

# BULLETIN 2

## 8 OCTOBER 2024

(updated 11 October 2024)



## WELCOME TO THE 2024 TŪĀRAKI-NORTHERN REGIONAL CHAMPIONSHIPS!

Counties Manukau Orienteering Club is delighted to host you for three days of orienteering in the beautiful Tāmaki Makaurau region of Te Ika-a-Māui.

- Saturday 26 October: Sprint @ King's College, Otahuhu (*A-Level Event*)
- Sunday 27 October: Long @ Muirs Farm, Karioitahi (*A-Level Event*)
- Monday 28 October: Middle @ Waiuku Forest North, Otatau (*A-Level Event*)

### EVENT UPDATES AND MORE INFORMATION

Bulletin 2 is the final publication with information about the event. For further updates, please check the Counties Manukau Orienteering Club website [cmoc.co.nz](http://cmoc.co.nz) and the Counties Manukau Orienteering Club Facebook page at [facebook.com/cmorienteering](https://facebook.com/cmorienteering)

### EVENT CONTACT

For enquiries contact Event Director John Robinson at 021 891 165 or email [info@cmoc.co.nz](mailto:info@cmoc.co.nz)



## WHERE THE EVENTS WILL BE HELD:



## **ELECTRONIC PUNCHING: SI/SIAC SYSTEM**

The SPORTident (SI) and SPORTident Air (SIAC) punching system will be used in all events. SI/SIAC cards must be cleared and checked before each race. Clear/check stations and SIAC Battery Check stations will be available.

Competitors who are hiring SI cards may collect them from Registration prior to your race. Hired SI cards will be returned after downloading and will be reallocated for the next day's race. Please ensure you return your hired SI card after downloading. Lost or broken SI cards will incur a charge for replacement or repair.

SIAC cards will not be available for hire. Competitors wishing to use SIAC will need to supply their own.

If you have forgotten your personal SI/SIAC, or it is broken or otherwise not working, please see Registration as we may have some spare SI cards to hire to you. We will take your details and invoice you post-event for the hireage fee plus a NZ\$10 administration fee. Again, SIAC cards will not be available to hire.

As a last resort, SI/SIAC numbers can be changed in person at Registration (bring your new SI/SIAC Card), at least one hour before the event starts.

## **CONTROLS**

At each control, insert your SI card into the control unit (blue box) until the unit beeps and flashes. If you are using SIAC (Air), you will need to pass within 3m of the control, and listen for your SIAC to beep, indicating that the punch has taken place.

If you punch an incorrect control, ignore it and continue to the correct control; the extra punch will be disregarded by the results software.

If the SI card or unit stops working or does not function (there is no beep and no flash), then use the control punch to clip your map next to the control description. If you have pin punched any controls on your map, you must hand the map in at the download before leaving the finish area, and explain what you have done and why.

Your elapsed race time only stops when you punch the Finish control. All competitors must punch the Finish control even if they do not complete their course.

# ALL ABOUT THE START

## START LISTS

Start Lists will be published on the CMOC website [cmoc.co.nz](http://cmoc.co.nz) at least five days before the event, and will be linked from CMOC's Facebook page [facebook.com/cmorienteeing](https://facebook.com/cmorienteeing). A copy of the Start List will be available at Registration and at the Start Area.

## START PROCEDURE

Each competitor is responsible for following the correct marked route to the Start Area. The competition area is out of bounds until your Start time. In the Start Area, competitors will be required 4 minutes before their Start time and will pass through four consecutive starting boxes, staying for one minute in each. The Pre-Start clock will be set 4 minutes before the actual time; however, it will display your Start Time.

Pre-Start	-4 minutes	-3 minutes	-2 minutes	-1 minute	0 minutes
	Late Start lane → → →				
Clear and Check	Check name, SI/SIAC Card number, start time	Check SI/SIAC Card	Control descriptions	Maps	Grab map at final long beep of Start clock

- **Pre-Start Area:** Runners clear and check their SI card, and check the battery on their SIAC card.
- **-4 minutes:** SI/SIAC card number, name, and starting time are checked.
- **-3 minutes:** Each competitor inserts their SI card into a Check box. Competitors without an SI/SIAC card will not be allowed to start.
- **-2 minutes:** Loose control description sheets are available for competitors to pick up (optional). The control descriptions will also be printed on the maps.
- **-1 minute:** Maps. The runner stands beside the map issue box labelled with their correct course number and class. The Start countdown will be indicated by a series of 6 beeps at -5 to 0 seconds. At the last beep, the competitors' race time begins, and the competitor can take the map from the map issue box.
- You will then follow the marked route to the Start point, which is indicated by a control with a flag (but without an SI punching unit) in the terrain, and a triangle on the competition map (Start Triangle).

## NOTES

- In the Start box, odd course numbers will be on your left, and even on your right.
- It is the competitors' responsibility to pick up the correct map and control descriptions for your course.

## LATE STARTS

Competitors who arrive to the Start late must report to the Late Start lane, where an official will accompany them. Control descriptions and the competition map will be handed over by an official, and the competitor will then start the race when told to do so (IOF Rule 22.8) using a punch to Start. The results of competitors who start late will be based on their original start time (with no time compensation). Only if their lateness is the fault of the organiser will their actual race time be used (IOF Rule 22.9). Any competitor who is late, whether through their own fault or otherwise, should not discuss this with the Start officials. Instead, if the competitor believes the organiser is responsible, they should make a complaint at the Download tent, after finishing the race.

## FINISH PROCEDURE

All competitors, including those who do not complete the whole course, are required to punch one of the SI units on the Finish line. Competitors who do not register at the Finish line will be considered missing in the terrain, which may cause a search for the missing person. Each competitor must download their SI/SIAC card at one of the manned download stations after they punch the Finish. Maps will be collected (they will be available to pick up after the last starter has begun their course). After downloading and returning their hired SI/SIAC card, competitors are free to go.

## MAPS

The Sprint map follows the current [IOF International Specification for Sprint Orienteering Maps \(ISSprOM\) 2019-2 Revision 6 January 2024](#) standard.

The Long and Middle maps follow the current [IOF International Specifications for Orienteering Maps \(ISOM\) 2017-2 Revision 6 January 2024](#) standard.

## OTRAX

OTrax ([otrax.app](http://otrax.app)) was developed by CMOC club member Greg Bacchus. It is a free site that allows you to track your orienteering run and compare it against other competitors.

With OTrax, your orienteering "tracks" can be either imported from Strava Activities (easiest), or uploaded as FIT, TCX, or GPX files (files that contain GPS data recorded during your run). These files can be exported from the Garmin Connect website (not app), or various other tracking apps.

Once a track is imported, it will automatically search for a matching orienteering event based on time and location. If an event is found, you will just need to select the course, and then you will be able to compare to others who recorded a track for the same course.

Using OTrax, you can see your run overlaid on a satellite map and an orienteering event map, and you can toggle between satellite map only, O map only, or O map overlaid on the satellite map. You can also compare your track to others who ran the same course, and see what people on other courses did. Take a look at your own and others' times and splits, zoom in to see detail on your track between certain legs compared to others.

## SATURDAY 26 OCTOBER: SPRINT @ KING'S COLLEGE, OTAHUHU

- **Event Director:** John Robinson
- **Setter:** Clem Larsen
- **Controller:** Tania Larsen
- **Original mapping and cartography:** John Robinson (2004), **updated by:** Mike Beveridge (2019); **latest map and OCAD updates:** John Robinson (2024)
- **Map history:** This map was last used for the New Zealand Sprint Championships in 2014, and was also used for JWOC Trials in 2019.
- **Embargo notice:** The entirety of King's College is an embargoed area for competitors taking part in the 2024 Tūāraki-Northern Regional Championships.
- **Out of bounds:** King's College and Otahuhu College are out of bounds on the day except when competing.

### MAPPER'S NOTES

There have been a lot of changes from the original map. Several buildings are now gone and have been replaced with new ones of totally new shapes and design. King's College has bought a lot of land from the golf course, which means a large car park with scattered trees and also new buildings and gardens. As at all schools, there is always change, and new areas formed. Always a new challenge.

### EVENT TIMETABLE

- **Registration opens:** 11am - please report to Registration to collect your hired ident; otherwise you may proceed directly to the Start when it is your start time.
- **First starts:** 1pm
- **Elite starts:** Elite orienteers will start separately shortly after the final starts. The timing will be released closer to the event. We recommend staying after your run to watch the Elite races as they are bound to be fast, close, and exciting!
- **Course closure:** 4pm
- Competitor start times will be published on the CMOC website [cmoc.co.nz](http://cmoc.co.nz) no later than five days prior to the event.

### PUNCHING SYSTEM

SPORTident (SI) and SPORTident Air (SIAC)

# SATURDAY 26 OCTOBER: SPRINT @ KING'S COLLEGE, OTAHUHU

## LOCATION INFORMATION

- **Address:** Golf Avenue, Otahuhu
- **GPS coordinates:** -36.95537004218679, 174.8393219267059
- **Driving directions:**
  - **From South:** Take the motorway toward Auckland. Take exit 445 onto Highbrook Drive. Travel 600m to the roundabout, then take the third exit. In 600m, turn right onto Bairds Road. In 900m, turn right onto Great North Road. In 1km, turn left onto Mangere Road. In 600m, turn left onto Golf Road. Carpark is 400m on left.
  - **From North:** Take the Southern Motorway toward Hamilton. Take exit 441 toward Otahuhu/Princes Street. In 300m, turn right onto Frank Grey Place towards Otahuhu. In 600m, turn right onto Trenwith Street. In 300m, turn left onto Water Street. In 40m, turn right onto High Street. In 500m, at the roundabout, take the first exit onto Church Street. In 450m, turn right onto Mangere Road. In 600m, turn left onto Golf Road, Carpark is 400m on left.
- **Parking:** Limited parking available in the King's College carpark off of Golf Avenue. If carpark is full, utilise surrounding streets. Be aware of parking restrictions.
- **Distance from Parking to Event Centre:** 200m
- **Terrain:** Buildings with networks of paths and roading. Lots of small scatterings for trees and man-made objects typically found around school areas. Large grassed areas.
- **Hazards:** Other competitors when running around buildings. Slippery surfaces when wet. Please observe out-of-bounds areas (marked in purple hatching on your map). Roads within the school could have some authorised vehicles so always take care when crossing road areas that may have vehicles on them.
- **Safety bearing:** NW to the Event Centre.
- **Warm-up area:** Field around club tent area.
- **Toilets:** Available in the Pavilion at the Event Centre.
- **Medic:** Available at the Event Centre. Please bring your own basic first-aid kit with plasters etc, so that the medic is free for more serious injuries.
- **Refreshments:** Espresso On The Go coffee van will be available.
- **Club tents/bag drop:** Available on the grass by the Finish area.
- **Facilities for those with young children:** A shade tent will be set up in the grass by the Finish area; however, no childcare is available and parents are responsible for making their own arrangements for childcare.



# SATURDAY 26 OCTOBER: SPRINT @ KING'S COLLEGE, OTAHUU

## COURSE AND MAP INFORMATION

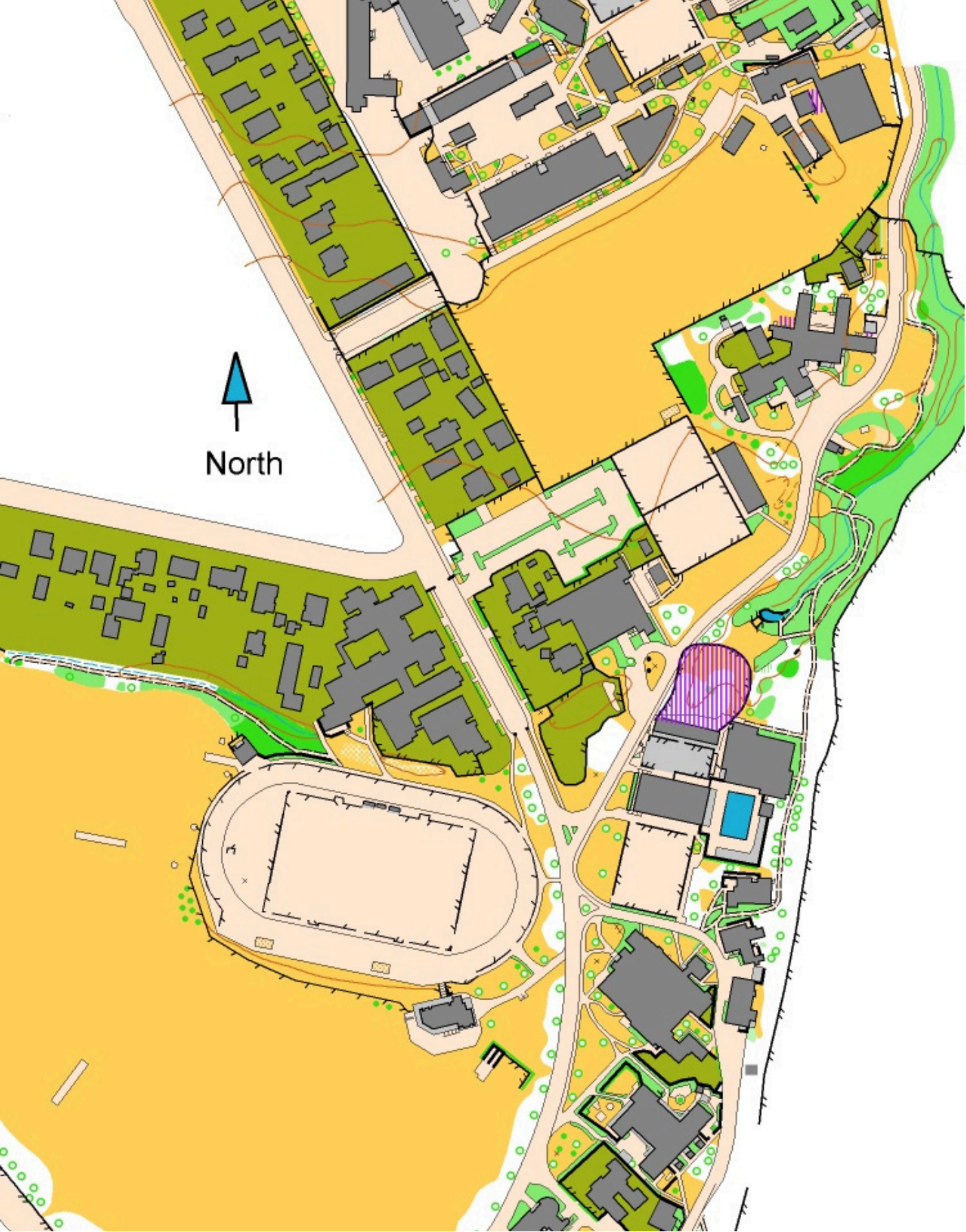
- Scale: 1:3,000
- Special symbols used: TBC
- Start: TBC from the Event Centre.
- Finish: TBC from the Event Centre.

Course	Difficulty	Grades	Number of controls	Course length (km)	Estimated winning time (EWT)	Map scale
1	Difficult	M20E, M21E	TBC	3.3km	12-15 min	4,000
2	Difficult	M16, M18A, M20A, M21A, M40A W20E, W21A	TBC	2.9km	12-15 min	4,000
3	Difficult	M14A, M50A W16A, W18A, W20A, W21A	TBC	2.7km	12-15 min	3,000
4	Difficult	M60A W14A, W40A, W50A	TBC	2.2km	12-15 min	3,000
5	Difficult	M40AS, M70A, M75A W60A	TBC	1.8km	12-15 min	3,000
6	Difficult	M80A, M85A, M90A W40AS, W70, W75A, W80A, W85A Rec Course	TBC	1.4km	12-15 min	2,500
7	Moderate	M12A W12A	TBC	2km	12-15 min	2,500
8	Easy	M10A W10A MW10N	TBC	1.6km	12-15 min	2,500

## NOTE: SHADOWING

Only competitors in MW10N may be shadowed. Although participants will have an assigned Start Time, they may start when their shadower is ready. The competitor in the MW10N class will be asked to use a Punch Start. Shadowers must already have run their own course (if competing) before they can shadow.

**EXAMPLE MAP: KING'S COLLEGE**





# SUNDAY 27 OCTOBER: LONG @ MUIRS FARM, KARIOITAHU

- **Event Director:** John Robinson
- **Setter:** Tim Bacchus
- **Controller:** Greg Bacchus
- **Overall Controller:** Wayne Aspin
- **Landowner:** Willie Muir and Leifiting Estate
- **Original mapping:** Wayne and Tricia Aspin (1993), **updated by:** Wayne Aspin (2024), **photogrammetry:** NZ Aerial Mapping Ltd, **original cartography:** Tricia Aspin (1993), **original OCAD 5:** Jim Lewis (1998), **OCAD update by:** Marquita Gelderman (2023)
- **Map history:** Originally Karioitahi combined with the northwest part of Whiriwhiri. This map was last used for the New Zealand Secondary Schools Relay Championships in 2022, and previous to this, it was used in 2011.
- **Embargo Notice:** A portion of this area was last used for the 2022 NZSS Relay Champs. This map is now an embargoed area for competitors taking part in the 2024 Tūāraki-Northern Regional Championships.

## MAPPER'S NOTES

This is a detailed map. The terrain is mainly farmland. Open high sand dunes with some sandstone rock features, gully/spur with some native forest. Sandstone features on map are marked in black. Cliffs can vary from 1m to 5m. Black dots are sandstone upright pillars varying from 1m to 3m and mapped as boulders. Areas mapped grey have no vegetation growing and can be bare ironsand, hard sandstone, or clay. Close green striped areas are dead gorse and best avoided. Wide green stripes are areas of rough open with scattered vegetation such as gorse or blackberry and are runnable. Dark green along the coastal area are patches of impenetrable flax. Greens among native forest are traditional slow run, walk and fight.

## SETTER'S NOTES

The courses are of a long-distance character, which means that there are long legs, of up to 2km on Course 1, providing challenging route choice interspersed with more technical sections requiring map contact and concentration. The map is very steep and the courses reflect this; however, this will certainly be a factor that will affect route choice, and runners may end up doing less elevation gain than in the bulletin. However, at the top of every hill you will find epic views, from the skyscrapers and volcanic cones of downtown Auckland in the distance, to the endless horizon of the Tasman Sea just next to the map.

## EVENT TIMETABLE

- **Registration opens:** 9am - please report to Registration to collect your hired ident; otherwise you may proceed directly to the Start when it is your start time.
- **First starts:** 10.30am
- Competitor start times will be published on the CMOC website [cmoc.co.nz](http://cmoc.co.nz) no later than five days prior to the event.

## PUNCHING SYSTEM

SPORTident (SI) and SPORTident Air (SIAC)

# SUNDAY 27 OCTOBER: LONG @ MUIRS FARM, KARIOITAHĪ

## LOCATION INFORMATION

- **Address:** Coe Road, Karioitahi, 5km west of Waiuku
- **Driving directions:** Signposted from Waiuku Bypass to Awhitu. At the second roundabout, take Karioitahi Beach Road 2km to Honey Road. then travel straight ahead onto Coe Road.
- **Parking:** Park as directed from the end of Coe Road.
- **Distance from Parking to Event Centre:** 300m
- **Distance from Event Centre to Start:** 300m
- **Terrain:** Open gully/spur farmland with intricate high level sand dunes with some sandstone cliffs. Fences and water troughs mapped. See Mapper's Notes on previous page for further details.
- **Hazards:** Coastal cliffs on SW side of maps. Will not affect courses. Livestock on farm - try to avoid and do not corner against fence lines. Some areas contain sparse low-growing blackberry vines which present a tripping (and scratching) hazard. These can at times be hard to see. Please take care.
- **Fences:** Courses 1-8 have no fences except for ones marking out of bounds areas. Other courses will have fences with gates marked. Leave gates as found. Electric fences will be turned off.
- **Recommended gear:** Shin pads.
- **Safety bearing:** N and NW to Event Centre.
- **Warm-up area:** Available in Event Centre paddock or farm track between Parking and Event Centre.
- **Toilets:** Available at the Event Centre.
- **Medic:** Available at the Event Centre. Please bring your own basic first-aid kit with plasters etc, so that the medic is free for more serious injuries.
- **Refreshments:** Waiuku Scouts will be providing a BBQ and food sales.
- **Club tents/bag drop:** Available at the Event Centre.
- **Facilities for those with young children:** A shade tent will be set up at the Event Centre; however, no childcare is available and parents are responsible for making their own arrangements for childcare. Please be aware of water troughs present in nearby paddocks.



# SUNDAY 27 OCTOBER: LONG @ MUIRS FARM, KARIOITAHI

## COURSE AND MAP INFORMATION

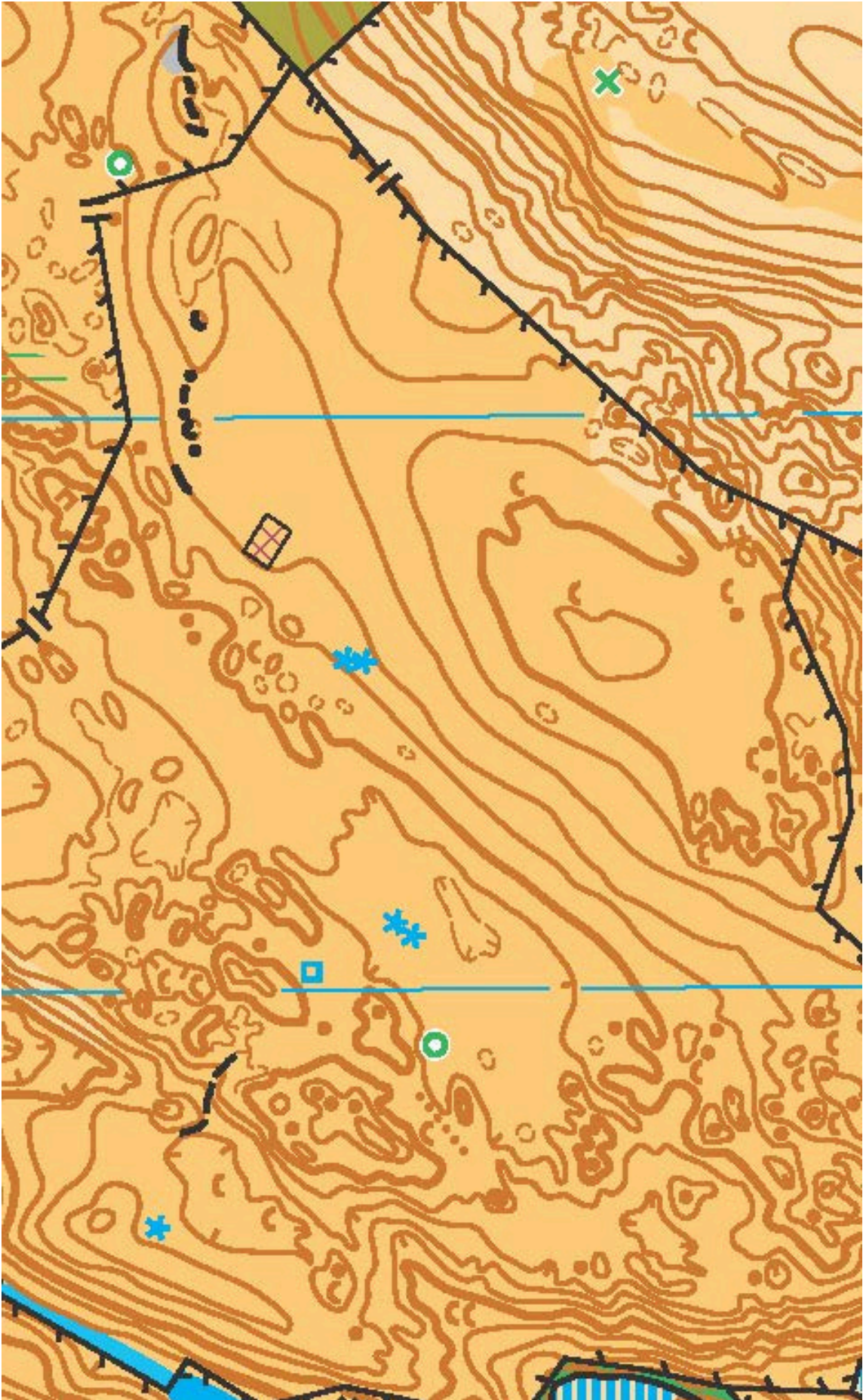
- **Scale:** 5,000/7,500/10,000 depending on course (see table below)
- **Contour interval:** 3.5m
- **Water stations:** Available on courses 1-12.
- **Start:** 250m west of the Event Centre. Allow five minutes to walk to the Start.
- **Finish:** On the farm track on the south side of the Event Centre. Download/Results are at the Event Centre.

Course	Difficulty	Grades	Number of controls	Course length (km)	Climb	Estimated winning time (EWT)	Map scale
1	Red	M21E	24	10.38km	623m	90 min	10,000
2	Red	M20E	20	9.53km	563.5m	80 min	10,000
3	Red	W21E	18	7.57km	444.5m	75 min	10,000
4a	Red	W20E	16	6.37km	385m	65 min	10,000
4b	Red	M18A, M20A, M21A, M40A	16	6.37km	385m	65 min	7,500
5	Red	M16A, M50A W21A, W40A	14	5.92km	353.5m	60 min	7,500
6	Red	M21AS, M60A W18A, W20A, W50A	13	5.10km	301m	60 min	7,500
7a	Red	M40AS W16A, W21AS, W60A	14	4.74km	283.5m	55 min	7,500
7b	Red	M70A	14	4.74km	283.5m	55 min	5,000
8	Red	M75A W40AS, W70A	16	4.45km	266m	50 min	5,000
9	Red	M80A W75A	11	3.32km	147m	40 min	5,000
10	Red	M85A, M90A W80A, W85A, W90A	11	2.82km	108.5m	40 min	5,000
11	Orange	M14A	17	4.88km	192.5m	45 min	7,500
12	Orange	W14A Open Orange	14	4.57km	182m	45 min	7,500
13	Yellow	M12A W12A Open Yellow	11	2.97km	115.5m	35 min	5,000
14	White	M10 W10 MW10N	15	2.54km	101.5m	35 min	5,000

### NOTE: SHADOWING

Only competitors in MW10N may be shadowed. Although participants will have an assigned Start Time, they may start when their shadower is ready. The competitor in the MW10N class will be asked to use a Punch Start. Shadowers must already have run their own course (if competing) before they can shadow.

**EXAMPLE MAP: MUIRS FARM**



## MONDAY 28 OCTOBER: MIDDLE @ WAIUKU FOREST NORTH

- **Event Director:** John Robinson
- **Setter:** Tony Motion (with assistance from Renee Motion)
- **Controller:** Wayne Aspin
- **Forest Administrator:** Crown Forestry
- **Farmland parking area owner:** Richard McDonald
- **Original mapping and cartography:** South Auckland Orienteering Club members (now CMOC) (1979); **latest map and OCAD updates:** Wayne Aspin (2016-2024)
- **Map history:** A portion of this area was last used for the 2023 King's Birthday Weekend of O.
- **Embargo Notice:** The King's Birthday Weekend of O map area is now embargoed for competitors taking part in the 2024 Tūāraki-Northern Regional Championships.

### MAPPER'S NOTES

Except for White and Yellow courses, competitors should wear full leg cover. Fast run (white) is obvious in most places, but in other places can look greenish until you enter the area. These areas can be run at 80-100% of maximum speed. Light green is for slow run but aggressive-running competitors can move 60-80% of maximum speed with some dodging. It is hard to run in a direct line. Medium green is walk/fight and best avoided. Dark green is fight or impenetrable. Areas of wide green stripes are old tree trimmings and can be run through with some dodging and jumping. Sometimes it is difficult to run in a direct line. In other areas it signifies scattered gorse, pampas and fern but can be run through quickly. Areas of narrow green stripes are old tree trimmings. Are difficult to run and navigate through and are best avoided. A brown triangle with a green slash signifies a fallen tree with root stock at one end. Because of legibility, many four-wheel drive tracks in the western part of the map are mapped as large footpaths. Horse trails are mapped as small footpaths

### EVENT TIMETABLE

- **Registration opens:** 9am - please report to Registration to collect your hired ident; otherwise you may proceed to the Start when it is your start time.
- **First starts:** 10.30am
- Competitor start times will be published on the CMOC website [cmoc.co.nz](http://cmoc.co.nz) no later than five days prior to the event.

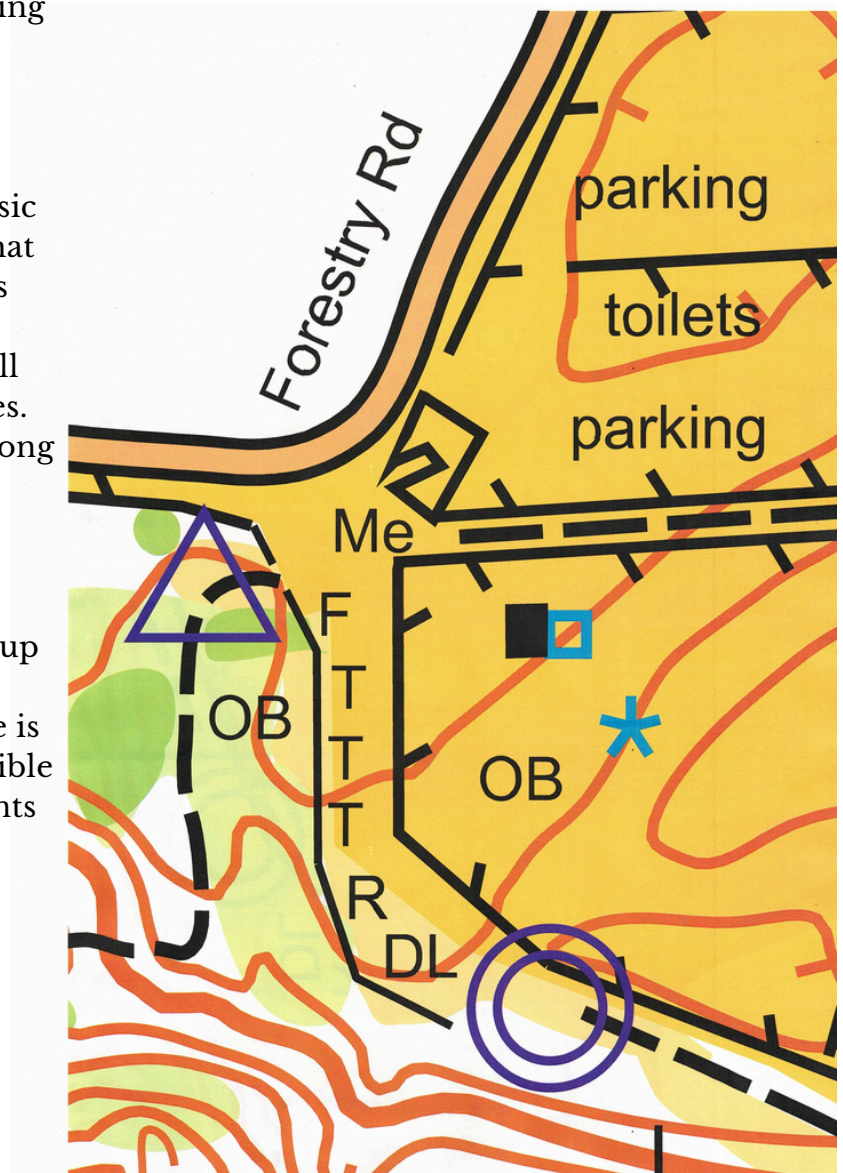
### PUNCHING SYSTEM

SPORTident (SI) and SPORTident Air (SIAC)

# MONDAY 28 OCTOBER: MIDDLE @ WAIUKU FOREST NORTH

## LOCATION INFORMATION

- **Address:** Forestry Road, Maioro
- **Driving directions:** From Pukekohe, take King Street Road leading to Waiuku. Turn off at Puni to travel to Otatau. Take Hoods Landing Road for 1km, then turn right into Forestry Road, and after 2km right again. The Event Centre is 2km on the left. From Waiuku Centre, turn left up Queen Street to Otatau Road. Follow road to Otatau. Turn right at the T junction onto Factory Road, then left onto Hoods Landing Road for 1km, then turn right into Forestry Road. The Event Centre is 2km on the left.
- **Parking:** Park as directed.
- **Terrain:** Forested sand dunes with many footpaths. Pampas grass (cutty grass) is present. See Mapper's Notes on previous page for further details.
- **Hazards:** Pampas grass (cutty grass). Fences along roadsides are not mapped and can be hidden by pampas grass - beware.
- **Recommended gear:** Full leg cover is advised.
- **Safety bearing:** N and NE to Event Centre.
- **Warm-up area:** Available in Parking area or along the public road.
- **Toilets:** Available in the Parking area.
- **Medic:** Available at the Event Centre. Please bring your own basic first-aid kit with plasters etc, so that the medic is free for more serious injuries.
- **Refreshments:** Waiuku Scouts will be providing a BBQ and food sales.
- **Club tents/bag drop:** Available along the track between the Start and Finish and in nearby paddock if needed.
- **Facilities for those with young children:** A shade tent will be set up along the track between the Start and Finish; however, no childcare is available and parents are responsible for making their own arrangements for childcare. Please be aware of water troughs present in nearby paddocks.



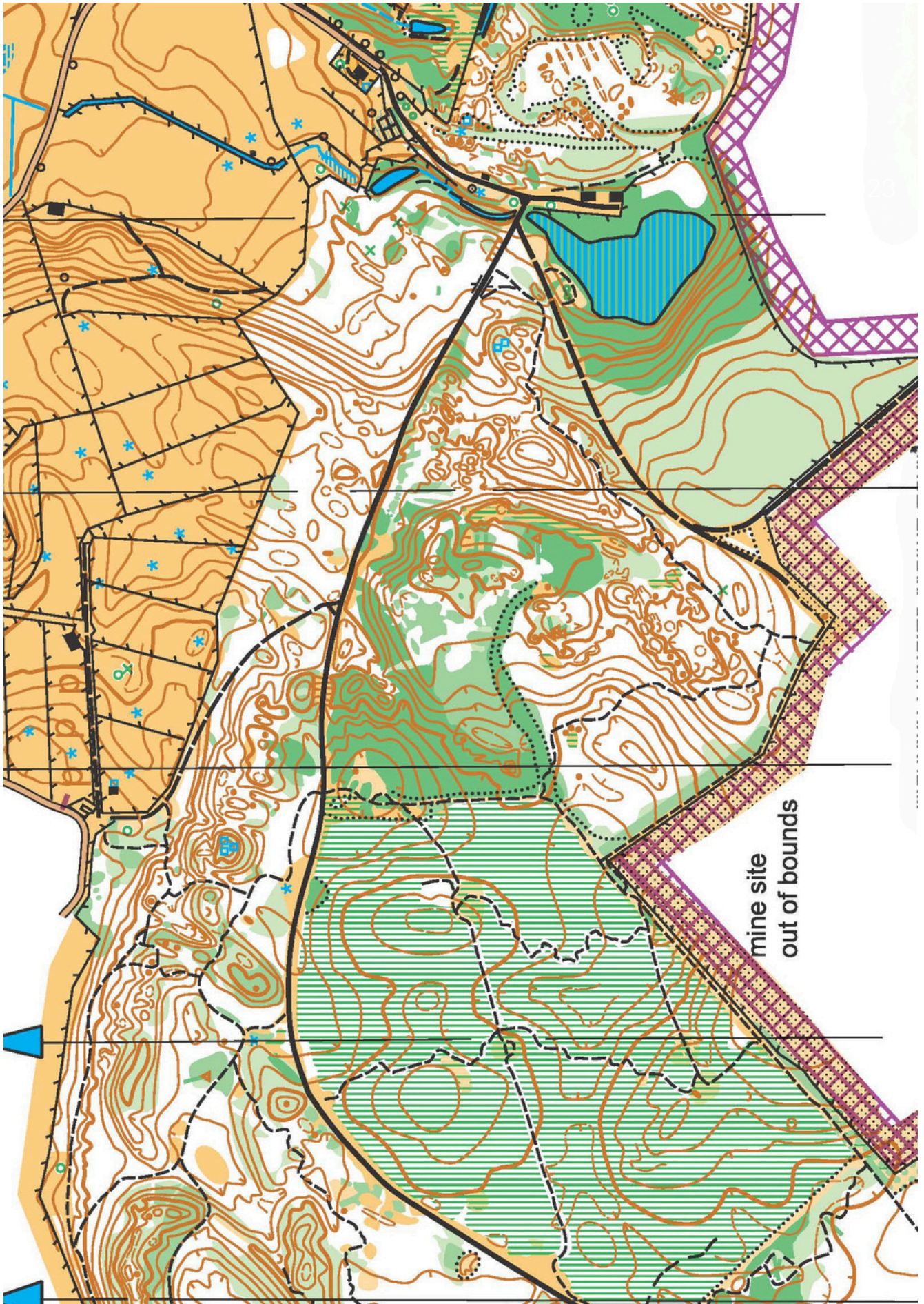
# MONDAY 28 OCTOBER: MIDDLE @ WAIUKU FOREST NORTH

## COURSE AND MAP INFORMATION

- **Scale:** 5,000/7,500/10,000 depending on course (see table below)
- **Start:** Located at the Event Centre.
- **Finish:** Located at the Event Centre.

Course	Difficulty	Grades	Number of controls	Course length (km)	Climb	Estimated winning time (EWT)	Map scale
<b>1</b>	Red	M20E, M21	23	5.4km	217m	35 min	10,000
<b>2</b>	Red	W20E, W21	17	4.0km	150m	35 min	10,000
<b>3</b>	Red	M21A, M40A	16	3.7km	115m	30 min	7,500
<b>4</b>	Red	M18A, M20A, M50A	11	3.0km	98m	30 min	7,500
<b>5</b>	Red	M16A W21A, W40A	11	3.0km	115m	30 min	7,500
<b>6</b>	Red	M21AS, M60A W18A, W20A, W50A	10	2.8km	95m	30 min	7,500
<b>7a</b>	Red	M40AS W16A, W21AS, W60A	10	2.4km	90m	25 min	7,500
<b>7b</b>	Red	M70A	10	2.4km	90m	25 min	5,000
<b>8</b>	Red	M75A W40AS, W70A	9	1.9km	75m	25 min	5,000
<b>9</b>	Red	M80A W75A	9	1.3km	60m	20 min	5,000
<b>10</b>	Red	M85A, M90A W90A, W85A, W80A	8	1.3km	45m	20 min	5,000
<b>11</b>	Orange	M14A	12	2.5km	90m	20 min	7,500
<b>12</b>	Orange	W14A Open Orange	10	2.1km	80m	20 min	7,500
<b>13</b>	Yellow	M12A W12A Open Yellow	10	2.2km	60m	20 min	5,000
<b>14</b>	White	M10 W10 MW10N	12	1.9km	42m	20 min	5,000

# EXAMPLE MAP: WAIUKU FOREST NORTH





## IMPORTANT INFORMATION

### ENTRY INFORMATION

Entries via [entero.co.nz](https://entero.co.nz). The closing date for final entries is 11.59pm on 14 October 2024.

	Sprint	Long	Middle
Junior (age 20 and under)	\$15	\$20	\$20
Senior	\$25	\$35	\$35
Junior (age 20 and under) non-club member	\$20	\$25	\$25
Senior non-club member	\$35	\$45	\$45
Family	Max fee \$200		

If you did not pre-enter, entries on the day will not be available and no cash will be accepted. If you have entered and have not yet paid, please reconcile your account as soon as possible before the event. Credit card payments are available for all entries including overseas entries. All fees are in New Zealand Dollars (NZD) and are inclusive of GST.

### CHANGES TO ENTRIES

After final entries close, each request to change entrant details (email address etc), classes entered, or start times will attract a non-refundable NZ\$10 administration fee. Requests to change SI numbers are no charge. Please email the organisers at [info@cmoc.co.nz](mailto:info@cmoc.co.nz) with changes. As a last resort, SI numbers can be changed at the event, in person at Registration (bring your new SI Card), at least one hour before the event starts.

### REFUNDS

The following policies will apply to refunds:

- Entries cancelled partially or in full up until entries close will receive a refund less a NZ\$10 administration fee.
- No refunds will be given for cancellations after entries close with the exception of a competitor needing to withdraw due to contracting COVID-19. Competitors needing to withdraw due to contracting COVID-19 will receive a refund in full.
- Application to the event organisers to accept cancellations and consider full refunds due to hardship or for some other reason should be made by emailing [info@cmoc.co.nz](mailto:info@cmoc.co.nz).
- Refunds will returned to the entrant via the original method of payment less any fees accrued by the organisers, such as credit card usage fees.
- If the event is cancelled due to extreme weather or other factors outside of the event organisers' control, the organisers will endeavour to refund as much of the entry fee as possible, taking into account any sunk costs.

## IMPORTANT INFORMATION (CONT'D)

### WHERE TO FIND STUFF OUT

- This publication (Bulletin Two) is the main source of information, along with the event website [cmoc.co.nz](http://cmoc.co.nz). CMOC's Facebook page [facebook.com/cmorienteering](https://facebook.com/cmorienteering) will also have useful information. Please ensure all competitors have read Bulletin Two.
- Additional information which becomes available after the publication of Bulletin Two will be posted on CMOC's website, Facebook page, and on a Noticeboard outside of the Registration tent. Our event commentators will also make announcements at the events if necessary.
- We will upload information, photos, and results to our website as soon as we are able to. Please give us some grace and time as our event team will likely not be able to upload final results until the evening of the event and possibly early the next day if there are any difficulties.

### EVENT CANCELLATION

Event cancellation will occur in conditions that are too dangerous for safe competition. Situations that might lead to cancellation are fire risk, extreme weather, loss of access, serious earthquake, or death of a competitor or spectator. Should any of the events need to be cancelled, this information will be posted on the CMOC website [cmoc.co.nz](http://cmoc.co.nz) and on the CMOC Facebook page [facebook.com/cmorienteering](https://facebook.com/cmorienteering). An email will also be sent to all participants, using the email address provided as part of their entry, as soon as practicable after the decision is taken. We cannot guarantee that you will receive notification of event cancellation before you travel to the event, so please do check the above links.

### PERSONAL RESPONSIBILITY AND SAFETY

- Comprehensive Health and Safety plans (HARM forms) are kept at Registration in the Event Centre, and can be viewed on request.
- Competitors should use common sense at all times to ensure their own and others' safety. Check for specific hazards in the event information in this bulletin, and on the Hazards Board at the Event Centre.
- At the Long and Middle (in the forest), it is recommended to carry a whistle on the course for your own safety. Use your whistle if you need urgent help because of an injury or distress. The recognised distress signal is a series of six short blasts on the whistle. Pause and listen for a reply, and repeat to allow others to locate you. Do not use your whistle unless it is an emergency.
- Competitors are expected to render assistance on their course to anyone who is injured, has blown their whistle, and who requires physical assistance. Please give assistance as needed, and make event officials aware of the issue, so we can organise an appropriate response.
- To avoid initiating unnecessary searches after the event, all competitors must punch the Finish control even if they do not complete their course.
- Car headlights must be on at all times when driving in the forest. In addition, rain and dust/darkness can change the driving conditions significantly. At all times, drive to the conditions, and remember that there is never any reason to be, or excuse for, speeding.
- Open fires, smoking, and vaping are prohibited at all events. If you see a fire, please notify the event organisers immediately.
- Please bring along your own first aid kit and tend to minor injuries such as cuts and grazes yourself, leaving our medic available for more serious injuries.

## IMPORTANT INFORMATION (CONT'D)

### FAIR PLAY

- We ask all competitors to behave with fairness and honesty.
- Attempts to gain any information related to the courses, beyond that provided by the organisers, is prohibited before and during the competition.
- It is forbidden to bring any previous maps along to the competition areas. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified. Competition maps will be collected at the end of each race and will not be distributed until the last starter has begun their course.

### RESULTS AND PRIZEGIVING

- We will have screens available at the events showing provisional results as they become available. Provisional results will also be available live at [liveresultat.orientering.se/?lang=en](https://liveresultat.orientering.se/?lang=en)
- **Radio tracking of Elite Grades:** The Long event will have a radio station 2/3 around for Courses 1-12, and three minutes away from the finish for Courses 1, 2, 3, and 4. The Middle event will have a radio relay way from the finish for M21E and W21E Grades only.
- We will upload final results to Winsplits and the CMOC website as soon as we are able to. Please give us some grace and time as our event team will likely not be able to upload final results until the evening of the event and possibly early the next day if there are any difficulties.
- **Prizegiving details TBC.**

### PHOTOS AND VIDEOS

Photos and video recordings will be taken by a representative from Counties Manukau Orienteering Club and published on the CMOC Facebook page at [facebook.com/cmorienteeing](https://facebook.com/cmorienteeing). We would love to see your photos and videos! We encourage anyone who would like to share their own photos or videos of the event to contact us at [info@cmoc.co.nz](mailto:info@cmoc.co.nz) or message us through our Facebook page, ideally before the event, to arrange access for you to publish your photos and videos. If you wish to share a memory stick or Dropbox/WeTransfer/similar file of media, please email us at [info@cmoc.co.nz](mailto:info@cmoc.co.nz) or see us at Registration.

### ACCOMMODATIONS AND ACCESSIBILITY

Please reach out to [info@cmoc.co.nz](mailto:info@cmoc.co.nz) with any enquiries regarding special accommodations and accessibility including colour-blind maps, mobility parking, or disability needs. Please give us as much notice as possible so we can plan solutions early.

### RUBBISH, WASTE, AND CARING FOR THE ENVIRONMENT

All events are no-waste, pack-in-pack-out. If you carry something into the venue, you are responsible to carry it out again, rubbish included. Please bring your own water bottle(s) to each day of the event, ensuring you have enough water for the day.

### MOBILE PHONE COVERAGE

Mobile phone coverage is generally reliable at King's College. Mobile phone coverage is spotty but Spark and One are generally available at Muirs Farm and Waiuku Forest North.

## IMPORTANT INFORMATION (CONT'D)

### FACILITIES FOR THOSE WITH YOUNG CHILDREN

Childcare will not be available at any of the events. We will have unattended shade tents set up but we also recommend that parents bring their own shade coverage. Please also note the hazards at each event and plan accordingly.

## COMPLAINTS, PROTESTS, AND APPEALS

In accordance with ONZ and IOF Foot O Rules 27, 28, 29, and 30, complaints to the Controller must be made in writing as soon as possible, within a maximum of 60 minutes of the competitor finishing. The Controller will make a decision and communicate it to the complainant within 60 minutes of receiving the complaint. There is no fee for a complaint.

If the complainant is not satisfied with the Controller's decision, they may lodge a protest. Protests may only be made by team officials, competitors, or event officials. A protest must be made in writing to the Controller or a member of the jury within 30 minutes of the Controller's decision about the complaint being advised to the complainant. Protests received after this time limit will be considered at the discretion of the jury if there is a valid exceptional explanation. A fee equal to the entry fee for that day for the class in question must accompany any protest, and this fee will be returned if the protest is upheld.

A jury will be appointed to rule on protests, consisting of a panel of 3 controllers from clubs other than the organising club, appointed by the ONZ Technical Committee. The jury must meet as soon as possible after receipt of a protest. Their decision must be made on the day of the competition concerned, and the decision of the jury is final. The jury will prepare a written report for the Controller and the ONZ Technical Committee stating precisely why the protest was upheld or was unsuccessful. The organisers will then publish both the protest and jury's report on the event website and the ONZ website.

An appeal may be made against infringements of these rules if a jury is not yet set up, or if the event is over and the jury has dispersed. An appeal may only be made against a jury decision if there has been a serious procedural error in the operation of the jury. An appeal may only be made by clubs, and must be made in writing to the ONZ Technical Committee as soon as possible. The ONZ Technical Committee will deal with the appeal, and their decision is final.

Precise information about Complaints, Protests, and Appeals are located in the [Competition Rules for New Zealand Foot Orienteering Events](#) document, a copy of which will be available to view at Registration.

The Jury for this event will be organised by the ONZ Technical Committee and jurors' names will be posted at Registration each day.