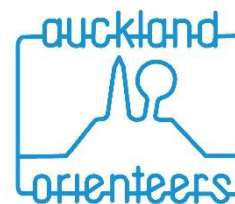


Auckland Orienteering Series 2016



Event 1 – Telephone Track – 06-Mar-2016

Organisers

Auckland Orienteering Club

Planner: Dwayne Smith

Controller: Hayley Smith

Information

Orienteering - on Foot - you choose your pace. Usually as individuals but groups can go together.

Orienteering in Woodhill Forest with complex sand dune detail.

All welcome (and you don't need to be a member to get started)

Select from a range of 9 courses of varying length and difficulty. **Suitable for all ages, levels, and beginners.** Some children need to be accompanied by adult.

Driving Directions

Follow signs on State Highway 16 from Waimauku to Woodhill Forest gate.

Forest security gate opens by 9:30am. Stop at gate to talk to security.

Please drive with lights on in forest and stay on signed route. No detour from signed route permitted.

Parking

On Coast Road to the north west of the event centre. Runners will be crossing the road to the south east of the event centre.

Cost

Each vehicle that enters the forest is required to pay a \$5.00 road maintenance fee. Please pay when you enter your course at registration.

	Adult	Junior	Family
Member	\$16.00	\$8.00	\$32.00
Non-member	\$24.00	\$12.00	\$48.00
Forest first timers	Free		
Sport-ident hire	\$3.00 per Sport-ident		

Event Centre

At the intersection of Telephone Track and Coast Road.

Read event information on display at registration.

Help and getting started advice available at registration. Please ask.

Bring your own food/water.

Orienteering is Smoke Free. Absolutely NO smoking at event or anywhere in forest (including inside car or middle of road).

Safety

Carrying a whistle recommended. (Whistles available for purchase \$2) The recognised distress signal is 6 blasts on whistle. Do not play with whistle as anyone hearing it will abandon their course to try and find you or report to registration.

Compass recommended (limited free hire available).

Important: All participants must punch the finish and download their SPORTident card even if they decide not to finish the course.

Start

100m walk from the event centre.

You may start any time between 10am to 12:30pm. If you would like to do more than one course - please ensure you restart before 12:30pm.

Finish

At the event centre.

Course closure is 2:30pm unless otherwise stated. Please plan and ensure you return to the finish by course closure time.

Courses

Course	Difficulty	Length (km)	Controls	Climb (m)	Recommended Grades	EWT (mins)
White	Very easy for children	3.1	13	40	M10, W10	30
Yellow	Easy for beginners	3.3	16	50	M12, W12	30
Orange Short	Short and moderate difficulty	3.5	10	55	W14	45
Orange Long	Long and moderate difficulty	5.5	15	70	M14	45
Red 5	Very short and difficult	2.1	10	30	M80, W70-80	40
Red 4	Short and difficult	4.0	12	70	M70, W16, W60	45
Red 3	Medium length and difficult	5.5	14	100	M16, M60, W18, W20, W40, W50	50
Red 2	Long and difficult	7.6	21	120	M18, M20, M40, M50, W21	55
Red 1	Very long and difficult	9.4	23	170	M21	60

Water is available on all courses – normally at about halfway through the course. The longer courses will have an extra water stop available. The water locations are marked on the map.

A short string course will be available for the very young ones.