

EVENT INFORMATION/UPDATES: [HTTP://2016NZOCHAMPS.WEEBLY.COM/](http://2016NZOCHAMPS.WEEBLY.COM/)**WHISTLES**

Whistles are compulsory for all courses and grades for the Middle, Long and Relay events at St Arnaud. NO WHISTLE – NO START. This will be strictly enforced with no exceptions. No whistle is required for the Sprint.

The recognised distress signal is a series of six short blasts on a whistle. Use your whistle if you need urgent help because of an injury or distress. Pause and listen for reply and repeat to allow them to locate you. Remember that one blast on your whistle will ruin the event for everyone who hears it, because they will all stop orienteering and come looking for you.

FREE EVENT WHISTLE

A complimentary whistle is available for each competitor at registration. One competitor – one whistle.

**EMERGENCY SIGNAL TO CLEAR COURSE**

If a course needs to be cleared then an air horn will be blasted and you will be required to leave your course and make your way as quickly and safely as possible to the event centre. The signal will be 3 long blasts then a 30 second gap. This will then be repeated numerous times. The primary reasons for clearing a course would be severe weather, fire or a natural disaster.

LONG DISTANCE PRE-START CALL UP

We want to emphasise that at the Long distance event the call up at the pre-start area will be **20 minutes before your start time**. If you are late then it is at the discretion of the late starts official when you will start. If you are given a late start then it is up to the Controller to decide if your official time can change i.e. if you have a valid reason for the late start.

It will take you up to 20 minutes to walk from the Event Centre to the pre-start area.

LONG DISTANCE TRANSPORT – MW70+

A shuttle is available for competitors in the Mens' and Womens' 70 and above grades, leaving from the school carpark to a drop-off point. This will reduce the walk by approximately 800 metres. Schedule is as below:

9:15am Shuttle

Davies	George	RK	10:03:00	M85A
Scott	Gavin	HV	10:05:00	M75A
Robinson	John	CM	10:08:00	M75A
Fraser	Don	NL	10:11:00	M75A
Holden	Ian	NL	10:11:00	M80A

9:30am Shuttle

Locke	Don	WN	10:14:00	M75A
Brighthouse	Terry	TP	10:17:00	M75A
Rathbone	Bunny	HB	10:19:00	W80A
Carter	Hub	.	10:20:00	M75A
Pollock	Gillian	NL	10:23:00	W80A

9:50am Shuttle

Robinson	Valerie	CM	10:35:00	W75A
Scott	Ann	SD	10:39:00	W75A
Davies	Robyn	PP	10:47:00	W70A
Bridger	Barbara	HV	10:51:00	W70A
Faulkner	Trish	PP	10:55:00	W70A

10:15am Shuttle

Middleton	Glen	NW	10:59:00	W70A
Aspin	Patricia	CM	11:03:00	W70A
Dalton	Jill	HV	11:07:00	W70A
Fraser	Ken	WN	11:08:00	M70A
Moen	Terje	NW	11:11:00	M70A

10:30am Shuttle

Aspin	Wayne	CM	11:14:00	M70A
Kane	Neil	WN	11:17:00	M70A
Laurie	Dave	PP	11:20:00	M70A
Barr	Jim	WR	11:23:00	M70A
Wall	David	PP	11:26:00	M70A
Sampson	Robert	NL	11:29:00	M70A

LONG DISTANCE– COURSE CLOSURE

Course Closure for the Long distance will be 4.30 pm.

RELAY TEAMS

Clubs that have not provided provisional teams can pick up relay team forms from Registration. These must be returned by 3 pm Sunday. A list of teams that have already been provided by clubs, or arranged by the organisers on request, will be available to view at Registration. Only a club's relay coordinator can change a team, or fill in missing team members - please fill out one of the relay forms to do this. If we don't receive any changes to the provisional teams we will assume they are final. Relay entrants unassigned by 3 pm Sunday will be assigned to teams by the event organisers.

The final list of teams will be displayed at Registration from 8.30 am Monday. Relay coordinators can pick up their club's bibs from Registration. Miscellaneous teams will also pick up their bibs there.

START TIMES FOR M/W 10N

M/W10N will be able to punch start if they miss their allocated start time. This might be advisable if they have an earlier time than the person shadowing them. If you shadow a child before you run your course, your time will be unofficial. If your child needs to punch start just advise the late start official when you get to the start grid.

START TRIANGLE

The start triangle will be marked by a control stake with an orienteering flag on it. An actual orange triangle will stand at the base of it.

COACHING MEETING

Jean Cory-Wright has this notice: "To anyone interested in coaching orienteering: I am reviving the coaching awards system and will have a meeting about it at 4.30 pm Sunday after the Long distance at the race event centre. The first part of the plan is to have your input and to arrange a "pre qualified" system with all those who are already active coaches. The scheme is about training coaches, getting consistency and will operate at all levels of coaching, beginner to elite. Please come and have your say!"

FOOD & DRINK

All supermarkets and most shops will be closed on Friday and Sunday. Only petrol stations and the odd corner store will be open on those days so we recommend you bring your food with you. There is a general store in St Arnaud which is bringing in extra supplies but they will be limited.

Home baking and healthy drinks will be available to purchase at the Sprint and Long distance events centres, and on Saturday morning at Lake Rotoiti Hall opposite the school (food can't be sold at the Middle distance event centre due to the conditions of our permit). The profits will be used to fund the South Island Schools' Orienteering (Southern Tempest) trip to the Queen's Birthday inter-regional challenge near Levin. People need to bring cash, preferably coins! They will also be selling strapping tape and the priceless 'Little Book of O Techniques'.

