

**Saturday 25th May 2024**

**Urban Sprints**

**The Gregg School and Chartwell Green**

**Final Details**

Location:	The event centre will be at The Gregg School Cricket Pavilion, Townhill Park House, Cutbush Lane, Southampton SO18 2GF, Grid Reference SU 45311 15043, What3Words amuse.ample.caves				
Parking:	Parking will be within the School Grounds as directed. Having parked as directed in the school grounds, please make your way to Enquiries/Registration in the cricket pavilion to book in.				
Timing:	Registration:	10:30 – 11:00			
	Start times:	11:00 – 11:30			
	Courses close:	12:00 (Race 1) 14:00 (Race 2)			
Facilities:	Toilets are available near the event centre. First aid will be available in the event centre.				
Entry:	Online entry via <a href="https://racesignup.co.uk">racesignup.co.uk</a> Entry closes end of 19/5/2024				
Fees:		Members	Public	Timing chip hire	
	Adult	£7.00	£9.00	£1.00 SI/2.00 SIAC	Charge for lost chip: £32 SI/£68 SIAC
	Junior	£3.00	£5.00	£1.00 SI/2.00 SIAC	
Course:	<p>A registered event celebrating World Orienteering Week 2024 <a href="https://worldorienteeringweek.com/index.php/world-orienteering-week-2024/">https://worldorienteeringweek.com/index.php/world-orienteering-week-2024/</a></p> <p>Southampton Orienteering Club is hosting their first urban sprint event with a prologue and a final. This will be an opportunity to practice ahead of the South West and British Sprint Championships both being held in June, or to try an orienteering sprint event for the first time.</p> <p>There will be 3 courses; a long sprint, a short sprint, and an introductory sprint. Each will consist of 2 races, i.e. a qualifier and a final. Your start time in the second race (the final) will be determined by your position in the first qualifier race. Results in the qualifier race determine starting positions for the final; the fastest in the heat starting last.</p> <p>The long sprint races will each have an optimum route of between 3.1km and 4.1km, the</p>				

short races between 2.0km and 2.8km, and the introductory between 1.7km and 2.2km.

Course distances are measured as the shortest permissible route avoiding out-of-bounds areas and uncrossable barriers.

The long and the short courses will be exclusively in the urban area of Chartwell Green.

There will also be a course wholly within the grounds of The Gregg School and adjoining traffic free area. This will be suitable for juniors and newcomers and will have a separate start and finish.

Juniors under 16 wishing to do the short urban sprint in Chartwell Green will have to be accompanied by an adult due to public roads.

Course	Race 1 Length	Race 2 Length
1 - Long	2.8km (optimum 4.1km)	2.2km (optimum 3.1km)
2 - Short	1.6km (optimum 2.8km)	1.7km (optimum 2.0km)
3 - Introductory	1.7km (optimum 1.9km)	1.3km (optimum 1.8km)

Note that course lengths are subject to final controlling.

Map:

Course 1 and 2 – 1:4,000 on A4 waterproof paper, 5m contours  
 Course 3 – 1:3,000 on A4 waterproof paper, 2.5m contours ISSprOM 2019-2

Special symbols:



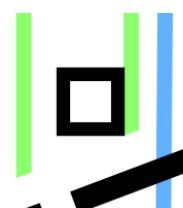
Dovecote



Bench or large table



Sign or post



Trough

Terrain:	<p>Courses 1 and 2 will be within housing estates plus some parkland and forest and so will require road crossing.</p> <p>Course 3 will be within The Gregg School grounds and adjacent woodland, avoiding any road crossing.</p> <p>The forest areas generally have good path networks, however there are many areas of brambles and paths may be muddy depending upon the weather leading up to the event.</p>
Start:	<p>Race 1 start times are from 11:00 to 11:30 (qualifier heats close at 12:00) with race 2 starts being from 13:00 (courses finally close at 14:00).</p> <p>Course 1 and 2 start for race 1 have a 1km “warm up” route from the event centre. The route to the start is not marked on the ground, so collect a route map from Enquiries/Registration and navigate the marked route to the start. Please follow this route carefully so as not to stray into the competition area.</p> <p>The start for Course 3 (Introductory) is adjacent to the cricket pavilion in the school grounds.</p> <p>The same as above applies for the afternoon long and short sprints in Chartwell Green and the route map can again be collected from Enquiries/Registration as soon as we have a start list for the finals. The “warm up” route for the afternoon is only 500m.</p> <p>The start for Course 3 remains adjacent to the event centre for the afternoon race.</p> <p>Call-up is at -3 minutes. There will be three start boxes at; -3, -2 and -1 minute:</p> <ul style="list-style-type: none"> <li>• Pre-start: SIAC battery check and CLEAR</li> <li>• At -3: Loose control descriptions. Control descriptions are pictorial for course 1 and 2, and pictorial and text for Course 3</li> <li>• At -2: Map corrections.</li> <li>• At -1: Stand by your map and wait for clock beeps; hold your map on the first short beep; look at it and go on the final long beep.</li> </ul> <p>Please note that start times may be extended to accommodate final competitor numbers.</p> <p>Start and finish controls must be punched – even when using touch-free SIAC.</p>
Clothing:	<p>Whistles should be carried. All courses include varying amounts of woodland/offroad paths, so you may wish considering wearing lightly studded trail shoes, as opposed to flat road shoes.</p>

Bio-security:	<p>Please come to the event with clean and dry shoes and clothing. After your run please follow the guidance that helps protect our precious environment:</p> <ul style="list-style-type: none"> <li>• Check</li> <li>• Clean</li> <li>• Dry</li> </ul> <p>Before leaving the event check your clothing and equipment and remove any mud, soil or leaf litter.</p> <p>Once home thoroughly clean your footwear and clothing and then leave it to dry for as long as possible.</p>	
Safety:	<p>All competitors on courses 1 and 2 must wear hi-viz. Please take care when crossing any road. All juniors under 16 must be accompanied by an adult unless running course 3 which does not involve road crossings.</p>	
Photography and O-Safe:	<p>There are no official photographers for this event. Photography is not allowed in the toilets or any “changing area” including the car park.</p> <p>Any concerns with photography or the behaviour of anyone toward any child or young adult must be reported to the event organiser or other official.</p> <p>Safeguarding is everyone’s responsibility, play your part, report any concerns and put good practice into effect.</p>	
Dogs:	<p>Dogs are not allowed in the event centre. Dogs should be kept under control and on a lead when out on the course.</p>	
Risk assessment:	<p>A comprehensive risk assessment has been carried out by the organiser and will be available to read at the event. Participants take part at their own risk and are responsible for their own safety during the event.</p>	
Insurance:	<p>The British Orienteering insurance policy provides public liability cover. Please note that if you have competed in three orienteering events and have not joined an orienteering club that is a member of British Orienteering, then you are not covered by this insurance.</p>	
Medical conditions:	<p>If you have a <i>High Risk Medical Condition</i> you are invited to download and complete this form: <a href="https://www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc">https://www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc</a> and place it in a sealed envelope with your name on it. This can be left at registration. Envelopes will only be opened if required for a medical emergency. Unopened envelopes should be collected after the event. Any unclaimed envelopes will be destroyed after the event.</p>	
Event cancellation:	<p>If the event has to be cancelled for reasons beyond our control, SOC reserve the right to retain all or some of your entry fee to cover committed costs.</p>	
Officials:	Planner:	Colin Hicks (07949 220120)/Mark Light
	Organiser:	TBC