

Essential Racing Notes:

General:

Control circles and lines between controls have been cut aggressively so as not to obscure detail. There are also a couple of courses with collinear controls (Blue Middle #5 deserves special mention). Be aware of this, check your codes and read your map carefully.

There are **road crossings** each day. Watch out for cars! Please be aware there will be spectators and randoms on the competition terrain and avoid collisions! Blue Mountain is a well-known area for mountain-biking. Be courteous, be careful!

Giving directions or navigational advice to competitors is forbidden. Cheering is encouraged. We count on you to create atmosphere.

There will be punching start, but on Red/Blue if you miss your start time by more than 5 seconds you will be timed from your official start time. Red/Blue runners must wear bibs.

Needless(?) to say, report to the finish and download after your race no matter what!

Sprint - Course closing time: 4:15 pm

There have been changes in the terrain since the maps were printed. No route choice is completely obstructed by this, but the changes may result in a couple of seconds detour on some courses. The changes are detailed in map extracts at the start/pre-start. The map is to ISSOM standards. The tunnel symbol is used. Black circles denote sculpture-like objects, black X other man-made objects. Semi-open (scattered trees) symbol has been used even when the tree canopy is continuous where there is lawn underneath.

There is olive-green on the map. This is OUT-OF-BOUNDS. Competitors running through olive-green areas will be disqualified. It is against the rules to enter buildings. It is against the rules to cross walls or fences marked as uncrossable (thick black line symbol (with tags for fences)).

Red/Blue course runners must arrive in the carpark area before 2.40pm and be in the quarantine (pre-start) area by **2.55pm**. Access to the Phys Ed building toilets is allowed. The quarantine area will be separated from the carpark by tape.

On the **Blue** course, for control 4 (code 36), the description says between two trees. It should say between tree and small thicket (the thicket is mapped as a green dot).

Clothing: (Road) running gear is recommended. Spikes are a bad idea. No optimal route-choices (as far as the planner can tell) involve running through anything nasty, so short sleeves, socks, shorts should be fine.

Long - Course closing time: 2 pm

Walk to the Start: 5 minutes, streamered from the bridge.

Water: Aside from the marked drinks controls, water will be available to Red (40-45min)/Blue(50min) runners as they pass through the 'arena' after the spectator control.

Blue (25min, 80min) and Green (40,45min) have two drinks controls, Red (15min) has one. Times are guesstimated very roughly.

Middle - Course closing time: 1:30 pm

Walk to the start: under 2.5km, 100m climb, allow sufficient time!