

IRISH ORIENTEERING CHAMPIONSHIPS 2006

Incorporating an IOF World Ranking Event (Long Distance)

Programme for the weekend

Friday 28 April 2006

18.00 –20.00 Registration and information available at the Event Centre

Day 1 Saturday 29 April 2006

11.00 - 16.00 Registration and information available at the Assembly Area
13.00 First start IOC Middle Distance Event
14.15 approx Training on Middle Distance area (Model for WRE Long Distance Event)
16.00 IOC courses and Training on Middle Distance (Model) area will close
18.00 – 19.00 Registration and information available at the Event Centre
19.00 'Pub' quiz organised by the Irish Junior Squad in Milestone Pub (across the road from the Event Centre)

Day 2 Sunday 30 April 2006

9.00 – 16.30 Registration and information available at the Event Centre
11.00 First start IOF World Ranking Event and IOC Long Distance Event
14.00 String course at the Event Centre
16.00 Courses close
16.30 Irish Orienteering Association Annual General Meeting at the Event Centre
20.00 Prizegiving for WRE and IOC Middle and Long Distance events at the Event Centre
21.00 Ceidilh at the Event Centre

Day 3 Monday 1 May 2006

9.00 - 12.00 Information available at the Assembly area
10.00 First start IOC Relay Championships
13.00 approx IOC Relay prizegiving
13.30 Courses close

EVENT CENTRE

The Event Centre is The Foy Centre, Dundalk Street, Carlingford, Co.Louth, which is close to the centre of the village. Its website is www.carlingfordbeds.com and its phone number is +353 (0) 42 938 3624. The Event Centre also contains the Fusion Restaurant (phone number +353 1 (0) 938 3624 that will serve breakfasts from 7.30 on Sunday and Monday, lunches, and evening meals where last orders are at 22.00 on Friday and Saturday but are at 20.00 on Sunday night. They will also supply packed lunches if ordered in advance.

EVENT OFFICE

Until Friday the 28 April 2006, the competition office will be at 58, Griffith Avenue, Dublin 9, Ireland, phone number +353 1 836 9388, and e-mail address ioc06queries@eircom.net. From Friday to the end of the competition, the organisers can be contacted at the event centre at the contact details above.

START LISTS

The start lists for Days 1 and 2 are available elsewhere on this website and will be on display at the Event Centre, and at the Registration and Information point at the Assembly Areas.

RACE NUMBERS

Race numbers, that will be used for both the Day 1 and Day 2 events, should be collected at the Registration and Information point at the Event Centre or at the Assembly Area. Payment for any outstanding entry fees should be made at this time. The race numbers for the Relay Event will be in the Team envelope that can be collected from the Registration and Information point

EVENT OVERVIEW

Event type	Middle Distance 29 April 2006	Long Distance 30 April 2006	Relays 1 May 2006
Assembly Area Grid Reference	J 136 128	J 188 115	J 160 105
Description of terrain	Open mountain with many rock features. Intricate contour detail. Good runnability.	Steep open mountain with many rock features. Intricate contour detail. Good runnability.	Open mountain with a patch of forest. Good runnability.
Distance of Assembly Area from Event Centre	12K	0	10K
Maps	Foxes Rock 1:7,500 5m Surveyed 1992 Revised 2005	Slieve Foye 1:15,000 5m 1:10,000 5m 1:7,500 5m Surveyed 1992 Revised 2005	Glenmore 1:10,000 5m Surveyed 1992 Revised 2005
Electronic timing	SPORTident	SPORTident	SPORTident SI cards will be supplied with the maps
Changing & shower facilities	None	At Event Centre	None
Entry on the day courses available	Long and Short courses	Long, Medium, and Short courses	None

ROAD DIRECTIONS AND PARKING

The routes to the Assembly Areas on Days 1 and 3 will be signposted from the Event Centre in Carlingford Village, and for all three days from The Bush on the R175 road from Dundalk to Greenore, and from Omeath on the R176 road from Newry to Carlingford. See also the location map on this website.

On Days 1 and 3 parking will be in fields at the Assembly Area. On Day 2 parking will be either at the sports field beside The Event Centre, or in the school grounds that are also adjacent to the Event Centre. Please follow the directions of the parking officials.

CONTROL DESCRIPTIONS

For the individual events, they will be available in the -3 minute box of the start lane, and will be displayed on the front of the map. For the Relay Event, they will be displayed on the front of the map.

CLOTHING TRANSFER

On Days 1 and 3 no clothing transfer will operate. On Day 2 a clothing transfer point will be located close to the Lower Start that is 400 metres before the Upper Start. Clothing will be transferred in plastic bags to the finish.

ENTRY ON THE DAY

Registration for entry on the day courses on Days 1 and 2 should be made at the Registration and Information point. The last times for registration will be 13.30 on Day 1, and 11.30 on Day 2.

THE START – Day 1

The start is approximately 1.4k from the Assembly Area and initially involves a walk along a road and then a steep climb on a mountain path to the start. Care should be taken in walking along the road. Competitors are advised to allow at least 30 minutes to reach the start. A warm-up area will be located close to the start.

THE STARTS – Day 2

On Day 2, two starts will operate, the Lower one where competitors on courses 15,16, and 17 will start. All other courses will start at the Upper Start. It is located 1.6 k and 215m climb from the Event Centre and competitors are advised to allow at least 45 minutes for the walk to the Start. The Lower Start will be passed on the route to the Upper Start, and it is a 1.2k walk and 170m climb from the Event Centre. The route from it to the starts initially follows narrow roads where care should be taken with passing cars, and then some narrow paths where overtaking slower walkers may be difficult. Competitors using the Lower Start should allow at least 40 minutes to reach it from the Event Centre. A warm-up area will be located close to the Upper Start

THE START – Day 3

The start/ finish area of the relay competition is located 200m from the entrance to the parking field.

START PROCEDURE – Days 1 and 2

For the individual events, competitors will be called up 4 minutes before their start time. For the Relay Event, competitors will be called up from 9.45. In all cases, timed starts will operate with no necessity to use an SI box to record starting.

Competitors who are late for their start time through their own fault shall be permitted to start. The start official will determine at which time they may start, considering the possible influence on other competitors. They shall be timed as if they had started at their original start time.

COURSE DETAILS

DAY 1 IOC MIDDLE DISTANCE EVENT

Course	Classes	Length k	Climb m	Number of Controls
1	M21E	4.4	250	25
2	W21E M21 M35 M40	3.8	200	19
3	M18 M20 M45 W20 W21 W35	2.9	215	18
4	M16 M50 M55 W40 W45 Entry on the day - Long	2.4	145	14
5	M14 M60 W18 W50	2.2	140	14
6	M65 M70 M75 W16 W55 W60 W65 W70 W75	1.9	90	13
7	M12 M21N W14 W21N	1.4	85	11
8	M10 W12 W10 Entry on the day - Short	1.4	80	9

DAY 2 IOC LONG DISTANCE EVENT

IOF WORLD RANKING EVENT (M21E and W21E CLASSES)

Course	Classes	Length k	Climb m	Number of controls	Start	Map Scale
1	M21E	13.4	550	26	Upper	1:15,000
2	W21E	7.3	340	16	Upper	1:15,000
3	M20A M21L M35L	9.7	470	19	Upper	1:15,000
4	M40L	7.6	395	16	Upper	1:15,000
5	M18A M45L	6.5	390	14	Upper	1:10,000
6	M50L M35S M21S W21L	6.2	325	14	Upper	1:10,000
7	M55L M20B W20A W35L	5.9	335	16	Upper	1:10,000
8	M40S W40L Entry on the day – Long	5.6	210	13	Upper	1:10,000
9	M60L M45S W45L W18A	4.6	200	12	Upper	1:10,000
10	M50S M55S M65L M70L W20B W21S W35S W50L W55L	3.9	195	10	Upper	1:10,000
11	M60S M65S W40S W45S W60L W65L	3.8	160	10	Upper	1:10,000
12	M70S M75L W50S W55S W60S W65S W70L Entry on the day – Medium	3.2	140	9	Upper	1:10,000
13	M16A M18B	5.4	250	14	Upper	1:10,000
14	M14A M16B W16A W18B	3.7	190	14	Upper	1:10,000
15	M12A M21N W14A W16B W21N	2.7	140	12	Lower	1:7,500
16	M14B W12A W14B Entry on the day - Short	2.2	140	10	Lower	1:7,500
17	M10A M12B W10A W12B	1.9	110	9	Lower	1:7,500

DAY 3 IOC RELAY CHAMPIONSHIP

Course lengths are similar to those detailed in Bulletin 1 / 2. Full course details will be contained in the Team envelope that has to be collected from the Registration and Information point on Friday, Saturday, Sunday, or on Monday morning before the Event.

TERRAIN

Slieve Foye is a fast running open mountain with stunning views over Carlingford Lough and the Mourne Mountains. The terrain is steep in parts with multiple natural terraces and intricate rock and contour detail. On the map, crags are defined in several ways with tagged crags representing vertical rock and those with a thicker upper line representing uncrossable crags. Crags that form part of the slope and are significant, are represented by a single black line. In wet weather the rock is extremely slippery and some slopes have a thin covering of vegetation that adds to the slippiness. Competitors should take extreme care in these circumstances.

Boulders have been mapped relative to the size of other boulders in the immediate area.

The area is marshy in places with the extent of the marshes depending on the recent rainfall. Only significant marshes are mapped. Uncrossable marshes are as they say and should be avoided by competitors. Many seasonal watercourses are on the terrain with only the more significant being mapped.

The upper parts of the mountain are frequently covered with fog.

Competitors will encounter flattened bracken on the way to the start, and in the area of the penultimate controls.

SAFETY

In view of the exposed nature of the terrain, all competitors will have to wear their race number on the front of their O suits at all times, and will have to carry a whistle. A policy of **no number no go** will be strictly enforced by the start team, as will **no whistle no go**. Whistles will be on sale at the Registration and Information point.


A decision on cagoules will be taken on the morning of each event based on the expected weather. A notice as to whether cagoules have to be carried will be placed beside the clear and check SI stations at the exit of the Assembly Area. The policy will be strictly enforced by the start team, and competitors will be disqualified if they do not have their cagoule at the finish.

Remember to pack a cagoule.

COMMUNICATION POINTS

As part of the safety measures (see separate notice on the website) three manned communication points will be located on the competition area of the Long Distance Event on the Sunday. The

purpose of these points is to provide a quick response should a competitor be injured. They will be in contact with the Safety Coordinator who will arrange for the recovery of the competitor.

The communication points will be identified on the map course overprint by a non-standard symbol of a purple stick man, eg .

CONTROLS

The SI stations will be hung vertically on a stake with its control code displayed below and the control kite hung below that again. An example will be on display at the clear and check stations at the exit of the Assembly Areas. If an SI station fails, a needle punch is attached to each stake and this should be used to record attendance at the control, using the boxes provided on the map. A photograph of a sample control can be seen on this website.

FINISH AND RESULTS

It is a punching finish and competitors should record their finish by punching the SI stations on the finish line. In the case of Days 1 and 2 competitors should follow the marked routes to the Assembly Area where they should download their SI details. Results will be displayed in the Assembly Areas.

On Day 2 maps will be collected from finishers up to 12.30 hours and placed in a club bag. The bag can be reclaimed by a club representative from the Registration and Information point in the Event Centre after 14.00 hours. On Day 1 no map collection will operate. On Day 3 at the Relay Event, map collection will operate until the time of the mini-massed start

All competitors must report to the finish

TRAINING (MODEL EVENT)

Training on a 1:15,000 map will be available from 14.15 approx to 16.00 on Saturday 29 April on the area being used for the IOC Middle Distance Event. Registration and payment (E5) for this should be made at the Registration and Information point in the Assembly Area.

CRECHE

For those that booked places on Day 2 at the crèche, information on its location will be provided at the Registration and Information point in the Event Centre.

T SHIRTS

IOC 06 T shirts will be available for sale at the Registration and Information point.

TIME LIMIT AND LOCATION FOR MAKING COMPLAINTS

At the Registration and Information Point at the Event Centre no later than 17.00 hours on Days 1 and 2, and no later than 14.00 on Day 3.

COURSES CLOSE TIME

On Days 1 and 2 courses will close at 16.00 sharp, and on Day 3 at 13.30 sharp.

JURY MEMBERS

WRE

David Weston (Chairman Irish Orienteering Association)

Michael Grill (Austrian Orienteering Federation)

Andy Lewsley (British Orienteering Federation)

IOC

David Weston (Setanta)

Julie Cleary (London)

Alan Gartside (Lagan Valley)

EVENT OFFICIALS

	IOA Middle Distance Championships	IOF World Ranking Event and IOA Long Distance Championships	IOA Relay Championships
IOF Event Advisor		Ronan Cleary (LOK)	
Controller	Wilbert Hollinger (LVO)	Mike Richardson (Dee)	Colin Henderson (LVO)
Organiser	Susan Healy (GEN)	Aine NiSuilleabhain (3ROC)	Wyn McCormack (GEN)
Assistant Organiser	Brian Lawless (3ROC)	Brendan Doherty (GEN)	Brendan McGrath (3ROC)
Planner	Paget McCormack (GEN)	Trina Cleary (3ROC)	Ted McGrath (3ROC)
Assistant Planner		Maire Walsh (3ROC)	
Coordinators	Harold White (3ROC) & Aine Joyce (GEN)		

