



AUOC

The AUOC 100 – Final Details

Aberdeen University Campus – King's Pitch

Sunday 27th November

Aberdeen University Orienteering Club welcomes you to take part in its first ever major orienteering event. And we are going BIG! We offer our competitors a 100 (or 50) control point race based around the Aberdeen University campus.

We would like to thank the University for allowing the event to be held on its grounds and a special thanks to Grampian Orienteering Club and Mar Orienteering Club for supplying us with the needed equipment and much needed help to make this event possible and memorable!

Important information:

- The parking facilities at ASV (car park 4) will have limited space. Parking is FREE. Please follow the signs to the competition arena from the car park. (Further info, see 'Travel and Parking').
- The competition uses EMIT timing. HOWEVER, for the 100 control point race, two brikke changes are required (only one for 50 control point race). Therefore it is advised that you CLEARLY mark your own brikke to avoid any confusion with those supplied by the organisers.
- At the registration, the competitor collects his/her brikke and race number.
- Race numbers must be worn on the front side during the whole race. If the number is not attached to the competitor, it will result in a disqualification.
- Competitors must bring their own safety pins!!
- Please be aware that there might be small construction sites around the area. These are NOT MARKED on the map (as they constantly change and are difficult to map). The planner has tried to avoid these areas the best of his ability. It is the competitor's responsibility to keep off these sites!
- Competitors are advised to wear studded shoes as significant parts of the courses go through open grass areas. To decrease the number of falls caused by slipping, consider your shoe choice and take care on the grass areas!
- Early email entry (EEE) is highly recommended to make the Organisers job easier. Moreover, make sure you enter at an early stage to reserve yourself a space on the race as the number of brikkes available is limited (due to the nature of the race). There will be an entry on the day but maps will be limited! See 'Entries' for further information.
- The area will be used by pedestrians, cyclists, cars and buses. Please be considerate of others and take care when crossing the main roads! There will be NO marshals at the crossing points.



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Please note that competitors take part at their own risk and are responsible for their own safety.

Competitors must download after finishing even if you do not complete your course or have miss punched.

Entries:

Early email entry (EEE) is highly recommended and should be done to the email jannematias@yahoo.com by 23rd of November. The following items need to be added when making the email entry:

- Full name
- Age
- Category for the race
- Course specification (100 or 50)
- EMIT no. (if using own)
- Student?
- Junior?

Doing the EEE, maps for your course will be reserved and you are required to pay the entry fee once collecting your brikke and race number at the registration.

Entry fees are:

- £4 Junior/Student
- £8 Seniors

Safety and Medical Information:

- Competitors are required to dress according to the given weather conditions of the day.
- Competitors are advised to help other contestants in the case of a medical emergency or injury.
- Access to the changing rooms at King's Pavilion will be limited, but open to all competitors.

If you have an underlying medical condition please email the Organiser (jannematias@yahoo.com) by Friday the 25th with the relevant details and next of kin contact details. These details will be kept confidential/for emergency use only and destroyed after the event.



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Travel and Parking:

Parking will be signposted from the junction of King Street and Regent Walk (see map below). The main car park will be at Aberdeen Sports Village Car Park 4. The walking distance from the car park to the competition centre is roughly 650 meters. In a case of overflow, there are some spaces available along Regent Walk.

Car Park Grid Reference: NJ 94510 08144 Post code: AB24 1SX.



Travel directions:

South (Dundee, Edinburgh...) – Coming from A90, after crossing the River Dee take a right from the roundabout to A9013. Go over two roundabouts and after about 2km, at the end of the round, turn right onto Union Street. Follow Union Street all the way to the end. It will turn slightly left and change into King Street. Now follow King Street for almost 2km. Passing Tesco on the right and the competition arena on the left, take a right to Regent Walk. Follow this about 300m and the car park 4 will be on your right.



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North (Inverness, Inverurie...) – Coming from A96, keep following signs to University of Aberdeen and Old Aberdeen from the roundabout. Follow the road all the way until a roundabout near Spar and take a right to King Street. Follow King Street about 200m and take a left onto Regent Walk. Follow this about 300m and the car park 4 will be on your right.

Deeside (Aboyne, Banchory...) – Following the main way to the city (A93), take a left onto A9013 towards the city centre. Take a slight right at the end of the road onto Union Street. Follow Union Street all the way to the end. It will turn slightly left and change into King Street. Now follow King Street for almost 2km. Passing Tesco on the right and the competition arena on the left, take a right to Regent Walk. Follow this about 300m and the car park 4 will be on your right.

The car park will be open for competitors from 10am on Sunday. The car park is suitable for minibuses as well. The car park is free of charge.

Competition Arena:

As noted on the map above, the competition arena is located on King's Pitch opposite King's Pavilion and behind King's College of Aberdeen University Campus.

!!! PLEASE NOTE THAT THE PITCH IS ALSO USED BY OTHERS!!!





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The main warm up area will be along the University Road (same way to parking). This road is also used by cars – please take caution!

The competition arena will contain:

- Enquiries & Registration inside King’s Pavilion, including Entry on the Day subject to map availability/numbers. Car keys can be left at Registration. PLEASE remove muddy shoes before entering the building!
- First aiders and first aid equipment. (Please advise the personnel at Registration if there are any medical conditions the first aiders should be aware of before you start your run).
- Start, K-point, Exchange, Finish, Download tent & results. There will be online results only.

There is plenty of space for club tents and banners in the competition arena. Please only use the area reserved for the event as there will be another club training on the pitch at the same time.

The Organisers will be taking some photographs in the arena and out on the courses as well as putting together a small video. The photographs will be published in the social media (Facebook) and are yours to take and spread around!

Details of the race:

Registration & Info open	10.30am – 12am
Starts	11.00-12.30am
Courses close	2.30pm
Prize giving	Around 2pm
Arena closes	4pm

Start times:

There will be a punching start. However race officials will make sure that there will be at least a two minute gap between same categories and courses and at least a minute between same course runners.

Loose control descriptions will be available before the starting line. The control descriptions at the start will be ONLY for your first loop. There will be also control descriptions printed on the front of each map. Loose control descriptions for the next loop(s) will be available during the exchange of the brikke and the map.



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The Organisers will give a starting signal at which point the competitor may move to take his/her map from the box.

Map Details:

All maps are printed on waterproof paper with a scale of 1:3,000 with a 2.5 meter contour interval.

Out of bound areas are marked with purple overprint. NOTE that not all construction sites are marked on the map. The courses try to avoid these areas, but where possible competitors are advised to keep off these sites.

On the south west end of King's pitches (competition arena), there will be a training session held by another club. This area is out of bounds.

The north area of the pitch is out of bounds due to grass maintenance for upcoming sports fixtures. The courses will go around this out of bound area. The out of bound areas are NOT marked in the field itself.

The courses go around the Aberdeen Uni campus. The terrain varies between hard tarmac and open grass fields. It is very likely that it will be very slippery, so please take care.

Small trees are marked with a filled green ball whereas bigger trees are marked with a green circle. Benches are marked as shown below and are shown in the control description with an 'X'.

A bench →



Course details:

Length	Controls	Mens classes	Womens classes	Est. winning time
5,9km	100	Open, Student, Veteran	Open, Student, Veteran	31min
3,2km	50	Open, Junior, Veteran	Open, Junior, Veteran	19min

Students entered will automatically be registered on the 100 control point race. Competitors in this category must either be part of a university orienteering team or hold a valid student identity card.



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Juniors entered will automatically be registered on the 50 control point race. Juniors must be under 16 years of age.

Anyone registered for the Open and Veteran categories can choose between the two courses. Everyone is eligible to participate in the Open category. To be eligible for the Veteran category, the competitor must be over 50, ie. categories M50/W50 and older will be eligible for the Veteran category.

Forking/Exchange:

This is a very crucial part of the race whether you would be running the 100 control point race or the 50 control point race. There will be a brikke change, a map change and a optional control description change at the arena twice for the 100 control point courses and once for the 50 control point courses.

As shown on the arena map above, all courses go through the spectator control before following a taped route to the exchange area. Officials will be collecting your previous brikke and the map. After that, the competitor must pick up a new brikke at random from a box marked, a map for the second loop (100-2 or 50-2) and if the competitor wishes so, also a new set of control descriptions. The same process will be done after the second loop, but then map number will be 100-3. After changing everything needed, the competitor proceeds to follow the taped route towards the K-point and continue his/her race normally. NOTE that after the map change, the next control will be continuing as normally. i.e. the course will NOT begin from 1 again!

It is important that your race number is clearly visible to avoid any confusion in brikke numbers allocated to the competitors. The Officials will do their best to make the exchange run smoothly!

Results and Prize Giving:

Results will be displayed at the download tent.

Prize giving ceremony will either take place outside if the weather permits or inside King's Pavilion as soon as the results can be finalised, which will be latest by 2pm. The top three from each category will be awarded. The categories include

- Juniors girls & boys
- Students men & women
- 100 Open men & women
- 50 Open men & women
- 100 Veteran men & women
- 50 Veteran men & women



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Officials:

Organiser: Janne Heikkinen (AUOC)

Planner: Janne Heikkinen (AUOC)

Controller: Janne Heikkinen (AUOC)

AUOC welcomes everyone to the event and wishes good luck for all participants!!