



**2019 Australian Sprint Championships  
2019 Australian Middle Distance Championships  
(World Ranking Events)  
Narrogin, Western Australia 26/27 April 2019**

## **Bulletin 1**

The Australian Sprint Championships and Australian Middle Distance Championships for 2019 will be conducted by Orienteering Western Australia in the town of Narrogin, 200kms South East of Perth (the State Capital and major airport).

**Event Directors:**

Sprint	Tony Simpkins
Middle	Noel Schoknecht

**IOF Event Adviser:** Jenny Casanova

**OA Event Controllers:** Russell Candy, assisted by John Major

**Contact Details:**

Website	<a href="https://wa.orienteering.asn.au/easter-2019">https://wa.orienteering.asn.au/easter-2019</a>	
Facebook	<a href="https://www.facebook.com/OWAEaster2019/">https://www.facebook.com/OWAEaster2019/</a>	
Email	<a href="https://wa.orienteering.asn.au/easter-2019/contact-us">https://wa.orienteering.asn.au/easter-2019/contact-us</a>	
Telephone	Tony Simpkins	61400999003
	Noel Schoknecht	61423309952
Entries	Sprint	<a href="https://eventor.orienteering.asn.au/Events/Show/6943">https://eventor.orienteering.asn.au/Events/Show/6943</a>
	Middle	<a href="https://eventor.orienteering.asn.au/Events/Show/6944">https://eventor.orienteering.asn.au/Events/Show/6944</a>
Closing Date for Entries	24 <sup>th</sup> March 2019	
Entry Fees	Sprint	M/W21E AUD \$42.00
	Middle	M/W21E AUD \$52.00

**IOF Athlete ID for World Ranking Events:** will be added by the organisers from the IOF Eventor directory. If you are entering an Elite class for the Australian Sprint Championship or the Australian Middle Distance Championship, it is your responsibility to make sure you have registered and confirmed your athlete ID in IOF Eventor.

## Venues:

Sprint	Narrogin Senior High School, Hansard Rd, Narrogin School campus with surrounding forest which includes areas of complex contour detail and many tracks and paths. Map: 1:4000, 2m Contour Interval, ISSOM 20XX Winning Time: 12 – 15 minutes
Middle	Foxes Lair Nature Park, Narrogin Undulating to hilly terrain, scattered granite and laterite breakaways, with fast running. Map: 1:10000, 5m Contour Interval, ISOM 2017 Winning Time: 30 – 35 minutes

## Dates and Times:

Sprint	Friday 26 <sup>th</sup> April 2019, 12:00 noon
Middle	Saturday 27 <sup>th</sup> April 2019, 10:00am

## Classes:

Both Events	W21E, M21E
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**Punching System:** Sportident – standard (no SI Air)

**Clothing:** No specific requirements, except that shoes with reasonable grip are recommended for both events. No spikes, dobbed soles are ok for the Middle, but not the Sprint.

## Opportunities for Training:

There are other relevant events during the Australian Easter Carnival in Western Australia, including a Sprint Relay at Perth (19<sup>th</sup> April), a Sprint at Perth (20<sup>th</sup> April), Long Distance race near Beverley (100kms East of Perth, 21<sup>st</sup> April), Middle Distance race near Beverley (22<sup>nd</sup> April), and a forest Score event at Dryandra (near Narrogin, on similar terrain to Foxes Lair, 25<sup>th</sup> April).

## Embargoed Areas:

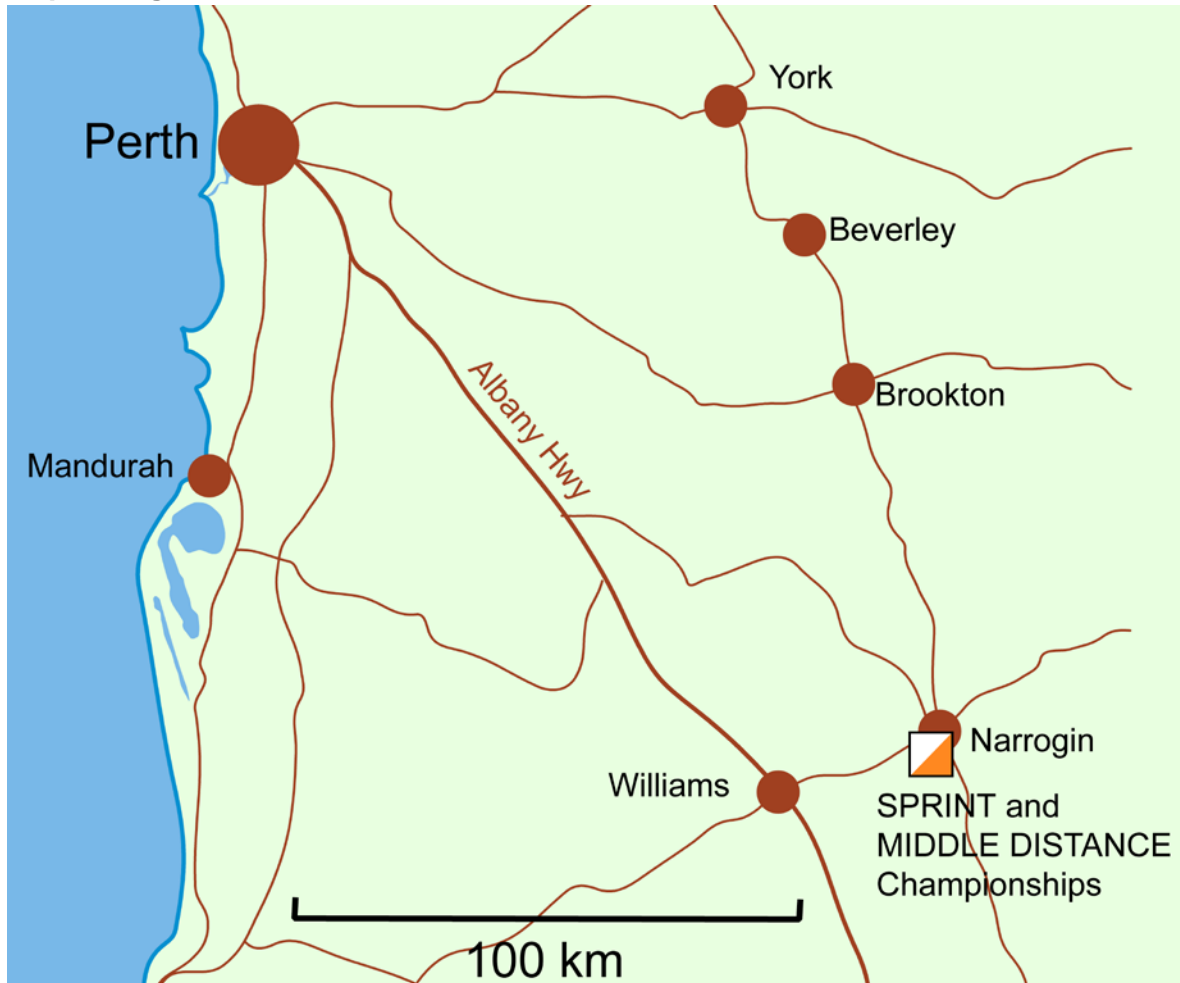
### Narrogin Senior High School and Narrogin Residential College

This area includes the grounds of both the School and the Residential College, plus all the area bounded by Sagar St (from the junction with Keally St), Williams-Kondinin Rd, Grey St, Homer St, Butler St, Herald St and a farm boundary between Herald and Keally Streets. Access **is** permitted for non-orienteering reasons. Use of orienteering maps, training of all kinds, and route choice testing **is not** allowed.

### Foxes Lair Reserve, Narrogin

This area is immediately South-West of the town of Narrogin, bounded by Williams-Kondinin Road, Narrakine Road, and Felspar Street to the North, Federal Street and Mokine Road to the East, Graham Road to the South, and a fenced forest block to the West. The area includes all of the old Foxes Lair Orienteering map (1979).

### Map of Region:



### Transport and Accommodation:

[Transwa Bus Service](#): approximately 4 hours from Perth.

By Car: 193kms, approximately 2.5hours from Perth. All major car hire companies operate from [Perth Airport](#).

[Dryandra Country Visitor Centre](#) is the tourist office website for Narrogin, showing places to stay in Narrogin.



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