HIT-THE-TOWN

IRISH SPRINT/URBAN ORIENTEERING FESTIVAL

Event Information

Update 18-Mar-2026

(updates in red)

Orienteering Ireland

EVENT INFORMATION

Thanks for entering the **Hit-the-Town** Festival of orienteering!

This is the first weekend sprint/urban event organised by Orienteering Ireland and we are delighted to be heading to the hub of sporting education in Ireland, the University of Limerick, and in the historical city of Limerick for three events over two days.

Here is some general information about the three events which will make it easier for you to know where and when to go across the three days. We hope you enjoy the weekend of exciting and challenging orienteering in Limerick!

A massive thank you to our planners, controllers and volunteers, without whom we wouldn't have a great festival to look forward to!

KEY PERSONS

Event Organiser:	Eric O'Brien (OI)
Event Controllers:	Dermot O'Sullivan (BOC) – Sprint Championships & Urban Eric O'Brien (OI) – Sprint Relay
Event Planners:	Nick Simonen (BOC/Baekkelagets) – Sprint Championships Dermot O'Sullivan (BOC) – Sprint Relay Fionn O'Callaghan (BOC) – Urban Event

EVENT FORMAT

Saturday (Morning): 21-Mar-2026	Irish Open Sprint Championships (to be classed as an Irish Champion, see the eligibility rules here). Non-Irish orienteers can still be category winners. **University of Limerick**
Saturday (Afternoon): 21-Mar-2026	Two-Person Sprint Relay & Prize Giving Ceremony. **University of Limerick**
Sunday (Morning): 22-Mar-2026	Urban Event. **Limerick City (Merchant's Quay Courthouse)**

EVENT HQ LOCATIONS

Saturday:	University of Limerick Sports Arena Google Maps Pin (here), Eircode – V94 X9VK
Sunday:	Merchant's Quay, Limerick City Google Maps Pin (here), Eircode – V94 EKK1

Images courtesy of Google Street View

JOIN THE ADVENTURE

EVENT INFORMATION

IRISH SPRINT CHAMPIONSHIPS INFORMATION

Registry & Start: Registry opens at **1000**.
First Start at **1100**.

Event Parking: Park only in the designated car parks. Car Park numbers **P8 and P2** are available. Parking elsewhere on the campus may result in disqualification. Follow the direction of our volunteers. Parking is free for the day.

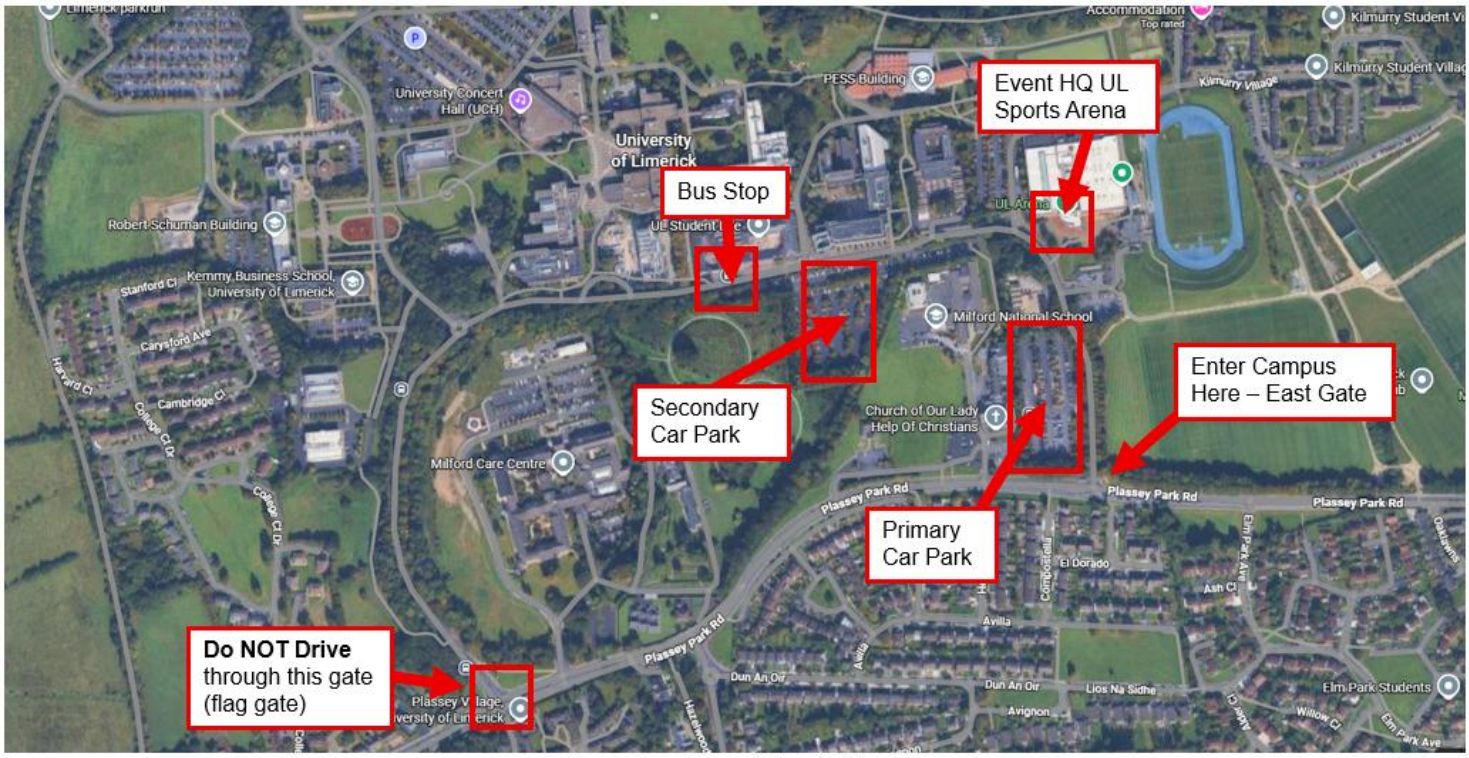

Image courtesy of Google Maps

Busses: Busses form Limerick City are also available and stop at the Campus. Route 304, 304a & 310 service the campus.

Terrain: The university campus is across the north and south banks of the River Shannon and is predominantly a mix of residential, academic and sports buildings/facilities. It is a well maintained pedestrian friendly area that will allow for fast running in a complex setting.

All courses cross over roads in the campus. While traffic volumes are likely to be light, competitors should be aware that there may be some vehicles in the competition area.

The competition area is open to pedestrians, and there is an Ultra Marathon taking place in the southeast of the campus at the same time as our championships. Runners must give way to pedestrians.

Due to the predominantly flat terrain, the total climb for each course may not be included.

The courses are mostly on tarmac and concrete areas, but there are some areas of grass.

The Map: The map was updated by Pat Healy in 2026. Maps will be printed on A3 or A4 waterproof paper by Sprint Printing (France). Some courses will have a map-flip on them (double sided maps).

Specific Map Notes: Parking Barriers may be open or closed but are to be considered uncrossable. They are marked as uncrossable fences on the map. There will be marshals on the course to report infractions.

The following special symbols are used on the **University of Limerick** maps:

LAMPPOST

PEDESTRIAN CROSSING (optional)

BRIDGE OR TUNNEL ENTRANCE

UNDERPASS OR TUNNEL

AREA RUNNABLE AT LOWER LEVEL

AREA WITH OBSTACLES (eg bike racks)

SMALL BUILDING or BIKE STORAGE

Out of Bounds Areas: There are two very small out of bounds areas on the map (flower beds). These don't affect route choice and are not taped on the ground.

Course Information: Courses 1 – 7: Scale 1:4,000
Courses 1 – 4 have a Map Flip.
Map Flip Note – Part two of each course with a Map Flip continues from the Map flip control. This is indicated as a **Start Triangle** on the flipped portion of the map to begin the next set of controls.

EVENT INFORMATION

Course	Class	Scale	Length KM (optimum route)	Controls
1	M21, M20, M18	1:4,000	3.7	24
2	W21, W20, W18, M35, M40	1:4,000	3.3	21
3	M45, M50, M16	1:4,000	2.8	21
4	M14, W16, W14, M55, M60, W35, W40, W45, *On the day – Light Green*	1:4,000	2.5	19
5	M65, M70, M75, M80, M85, W50, W55, W60, W65, W70, W75, W80, *On the day – Orange*	1:4,000	2.2	15
6	M12, W12, M10, W10, *On the day - Yellow*	1:4,000	1.6	12
7	*On the day – Red*	1:4,000	2.0	14

Course Timing:

Contactless punching on all courses except the **Start and Finish Controls**. These **MUST** be punched by all competitors (including elites).

Sport Ident Timing will be used to record results with live results being updated on the SIEntries website. QR codes will be available around the event area to direct you to these live results.

Race Bibs:

All competitors must wear their assigned bib during the competition. Collect your bib at the **Event Registration & Info** table. This is located in the foyer of the UL Sport Arena. Safety pins will also be provided.

Start Procedure:

There will be a warm-up area in the car park **P8**. Please note that there is an Ultra Marathon taking place in the south-eastern portion of the campus and this area should not be entered for warm-up.

Clear & Check Boxes will be located in the call-up area.

Control Descriptions are IOF symbols for Courses 1-5, and in English for Courses 6 & 7. The maps for courses 6 & 7 will also have IOF symbols.

Control Description sheets are available at -3.

The route from map issue to the Start Triangle is unmarked on the map but is taped. You **MUST** punch the start box.

EVENT INFORMATION

Finish Procedure:	You must follow the taped route from the last control to the finish. This is not marked on the map. The Finish control **MUST** be punched. Maps can be reclaimed after **1300**. Download is outside the UL Arena (you will see this as you register). **YOU MUST DOWNLOAD WHEN YOU RETURN WHETHER YOU HAVE COMPLETED THE COURSE OR NOT**. Courses Close at **1415**.
UL Arena:	Bag Drop, SI Rental Collection, Bib Collection are all located in the foyer of the UL Sports Arena.
Drinking Water:	There will be a water dispenser located at the finish. Competitors are encouraged to bring their own bottles to reduce waste and leave them near the finish area.
Control Types:	A mixture of stakes and trestles will be in use.
Safety:	Please be careful when turning corners around buildings as there will be competitors going both ways and pedestrians.
Entry on the Day:	There will be limited entry on the day for Light Green, Orange, Red and Yellow courses. These are non-competitive.
Late Starts:	The Start is located approximately 2 minutes walk from registry. Please make every effort to be on time for your start. If you are late, we will do our best to accommodate you, but this may not result in an immediate start.
Food & Beverages:	The Terrace at UL is open throughout the event and is located beside Download.
Toilets:	There are toilets available in the UL Arena.
Old Maps:	Please note that it is against the rules to bring old maps to the event area.
Spectator Area:	There will be a spectator area at the finish. There are no other organised spectator controls on the course.
Prize Giving:	Prizegiving for the Irish Sprint Championships will take place at **1430** (or earlier) outside the UL Arena.

Specific Information for the Fun Two-Person Relay

Registry & Start: Registry opens at **1530** at the UL Arena (bib collection & team check).
First Start at **1615**.

The Teams: Teams will be drawn at random and given a city name. The teams will be listed on our website in advance of the event.

The Map: This map will be a double sided (Map Flip) A4 map using IOF Control Descriptions.

SI Cards: Each team will be given an SI Card (Non-SI Air) for the relay event with their bibs. These must be collected at the Registry area before the relay starts.

The Courses & Legs: Maps will be issued at the start line rolled and secured with an elastic band.

Each course will have **24 controls**. Each team member will collect 6 controls and will then hand over the team SI Card and map in a transition area. There is no punch control to handover to the next person.

Each pair (team) has been assigned a team name (these are available on the IOC Website). You may not know your teammate, but we have used team names for you to tind them. The team decides who goes first.

The team will run legs as follows; *(> denotes a handover)*
Map Side A: Me (controls 1-6) > You (controls 7-12) >
MAP FLIP to Side B, Me (controls 1-6) > You (Controls 7-12 & Finish).

Courses Close at **1730**.

Course	Class categories in mixed age/gender teams	Scale	Length KM (total)	Controls
1	M/W 21, 20	1;4,000	4.5	24
2	M/W 16, 18, 35, 45	1;4,000	4.1	24
3	M/W 50, 55, 60	1;4,000	3.7	24
4	M/W 65, 70, 80, 10, 12, 14	1;4,000	3.5	24

Start Procedure: There will be four mass starts by each course. With Course 4 going first and Course 1 going last. Each Mass Start will be separated by 2 minutes.

These will be timed starts and there is **no requirement to punch** the start.

EVENT INFORMATION

Handover Procedure: When reaching the last control of your leg, the map is marked and routes taped on the ground to guide you to the handover area. Once you enter this area, you will handover your map and SI Card to your teammate and remain there for your next handover.

Finish Procedure: When you have collected the teams last control, you will follow the taped route to the finish. You must **punch** the finish control.

Download is outside the UL Arena (you will see this as you register). **YOU MUST DOWNLOAD WHEN YOU RETURN WHETHER YOU HAVE COMPLETED THE COURSE OR NOT**.

Prize Giving: Prizegiving for course winners in the fun relay will take place at **1745** (or earlier) outside the UL Arena. This is a fun event, and these are not championship prizes.

Best Dressed: We will have small prizes for the class winners of the relay on Saturday afternoon, but there will also be a couple of spot prizes for the "best dressed" on the day. Why not jazz it up with us and dress for the occasion? Our expert panel of judges will award prizes for the most "interestingly" dress orienteers at the relay.

Parental Supervision: Please note that there is no provision for child minding during the relay by the organising team.

Specific Information for the Urban Event

Event Parking: There is **NO PARKING** in the area immediately around the Registry area. The closest car parks are at Arthur's Quay Multistorey, Cruise's Street Park Rite, and Ellen Street Car Park. All of these car parks are pay as you park and located about a 5-minute walk from the Registry.

Registry & Start: Registry opens at **0930**.
First Start at **1000**.

Busses: Busses from Limerick City are also available and stop at the Campus. Route 301, 305a, & 313 stop at Athlunkard Street (St Mary's Cathedral) which is close to the Registry area.

Terrain: The area used for this competition is across the west and east banks of the River Shannon and is predominantly a mix of residential, commercial and parklands.

All courses cross over roads in the city. While traffic volumes are likely to be light, competitors should be aware that there will be some vehicles in the competition area.

The competition area is open to pedestrians, and roads will have traffic on them. Runners must give way to pedestrians and obey the rules of the road.

Due to the predominantly flat terrain, the total climb for each course may not be included.

The courses are mostly on tarmac and concrete areas, but there are some areas of grass.

The Map: The map was updated by Pat Healy in 2026. Maps will be printed on A3 waterproof paper by Sprint Printing (France).

Specific Map Notes: The following special symbols are used on the **Limerick City** map:

PEDESTRIAN CROSSING (optional)

LAMPPOSTS: These are not shown on the Limerick City map.

EVENT INFORMATION

Course Information: Courses 1 – 7: Scale 1:4,000

The class distances are line measurements and NOT optimum route distances.

Course	Class	Scale	Length KM (optimum route)	Controls
1	M21, M20, M18	1:4,000	6.5	27
2	W21, W20, W18, M35, M40	1:4,000	5.7	21
3	M45, M50, M16	1:4,000	4.4	18
4	M14, W16, W14, M55, M60, M21S, W35, W40, W45, W21S, *On the day – Light Green*	1:4,000	3.8	19
5	M65, M70, W50, W55, W60, W65, *On the day – Orange*	1:4,000	3.5	19
6	M75, M80, M85, W70, W75, W80	1:4,000	2.7	14
7	M12, W12, M10, W10, *On the day - Yellow*	1:4,000	2.5	10
8	*Accessible – PhotoO*	1:4,000	2.0	10

Course Timing: Contactless punching on all courses except the **Start and Finish Controls**. All competitors **MUST** punch these controls.

Sport Ident Timing will be used to record results with live results being updated on the SIEntries website. QR codes will be available around the event area to direct you to these live results.

Race Bibs: Please wear your bib from the Sprint Event for this event. Newcomers will be assigned bibs on arrival.

Start Procedure: There will be a warm-up area in the area in front of the Courthouse.

Clear & Check Boxes will be located in the call-up area

Control Descriptions are IOF symbols for Courses 1-5, and in English for Courses 6 & 7. The maps for courses 6 & 7 will also have IOF symbols.

Control Description sheets are available at -3.

The route from map issue to the Start Triangle is unmarked. You **MUST** punch the start box.

Crossing Points: There is an identified crossing point for courses 5, 6, 7. There will be volunteers here to control this crossing. However, the traffic is normally quiet here and the run into this crossing point on a one-way street has good visibility on both approaches.

Throughout the map, pedestrian crossings are highlighted to aid you.

Finish Procedure: The **Finish** control must be punched.

Maps can be reclaimed after **1130**.

Download is in the same area as Registration. **YOU MUST DOWNLOAD WHEN YOU RETURN WHETHER YOU HAVE COMPLETED THE COURSE OR NOT**.

Courses Close at **1330**.

Drinking Water: There will be a limited supply of drinking water at Download. Please bring your own bottles to reduce waste.

Control Types: Stakes will be in use throughout the course.

Safety: Please be careful when turning corners around buildings as there will be competitors going both ways and pedestrians.

Parents have been offered the opportunity to shadow their children if they are under 14 years old or have additional needs. Please contact us if you think you would like to avail of this.

Entry on the Day: There will be limited entry on the day for Light Green, Orange, and Yellow courses. We will also have a Photo-O course available. These are non-competitive.

Late Starts: The Start is less than a minute's walk from registry. Please make every effort to be on time for your start. If you are late, we will do our best to accommodate you, but this may not result in an immediate start.

Food & Beverages: The **Locke Bar** is the closest area to purchase beverages and food. It is on George's Quay and very close to the Registry/Download area.

Toilets: There are toilets available the **Locke Bar** located across from the Court House**.**

Prize Giving: There are no prizes for this event.

Thanks:

The organisers would like to give major thanks to the following for their help in getting the weekend together in a relatively short period of time:

Dermot O'Sullivan for controlling most of the events.
John McCullough for his help in structuring the event.
Andrew Cox for his input to make our urban courses very interesting.
Pat Healy for remapping these areas.
Nick Simonen, Fionn O'Callaghan & Dermot O'Sullivan for planning our fantastic courses!
UL Sport for accommodating our events on Day 1 and Limerick Sports Partnership for their help with the local authorities I the city for our urban event.
And our Development Officers and volunteers, without whom the event would not have been possible.

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