

# O'SHEA 2 DAYS 2015

**SATURDAY 21ST AND SUNDAY 22ND FEBRUARY 2015**

## **Information Sheet**

Central Coast Orienteers invite you to two days of orienteering with lots of variety where you can warm up for the coming season. This is an event for **PAIRS**, with three events in one.

Saturday afternoon is a **Pairs Relay** with a long leg and a short leg.

Saturday night is a **Line Course** for both or one of the pairs (best time to count) and on Sunday morning there is a **Score Event**. Sportident timing will be used and SI sticks will be available to hire if you don't have your own.

### **DIRECTIONS:**

**Saturday Afternoon – Point Wolstoncroft** – Combination of street, park and bush.

**From Sydney and Newcastle:** From the Pacific Hwy at Lake Munmorah, turn west into Kanangra Drive and follow this to the Point Wolstoncroft Sport Centre.

**Saturday Night – Summerland Point** – (1) From the afternoon event, turn right off Kanangra at the roundabout into Summerland Road or (2) From the Pac Hwy, turn left off Kanangra into Summerland. Then turn left into Cams Boulevard (not Cams Rural Boulevard, which comes up first). Proceed to park. Look for "O" signs.

**Sunday Morning – Gwandalan** – Off Kanangra Drive, turn east into Parraweena Road.

**MAPS:** All maps - 1: 10,000

**PLANNERS:** Colin Price (Relay & Score) David Bowerman (Nights)

**CONTROLLER:** Nick Dent

**ORGANISER:** Robyn Pallas 4384 5003 or colinp53@yahoo.com.au

**SATURDAY PAIRS RELAY:** Starts, long pairs at 2.30 pm and short pairs at 2.40 pm.

**SATURDAY NIGHT "O":** There will be a reverse chasing start at 1 minute intervals, as soon as it is dark enough, approximately 8pm. This will be a street line event. If both team members run, the fastest time counts.

**SUNDAY MORNING SCORE EVENT:** Mass start for both long and short pairs at 9.30 am. Each pair will go to all controls split between them and must finish together.

<b>COURSES</b> (Approx lengths)		<b>RELAY</b>	<b>NIGHT</b>
LONG PAIRS	LONG LEG	4.8 km Hard	4.5 km Hard
	MEDIUM LEG	3.9 km Moderate	3.6 km Moderate
SHORT PAIRS	MEDIUM LEG	3.9 km Moderate	3.6 km Moderate
	SHORT LEG	2.9 km Easy	3 km Easy

**Enter on the Day:** will be available on Saturday afternoon from 3.00pm and Sunday morning from 9.31am. Limited courses will be available. \$15 per map.

**Entry Fee:** \$42 per team member (for the 3 parts/maps) \$14 per map.

Entries can be made through Eventor. Please ensure you email Robyn Pallas with team selection (Long or Short pairs) and runner doing long or short course. Any questions contact Robyn Pallas on 43845003.

**Entries close:** Tuesday 17th February 2015

Our website: [www.ccorienteering.org](http://www.ccorienteering.org)