

General Information for Both Days

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)

Program

Saturday 19th March

09:30 – 12:45

Race 1 – Dundee Menzieshill Sprint (WRE, UKEOL, SOUL) – St Ninians Primary School, Dundee

09:30 – St Ninians Primary School Opens

10:30 – First start

12:05 – Final start

12:45 – Courses close

12:45 – 17:30

Race 2 – Dundee Menzieshill Knock Out Sprint and Sprint (WRE, UKEOL, SOUL) – St Ninians Primary School, Dundee

12:45 – KO Quarter Final first start

13:55 – KO Semi Final first start

14:25 – Non-elite Race 2 first start

15:55 – KO Final first start

17:30 – Event end and St Ninians Primary School Closes

Sunday 20th March

09:30- 14:00

Race 3 - Balgay, Dundee Scottish Sprint Championships (WRE, UKEOL,SOUL, UKUL)

09:30 – Ancrum Primary School event centre opens (Note No parking for participants within the school grounds)

11:00 – First start

12:00 – Final start

12:00-12:15 – Helpers additional start window

13:30 – Courses close

13:30 – Prize-giving for Sprint Scotland and Scottish Sprint Championships

Rules

All participants are expected to abide by the following

- Read all the information and be aware of the risks involved.
- Follow the instructions provided by the organisers at all times.
- 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 all roads and deal with traffic safely - take the time to be safe and aware.
- Maps will be collected from all competitors at the finish of each race. They will be available just after 4pm on Saturday for Race 1 and 2, and at 12noon on Sunday for Race 3.

Results –These (including live results) will be available via <http://sprintscotland.co.uk/>.

Going green – Please walk / cycle / use public transport / lift-share to the event if you can. Please bring your own drinks bottle and re-usable mugs/bowls.

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.

Prizes – Sprint Scotland Overall results after 3 races- prizes for top 3 in each category. **Scottish Sprint Championships** - Prizes for top 3 in each category, Trophies for 1st placed Scot in WO and MO.

Journey planner – www.travelinescotland.com.

Embargoed area – As on the British Orienteering website.

First Aid – A&E Ninewells Hospital, James Arrott Dr, Dundee DD2 1SG.

Contact e-mail address– sprintscotland2016@gmail.com

Web page– <http://sprintscotland.co.uk>



Saturday 19 March

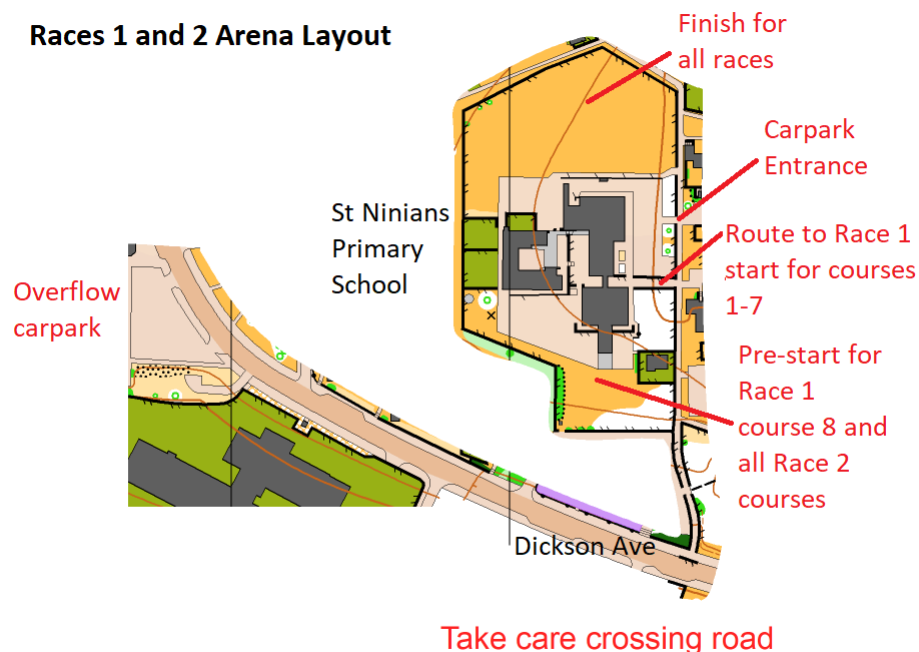
Races 1 & 2 – Menzieshill, Dundee (WRE, UKEOL, SOUL)

Venue

St Ninians Primary School (Dochart Terrace, Dundee, DD2 4HB). Open 09:30 - 17:30. Toilets, hall for changing and leaving bags/valuables and spectator areas within school grounds.

<https://goo.gl/maps/KPUfi2dacSTTQnbN8>

Covid19 is still circulating widely in Scotland. Please follow all current guidelines by wearing face coverings whilst moving around within the school and washing hands or using hand sanitiser regularly. If the weather is good then consider staying outside as much as possible.



Public Transport

The Servite House bus stop is closest to the assembly area. You can plan your journey using the Xplore Dundee website: <https://www.xploredundee.com/plan-your-journey>.

Parking / venue access routes

There is limited parking within the school grounds. If you wish to use this, you must arrive before 11.30am via the Dochart Terrace entrance. **Note: you will not be able to leave the school car park until Race 2 has finished, expected to be around 5pm.** Alternative parking is available at Orleans Place Car Park (£2 for 10 hours), 200m West of St Ninians PS on Dickson Avenue, shown as 'overflow carpark' on the map above; or at Menzieshill Community Hub. All access to St Ninians Primary School must be from the south via the route shown above.

Entry on the day

No entry on the day.

Toilets

In St Ninians Primary School.

Out of bounds

All embargoed areas, except St Ninians Primary, identified car parks and access routes to these venues, as well as the area specified on the warm up map, are Out of Bounds to orienteers until after the race.

Safety/Hazards

- There are two road crossings on the route to the Race 1 start for courses 1-7.
- Please be courteous and considerate to residents and other users of the area.
- Please be aware of blind corners. In particular, the compact nature of some of the competition area means that runners should be alive to the possibility of runners coming in the other direction. Please be courteous and take care on blind corners and narrow passageways.
- Be aware of traffic (mostly slow moving), steep wooded slopes, areas with long grass and high vegetation, steps, other runners, bikes, dogs, general public, playing children and residents. May be slippery if wet, particularly on grassy and wooded slopes.
- There is one busier road for Junior 16- in Race 1. There is a control either side and the crossing will be marshalled, please obey the marshal.
- Note that Course 8 competitors may choose to cut across parking areas – take care! Course 8 also crosses one minor road which will be marshalled.
- As Race 2 involves mass start racing, please be particularly aware to manage the risk of collision (other competitors, non-orientees, traffic, etc)

Map

1:4000, 5m contour interval. ISSprOM2019-2.

Original map G Gristwood and C Smithard 2017, extended and updated G Gristwood 2021-22.

Printed on waterproof paper.

Terrain

Varied, complex housing estate.

Note: There is some minor wind damage to fences and some small gaps in fences mapped as uncrossable will be additionally blocked by red/white tape on the day. Competitors are reminded that it is forbidden to cross boundaries mapped as uncrossable and anyone spotted doing so may be disqualified.

Warm up area

Within the St Ninians Primary School grounds.

For race 1 there is a warm up map which is also used to navigate to the start.

Control descriptions

Available loose at the start (printed on the maps too).

There are no loose descriptions for Open Men and Open Women for the afternoon races.

Shadowing

Adults may shadow juniors after their race, but the junior will be non-competitive in the results.

Finish

The finish for all races is within St Ninians Primary School grounds.

The finish will be touch-free enabled.

The mass start races for Open Men and Open Women will have finish positions decided by a line judge if needed, but all runners must still record a time as they pass the finish units.

Download

All competitors must report to download (inside school) whether completing the course or not.

Timing system

SPORTident. Touch free enabled for SIAC cards.

Hire SI Cards

Hired SI cards can be collected at enquiries

Clothing

Shorts and vests permitted. Small sections on most courses may cross areas with long grass and other vegetation. Suitable for flats/trainers, although if it is wet it would be advisable to wear something with more grip.

World Ranking Event specific information

Start list - Based on World Ranking 14th March 2022.

Complaints – To Ross McLennan, within 15 minutes after final results published. (For individual KO races, this means within 15mins of final results publication for that particular race.

Jury – to be confirmed (info on the day).

Planner Jon Cross (Masterplan Adventure, FVO)

Controller Ted Finch (FVO)

IOF Event Advisor Rob Hickling (BASOC)

Day Organiser Ross McLennan (FVO) 07734 319079 or rossmclennan@hotmail.com

Event Co-ordinator Graham Gristwood (Masterplan Adventure)

Race 1 additional information

09:30 – St Ninians Primary School Opens

10:30 – First Open Men/Women class start

11.25 – First Course 3-8 start

12:15 – Last start

13:00 – Courses close

Start

The start is 950m from St Ninians Primary School, along tarmac footpaths and public roads.

There are two road crossings – these are on bus routes so please take appropriate time and care.

The route to the start is not taped – a warmup map issued at the school will show how to get to the start

It is a timed start with allocated start times. You will punch a start unit as you start, **but courses 1 and 2 must start on their allocated start time**

Please check your start time carefully as Race 1 uses a 30second start interval

Call up is at -3 minutes.

Course information

Course	Optimum (km)	Climb (m)	Controls	Classes
1	3.2	90	17	Open Men
2	2.5	75	15	Open Women
3	3.2	100	19	Open 3, Veteran Men 40+
4	3.0	85	17	Supervet Men 55+, Veteran Women 40+
5	2.6	75	17	Supervet Women 55+, Ultravet Men 65+
6	1.9	60	14	Hypervet Men 75+, Hypervet Women 75+, Ultravet Women 65+
7	2.5	75	15	Junior Men 16-, Junior Women 16-, Open 7
8	1.1	15	12	Young Junior Men 12-, Young Junior Women 12- Open 8

Winning times: Open Men and Open Women have a 10min EWT in line with KO Sprint guidelines, as their morning race acts as qualification ahead of their three races in the afternoon. All other classes are planned to normal sprint guidelines.

Safety: all courses have road crossings / cross parking areas, so please show appropriate care and judgement. **Course 7 for Junior Men 16- and Junior Women 16- has one marshalled road crossing** with a control either side of the road. The crossing is not timed out but please ensure that all Course 7 participants are aware that they should obey the marshal.

Race 2 additional information

12:45 – KO Quarter Final first start (callup 1240 for all Open Men/Women competitors)

13:55 – KO Semi Final first start (callup 1350 for all Open Men/Women competitors)

14:25 – Course 3-8 first start

15:10 – Courses 3-8 last start

15:55 – Courses 3-8 close

15:55 – KO Final first start (callup 1550 for all Open Men/Women competitors)

17:30 – Event end and St Ninians Primary School Closes

Start

Callup for all afternoon starts is within the school grounds, immediately to the south of the school buildings.

All runners in Open Men and Open Women will be called up 5 minutes before the first start for each round and should expect to be held in a waiting pen prior to their own start.

All other runners will be called up for their allocated start time at -3mins.

Course information

Course	Optimum (km)	Climb (m)	Controls	Classes
QuarterFinal *	1.7	35	14	Open Men QF, Open Women QF
SemiFinal *	1.9	35	12	Open Men SF, Open Women SF
Final	1.9	40	12	Open Men F, Open Women F
3	3.2	60	24	Open 3, Veteran Men 40+
4	2.9	60	21	Supervet Men 55+, Veteran Women 40+
5	2.7	50	19	Supervet Women 55+, Ultravet Men 65+
6	2.1	40	18	Hypervet Men 75+, Hypervet Women 75+, Ultravet Women 65+
7	2.4	35	19	Junior Men 16-, Junior Women 16-, Open 7
8	1.0	20	14	Open 8, Young Junior Men 12-, Young Junior Women 12-

* the QuarterFinal and SemiFinal rounds will have a map turnover

** the Open Men and Open Women races have an EWT of 6-8mins.

Open Men and Open Women additional information for Race 2

All runners should read the format information that follows carefully. It is your responsibility to make sure you understand the format and are present at the correct time for each race!

The A, B, & C races are mass start races with 6 participants in each.

The Plate races are an interval start with runners at 15sec intervals, alternate Men and Women in order from the previous round (fastest first). All runners for Plate races will be called at once and asked to line up in start time order.

Callup for A, B, C, & Plate races will be all at once, 5mins before the start of the Men A race.

Quarter Final		Semi Final		Final	
1245	Men A start	1355	Men A start	1555	Men A start
1247	Men B start	1357	Men B start	1557	Men B start
1249	Men C start	1359	Men C start	1559	Men C start
1257	Women A start	1407	Women A start	1607	Women A start
1259	Women B start	1409	Women B start	1609	Women B start
1301	Women C start	1411	Women C start	1611	Women C start
1310	Plate first start	1425	Plate first start	1620	Plate first start
1330	Plate last start	1445	Plate last start	1640	Plate last start
1355	QF courses close	1510	SF courses close	1705	F courses close

Open Men & Open Women Races – KO Sprint format

We are using a modified KO Sprint format for the Open races, designed to give competitive races throughout the day, and ones where your position matters in every race. Who qualifies for each race is shown in the diagram, which should be read in conjunction with the following notes.

We will display the start lists for each round as soon as possible after the preceding round.

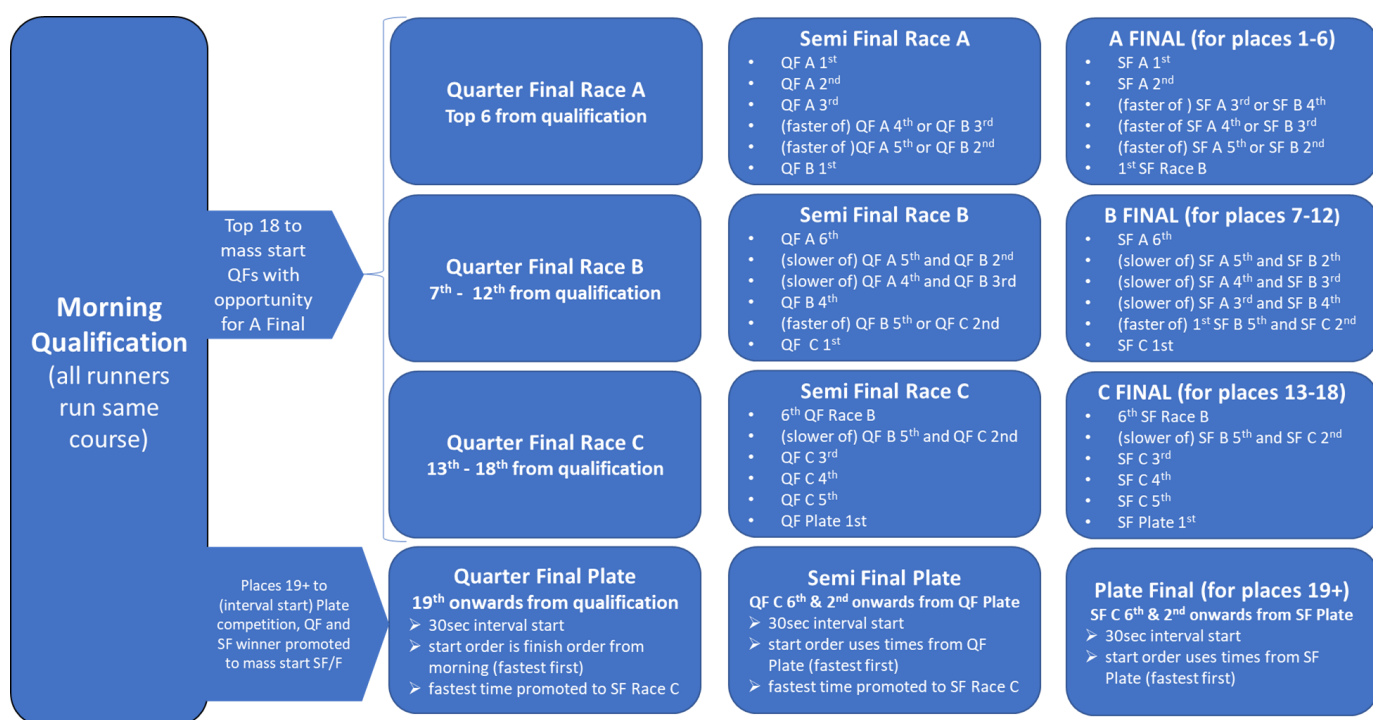
Qualification via the morning race

- The first 18 finishers in the morning race will qualify for the mass start races at the QuarterFinal stage, and performance level in the morning qualification will be important as the fastest 6 will race in QF Race A, the next 6 in QF Race B, and 13th-18th in QF Race C.
- These top 18 finishers from morning qualification are the only athletes who will be able to qualify for the A Race in the Final round.
- Those placed 19th and above in morning qualification will have an interval start "Plate" race at the Quarter Final stage.
- The morning qualification race is a standalone race for World Ranking purposes.

Afternoon races

- All athletes run in a QuarterFinal, Semi Final and Final race in the afternoon - overall positions are determined by performance in the Final round.
- The A/B/C races at each stage are mass start races for 6 athletes. The Plate race at each stage is an interval start race.
- There will be promotion and relegation between QF Races A/B/C/Plate to determine who runs which race in the SemiFinal round. There will be some guaranteed places based on finishing position, and also the opportunity to progress by running a faster time than those in the race above. Only the first 3 in QF Race A will be guaranteed a spot in Race A for the SemiFinal round.
- A similar process will apply to the SemiFinal results to determine who runs which race in the Final round. Only the first 2 in SF Race A will be guaranteed a spot in Race A for the Final round.
- The overall positions for all athletes will be determined by finishing position in the Final round of races. These finishing positions are the basis for the allocation of World Ranking points from the afternoon.

Format for QuarterFinal > SemiFinal > Final



* In the event of a tie where times are used, runners remain in their existing 'division'
 ** If a runner does not complete their race they are relegated one 'division' for the next round, with additional promotions from the race below if necessary

Sunday 20th March – Race 3 – Balgay, Dundee

Incorporating the Scottish Sprint Championships (WRE, UKEOL, UKUL, SOUL)

09:30 – Ancrum Primary School event centre opens (**Note** No parking for participants within school grounds)

11:00 – First start

12:00 – Final start

12:00-12:15 – Helpers additional start window

13:30 – Courses close

13:00 – Prize-giving Sprint Scotland and Scottish Sprint Championships.

Venue – Ancrum Primary School (45 Ancrum Rd, Dundee DD2 2HX, UK). Open 09:30 - 14:00. Toilets and hall for changing and leaving bags/valuables. <https://goo.gl/maps/C6vXPTtn3BFVVFcW7>
///moment.gain.else

ScotJos Cake stall will be present at the event centre: proceeds will be split between the UNICEF Ukraine appeal and ScotJos.

Covid19 is still circulating widely in Scotland. Please follow all current guidelines by wearing face coverings whilst moving around within the school and washing hands or using hand sanitiser regularly. If the weather is good then consider staying outside in the playgrounds as much as possible.

Public Transport

Various bus stops nearby.

Parking

The Stack Retail & Leisure Park has ample parking and is around a 10 min walk from the event centre. <https://goo.gl/maps/pWJjPpGEM91snyRT7>

Local facilities

Dundee City centre close by with normal amenities and hosts a variety of Museums and shopping possibilities eg. V&A gallery and HMS Unicorn. Lochee Swimming and Leisure Centre with swimming pool is close to the race venue and open from 9.45 am-4.00pm. Davies Ice Cream Parlour looks worth investigating for lunch options.

Toilets

Available at Ancrum Primary School.

Entry on the day

No entry on the day.

Under 16s (born 2006 or later) - Safety considerations allied with our insurance position mean U16s are only allowed to run courses 7 and 8.

Labyrinth

Active Schools Dundee will have a labyrinth near the finish. Free to enter and available for all. There is also a play park close to the finish.

Map

1:4000, 5m contour interval. Survey 2021-22, ISSprOM2019-2, G Gristwood. Printed on waterproof paper.

Winning time

12-15 minutes for all courses.

Terrain

Balgay offers a combination of steep woodland and steep housing estate. So steep that the map has 5 m contours. The vast majority of the course is in forest or on grass and will be slippery if wet- you should wear studs. Vegetation is mapped with an eye for sprint: Dark green is impenetrable, white and bright yellow are extremely fast, other greens, including stripes and rough open are slower than white. Several large trees near the start blew down in the recent storms. Those still on the ground were resurveyed one week before the event and are mapped as fight. It is possible they will be removed. There are unmapped drying greens in the estate. Take care of washing lines and avoid any washing hung out to dry. Courses 1-6 cross minor access estate roads. Be alert to the possibility of moving cars.

Warm up

On the playing fields opposite Ancrum Primary School and route to start. No warmup map.

Start

Approximately 1 km with 60m climb from assembly, this is to reduce climb on the courses. Please use pedestrian crossing outside the school to cross Ancrum Road then follow red and white tape. Young juniors should be accompanied to the start. It is a timed start with allocated start times. You will punch a start unit as you start **but courses 1 and 2 must start on their allocated start time. Call up – 4 minutes**, the -2 and -1 min lines are some 50m apart, please follow tapes swiftly between them.

Shadowing

Adults may shadow juniors after their own race, but the junior will be non-competitive in the results.

Finish

Across the road from the Ancrum Primary School, follow tapes from finish back Ancrum road. Please use the pedestrian crossing to cross Ancrum Road. The finish will be touch-free enabled. Please be aware that Active Schools will have their base near the finish with a separate download for their group only. All other runners should download back at the Ancrum PS event centre. Maps will be collected until 12:00 and will be available for collection at the event centre.

Download

All competitors must report to download (inside school hall) whether completing the course or not.

Control descriptions

Available loose at the start (printed on the maps too).

Out of bounds

All areas other than the playing fields / route to the start are Out of Bounds until after the race.

Safety/Hazards

Traffic (mostly slow moving), steep wooded slopes, areas with long grass and high vegetation, steps, other runners, bikes, dogs, general public, playing children and residents. May be slippery if wet, particularly on grassy and wooded slopes. Please be courteous and take care on blind corners and narrow passageways– **take care!**

Timing system

SPORTident. Touch free enabled for SIAC cards.

Clothing

Shorts and vests permitted however leg cover is recommended due to the undergrowth. Significant sections on most courses will cross areas with long grass and other vegetation. Not suitable for flats/trainers, particularly if it is wet it would be advised to wear something with more grip.

World Ranking Event specific information (Courses 1 and 2)

Start list

Based on World Ranking 14th March 2022.

Complaints

By 15 minutes after Course Closure to Lorna Eades.

Jury

To be confirmed (info on the day).

Planner Graeme Ackland (Masterplan Adventure, INT)

Controller Ted Finch (FVO)

IOF Event Advisor Rob Hickling (BASOC)

Day Organiser Lorna Eades (INT) 07790 462457

Course information

Race 3 Scottish Sprint Championships				
Course	Class	Distance (km)	Controls	Climb (m)
1	Men Open	3.0	16	100
2	Women Open	2.7	14	70
3	Men 40+	2.7	15	70
4	Men 55+, Women 40+	2.3	15	55
5	Men 65+, Women 55+	2.0	12	50
6	Women 65+, Women 75+, Men 75+	1.8	14	40
7	Men/Women 16-	1.7	12	70
8	Men/Women 12-	1.1	7	15