

SPRINT SCOTLAND 20-23RD JUNE 2019 BULLETIN 1

Welcome to 4 days of Sprint and Urban orienteering around Bo'ness and Denny!

Program (provisional)

Thursday 20th June

- 10:00 - 14:00 Sprint coaching– Bo'ness North
- 14:00 – 15:00 Presentation about sprint orienteering
- 17:00 – 19:00 Training race– Bo'ness North

Friday 21st June

- 10:00 – 14:00 Sprint coaching - Denny
- 14:00 – 15:00 Presentation about sprint orienteering
- 17:00 – 19:00 Training race – Denny

Saturday 22nd June

- 10:30 – 12:00 Sprint Race 1 – Bo'ness (WRE, Scottish Urban League, UK Urban League)
- 13:00 – 14:00 Scottish Orienteering Association AGM
- 14:00 – 15:00 Guest speaker
- 15:30 – 17:00 Sprint Race 2 – Bo'ness (WRE, Scottish Urban League, UK Urban League)

Sunday 23rd June

- 11:30 – 12:30 Sprint / Urban Race 3 – Bo'ness (WRE)
- 13:30 Sprint Scotland prize-giving



Classes - M/W12-, M/W16-, M/W Open, M/W40+, M/W55+, M/W65+, M/W75+

Winning time for competitions - 12-15 minutes for sprint races. Open classes will have a sprint on Sunday - other classes will have longer urban courses.

Timing system - SPORTIdent with contact-less punching enabled. SI and SIAC cards available for hire.

Terrain - Traditional varied Scottish sprint orienteering terrain.

Maps - All maps drawn to ISSOM specification 2018-19 by Graham Gristwood and Chris Smithard.

Labyrinth – We plan to offer labyrinth orienteering at the races.

Coaching days

- A variety of exercises designed to improve specific sprint orienteering skills
- Training races to put the skills into practice
- Long and short options
- Coaching lead by Chris Smithard

Under 16s - Safety considerations allied with our insurance position mean that only U16s accompanied by an adult willing to take responsibility for decision making regarding road crossings and road safety are allowed to participate in the coaching days.

Scottish Orienteering Association AGM and talk by Guest Speaker

We are delighted to welcome the SOA Annual General Meeting between our races on the Saturday, at the same venue. There will also be a guest speaker (tbc).

Presentations

- Topics related to sprint orienteering
- Presented by top speakers (last year Yannick Michiels and Kris Jones)



UKUrbanLeague



Orienteering

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Entries and entry fees - On Sprint Scotland website (sprintscotland.co.uk).

- Free entry to top 15 in Sprint Foot Orienteering World Ranking (at 1/1/19, email organisers)
- Discounted entry to members of the Great Britain Foot Orienteering Team (email organisers)

NB. surcharge for non – BO/SOA members	Before 12 th May		Before 9 th June		EOD**	
	Adult	Junior / student	Adult	Junior / student	Adult	Junior / student
Individual race	£10.00	£5.00	£12.00	£6.00	£14.00	£7.00
Coaching session	£10.00	£5.00	£12.00	£6.00	£14.00	£7.00
Training race	£6.00	£3.00	£8.00	£4.00	£10.00	£8.00
Presentations	£5.00	£2.50	£5.00	£2.50	£5.00	£2.50
Technical T-shirt*	£10.00	£10.00	£10.00	£10.00	£10.00	£10.00

*Technical T-shirt free if you enter all 3 races, both coaching sessions and both training races.

Going green - We encourage people to use public transport and share transport where possible.

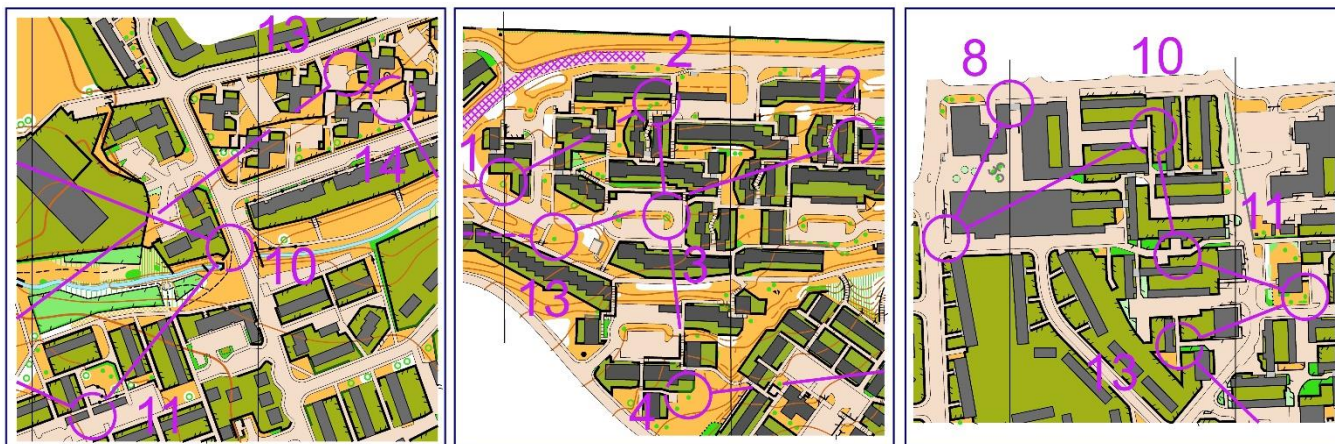
Visas / extra training – Use the contact email address.

Accommodation - Various in and around Falkirk.

Climate - This is Scotland, so could be anything!

Embargoed areas - Available on the British Orienteering website.

Map samples from Sprint Scotland 2018



Co-ordinator

Graham Gristwood

Training planner

Chris Smithard

Race planners

Jon Cross, Graeme Ackland, Chris Smithard & Fanni Gyurko

Race Organisers

Graham Gristwood, Kris Jones

Controllers

tbc

IOF Event Advisors

Ted Finch (FVO) and Rob Hickling (GRAMP)

Contact e-mail address

sprintscotland2016@gmail.com

Web page

sprintscotland.co.uk

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