

New Zealand Orienteering Championships 2018

Auckland

30 March – 2 April

Bulletin 2 – 23 March 2018

Programme

Fri	Mar	30	Afternoon	Sprint	University of Auckland	World ranking event
Sat	Mar	31	Morning	Long	Hedley Dunes	World ranking event
Sun	Apr	1	Morning	Middle	Temu Road	
Sun	Apr	1	Evening	Prizegiving , dinner, social and Micro sprint event		
Mon	Apr	2	Morning	Relay	Temu Road	

1. Welcome!

The Auckland Orienteering Club extends a very warm welcome to competitors, friends and family attending the New Zealand Orienteering Championships 2018.

Everyone comes to these championships with their own goal – it may be to medal in your grade, to take a step towards selection for WOC/JWOC/WUOC, to compete on a Red or Orange course for the first time, or like me, forever in search of that elusive “clean” race. Whatever your goal we wish you every success.

The maps for the competition are the maps prepared new last year for the World Masters Orienteering Championships. For those that haven’t run on these maps before, we think you will find them world class and you can look forward to some varied and exciting terrain. For those that were lucky enough to run on them last year, the complexity of the maps and the amount of ground they cover means you will be lucky if you can recognise much from before. They may as well be new maps!

On Easter Sunday after the Middle race, come relax and celebrate with your friends at Rocket Park in Mt Albert following the conclusion of the individual championship events. As something a little bit different, try the MicrO sprint event before the dinner and prizegiving. It’s a good way to blow out the cobwebs and spark your appetite before the prizegiving and social time afterwards.

The Auckland Orienteering Club wants you to feel at home and for your event day to be comfortable and enjoyable. If there is anything we can do to help make that happen, just ask an “orange shirt”. We’ll be pleased to help!

Martin Crosby,

President, Auckland Orienteering Club

2. Acknowledgments

The organisers are very grateful to the following landowners for access to their land, and for their cooperation and support in the running of these events.

Sprint

University of Auckland



Long | Middle | Relay

Ngati Whatua o Kaipara
Otakanini Topu Corporation



3. Organisation

The 2018 New Zealand Orienteering Championships are hosted by Auckland Orienteering Club.

Contact: auckoc@hotmail.com

Address for correspondence: 6 Thames St, Mt Eden, Auckland 1024, New Zealand

Participants are encouraged to monitor the NZOC2018 website for updates at

<http://www.orienteingauckland.org.nz/nzoc/info/>

The NZOC2018 organising committee is: Alison Comer (Chair), Martin Crosby, Dwayne Smith, Guy Cory-Wright, Lyn Stanton, Leo McCormack, Katalin Pethő.

We'd like to thank the large number of AOC club members (and some members of other clubs) that have volunteered to help organise and deliver this orienteering carnival. Key roles and responsibilities are listed below.

Event Director	Alison Comer, 0211010845
Technology	Dwayne Smith
Entries / Registration	Bronwyn Holcombe
Volunteers	Libby McLeay
Logistics/Gear	Mark Frater / Julian Hayes
Starts	Mike Ashmore / Tommy Hayes
Prizegivings	Mary Wadsworth
Medical and Safety	JAM Medics / Richard Mercer
Mapping	Selwyn Palmer
Commentators	Robert Murphy, Ed Cory-Wright, Devon Beckman, Alistair Cory-Wright

World Ranking Events

The Sprint Championship and the Long Distance Championship are WRE races for the M21E and W21E classes. For the Sprint M20A and W20A classes are designated WRE as well, as they run the same course as the M21E and W21E classes, respectively.

IOF Senior Event Adviser: Gillian Ingham (NZ)

4. Detailed Schedule

Friday 30th March – SPRINT

12.00-17.00	Registration Desk open	Event Arena:
14:00	Sprint first start	University of Auckland
17:00	Prizegiving	30-32 Princes St
17:30	Course closure	-36.851677, 174.768467
17:30	ONZ Annual General Meeting	

Saturday 31st March – LONG

09:00-16.30	Registration Desk open	Event Arena:
10:30	Long First start	Woodhill Forest
16:00	Relay Team nomination deadline	Rimmer Rd access
17:00	Course closure	

Sunday 1st April – MIDDLE

08.30-14:30	Registration Desk open	Event Arena:
10:00	Middle First start	Woodhill Forest
15:00	Course closure	Restall Rd access

Sunday 1st April – MICRO SPRINT, DINNER, PRIZEGIVING

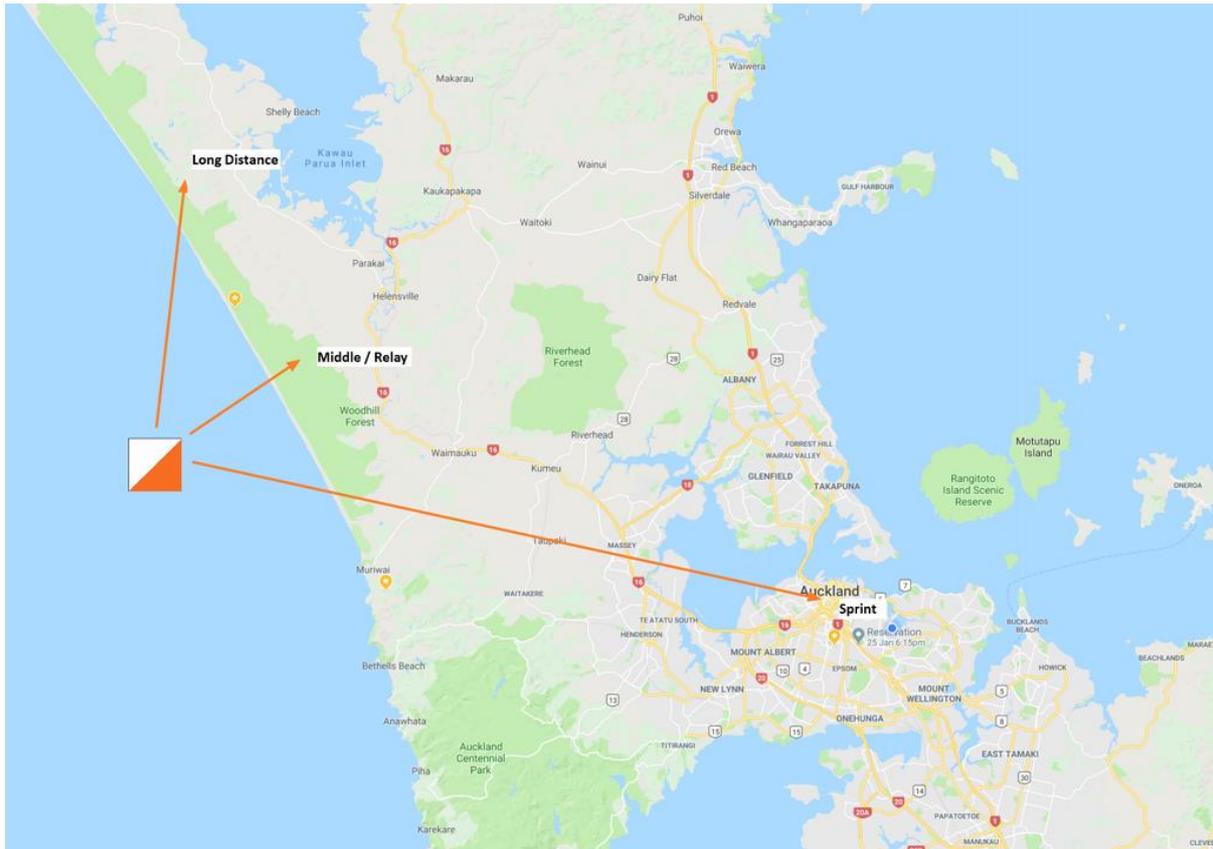
16:00-17:15	MicrO sprint starts available	Rocket Park and Mt Albert War
18:00	NZOC2018 Dinner	Memorial Hall
19:30-21:00	Prizegiving	Mt Albert
22:30	Alcohol curfew begins (no more drinks)	
23:00	Hall closes	

Monday 2nd April – RELAY

08.00-14:30	Registration Desk open	Event Arena
09:00	Pre-race briefing	Woodhill Forest
09:30	Relay starts	Restall Rd access
12:00	Prizegiving	
13:30	Course closure	

5. General Information

Event Locations



Sprint: The sprint will be held on The University of Auckland's City Campus, with access to the event arena via Princes St (opposite Albert Park). The east side of Princes St is Out of Bounds on competition day from 6am, see the Sprint information for details.

Long Distance, Middle Distance and Relay: These events are being run in Woodhill Forest northwest of the city. The terrain is similar for all three races; primarily radiata pine planted on undulating to moderately steep sand-dune terrain, with good runnability. There are some small pockets of native New Zealand bush with reduced visibility and runnability, and a coastal strip that contains more intricate dune systems and variable vegetation including some rough open areas and some areas of windblown sand. There is a network of widely spaced forestry roads and some motorbike tracks, but otherwise there are few paths.

The distance from central Auckland to the forest events is over 50km, and there is no public transport to this area. Competitors will require their own private transport. Parking will be in the forest, see the event information for details.

Start Numbers

Every competitor will be issued with a numbered bib (or “start number”) which must be worn on their front for each race. Bibs will have the competitor’s name, club, class entered, SI card number, start place and start times for the individual races on them.

Every competitor should write any relevant health information and an emergency contact number on the back of their bib, to aid medical care in case of emergency.

Lost bibs may be replaced at the Event Arena Registration tent for a charge of \$5.

Registration Pack

These can be collected from the Registration tent prior to your first event, and will include your bib, safety pins, and any rented SPORTident or SIAC cards. Registration packs do not include a printed bulletin or printed start lists. Start lists will be available on the NZOC2018 website

<http://www.orienteingauckland.org.nz/nzoc/info/> and on display at each Event Arena.

If you have ordered an event T-shirt, this will be available for pick up at the Registration tent also.

Retail Outlets

MapSport and Grassy Knoll will be selling their orienteering merchandise at NZOC2018.

Waste and green thinking

The organisers aim to be eco-friendly and reduce waste where possible. NZOC2018 runs a ‘Pack-in, Pack-out’ policy, so if you carry it into the venue, please carry it out again. However, if you have recyclable waste (plastic, glass and cans) to dispose of, please follow the signs and place into the recycling bins provided.

Telecommunications and cell phone coverage

There is good mobile phone coverage at the sprint event, almost no coverage at the Woodhill Forest Long event, and patchy coverage at the event arena for the Middle/Relay events.

Child care

A tent will be available in the event arenas at the forest events for families with young children. This will be clearly signposted. It is unsupervised and therefore it is the parents’ responsibility to ensure adults are with their children at all times.

Those with young children may be able to park closer to the Event Arena for the Middle and Relay; speak to the parking marshal as you arrive. At the Long there will still be a 650m walk through the forest which is not very buggy friendly.

Lost and found

Any lost belongings handed in will be kept at the Registration/ Info Desk at the Event Arenas.

Catering

There will be food and beverages at all events.

Sprint: The QUAD Café will be open from 11am till 5pm. Located adjacent to the event arena, they will be selling a range of sweet and savoury food, and hot and cold drinks.

Forest events: There will be coffee carts in attendance, and food catering is supplied by a group of orienteering families from Mount Albert Grammar School – please support their hard work.



Mt Albert Grammar School will be running the food stall as a fundraiser at Nationals. On offer will be falafels in pita bread, bacon and egg rolls and sausages; as well as home baking and cold drinks. PLEASE BRING CASH as there will be no eftpos available. Prices range \$1-\$6.

6. Social Function

Sunday April 1st, 2018

Rocket Park / Mt Albert War Memorial Hall

4:00-5:30 pm MicrO sprint

6:00-7:30 pm Dinner

7:30-9:00 pm Prizegiving: Long and Middle Championship placegetters, and ONZ awards

9:00-11:00 pm Social

MicrO sprint

Rocket Park. Remapped 2018 by Selwyn Palmer.

Planner: Adam Bateman

There will be 3 short courses available, around 0.8-1.0 km each.

\$2 entry fee to cover map printing costs.

Standard SI punching will be used, with SI cards available for borrowing at the event.

Dinner

The 2018 Nationals dinner will be catered by a local Italian restaurant, Sal Rose, and will be a casual and affordable buffet-style meal offering a selection of pasta dishes, salads and bread, followed by dessert.

The function is BYO drinks (alcoholic or non-alcoholic); drinking water will be provided. No minors are permitted to drink alcohol. The venue sits within an alcohol restricted area which does not

permit drinking alcohol in public; you must only consume alcohol within the venue itself (Mt Albert War Memorial Hall); drinking outside in the surrounding park may result in a fine.

See the NZOC2018 website for the menu.

Adults \$25.00, Children (12 years old or under) \$12.50.

Purchase tickets through EnterO until 11:59pm on March 26th

(<https://entero.co.nz/evento.php?eventName=NZOC2018>)

7. Competition Details

Competitions

- **NZ National Championships** for all age grades, including M/W10A to 20A in 2 year age groups, open M/W21E and 21A, and M/W35A upwards in 5 year age groups. B grades and Short grades are also available, along with Open Easy (yellow) and Open Very Easy (white) grades. A MW10N grade is available for young children who need to be shadowed. Class eligibility is determined by age on 31 December 2018.
- **SuperSeries 2018 Round 2:** Results in the M/W21E and M/W20A grades will earn points towards the 2018 SuperSeries competition for all 3 individual races. The relay will also count for the teams competition.
- **Selection Trials:** The 2018 National Championships will be a selection trial for teams to compete at WOC 2018, JWOC 2018, and WUOC 2018.

Enter on the Day

For those who did not officially enter Nationals on time, or those who are there as supporters but decide they would like to try orienteering themselves, it is possible to enter on the day for an unofficial run on one of the designated courses.

Maps offered:

	SPRINT		LONG		MIDDLE	
	Course	Distance	Course	Distance	Course	Distance
EODR Red	5	2.1	6	5.2	6	2.9
EODRs Red (short)			9	2.8		
EODO Orange	8	2.7			12	2.0
EODY Yellow	9	2.3	13	2.6	13	2.1
EODW White			14	2.3		

Pricing:

	Sprint	Middle	Long
Junior	26	39	39
Senior	39	52	52
Family	104	143	143

Plus the \$5/\$10 ONZ non-member levy if applicable, and \$3 SportIdent hire if required

Registration Procedure:

Decide which course you would like to run, then register and pay at the Registration tent. You will be given a slip of paper to take up to the start line with your name, course, SI number and start time on it. Make sure you are there early enough to go through the start procedure properly (at least 6 minutes before your start time).

Download/Finish:

At the finish you can download at the normal download stations, and you will receive a printout of your result (overall time and control split times). You can hand in any hire SportIdent cards.

If there are still more people to start, you will need to hand in your map, but you can collect it along with everyone else once everyone has started and the map collection area is opened up.

Prizegivings

A prizegiving will be held at the conclusion of the Sprint. The prizegiving for the Long and Middle events will be held on Sunday evening after the NZOC2018 dinner, together with presentation of ONZ awards for 2017. A prizegiving for the Relay will be held as soon as possible on the Monday once Relay results are known.

Rules

NZOC2018 will be run under the [ONZ FootO Competition Rules 2016](#).

In addition, the Sprint and the Long are WRE races, and WRE classes will be run in accordance with the [Competition Rules for IOF Foot Orienteering Events 2018](#). For the Sprint these classes include M21E, M20A, W21E, W20A. For the Long the WRE classes are M21E and W21E.

Fair Play

All competitors shall behave with fairness and honesty. Attempts to gain any information related to the courses, beyond that provided by the organiser, is prohibited before and during the competition. It is forbidden to bring any previous maps along to the competition arenas. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified.

Anti-Doping

Doping is strictly forbidden. Drug Free Sport NZ is the National Anti-Doping Organisation in New Zealand and is responsible for ensuring athletes and sporting organisations comply with the WADA Code and for enforcing compliance with this Code via the Sports Anti-Doping Rules (SADR). For more information see www.drugfreesport.org.nz. Orienteering NZ will work with DFSNZ or the IOF within New Zealand to facilitate any in-competition testing. All athletes competing in NZOC2018 are required to comply with the Sports Anti-Doping Rules published by DrugFree SportNZ.

Maps

Competition maps have been digitally printed on synthetic waterproof paper (Teslin). The maps were produced under either the International Specification for Orienteering Maps (ISOM) 2017, or

the International Specification for Sprint Orienteering Maps (ISSOM) 2007. The Sprint courses use the 2018 International Specification for Control Descriptions (ISCD2018)

Embargoed areas

Embargoed areas leading up to the competition, and old maps available, may be found at the NZOC2018 website.

Sprint competition area: University of Auckland

Competitors, team officials and other persons are permitted to access the University of Auckland City Campus up until competition day; however use of orienteering maps, running training of all kinds and route choice testing are not allowed in the area.

The Sprint area is embargoed on the competition day from 6 am until the competition is over. **All competitors must use only the routes specified by the organisers to reach the event arena. See the maps in the competition day information.** Athletes are not allowed to re-enter the Sprint area after they have finished their race and before the last competitor has finished their race.

Long and Middle race areas: Woodhill Forest

All areas are embargoed. As this is a private forest no competitor may gain entry prior to the event. Having crossed the finish line, a competitor must not re-enter the competition terrain without the permission of the Controller. This includes the Start and Finish areas.

Mixed Electronic Punching - Air+ System

A SportIdent mixed punching system will be used in all NZOC2018 events. This means that in addition to normal SI punching, the SPORTident ActiveCard (SIAC) touch-free system will be activated in all races. Regular SI-Cards that you punch the control with will still work like normal. Competitors using the SIAC cards do not need to pause at the control to punch, they only need to pass the SIAC near to it (within 30cm), so they may gain a small time advantage over competitors using regular punching.

More information about the Air+ system and SIAC cards can be found in the event website

<http://www.orienteeringauckland.org.nz/nzoc/info/si-air/>

To help competitors unfamiliar with the Air+ system get their head around it, there will be a 'SIAC demonstration course' with battery-check, Clear/Check controls, a couple of on-the-course controls plus a Finish control available at the event arena early on each day. This will allow you to try a dummy run and be confident the system will work for you during the real events.

Competitors may use their own SIAC cards if they own one, or hire a SIAC if they would like to try the Air+ system.

Rented SPORTident and SIAC Cards

SIAC hire fee is \$5.75 for one event, to a maximum of \$17.25 for 3 or more events.

Regular SI-cards may also be hired if required for \$3/event

Pre-ordered SIAC and SI cards will be in registration packs. After your last race, please return any rented SI-card or SIAC after passing the finish line, or at the Registration tent. A charge of \$90 will be made for the loss or non-return of rented cards.

Control Descriptions

Control Descriptions will be printed on the front side of all competition maps (Symbols for Red courses; English for Orange, Yellow and White level courses). Loose copies of the control descriptions will be available in the start lanes as part of the start procedure. Competitors have one minute to choose and prepare their control descriptions. At the Start, there is NO tape or other equipment available to prepare control descriptions.

Controls

Each control is equipped with

- a control flag
- one electronic punching station (SPORTident (SI) unit); some control sites with high traffic (e.g. last control) may have 2 SI units
- one pin punching device; only to be used if SI unit fails

The control code is located on top of the SI unit. There are many controls in the competition terrain, so it is important to always to check the control codes when you punch.

There will be radio controls in all events.

SI-cards or SIAC must be cleared and checked before each race. Stations to clear and check SI-cards will be located in the prestart and again in the -6 min start box. The check boxes also turn on SIAC cards.

At each control, either insert your SI-card into the control unit until the unit beeps and flashes, or pass your SIAC close to the control box and check that the SIAC beeps and flashes.

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 SIAC stops working in Air mode (no beep or flash), it can still be used like a regular SI card to punch each station. If an SI unit does not function (there is no beep and no flash) then use the pin punch attached to the control stand and punch on your map in one of the spaces provided. If you have pin punched any controls on your map you must hand the map in at the Problem Desk before leaving the Finish area and explain what you have done.

At the Finish line punch at one of the SI units (or pass the SIAC over one). Your elapsed race time only stops when you punch one of these units. Competitors must punch one of these Finish units even if they do not complete their course. SIACs are turned off by the finish control.

Start Lists

The start list for the WRE races are compiled in accordance with IOF Rule 12.19, and drawn according to IOF World rankings downloaded on March 16th. For the Sprint WRE races, the start times are drawn for the combined M21E/M20A classes and W21E/W20A classes.

Start Lists and results are published on the NZOC2018 and ONZ websites; the start lists for the WRE courses will also be published on IOF Eventor.

Results

Live provisional results will be on display at each Event Arena. This will include information from the radio controls updating competitors' progress on course. Official results will be displayed as soon as possible after the event on the NZOC2018 website and Winsplits; WRE results will be uploaded to IOF Eventor. Courses will also be available on Routegadget.

Commentary

Race commentary will provide news and results based on live feeds from O-Lynx radio controls, and as such will be 'unofficial' times.

Start Procedure

Each runner is responsible for following the correct marked route to their start area. The competition area is out of bounds until your start time. Distances to the start are specified for each race. A silent start procedure will be in operation, and it is the runner's responsibility to be there on time.

The prestart area has Clear, Check and SIAC battery check boxes in it.

In the Start area, runners will pass through six consecutive starting pens, and remain one minute in each one.

Prestart	-6	-5	-4	-3	-2	-1	
Clear Check SIAC Battery Test	Late Start Lane						→→Start
	Clear Check	Hold	Check	Siac Test	Control Descriptions	Maps	

-6 minutes: Bib, SI card and the starting time are checked. Runners without an SI-card or without a bib will not be allowed to start.

-5 minutes: Holding pen

-4 minutes: Each runner inserts their SI-card into a Check box.

-3 minutes: Holding pen. A SIAC test unit will be available for competitors with a SIAC to check it is turned on.

-2 minutes: Loose control description sheets are available for runners to pick up (optional). The control descriptions will also be printed on the map.

-1 minute: Maps. The runner stands beside the map issue box labelled with his/her correct course and class. The start-countdown will be indicated by a series of 6 beeps at -5 to 0 seconds. At the last beep the competitor's race time begins and the runner can take the map from the map pocket. The runner is responsible for taking the correct map.

Runners 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.

Late Start

Runners who arrive to the start late must report to the late start lane where an official will accompany him/her. Control descriptions and the competition map will be handed over by an official, and the competitor then starts the race when told to do so (IOF Rule 22.9) using a punch-to-Start. The results of runners 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 22.10).

Any runner 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, he/she should make a complaint after finishing the race at the Problem Desk before leaving the Finish Area.

Quarantine

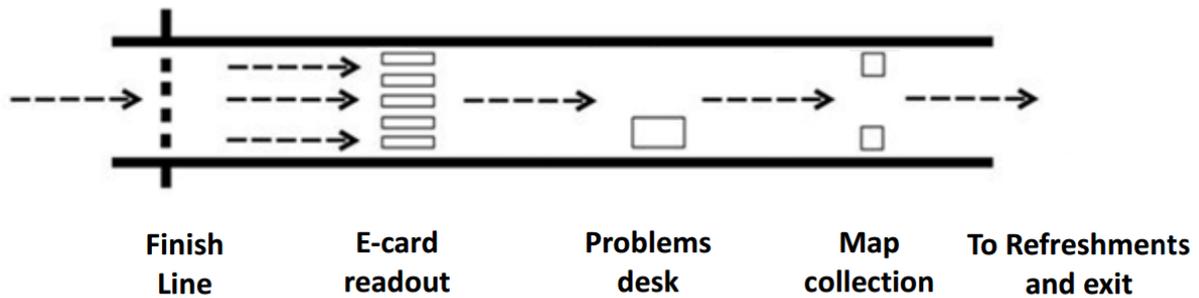
A quarantine will be in operation for M21E, M20A, W21E, and W20A for the Sprint WRE races only. See the Sprint event information for details.

Finish Procedure

All runners, including those runners who do not complete the whole course, are required to pass and punch one of the SI units on the Finish line. Runners who do not punch at the Finish line will be considered as "missing in the forest", which may cause a search in the forest for the missing person. Your bib number must be clearly visible as you cross the Finish line.

Each runner must download his/her SI-card/SIAC at one of the manned download stations. There will be a Problem Desk for solving mispunches and handling problems regarding download. All maps will be collected at the finish in all races. After download and map collection, runners are free to go for refreshments.

The schematic flow diagram below shows how the Finish system works:



Map Reclaim

Maps may be reclaimed from a designated location near the Finish area only after the last competitor's start. Competitors re-entering the map collection area before map reclaim has been authorised will be automatically disqualified.

Complaints and Protests

In accordance with the ONZ and IOF Foot O rules 27 and 28, complaints and protests may be made in writing (in English), using the appropriate forms which are available at the Registration tent in the Event Arenas. Complaints should be handed in to the Registration tent within 60 minutes of finishing. The event Controller will make a decision and notify the complainant as soon as possible. There is no fee for a complaint.

If the complainant is not satisfied with the Controller's decision, a protest may be lodged at the Registration tent. The time frame for this is within the next 15 minutes for the WRE courses (IOF rule 28.3), and for the non-WRE courses within the next 60 minutes (ONZ rule 28.3). Protests will be forwarded to the IOF Senior Event Adviser (WREs) or Controller (other days or classes), who will convene a jury. After due consideration, the jury will communicate their decision to the complainant. A fee equal to the entry fee for that day for the class in question shall accompany any protest. This will be returned if the protest is accepted.

For a protest relating to a WRE race, the SEA will convene the WRE jury comprising Christine Brown (Australia), Graham Teahan (NZ), and Marquita Gelderman (NZ).

For all other races/classes, the event Controller will convene a jury of 3 ONZ A-grade Controllers selected from amongst: Marquita Gelderman, Graham Teahan, Gillian Ingham, Michael Wood and Alister Metherell.

GPS Equipment

As per IOF Foot O rule 21.4, competitors shall not use or carry telecommunication equipment between entering the prestart area and reaching the finish of a race, unless the equipment has been approved by the Controller prior to the event. GPS-enabled devices (watches etc.) may be carried provided that they have no map display and are not used for navigation purposes.

8. Health and Safety

Personal Responsibility and Safety

Comprehensive Health and Safety plans are kept at Registration in the Event Arenas.

Competitors should use common sense at all times to ensure their own and others safety. Check for specific hazards in the event information and on the Hazards Board at the Event Arena.

A whistle should be carried on 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 a whistle. Pause and listen for reply and repeat to allow them 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 requires physical assistance. Please render assistance as needed, and make event officials aware of the issue, so as to organise the appropriate response.

To avoid initiating unnecessary searches after the event, competitors must punch the Finish SPORTident unit even if they do not complete their course.

Open fire or smoking is prohibited in all competition areas.

Paramedics (Jam Medics) will be present at all events.

Clothing and Shoes

Sprint events: Running shoes with or without rubber studs are allowed, but metal-tipped studs are forbidden. Shorts or O-suits are both suitable.

Forest events: Full body cover is recommended; consider wearing a long-sleeved top to protect your arms from pampas grass cuts. Orienteering shoes with rubber or metal-tipped studs will be best. Eye protection is recommended for the Long Distance race.

9. NZ Sprint Orienteering Championship and World Ranking Event

Friday March 30th, 2018

University of Auckland City Campus, Auckland

Mapped in 2015 to the International Specification for Sprint Orienteering Maps (ISSOM) 2007 standard. Re-surveyed during 2016-18.

Scale 1:4000, 1:3000; contour interval 2m.

Previous versions of the map: The WMOC map is available on the NZOC2018 website.

Mapper: Russell Higham, updated 2017-18 by Selwyn Palmer and Alison Comer

Planner: Alison Comer

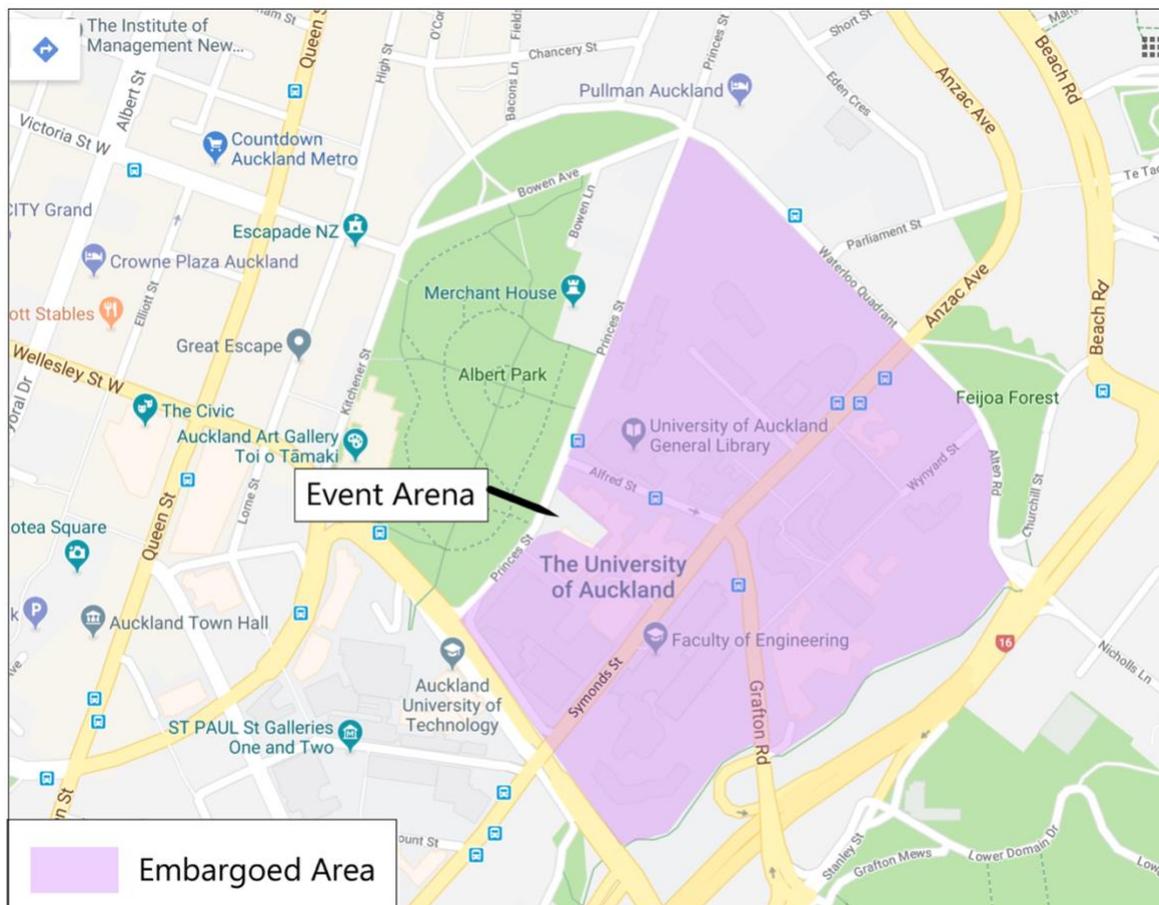
Controllers: Hayley Smith / Scott Vennell

Senior Event Advisor: Gillian Ingham

Arena manager: Lyn Stanton

Embargoed Area

The whole of the University City Campus is completely embargoed from 6:00am on the event day (30th March 2018). This includes the footpaths adjacent to the university's perimeter fence/buildings. Competitors should access the event arena from the west, and are encouraged to use Albert Park for warming up prior to running; however, there is no warm-up map provided.



Event Arena

The Event Arena is located off Princes Street in the University in the Student Union area, 30-32 Princes St (known as the Quad). Access is across the pedestrian crossing at the south end of Princes St; approach this via Albert Park/west side of Princes St only.

There will be toilets and changing rooms available (downstairs under the student union building). The finish, downloads and map collection are adjacent to the arena, and results screens will display live results (O-Lynx). The university cafeteria will be open for refreshments.



Transport options and routes

Arrival on Foot

Access to the event arena is from the west, either through Albert Park or via Princes St (west side footpath only). Competitors must not use the east side of Princes St, any part of Alfred St, Symonds St from Wellesley St to Waterloo Quadrant, the south side of Waterloo Quadrant and Alten Rd, or Grafton Rd from Symonds St down to the Grafton Gully Cycleway to access the arena.

Parking

Limited free parking is available on Princes Street, and free parking (public holiday) can be found in the city streets to the west of the university. There are also council parking buildings available within walking distance of the university (nearest are Victoria St and Civic carparks) that are reasonably priced on public holidays.

Arrival by Public Bus

In general, do not use Symonds St between Wellesley Street and Waterloo Quadrant, the east side of Princes St, or any part of Alfred St to access the event arena, you may be disqualified.

Many buses travelling into the city pass within the embargoed map area (Symonds St, Alfred St). **It is the competitors' responsibility to get off a bus before it travels into the embargoed zone.**

*Buses along Symonds Street from the South West: **Get off at stop 7147 or 7089**, access the Event Arena via Wellesley St, over the pedestrian bridge into Albert Park, and across Princes St.*

*Buses along Anzac Avenue from the North/North East: **Get off at stop 7140** at the corner of Anzac Ave and Beach Rd and access the event centre via Short St, Eden Cres and Princes St (west side only).*

*Outer Link bus: The Outer Link bus **clockwise** stops at Wellesley St East (stops 1094 and 7088), from*

which you can access the event arena via Albert Park or Prince St (west side only). The next stop 7023 is **within the map so MUST NOT be used. Do not go past stop 7088. Do not use the Outer Link bus anti-clockwise.**

Inner Link bus: The Inner Link buses in either direction stop at Auckland Hospital in Park Rd, on Karangahape Rd, on Queen St, and on Customs St. From any of these stops you can walk to Albert Park and access the event arena across Princes St.

Start

First start is at 2:00pm. All competitors will start from the same Start, an easy, flat 250m walk from the event arena. There is limited shelter from the weather at the start.

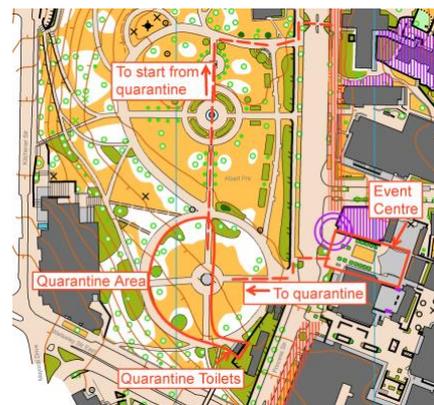
World Ranking Event Competitors

The Sprint Championship is a WRE for the M21E and W21E grades, and will be run in accordance with the [Competition Rules for IOF Foot Orienteering Events 2018](#). M20A and W20A run the same courses as the M21E and W21E grades, respectively, and can also gain world ranking points as long as they provide their IOF ID when entering.

Start lists for the WRE races are drawn according to athletes' IOF Sprint rankings at the time of start list preparation, per the IOF rules regarding WRE start list draws. This means that the 20A and 21E classes are combined for purposes of the start list draw; however, NZ Championship results for the two classes will remain separate.

Quarantine for World Ranking Event Competitors

A quarantine is in operation for all WRE runners (M21E, M20A, W21E, W20A), based in the band rotunda in Albert Park and park area immediately west of that. Quarantine opens from 1:30pm. All WRE competitors must report to the quarantine marshal by 1:45pm, and remain in the quarantine area until they go to the start. Toilets and shelter are available at the quarantine area, but competitors should have their own water/food if required.



The quarantine area will NOT be taped, but competitors are expected to stay within the paths marked on the map. They may not return to the Event Centre before running. No mobile communication is allowed within the quarantine area. A gear return back to the Registration tent is available, make sure you have a labelled bag for your gear. The start is an easy 300m walk from the band rotunda in the quarantine area.

Terrain

The university campus terrain combines some open grassy areas, formal flower beds, trees, statues and networks of paths, along with complex buildings, narrow passageways, paths, steps and tunnels. Generally, running is very fast.

Mapping notes

The map includes areas that are mapped as out-of-bounds. Some, such as formal gardens are obvious in the terrain and will not be marked in any further way on the ground (Fig.1). Out of bounds areas which are less obvious will be marked in the terrain with tape (Fig 2).



Figure 1: Example of formal flower bed/garden: forbidden to cross



Figure 2: Example of taping of lawns and informal gardens: forbidden to cross

There are some areas of buildings with several levels: only one level is mapped. The level(s) not mapped will be taped as out-of-bounds, and entrances to these will be shown on the map as uncrossable. There are underpasses on the maps, marked with the tunnel symbol.

Any automatically opening doors into solid grey buildings are out of bounds.

Symonds St, a busy public road, crosses the map and will be open to traffic throughout. It is marked as out of bounds on the map, with purple hatching; crossing this road at street level is strictly forbidden and could lead to disqualification. Competitors that have courses crossing this road must use the compulsory tunnel crossing beneath it. The tunnel is mapped as a marked route on both the map and control descriptions (see right). Use of the foot path along the edges of this road is permissible.



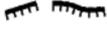
There is a paved area west of Symonds St that sits directly above the tunnel, and which is therefore crossed by the purple compulsory route symbol indicating the tunnel underpass; this paved area (a carpark) is passable at ground level.

Special Map Symbols Used

○	The black circle 539.000 has been used to map large vertical pipes
⊙	In addition to memorials and statues, the cairn/ memorial symbol 537.000 has been used to map <i>pou</i> which are Māori carved poles
×	The black cross 540.000 has been used to map other prominent man-made features such as sculptures and prominent signs

ISSOM Features that competitors are forbidden to cross

Competitors who cross areas or features which are marked on the map with forbidden symbols will be disqualified.

Forbidden to cross		Allowed to cross	
	Impassable cliff		Passable cliff
	Impassable wall		Passable wall
	Impassable fence or railing		Passable fence or railing
	Building		Canopy Pillar
	Impassable vegetation		Vegetation: very difficult to run
	Area with forbidden access		
	Area with forbidden access		

Course notes

In accordance with IOF Competition Rule 16.3, the course lengths for the Sprint race are given for the shortest distance a runner could take, going around all impassable obstacles (high fences, buildings, impassable cliffs, prohibited areas and marked routes).

There is a spectator control north of the event arena. Most courses visit this control and spectators will be able to see competitors passing through. O-Lynx will be used to show runners' progress, and the results shown on the Results screens.

Courses 1, 2, 3 and 9 have a map flip.

New Control Description Symbol Used

	Out of Bounds area. Typically a flowerbed, garden or similar feature.
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Control Descriptions for WRE classes

The loose control descriptions for Course 1 are 19.5cm long, Course 2 are 17.0cm long.

Hazards

There may be some staff, students or members of the public moving around the competition area. Please respect other users of the space and avoid collisions with them, and other runners, especially in narrow passageways and on stairs. Steps, concrete and tiled areas may be slippery, especially if wet. There may be some slow-moving local traffic within the University grounds. Take care when crossing or running on any internal roads, especially if rounding corners.

Symonds St is always very busy, and crossing it at street level is strictly prohibited and will lead to disqualification. Competitors MUST use the tunnel, which is clearly shown on the map.

A second small road, Alfred St, is open to limited traffic. It may be crossed when deemed safe by the competitor (it is the runner's responsibility to cross the road safely). A marshal will be stationed on Alfred St monitoring traffic and ensuring younger competitors cross safely.

Course closure

Course closure will be at 5.30pm. All competitors are required to then return to the finish whether they have completed their course or not.

Water

There will be no water provided on the courses. Water will be available at the Finish in the Event Arena.

Sprint course details:

Course	Men	Women	Difficulty	Length (km)	Climb	Controls	Map Scale
1	M21E M20 (WRE)		Red	3.7	50	28	1:4000
2	M16 M18	W21E W20 (WRE)	Red	3.1	45	23	1:4000
3	M21A M35 M40 M45 M50	W16 W18	Red	3.0	45	23	1:4000
4	M55	W21A W35 W40 W45 W50	Red	2.4	40	19	1:4000
4a	M60		Red	2.4	40	19	1:3000
5	M21AS	W55	Red	2.1	30	17	1:4000
5a	M65 M70	W60	Red	2.1	30	17	1:3000
6		W21AS	Red	1.8	30	13	1:4000
6a	M75	W65 W70	Red	1.8	30	13	1:3000
7	M80 M85	W75 W80	Red	1.3	20	10	1:3000
8	M14 M21B	W14 W21B	Orange	2.7	35	21	1:4000
9	M12 OE	W12 OE	Yellow	2.3	30	25	1:3000
10	M10 OVE MW10N*	W10 OVE MW10N*	White	1.6	15	22	1:3000

OE, Open Easy (yellow difficulty); OVE, Open Very Easy (white difficulty)

* MW10N is for children being shadowed.

10. NZ Long Distance Orienteering Championship and World Ranking Event

Saturday March 31st, 2018

Woodhill Forest – Hedley Dunes

Mapped in 2015-17, updated to ISOM2017 standard in 2018.

Scale 1:15000, 1:10000, 1:7500; contour interval 2.5m.

Mappers: Selwyn Palmer, Mike Beveridge, Paul Ireland; updated 2018 by Selwyn Palmer and Alistair Stewart.

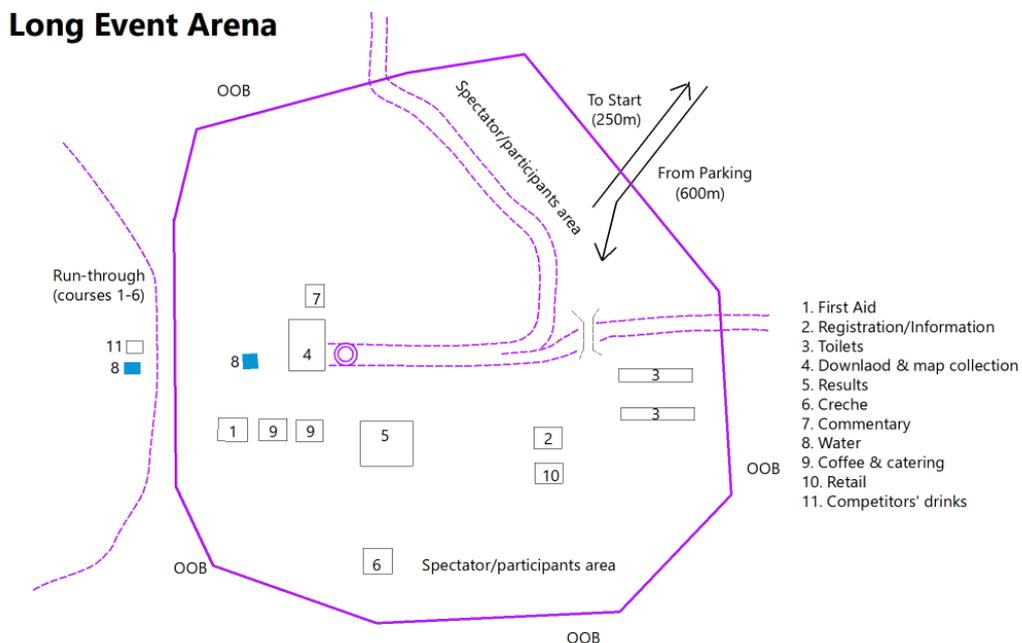
Planner: James Crosby

Controllers: Martin Crosby / Alistair and Joanna Stewart

Senior Event Advisor: Gillian Ingham

Arena managers: Katalin Pethő / Peter King

Event Arena



Directions

From Auckland, follow SH16 along the North Western motorway and on through Kumeu and Waimauku to Rimmer Road, 19 km north of Kumeu. Turn left into Rimmer Road and travel 4 km to the forest entrance on the left (sealed road). Turn into the forest and travel 4.1 km along a metal road to a manned gate (right turn into Inland Road). Parking is a further 11.5km along this metal road.

The condition of the road once you leave the seal (the 4.1 km section) is poor, especially the portion down the hill from the forest entrance where there are large areas of potholes and washed out parts. There will also be other traffic on this portion of the road. Drive with extreme care. Headlights

must be on while driving in the forest. As you drive along Inland Road you cross through a motorbike park, where there are 2 places where their track crosses the road. Be prepared to have to stop while bikes cross. These points will be manned. Allow plenty of time for slow travel on the 16km of metal road.

Coordinates of Entrance to Forest on Rimmer Rd
36.689347S, 174.389383E

Parking

Parking is along the south side of Inland Road only. Please park as directed – cars will be directed to angle park alternately each side of the walk to the arena. There is a 650m walk through the forest (gentle downhill) from the parking to the arena.

Start

The start is 300m from the arena. You will pass close by the start on the walk from the parking to the arena. There is only one start but courses 13 and 14 have a different start triangle from the other courses which will be marked with a different coloured tape. Grades 16A-55A, men and women, will be on the right hand side of the start chute (Courses 2a, 2b, 3, 4, 5, 6, 7, 8). Elite grades, men and women, and all others will be on the left hand side (Courses 1, 2, 6a, 7a, 8a, 9, 10, 11, 12, 13, 14). Starts will be at 3 minute intervals.

Warm-up Area

All forest around the event arena and the start area is strictly out of bounds. Competitors may warm up by running on the marked route between the event centre and the parking area, or in the forest block north of the parking area, opposite the entry to the route to the arena. This block will be clearly marked with a “Warm-up Area” sign.

Out of Bounds

Apart from the signposted routes to the event arena and to the start, all of the forest area is completely out of bounds to competitors. This includes both sides of Inland Road except for the warm-up area opposite the entry from the parking to the arena (which will be marked with a sign). Competitors must keep to the route from the parking to the event centre (marked by streamers), and from the event centre to the start.

String Course

There will be a string course for the little ones not too far from the event centre.

Terrain

The forest is mostly radiata pine planted on undulating to moderately steep sand-dune terrain, with some areas of intricate contour detail (where the Controllers’ eyes found a magnifying glass useful, particularly on the 1:15000 scale!).

The trees vary in appearance - some areas well-spaced with branches trimmed, others slightly younger trees which have not been trimmed, while some areas have unmanaged pines that are gnarled and twisty. Distinct changes from one tree type or management style to another have been mapped with a vegetation boundary.

Underfoot in most areas is fairly clean with good runnability, but there are some areas with thinnings on the ground and/or pampas grass where running becomes more difficult. Where these areas can be crossed with good visibility, they are mapped as green stripe while the areas that are very difficult to traverse are mapped as dark green. There are also small pockets of native New Zealand bush, mostly manuka, with varying visibility and runnability.

There is a network of widely spaced forestry roads and some distinct motorbike tracks, which are marked on the map. There are many other motorbike tracks, however, that have become indistinct, meaning they could be crossed without seeing them and are difficult to follow. These tracks will not be shown on the map.

Hazards

The usual forest hazards exist of uneven ground, fallen trees and branches, pampas grass which cuts and vines growing on the ground. The areas with unmanaged pines have sharp branches at head height and you may wish to consider wearing eye protection. Longer courses cross the road competitors drive to the event on. Watch out for cars and for a fence which runs beside this road (mapped and in good repair). There is the possibility of other users in the forest, including horse riders.

Course notes

Competitors on courses 1 to 6 will have a taped route through the event centre about $\frac{1}{2}$ to $\frac{3}{4}$ of the way through their course.

Some tracks used by course 13 and 14 will have pink streamers hanging along them where needed to aid in their visibility as they can become indistinct when pine needles fall. There is also a taped route on course 14.

Emergency Safety Bearing

SW to Coast Rd. If you encounter the dunes head NE to Coast Rd.

Course closure

Course closure will be at 5.00pm. All competitors are required to then return to the finish whether they have completed their course or not.

Water

Water will be provided on all courses, either at controls, or on forest roads (and marked on the map). In addition Courses 1 to 6 will have a water table on the event centre run through.

Competitors on these courses may also leave their own hydration/drinks, clearly labelled with your name and grade, for collection from a table beside this water stop. If you wish to have your personal

refreshments on this table please hand them in to registration before your race. NOTE The drinks at the run through are not shown on your map or control descriptions.

Control Descriptions

The loose control descriptions for C1 are 27cm long, Course 3 19cm long, C2,2a,2b 18cm, C5 17cm, C4, 6 16cm, C11 15cm, remainder 13cm or less.

Long Course Details:

Course	Men	Women	Winning Time	Colour	Length (km)	Map Scale	Climb (m)	Map Size	No. of controls
1	M21E (WRE)		100	Red	16.4	1:15000	400	A3	37
2		W21E (WRE)	80	Red	10.1	1:15000	245	A4	23
2a	M21A M35A		70	Red	10.1	1:10000	245	A3	23
2b	M20A		70	Red	10.6	1:10000	245	A3	22
3	M18A M40A M45A		60	Red	8.4	1:10000	200	A3	25
4	M50A	W20A W21A W35A	55	Red	7.2	1:10000	165	A3	20
5	M55A M16A M21AS	W40A W45A	50	Red	5.9	1:10000	140	A4	21
6		W18A W50A	45	Red	5.2	1:10000	130	A4	20
6a	M60A		45	Red	5.2	1:7500	130	A3	20
7	M40AS	W55A W16A W21AS	45	Red	4.5	1:10000	120	A4	15
7a	M65A		45	Red	4.5	1:7500	120	A4	15
8		W40AS	45	Red	3.9	1:10000	95	A4	15
8a	M70A M75A	W60A W65A	45	Red	3.9	1:7500	95	A4	15
9	M80A	W70A W75A	45	Red	2.8	1:7500	65	A4	13
10	M85A	W80A W85A	45	Red	2.1	1:7500	55	A4	10
11	M14A M20B M21B	W21B	45	Orange	5.1	1:10000	140	A4	18
12	M40B	W14A W20B W40B	40	Orange	3.5	1:10000	95	A4	15
13	M12A M14B Open Easy	W12A W14B Open Easy	35*	Yellow	2.6	1:7500	65	A4	13
14	M10A M10N M12B Open Very Easy	W10A W10N W12B Open Very Easy	35*	White	2.3	1:7500	55	A4	13

* Course 13 and 14 times are estimated median finish times for the A grade classes.

11. NZ Middle Distance Orienteering Championship

Sunday April 1st, 2018

Woodhill Forest – Temu Rd

Mapped in 2015-17, updated to ISOM2017 standard in 2018.

Scale 1:10000, 1:7500; contour interval 2.5m.

Mappers: Selwyn Palmer, Mike Beveridge, Paul Ireland; updated 2018 by Selwyn Palmer and Mike Beveridge.

Planner: Dave Crofts

Controllers: Guy Cory-Wright / Selwyn Palmer

Arena managers: Katalin Pethő / Peter King

Coordinates of Forest Entry Point intersection Restall Rd/ SH16
36.74724S 174.43829E

Event Arena



Directions

Take the Restall Road entrance to Woodhill Forest from SH16, 5.8 km north of Waimauku, or 10.6 km south of Helensville. Follow the O signs along gravel roads for about 10 min to parking.

Parking

Parking is in a clearing near the arena and on the side of the road. When parking, please follow directions of parking marshals. Allow time for parking and walking up to 1 km to reach the event arena.

Starts

The first start is at 10:00am. There are two starts: Start 1 is for Courses 1 to 3 only (M21E, W21E, M18A, M20A, M21A, M35A, M40A, M45A). Start 2 is for all other classes.

There will be no toilets or water at either start.

Start times will be available at <http://www.orienteingauckland.org.nz/nzoc/info/> from 23 March, and at the Event Arena and prestarts.

Distance to Starts

Start 1: 600m Southeast from Event Arena along forestry roads and tracks. Allow 10 minutes from the Event Arena.

Start 2: 600m Northwest from Event Arena along forestry roads and tracks with a gradual climb. Allow 15 minutes from the Event Arena.

Terrain

Pine forest on undulating to steep sand dunes, with generally excellent runnability. Some areas of very fine contour detail, and small pockets of native bush. The area is used as a 4WD park and has a number of major



tracks and non-linear less distinct tracks and paths. The 4WD park will not be in operation but due to regular use, some paths might be

more or less distinct on the day than what is shown on the map. The three longest courses will cross an area of rough open.



Hazards

Forest roads – Rimmer Rd, which forms the western boundary of the map, is a public access road and will be open on the day. Whilst courses do not cross Rimmer Rd it remains in bounds. All courses will cross Inland Rd. This is closed to the public but you should still look for any traffic before crossing.

Fences – a fence runs parallel to Inland Rd. The fence wire will be on the ground but could still present a trip hazard. Black and yellow warning tape will be tied to the fence at approximately 20m intervals.

Emergency Safety Bearing

North or south to Inland Road. Inland Road is a major gravelled forest road.

Course closure

Course closure will be at 3.00pm. All competitors are required to then return to the finish whether they have completed their course or not.

Special Symbol

A special symbol is used and is applicable to courses 13 and 14 (yellow and white courses).

x	Other Man Made object
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Changed Symbol - ISOM2017

ISOM2017 has changed the map symbol for water tanks to a blue square.

□	311 Well, fountain or water tank
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Middle Course Details:

Course	Men	Women	Winning time	Colour	Length	Map Scale	Climb (m)
1	M21E		36	Red	5.6	1:10000	340
2	M20A M21A M35A	W21E	35	Red	4.3	1:10000	250
3	M18A M40A M45A		33	Red	3.9	1:10000	225
4	M50A	W20A W21A W35A	33	Red	3.8	1:10000	235
5	M55A M21AS M16A	W40A W45A	30	Red	3.3	1:10000	210
6	M40AS	W18 W50A W21AS	27	Red	2.9	1:10000	170
6a	M60A		27	Red	2.9	1:7500	170
7		W55A W40AS W16A	27	Red	2.7	1:10000	170
7a	M65A		27	Red	2.7	1:7500	170
8	M70A M75A	W60A W65A	27	Red	2.5	1:7500	160
9	M80A M85A	W70A W75A	27	Red	1.5	1:7500	75
10		W80A W85A	25	Red	1.1	1:7500	70
11	M14A		25	Orange	2.9	1:10000	160
12	M20B M21B M40B	W14A W20B W21B W40B	22	Orange	2.0	1:10000	75
13	M12A M14B	W12A W14B	21*	Yellow	2.1	1:7500	95
	Open Easy						
14	M10A M12B	W10A W12B	21*	White	2.2	1:7500	80
	MW10N Open Very Easy						

* Course 13 and 14 times are estimated median finish times for the A grade classes.

12. NZ Interclub Relay Championship

Monday April 2nd, 2018

Woodhill Forest – Temu Rd

Mapped in 2015-17, updated to ISOM2017 standard in 2018.

Scale: 1:10000; 1:7500. Contour interval 2.5m.

Mappers: Selwyn Palmer, Mike Beveridge, Paul Ireland; updated 2018 by Selwyn Palmer and Mike Beveridge

Planner: Jonty Oram

Controllers: Kieran Woods / Jeff Greenwood

Arena managers: Katalin Pethő / Peter King

Directions

Vehicle access to the Relay and the Event Arena are the same as that used for the Middle Distance race. Take the Restall Road entrance to Woodhill Forest from SH16, 5.8 km north of Waimauku, or 10.6 km south of Helensville. Follow the O signs along gravel roads for about 10 min to parking. Parking is in a clearing near the arena and on the side of the road. Please follow the directions of parking marshals. Allow time for parking and walking up to 1 km to reach the Event Arena.

Coordinates of Forest Entry Point intersection Restall Rd/ SH16
36.74724S 174.43829E

Event Arena



Starts

The Relay start for first leg runners from all classes is 9:30 am. This will be preceded by a race briefing at 9:00 am to demonstrate the relay change over procedure.

Mass starts for legs 2 and 3 will be held if and when required, and will be announced at the event.

Terrain

Mainly mature pine forest on sand dunes offering very fast running. There are some areas of open dunes near the coast, and some felled areas – both are mapped as rough open, slow run terrain. Patches of pampas grass can restrict visibility while still being quite runnable; the denser sections are mapped as light green, slow run.



The Relay map area is also used as a 4WD park and has a number of vehicle tracks in various degrees of use. Old tracks that are barely visible have been removed from the map, but recent activity may have changed the visibility of some tracks and there may be newly driven tracks that don't appear on the map. Some vehicle tracks providing possible beach access have been dug up to leave pits in the middle of the track. These pits are not mapped and reduce runnability slightly, but can be skirted around without difficulty.

Hazards

The usual forest hazards exist, uneven ground, fallen trees and branches, unpruned trees with low branches, tangly ground cover and pampas grass.

There are mapped broken-down fences in a couple of locations on the courses. The low wires have been tagged with yellow/black tape streamers at likely crossing points. Tape streamers have also been used to mark a loose pile of fencing wire that may be encountered on the Vets courses.

On the taped routes to the start triangle and the finish there are some low exposed tree stumps, which pose a trip hazard. These have all been marked with fluorescent blue paint. The first part of the finish chute descends a steep treed slope. While all low branches have been removed, care is required when negotiating this section.

Emergency Safety Bearing

Northeast to Inland Road. Inland Road is the major gravelled vehicle access road which passes next to the event arena.

Map Details

Legs 2 and 3 (White and Yellow) of the Mixed Short Relay use reduced control circle and course symbol sizes for increased clarity.

Special Symbol

The brown triangle symbol for a Prominent Landform Feature is used on the map to indicate a small ring track made by 4WD vehicles (see photo). These “donut” tracks have a raised centre, and where this is used as a control site, the text description is “Vehicle donut track”; this is applicable to the Mixed Short Relay.

Map Symbol	Photographic Example	Text Control Description
		<p>Vehicle donut track</p>

Course notes

The standard practice of using forked controls will be followed, so checking of control codes is essential. The Mixed Short Relay features the use of butterfly and phi loops as a means of separating groups of runners. Butterfly loops have a single pivot control point, and phi loops have two pivot control points.

There is no spectator control on the Relay courses, but O-Lynx radio controls will provide information on the progress of the runners. The final radio control will be approximately 1 minute from the finish for the Mixed Short and 3-6 minutes for Open, Masters and Vets classes. There will not be a call up of team numbers; it is the responsibility of the next leg runner to be in the tag area ready for their incoming runner.

There are a number of taped routes on the second leg (white) of the Mixed Short Relay. These will be marked by white electric fence tape on the ground.

In the event of a sprint finish, the winner will be the first to cross the finish line, not the first to punch the finish control. This decision will be the responsibility of the race Controller.

Course closure

Course closure will be at 1:30pm. All competitors are required to then return to the finish whether they have completed their course or not.

Water

There will be no water provided on the courses. Water will be available at the Finish in the Event Arena.

New Relay Format (Trial for 2018)

2018 sees the trial of a new Relay format, changing from two competitions, Mixed Short and Mixed Long, to four competitions, by adding Mixed Masters and Mixed Veterans classes.

Relay Team Notification

Relay teams should be notified to Registration by **4pm on Saturday 31st March (the day of the Long Event)**. Relay team forms will be available from the Registration tent.

Relay Classes:

Class	Leg	Allowed Classes	Est. Win Time	Leg Difficulty	Length (km)	Climb (m)	Map scale
Mixed Short	1	Up to MW16, All B & C Classes	25	Orange	3.7	100	1:10000
	2	Up to MW12, MW12B	15	White	2.3	50	1:7500
	3	Up to MW14, MW12B-14B, All C Classes	20	Yellow	2.9	60	1:7500
Mixed Open	1	Open	30	Red	5.6	190	1:10000
	2	Open	30	Red	4.8	160	1:10000
	3	Open	30	Red	5.6	190	1:10000
Mixed Masters	1	MW40+	25	Red	3.5	130	1:10000
	2	MW40+	25	Red	3.2	120	1:10000
	3	MW40+	25	Red	3.5	130	1:10000
Mixed Veterans	1	MW60+	20	Red	2.6	80	1:7500
	2	MW60+	20	Red	2.3	70	1:7500
	3	MW60+	20	Red	2.6	80	1:7500

Notes:

- All relay teams must include at least one female who may run any one of the legs.
- The length of leg 2 for red courses is shorter than leg 1 and 3, as it is planned based on the fastest woman's expected time.
- Small clubs with 30 or fewer members may combine with another club from the same region to form a composite team. The combined team will be an official entry in the New Zealand relay.
- While the MW16 red level runners are not specifically catered for by this format, they still have the option of running in the open grade.
- It's important to note that unofficial entries are welcome in any grade where teams don't meet the eligibility requirements - the aim being to get as many participants as possible. For example, an M16/W40/M55 combination may compete in the Mixed Masters as an unofficial entry.

The criteria used to determine eligibility for relay legs are as follows:

- The eligible age grade for a competitor is their actual age grade. Eg; a 43 year old who runs M21E in the Long will be eligible to run as an M40A in the Relay.
- The eligible race class (E, A, AS, B or C) for a competitor is the race class that the competitor entered for the Long.
- A competitor who runs an A or AS class in the Long will not be eligible to run as a B class runner in the Relay.