



SALOMON TRIES ORIENTEERING (RACE) 3 NOVEMBER 2019 BULLETIN



Objectives:

- > Experience Orienteering as a fulfilling sport that combines fitness and mental cognition.
- > Participation in a competitive orienteering event and be ranked in accordance to your age and gender category.

1. Race Administration

All participants must be pre-registered online.

To bring: Running Attire, Watch, personal compass (optional)

Provided by organisers: SPORTident Timing Chip (For Rental), Race Bibs, Race map / map holder.

Bag Deposit: Due to space constraint, there will not be any official baggage deposit for all race events. Participants may leave their bags within the vicinity of the event ground at their own discretion.

F & B / Changing Facility: The event ground will be located near to a source of Food & Beverages as well as access to washrooms. If no nearby change rooms are available, the organiser will provide a change tent.

Race Category

Male	Female
Youth (< 20 years old) Open (21 to 35 years old) Senior (35 to 50 years old) Master (> 50 years old)	Youth (< 20 years old) Open (21 to 35 years old) Senior (35 to 50 years old) Master (> 50 years old)

All participants will be entered into their respective gender / age category based on their DOB in the calendar year. Each age category will have a map that is tailored for that difficulty level.

Additional map information (map distance / checkpoints) will be made known at the event center. A training map will be provided if not a plank map of the terrain will be shown

2. Programme

Time	Activity	Remarks
Sunday, 3 November 2019, Clementi (Sprint Orienteering Race)		
9am	Reporting / Warm up	Look for our staff to mark your attendance and receive your bib / starting time slot (allocated) *Warm up map will be available

930am	Sprint Orienteering Race First Start >> You will be assigned a start time for this event. Please adhere to it and report to the start point 3 mins prior to it.	Map is only issued at the start of the race. Each category will have their own map.
11am	Preliminary results announced / Open for dispute and complaints	
1130am	Final Results announced	
1145am	Prize Giving Flower Ceremony	
12pm	Race Close	

*Each Orienteering race's starting list will be announced on the eve of the race. For the concurrent events, the start list timing may be adjusted taking into account of the results from the day before.

3. Race Start and Finish Procedures

Sample Start List (for all participants)

Gender	Race Category	Start Time	Name of Orienteer(s)
Male	U14	0920am	<i>Eugene</i>
		0922am	<i>Lim Boon Hock</i>
		0924am	<i>Lee K.Y</i>
Female	U14	0920am	<i>Clarabel</i>
		0922am	<i>Lee Crystal</i>
		0924am	<i>Melissa</i>
Male	U18	0920am	<i>Caine</i>
		0922am	<i>Joe</i>
		0924am	<i>Derek</i>

Important notes:

- There will only be one start per time slot for each orienteer..
- Map will be issued at your starting time. If you missed your slot, you will be given the next available start time in your race category.
- All racers will be issued their individual map according to their race category.

Terminologies:

Event Ground: Gathering Location / Event Center

Start Line: Your race time will start from here and map issued at this point

Start Point: The location that is marked with the Purple Triangle on your race map. No electronic tags are needed at this point. The Start point may differ from the Start line.



Registration / Event Ground

- 1) After Registration, Make sure you have
 - Number Bib
 - SI Timing Key
- 2) Get changed and Check your allocated starting time
- 3) Familiarise with signages for warm up area and Start Line



Warm up Area

- Warm up map will be provided
- All participants must stay within the boundaries of this map



Pre-start

- Marshals will call up bib number 5 minutes in advance
- Clock will display call up time (Official time + 5 minutes)
- Equipment Inspection
- Clear your SI timing Key



Start Line

- Queue up in the boxes according to your age/gender category
- Marshals will usher you forward in a minute's interval
- Your time starts after you punch the "START" control here (start line), then follow the purple marked route to the Start Point (marked by a purple triangle).

-3 Minutes					Issuance of Separate loose Control Description
-2 Minutes					
-1 Minute					

Issuance of Map

Official Time
10:30

- Official Time is shown at the start line
- No punch start required
- Follow marked route to start



Finish

- Competition ends when you tap into the finish control station
- All competitions shall hand in the competition map if there are other competitors who have not start their race.
- Race Ground will be out of bounds to all competitors until the event OIC has released it.



Results Processing

- Download the result data from your timing key
- Return the timing key to officials.

Printout Sample

	DATE	TIME
*****	2014-07-29	11:04:08
STUDENT 9	PARTICIPANT NAME	
SI-CARD: 4707934	SI SERIAL NUMBER	
Start	11:03:08.0	CLOCK START TIME
1 36	11:03:25	0:17 0:17
2 32	11:03:35	0:10 0:27
3 33	11:03:40	0:05 0:32
4 31	11:03:43	0:03 0:35
5 39	11:04:01	0:18 0:53
6 37	11:04:07	0:06 0:59
Finish	11:04:08.0	0:01 1:00:0

RUNNING ORDER CONTROL PUNCH NOTED
 CLOCK TIME CLOCK IN TIME SPLIT TIME FROM PREVIOUS CONTROL TOTAL TIME

4. Race Format / Map Information.

Orienteering (or sports navigation) is a discipline of adventure sports that requires athletes to be able to interpret an orienteering map and make route choices while navigating between certain control checkpoints. Each athlete's route is different, and the objective is to complete the course with no mistakes in their navigation.

To add on to the challenge, the map will only be issued at the start of the race and with limited planning time to start, every minute counts to the total running time.

Formats of the sport:

- 1) **Sprint Orienteering** - Athletes are issued a map with a fixed running order. They are to read their map and follow the running sequence (of the checkpoints). Person with the fastest time and accuracy in their navigation wins.

*Incomplete checkpoints will be deemed as "Did not finish" and would not be taken into consideration of top rankings

Safety Advisories:

- There are no road closures. Do exercise caution when crossing carparks or roads
- Headlamps are highly recommended for the night race.
- Should any participant decide to abandon the race halfway, please return to the gathering ground and check in before doing so.

Map Information:

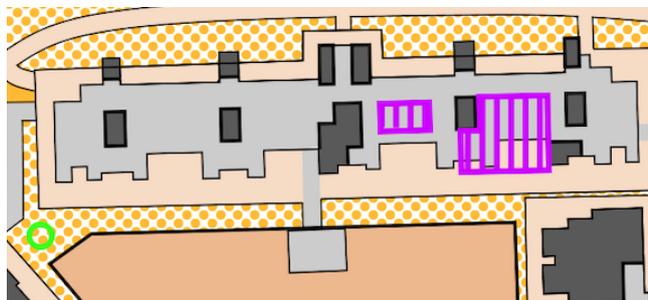
All maps are drawn in accordance to the guidelines & philosophy prescribed by the International Orienteering Federation. They will be printed in full colour printing and be issued with a protective plastic sheet.

For more information, you may refer to the following links:

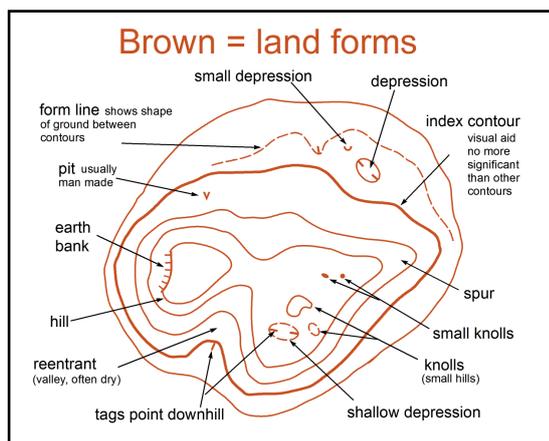
- How to get started: <https://orienteering.sport/orienteering/>

Special notes on Mapping:

As part of our new direction in bringing Orienteering closer to the community, Housing blocks with a void deck area will be demarcated as a runnable canopy (grey colour). Blocked off areas such as the staircase landing & lift lobbies are marked in Black. Special areas used for construction are marked in Purple.



Staircase Landing to be marked in Black.



Contour lines may be used in this race series. They are denoted by means of a brown continuous lines across the terrain to denote a slope or a discontinued dotted brown line to show changes in a terrain's shape.



**LIVE AND ENJOY
ORIENTEERING, NOT DIE
TRYING**

Adhere all traffic rules!
(no road closures for this event)

5. Orienteering Sport Rules / Game Play

1. Follow the specific route sequence presented on your map.
2. **There will not be any road closure for this event.** You are responsible for your own safety by using designated crossing points and watching out for traffic.
3. Do not attempt to tamper with the checkpoint markers.
4. No refreshments points are provided on route.
5. Be mindful of the presence of other users and be gracious in sharing your running path with them.
6. There is also no requirement to enter into any water bodies in this event.
7. The quality of the terrain is important for future events. Do not cross over or trample on manicured vegetation.
8. Wildlife are prevalent in the area and it is important not to startle them unnecessarily.

This event uses the SPORTident electronic punching and timing system.

For beginners who are new to the use of this system, please watch the video at this link: <https://www.youtube.com/watch?v=uXnK8PmPnG4>

Rules of the Event

The following actions are strictly prohibited and will incur disqualification:

- Exchange of SPORTident timing keys
- Substitute others or have some substitute you in the race
- Disturb other racers and tampering with checkpoints
- Ask for external technical assistance
- Use of any Geolocation (GPS) unit or applications in the smart phone with navigational display.
- Use of other navigational aids

Complaints & Disputes

- All complaints must be made as soon as possible after the final results are announced. The event director will hear both sides of the complaint and make the final decision.
- All complaints must be made on the event day.

6. Bad Weather Arrangements

In view of adverse weather conditions, please refer to the latest updates on our Facebook page (www.facebook.com/orienteeringsg) that will be posted on the date itself prior to the start of the event.

Cat 1 Warning - Event will be delayed or postponed.

Light Rain - Event will proceed as planned.

Should the Cat 1 storm warning be announced before the start of the race, the race start time will be postponed or delayed until the warning is lifted.

If a weather alert is announced during the conduct of the race, seek shelter immediately and follow the directions of event crew / officials.

Organiser reserves the right to cancel or postpone the conduct of the race for the safety and well-being of all participants.

7. Contact Information

This O-training is organised by Salomon Singapore / O sportz on behalf of the Orienteering Federation of Singapore.

For information on future races and workshops, please follow us on our Social media page @orienteeringSG or tag us with #OrienteeringSG

For further enquires, please contact the organiser: Eugene (91529246) or Willard (92971125)

8. Competition Locations

Specific information such as number of checkpoints, distances marked out in a separate information sheet and released before the start of your race.

***All embargoed areas are strictly out of bounds to all competitors 24 hours before the start of the race. Any competitor caught in the area will not be ranked.**

9. Race Bibs and Finisher T-shirts



Singapore Orienteering
Ranking League 2019



Singapore Orienteering
Ranking League 2019

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In the case of an Emergency, Contact 92971125 or 91529246

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#OrienteeringSG

10. FAQ

Q: Can I still race without a compass?

A: Yes, the compasses are an assisted tool to help you in getting around. However, if you are confident to do without it the choice is yours?

Q: Will there be bag deposits?

A: Bags can be left at the event center, however the organisers will not be responsible for it.

Q: Training Maps - How do they work?

A: The training maps are of a small area near to the event center. The sole purpose is for competitors to get familiar with the mapping style and be warmed up physically. There may be orienteering checkpoints in the training map but they will not be used for your course.

Q: How do I know if it is my turn to start?

A: At the start pen, clocks will promptly display the time (T, T-1, T-2, T-3) for you to be at which location. If you miss your turn, you will be given the next available time in your category.

Q: Can I bring my own timing key?

A: Yes if you own one, please drop us an email with your timing key serial number.

Q: I am not feeling well on the race day, Can I get someone to replace me on the day of the race?

A: All replacements must be made 3 working days before the event start.

Q: I have forgotten to register online, can I still walk in and enter?

A: Yes, you can. But limited slots are available for walk in. Please prepare to pay now us the entry fees amount.

Race Terrain Information

Format: Sprint Orienteering

Date: Sunday, 3rd November 2019

Meeting Point: Blk 323, Clementi Ave 5 S(120323)

Google Map Link: <https://goo.gl/maps/EnkTz3vv6TU2>

Transportation: EW23, Clementi MRT. (East West Line)

F & B: Block 325, Clementi Ave 5

Getting there: Follow covered walk way from the train station

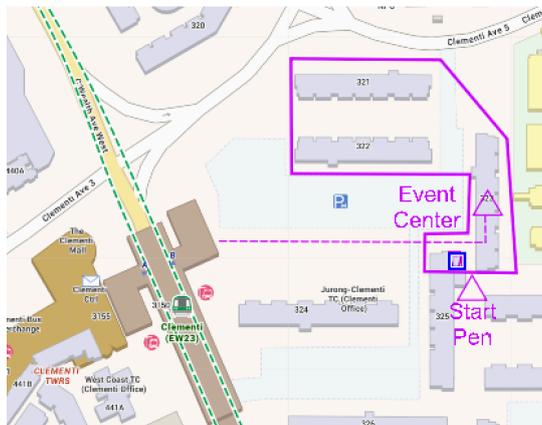
Toilet / change rooms can be found in the MRT train station.



Embargoed Area:
 > Area marked out by the the red line.



Location Layout- Race 3



Event Center is accessible by Clementi MRT
 Carpark - Surface carpark in front of Event Center

Areas bounded by the purple lines are the training map boundaries. All participants should not go beyond those area.

Toilets / Refreshments can be found in Block 325.
 More toilets in the train station.

Do be at the start pen on time!

Additional terrain notes on this area:

- The terrain is undulating with an area of significant elevation climb.
- Buildings on this map are passable and checkpoints can be placed under it.
- Do not trespass into private properties and areas where the residents are gathered.
- Traffic is light in the area but look out when crossing the carparks or road crossings.