

Connacht Orienteering Championships 2015

Final Information

Organisers: Sligo Orienteering Club

Date: Sunday 15th November 2015

Venue: Oakport, Knockvicar, Co. Roscommon. Grid Ref. G 871 054

The parking and assembly area will be in Knockvicar and signposted from the village junction.

From Carrick-on-Shannon, Knockvicar is reached by way of a right turn off the N4 Sligo, signposted Knockvicar. From Boyle the same access road is a left turn.

Parking

Parking is at Tara Marina. Please do not park at the Restaurant/Bar but proceed through the barrier and follow the instructions of parking marshals.

Facilities available:

2 Male and 2 Female toilets

2 Male and 2 Female showers (these are coin operated. €1 coins. €1 gives 4 mins)

Food

There is a restaurant and bar on site. They are able to accommodate people in the bar area for food/drink between 12.30 and 2.30 and in the restaurant and bar from 2.30 on.

Start Times: Pre-entry start times will be from 11am to 12.36pm. Most EOD entrants will have later start times.

Control Descriptions: Control Descriptions in ISOM (pictogram) format will be on all maps.

Separate paper control descriptions (in pictogram format) will ONLY be available at a point 3 minutes before each competitors start time.

We hope to have paper control descriptions in English for courses 6, 8 and 10 ONLY included in map bags to assist EOD entrants

Map: The map scale is 1:10,000 with 5 metre contours. Surveyed and drawn by Padraig Higgins 2015.

Terrain: Mixed runnable forest with good network of roads and paths

1 Small Drainage Channels not mapped

2 Area contains many medium sized drumlins.

3 Expect underfoot conditions to be soft.

4 Walk to start is about 1.5 km and should take 15-20 minutes

5 Some transit areas will be taped to assist ease of movement for competitors through crossing points

Course Closing time will be 3PM For all courses. SI units will be switched off and control collection will begin.

Prize giving will take place in instalments after about 2.15 pm as class winners are identified.

Classes: All classes will be available subject to demand.

Entry & Start Times Queries _ Frank Swift Email: swift.frank@gmail.com

Phone 071-9160778

General Queries: soc@orienteering.ie

Electronic Punching: Remember to include your SI number on the entry form. SI cards can be hired at €5 each and picked up at registration. Lost cards will be charged at €30 each.

Course	Class	Length (Approx)
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1	M21L,M35L,M40L	9.8k
2	M20A, M18A, M45L, M50L	8.3k
3	W21L,W35L,M16A,M55L	7.5k
4	W20A,M60L,M21S	6.5k
5	W18A,W40L,M65L,W45L	5.7k
6	W16A,W50L,W55L,W60L,W21S	4.1k
7	W65L,M70,W70, M21N	3.3k
8	M14,W14,W21N	3.2k
9	M12, W12	2.6k
10	M10, W10	2.1k
11	M75,M80, M85,W75,W80	3.1k

Orienteering is an adventure sport. All competitors take part at their own risk