Pine, fallen timber and rocky ground. The extensive rocky ground is a major feature of the area and reduces runnability in

many sections of the area to slow run (as if it were light green). The area is a working farm so extensive areas of rough open pasture occur in the sections away from the rock, especially along the many broad valleys.

Granite rock is strewn throughout the area and presents many boulders (some towering over 6 metres), rockfaces, bare surface rock and rocky ground. Many clearings occur throughout the area. The region is currently experiencing drought and so water is rare. Most watercourses, pools and creeks are dry, with some small erosion gullies occurring.

Transport

It is not allowed to use your own transport to the start area. Officials and Press who want to go direct to Event Arena will have one bus leaving Event Centre at 8:20. Distance from bus download to pre start warm up is 200m. Distance from Event Arena download to Event Arena is 200m.

	Start Number Women	Start Time	Bus departure	Bus arrival
1-20	201-220	9:00	7:40	8:10
21-40	221-240	9:40	8:20	8:50
41-60	241-260	10:20	9:00	9:30
61-80	261-280	11:00	9:40	10:10
81-100	281-300	11:40	10:20	10:50
101-130		12:20	11:00	11:30

It is hoped that as the official presentation is being held at the Event Arena (15:30) most competitors will stay until after the presentation. Bus return to Event Centre will be on demand especially if weather is bad from 13:00.

Attention Points

There will be a map exchange for both men and women. For M20 it will be after 4.4km and for W20 it will be after 2.5km. The procedure for the map exchange is: Competitor punches last con-

trol on first map and follows mandatory route. Competitor places first map in box and picks up second map from the table. This point is the start triangle on the second map. Control description numbers follow the normal sequence

A spectator control will use symbol 540 (black cross) that is a 1-metre high man made platform with a control.

There are two first aid locations in the competition area. These are marked on the map.

Maximum race time is 3 hours.

Map

Name	Scale	Contour Interval	Spacing Magnetic North Lines	Size [cm]
Malang	1:15,000	5 m	500 m	29 x 21

Photogrammetry:
Fieldwork and Drawing:
Fieldcheck:

Chris Wilmott
Eric Andrews and Alex Tarr
Rob Vincent

Courses

		Climb [m]	Controls	Winning Time	Refreshment Stations	Control Description Size [cm]
Women	7.2	300	16	55 min	2	13.5 x 5.5
Men	11.1	495	27	70min	3	20 x 5.5

Course planner / Controller: Julian Dent / Basil Baldwin

Control descriptions

Special feature black cross (Symbol 540) represents a man made platform.

Control descriptions will be available in the pre start area and are printed on the map.

Start area

There is a warm up map available. Competitors and coaches are not allowed to leave the area of the warm up map. Toilets and tents will be available. Transport of clothes from the pre-start to the finish will be provided. At pre-start competitors will be called 5 minutes before their start time.

Start times

Womens start times from 9:00 to 12:20 in 2 minute intervals.

Mens start times from 9:00 to 13:20 in 2 minute intervals.

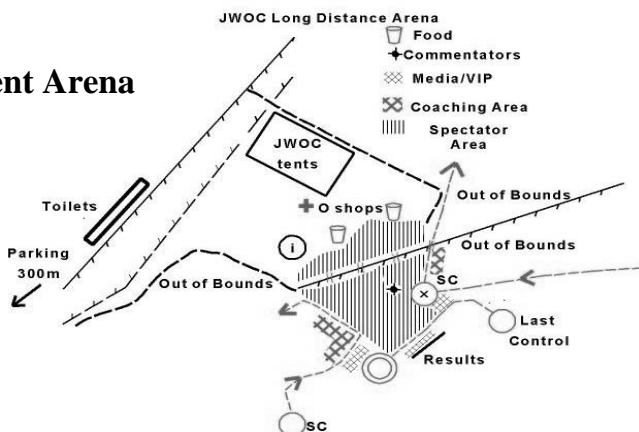
Refreshments

Refreshments will be available in pre-start and finish arena. There are two refreshments for the men and 1 for women at control sites (marked on the control description) and an additional refreshment for both classes along the mandatory route through the finish area.

Radio/Spectator Controls

For both courses there is two spectator controls.

Event Arena



Middle Distance Qualification

Event Wednesday 11th July

Terrain Description

Same as for Long Distance Event.

cial transport to the Event Arena should stay on the bus at the start and continue to the Event Arena.

Transport

It is not allowed to use your own transport to the start area. Officials and press who will use offi-

Distance from the bus download to the pre-start area is 50m. Distance from the Event Arena download to the Event Arena is 1km flat walk.

Start Number Men	Start Number Women	Start Time	Bus departure	Bus arrival
1-24	201-224	10:00	8:30	9:00
25-48	225-248	10:16	8:45	9:15
49-72	249-272	10:32	9:00	9:30
73-96	273-300	10:48	9:15	9:45
97-130		11:06	9:30	10:00

Bus return from Event Arena at 12:00, 12:15, 12:30, 12:45. 1:00. Distance from Event Arena to bus is 1km flat walk.

Attention Points

There are three fences to be crossed during the event. The first fence is quite difficult to cross and it is recommended to use the crossing points printed onto the map.

Some controls are placed close to each other. Please check the control number carefully.

Maximum race time: 70 minutes.

Map

Name	Scale	Contour Interval	Spacing Magnetic North Lines	Size [cm]
Ngan Girra	1:10,000	5 m	250 m	30 x 21

Photogrammetry:
Fieldwork and Drawing:
Fieldcheck:

Chris Wilmott
Eric Andrews and Alex Tarr
Rob Vincent

Course Lengths

		Climb [m]	Controls	Winning Time	Refreshment Stations	Control Description Size [cm]
Men A	3.5	135	17	23-25 min	-	13.5 x 5.5
Men B	3.5	140	17	23-25 min	-	13.5 x 5.5
Men C	3.5	120	17	23-25 min	-	13.5 x 5.5
Women A	2.9	100	14	23-25 min	-	12 x 5.5
Women B	2.9	105	14	23-25 min	-	12 x 5.5
Women C	3.0	100	14	23-25 min	-	12 x 5.5

Course planner / Controller: Jim Merchant / Terry Bluett

Control descriptions

Control descriptions will be available in the pre start area and are printed on the map.

Start area

There is a warm up map available. Competitors and coaches are not allowed to leave the area of the warm up map. Toilets, tents will be available. Transport of cloths from the pre-start to the finish will be provided.

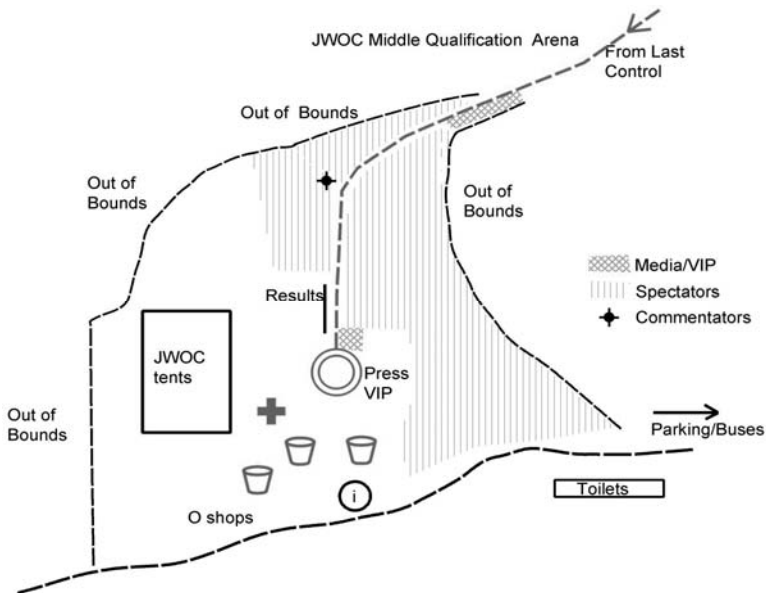
At pre-start competitors will be called 6 minutes before their start time.

Start times

Women's start time from 10:00 to 11:10 in 2 minute intervals.

Men's start time from 10:00 to 11:30 in 2 minute intervals.

Event Arena



Refreshments

Refreshments will be available in pre-start area and at the finish.

Radio/Spectator Controls

There will be one radio control for all courses approximately 400m from the finish.

There are no spectator controls.



Middle Distance Final Event

Thursday 12th July

Terrain Description

Same as for Long Distance Event.

Transport

It is not allowed to use your own transport to the start area. Officials and press who will use official transport to the Event Arena should stay on the bus at the start and continue to the Event Arena.

Distance from the bus download to the pre-start area is 1100. Distance from the Event Arena download to the Event Arena is 1km flat walk.

	Start Number Women	Start Time	Bus departure	Bus arrival
61-80	261-280	8:50	7:20	7:50
81-100	281-300	9:10	7:40	8:10
101-130		9:30	8:00	8:30
1-20	201-220	10:00	8:20	8:50
21-40	221-240	10:40	9:00	9:30
41-60	241-260	11:20	9:40	10:10

It is hoped that as the official presentation is being held at the Event Arena (12:45) most competitors will stay until after the presentation. Bus return to Event Centre will be on demand especially if weather is bad from 12:00.

Attention Points

Some controls are placed close to each other. Please check the control number carefully. Maximum race time: 70 minutes.

Map

Name	Scale	Contour Interval	Spacing Magnetic North Lines	Size [cm]
Dhaadyiwa	1:10,000	5 m	250 m	29 x 21

Photogrammetry:

Chris Wilmott

Fieldwork and Drawing:

Eric Andrews

Fieldcheck:

Rob Vincent

Course Lengths

		Climb [m]	Controls	Winning Time	Refreshment Stations	Control Description Size [cm]
Men A Final	4.5	115	22	25 min	1	17 x 5.5
Men B Final	4.1	105	20	25 min	1	16 x 5.5
Women A Final	3.6	85	21	25 min	1	16.5 x 5.5
Women B Final	3.0	80	16	25 min	1	13.5 x 5.5

Course planner / Controller: David Shepherd / Bill Jones

Control descriptions

Control descriptions will be available in the pre start area and are printed on the map.

Start area

There is a warm up map available. Competitors and coaches are not allowed to leave the area of the warm up map. Toilets, tents will be available. Transport of clothes from the pre-start to the finish will be provided.

At pre-start competitors will be called 6 minutes before their start time.

Start times

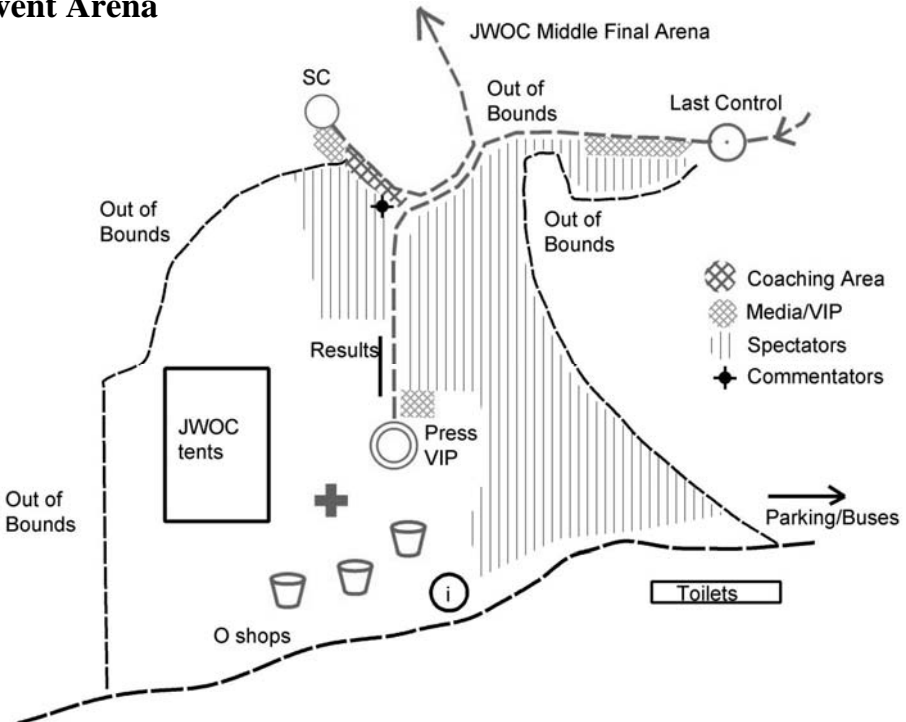
Men's B Final start time from 8.50 till 10:00 with 1 min interval.

Women's B Final start time from 9.00 till 9:40 with 1 min interval.

Men's A Final start time from 10.00 till 12:00 with 2 min interval.

Women's A Final start time from 10.00 till 12:00 with 2 min interval.

Event Arena



Refreshments

Refreshments will be available in pre-start area and at the finish. For both M20 and W20 there will be refreshments on the course as indicated on control descriptions.

Radio/Spectator Controls

All courses will have radio controls. Men's A Final will have three radio controls after 1.9km, 3.0km and 4.1km. Women's A Final will have three radio controls after 1.3km, 2.5km and 3.3km.

Men's B Final will have two radio controls after 2.9km and 3.8km. Women's B Final will have two radio controls after 1.9km and 2.8km.

All courses will have one spectator control and a mandatory route through the event arena. For Men's A Final this will be after 3.3km, Women's A Final after 2.7km, Men's B Final after 3.1km and Women's B Final after 2.1km.

Relay Event

Friday 13th July

Terrain Description

Same as for Long Distance Event.

Transport

It is allowed to use your own transport.

Buses depart from the Event Centre on demand from 7:20. Last bus will be at 7:40.

Distance from bus download to warm up area is 200m.

Bus return to Event Centre from 13:30 to 15:00.

Attention Points

There is a fence shortly after the start triangle that may need to be crossed by competitors. First leg runners in particular please take care.

A spectator control will use symbol 540 (black cross) that is a 1-metre high man made platform with a control.

The second spectator control is on a mandatory route starting and ending with a compulsory fence crossing marked as crossing points on the maps. The crossing points, mandatory route and spectator control are visible from the event arena. Please make yourself familiar with set up before starting.

Maximum race time is 4 hours per team.

Map

Name	Scale	Contour Interval	Spacing Magnetic North Lines	Size [cm]
Nguluway	1:10,000	5 m	250 m	38 x 20

Photogrammetry:

Fieldwork and Drawing:

Fieldcheck:

Chris Wilmott

Eric Andrews and Alex Tarr

Rob Vincent

Course Lengths

Course	Length [km]	Climb [m]	Controls	Winning Time	Refreshment
Men leg 1-3	7.0-7.1	295-335	18	3 x 45 min	2
Women leg 1-3	4.4-4.6	200-225	13-14	3 x 35 min	2

Course planner / Controller: Phoebe Dent / Dick Ogilvie

Control descriptions

Special feature black cross (Symbol 540) represents a man made platform.

Control descriptions are only printed on the map.

Start area

There is a warm up map available. Competitors and coaches are not allowed to leave the area of the warm up map or the adjacent event arena.

Toilets and tents will be available.

Start times

Mass start men 9:30.

Mass start women 9:45.

Start and Change Procedure

The location of the first leg start and change over is in the event arena near the finish line.

Competitors pass through the check-in gate to the start area 5-10 minutes before their expected start time. Bib numbers and SI-Cards are

checked as the competitors enter the start area. SI cards can be cleared and checked at the check-in gate. The area behind the check-in is large enough to allow for continuous warming up although the space is quite limited.

Three minutes before the start for the first leg the competitors assemble behind their map that is positioned on the ground in front of them. One minute before the start time, the countdown by the starter begins. The maps may only be picked up after the start signal. There is a 200m run to the start triangle.

Pre warning for second and third leg runners will come from the spectator control. The arriving runner will give over her/his competition map to the starting runner, she/he will then cross the finish line. The starting runner will run approximately 100m to the map pick up area. They put the received map in a box and take their own map from the map line. The Men's maps will be on the left and the Women's maps will be on the right. Maps will have competitors number clearly displayed on the back. The organising staff

will help starting runners to identify their maps. It is the responsibility of the starting runner to take the correct map. There is a further run of 100m to the start triangle.

Refreshments

Refreshments will be available in pre-start area and at the finish. For both M20 and W20 there will be refreshments on the course. For M20 after 2.6km and 5.6km and for W20 after 1.5km and 3.5km as indicated on control descriptions.

Radio/Spectator Controls

There will be 3 radio controls for both courses. For M20 after 2.2km, 5.1km and 6.5km and for W20 after 1.1km, 3km and 4km.

There will be two spectator controls for both courses. The first is at a control close to the event arena and the second is on a mandatory marked route through the event arena. These will be at for M20 after 2.6km and 5.6km and for W20 after 1.5km and 3.5km.

Relay arena

