

SPRINT SCOTLAND 29TH MAY 2021

FINAL BULLETIN

General Information for both races

Covid-19 – Follow all guidelines and instructions

- If you're displaying one or more Covid-19 symptoms you must not attend.
- If you are in Covid-19 quarantine or self-isolation you must not attend.
- People in higher risk categories as set out by the government should be aware that attending places you at increased risk.
- Please do not gather unnecessarily in the pre-start area or at the finish/car park
- The 2-metre rule applies at all times, including at controls, so please move away from controls as soon as you have punched.
- By taking part you agree to British Orienteering code of conduct (see https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering)

Programme for the day

09:00- 13:00 Race 1, MacRosty Park, Crieff

- 09:00 – Parking opens
- 09:15 – Quarantine opens (applies for all M/W18-40 athletes)
- 09:45 – Quarantine closes (applies for all M/W18-40 athletes)
- 10:00 – First start
- 11:40 – Final start
- 12:30 – Courses close
- 13:00 – Parking closes

15:00 – 19:00 Race 2, Bannockburn West

- 15:00 – Parking opens
- 15:15 – Quarantine opens (applies for all athletes)
- 16:00 – First start
- 16:20 – Quarantine closes (for all M/W18-40 athletes)
- 17:20 – Final start
- 18:30 – Courses close
- 19:00 – Parking closes

Rules

All participants are expected to abide by the following

- All Covid-19 protocols
- Read all the information and be aware of the risks involved.
- Follow the instructions provided by the organisers at all time.
- Respect other participants and the general public.
- Respect out of bounds areas and impassable features - it is your responsibility to know the map symbols!
- Cross roads and deal with traffic safely - take the time to be safe and aware.
- Maps will not be collected after your run – please do not show to later competitors.

Participants take part at their own risk – any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the race organisers before they start.

Sprint Scotland T-shirts – Collect pre-orders at the event, or purchase on the day (subject to availability).

Journey planner - www.travelinescotland.com.

Embargoed areas - As on the SprintScotland website <http://sprintscotland.co.uk>

Contact e-mail address - sprintscotland2016@gmail.com

Race 1 – MacRosty Park, Crieff

Please read the arrangements for parking, quarantine, the start, and kit transfer (including car keys) carefully. It is your responsibility to make sure you understand how they apply for you.

Parking

The car park will be unlocked from 0900 and will be locked again at 1300.

Parking is in the hardstanding car park to the south of Turretbank Road, opposite the Lady Mary's Walk public car park. This is located at <https://goo.gl/maps/USY2qLv3EN8Qi9vk7>

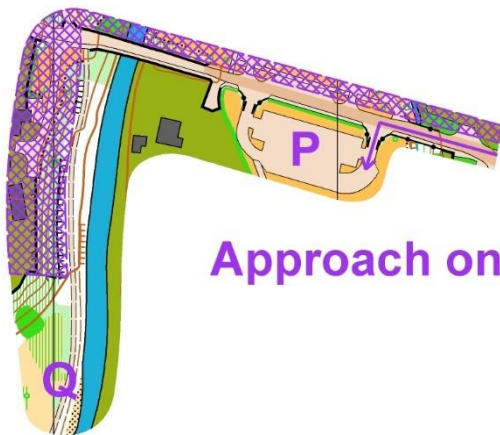
Please approach the car park only from the east (as shown in the instructions for 'Quarantine Group A' below) No old maps of the area should be used subsequent to arrival in the car park.

Quarantine and warm-up arrangements

The start list has been divided into two groups, with the earlier starting group made up of athletes in the MW18-40 age classes. The quarantine arrangements for each group are:

Quarantine Group A: All athletes with start times earlier than 1050 (all M/W18-40 athletes)

- Quarantine will open at 0915 and all athletes **must be in quarantine no later than 0945**.
- Athletes in Group A should use the map below to exit from the west end of the car park (P) and find their way to sign-in at quarantine (Q).
- There will be a warmup map issued at the quarantine sign-in. There are no controls on the warmup map. The warmup area is a predominantly wooded area with ample space. Please be considerate of nearby houses and any members of the public you may encounter.
- There is no exit from quarantine until it is time for your start.
- No devices or old maps are permitted in quarantine.
- The pre-start is marked on the warmup map and is adjacent to the quarantine sign-in.
- There is no return to the warmup map after the race: kit may be left at the pre-start area and will be transported back to the car park for around 11am.



Approach only from East

Quarantine Group B: All athletes with start times from 1100 onwards

- Athletes in Group B are not required to operate a formal sign-in to quarantine.
- However, prior to their run, they are asked to restrict themselves to the car park area and the fields immediately to the south (which are suitable for warming up) and not to communicate with athletes who have already run.
- Pre-start for group B will be at the west end of the car park.

Kit transfer and SIAC battery check

For all athletes, there will be a tent at the west end of the car park to leave kit they may require after the race. Athletes in quarantine group A may wish to leave kit and/or car keys here for immediate access after their race (kit from quarantine will not return to the car park until around 11am).

There will be a SIAC battery check available at the kit drop tent.

Toilets

Sorry but there are no toilets in the car park or in quarantine. Crieff town centre nearby has normal amenities, including a public toilet (50p charge) open on Saturdays at James Square adjacent to the main A85

<https://goo.gl/maps/f61KHHDhQjM6EiEb6>

Start arrangements

Quarantine Group A has pre-start and call up adjacent to quarantine sign-in

Quarantine Group B has pre-start and call up adjacent to the west end of the car park

Call up is at -4 mins for all athletes.

The start procedure is:

Call up at -4 min	Check of name and SI number Clear SI card Check SI card
-3 min	Loose descriptions available
-2 min	SIAC check to ensure SIAC mode enabled
-1 min	Jog to start line Wait for countdown
START TIME	Punch start on long beep Run 10m to take map (part 1 face upward) Follow taped route 40m to start kite

Start times

Start times will be published on Slentries and accessible via <http://sprintscotland.co.uk/>

The start interval is 1000-1140.

There is no entry on the day.

Finish

The finish units will be SIAC enabled.

Download is adjacent to the finish.

All competitors must report to download whether completing the course or not.

Results and cooldown area

Splits will be provided at the finish.

There will be no results display but live results will be available at <http://sprintscotland.co.uk/>

Information on the cooldown area will be provided at the finish.

Map and terrain

The map is at scale 1:4000 with 2.5m contour interval.

Survey 2018-9 and upgraded to ISSproM2019 in 2021 by Graham Gristwood.

Printed on waterproof paper.

The terrain is mostly grassy park and surrounding roads. As used for the Scottish 6 Days 2019 sprint race – the old map can be viewed at <https://www.scottish6days.routegadget.co.uk/rg2/#53>

You are reminded that streams and rivers mapped as uncrossable are forbidden to cross.

Courses

Men/Long 3.4km, 60m climb, 24 controls. EWT 12-13 minutes.

Women/Short 2.8km, 50m climb, 19 controls. EWT 12-13 minutes.

Both courses are in two parts with the second part of the course printed on the reverse. The map flip is at a control, with that control shown on both parts.

Timing system

SPORTident. Touch free enabled for SIAC cards.

Clothing

No restrictions, shorts and vests may be worn.

Under 16s

We have arranged marshals for all relevant road crossings and so under 16s may take part with no need for them to be shadowed.

Out of bounds

All areas, except those covered by parking, quarantine, and warmup areas, remain Out of Bounds until after the race.

Hazards

Please beware of any traffic and obey marshals if necessary.

The park is very runnable but contains steps, steep banks and narrow bridges, and may be slippery in places particularly if wet. It is well used by the public so please beware other runners, bikes, dogs, general public, playing children and residents. Please take care and be courteous to others.

First Aid

There is a minor injuries unit at Crieff Community Hospital, King Street, Crieff PH7 3HR. (01764 653173). Perth Royal Infirmary is 17 miles away, at Taymount Terrace, Perth PH1 1NX (01738 473734).

Event Officials

Planner - Graeme Ackland (Masterplan Adventure)

Controller - Ross McLennan (FVO)

Organiser - Jon Cross (Masterplan Adventure) 07803 796773

Co-ordinator - Graham Gristwood (Masterplan Adventure)

Race 2 – Bannockburn West

Please read the arrangements for parking, quarantine, the start, and kit transfer (including car keys) carefully. It is your responsibility to make sure you understand how they apply for you.

Parking

Parking is at Bannockburn High School. Please do not arrive at the car park before 1500hrs.

Please approach the event **ONLY** along the A9 from the St Ninians roundabout at the junction of the A872 and A9 (at <https://goo.gl/maps/r6EAGiViEvBYTa3o8>). Please do **NOT** approach from other directions.

The entrance to Bannockburn High School is at <https://goo.gl/maps/SPmcN23r2gBNTtFK9>

Please park in marked bays and do not block the access road at the rear of the school. Where possible please avoid the parking bays adjacent to the astro pitches, only park there once other spaces are full.

The map below shows the location of parking and where to find the entrance to quarantine. All areas shown on this map are available for warmup prior to entering the (largely urban) quarantine area.



Approach along A9
from North West

Quarantine arrangements

The start list has been divided into two groups, with the earlier starting group made up of athletes in the MW18-40 age classes. The quarantine arrangements for each group are:

Quarantine Group A: All athletes with start times earlier than 1650 (all M/W18-40 athletes)

- The sign-in to quarantine is shown (Q) on the map above.
- Quarantine will open at 1515 and **all athletes must be in quarantine no later than 1620**

Quarantine Group B: All athletes with start times later than 1650

- Athletes in Group B also need to collect a warmup map at the quarantine sign-in (Q on the map above).
- There is no deadline for athletes in Group B to collect their warmup map.
- Athletes in Group B are asked not to communicate with athletes who have already run.

All athletes: warmup map & route to start

There will be a warmup map issued at the quarantine sign-in. The warmup map will show the route to the start. There are no controls on the warmup map.

Please be aware that **once you are on the warmup map, you may not leave it** until your start. This means that you will not be able to return to your car once you have collected your warmup map. No devices or old maps are permitted in quarantine.

Distance to start: **NOTE that it is 1.7km on the shortest route from quarantine sign-in to the start.**

The route to the start is largely through an urban area. Please be considerate of nearby houses and any members of the public you may encounter.

There is no return to the warmup map after the race: kit may be left at the pre-start area and will be transported back to the quarantine sign-in point adjacent to the car park. It will be returned after the final start so should arrive by around 1745. We will do an earlier transfer of kit for early starters if helper manpower allows.

Kit transfer and SIAC battery check

There will be a tent at quarantine sign-in adjacent to the car park, in order to leave kit that may be required after the race. Athletes may wish to leave kit and/or car keys here for immediate access after their race – kit from the pre-start may not return to the car park area until around 1730.

There will be a SIAC battery check available at the kit drop tent.

Toilets

Sorry but there are no toilets in the car park or in quarantine. Stirling city centre nearby has normal amenities, and there are public toilets also at Stirling Motorway Services at the intersection of the M9 and M80.
<https://goo.gl/maps/2GHMFwgvb7PUqi1S8>

Start arrangements

As above the start is 1.7km from the quarantine sign-in and warmup map issue.

Call up is at -4 mins for all athletes.

The start procedure is:

Call up at -4 min	Check of name and SI number Clear SI card Check SI card
-3 min	Loose descriptions available
-2 min	SIAC check to ensure SIAC mode enabled
-1 min	Move to start line Wait for countdown
START TIME	Punch start on long beep Take map Follow taped route 35m to start kite

Start times

Start times will be published on Slentries and available via <http://sprintscotland.co.uk/>

The start interval is 1600-1720.

There is no entry on the day.

Finish

The finish units will be SIAC enabled.

Download is adjacent to the finish.

All competitors must report to download whether completing the course or not.

Results and cooldown area

Splits will be provided at the finish.

There will be no results display but live results will be available via <http://sprintscotland.co.uk/>

Information on the cooldown area will be provided at the finish.

Map and terrain

The map is at scale 1:4000 with 2.5m contour interval.

Survey 2020 using ISSproM2019 by Graham Gristwood.

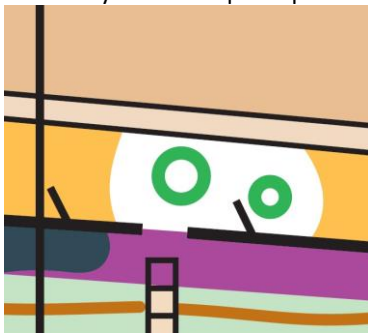
Printed on waterproof paper.

The terrain is a mixture of urban and park, with some long grass / rough trails. Approximately 50% asphalt.

Some traffic is likely to be encountered on the course.

There are some steep banks which may be slippery.

There is one uncrossable boundary on the map which has been accentuated with a purple boundary line in the same way as this map sample:



This boundary is obvious on the ground but does NOT have any taped markings in the terrain.

Competitors are reminded that busier roads are distinguished within ISSproM2019 by use of a darker shading. The area has not previously been used for orienteering.

Courses

Men/Long 4.1km, 80m climb, 15 controls. EWT 14-15 minutes.

Women/Short 3.6km, 60m climb, 14 controls. EWT 14-15 minutes.

Both courses are on single-sided maps.

Clothing

No restrictions, shorts and vests may be worn.

Under 16s

Note that U16s are welcome but must be accompanied by an adult willing to take responsibility for decision making regarding road crossings and road safety. Parents of U16s entered for Race 2 should contact the organiser if they have not already had communication about making sure suitable arrangements are in place.

Out of bounds

All areas, except those covered by parking, quarantine, and warmup areas, remain Out of Bounds until after the race.

Hazards

You may well encounter vehicles including manoeuvring traffic. Please take good care and remember that it is your responsibility to cross safely. Please obey marshals if necessary.

As well as traffic, the terrain contains steps, steep banks and narrow bridges, and may be slippery in places particularly if wet. It is well used by the public so please beware other runners, bikes, dogs, general public, playing children and residents. Please take care and be courteous to others.

Timing system

SPORTident. Touch free enabled for SIAC cards.

First Aid

There is a minor injuries service around 2 miles away, at Stirling Health & Care Village, Livilands Gate, Stirling FK8 2AU (01786 434036).

Forth Valley Royal Hospital is around 7 miles away, at Stirling Road, Larbert FK5 4WR (01324 566000)

Event Officials

Planner Graham Gristwood (Masterplan Adventure)

Controller Graeme Ackland (INT/JOK)

Organiser Jon Cross (Masterplan Adventure) 07803 796773