

The Bear Essentials:
Event Information for the
Bandaged Bear Boost.



Thanks for entering the Bandaged Bear Boost and your support of
The Children's Hospital at Westmead.

Event Web Page: www.boldhorizons.com.au/explore-discover-grow/events/bbb/

Event Entries: <https://bandagedbearboost.gofundraise.com.au/>

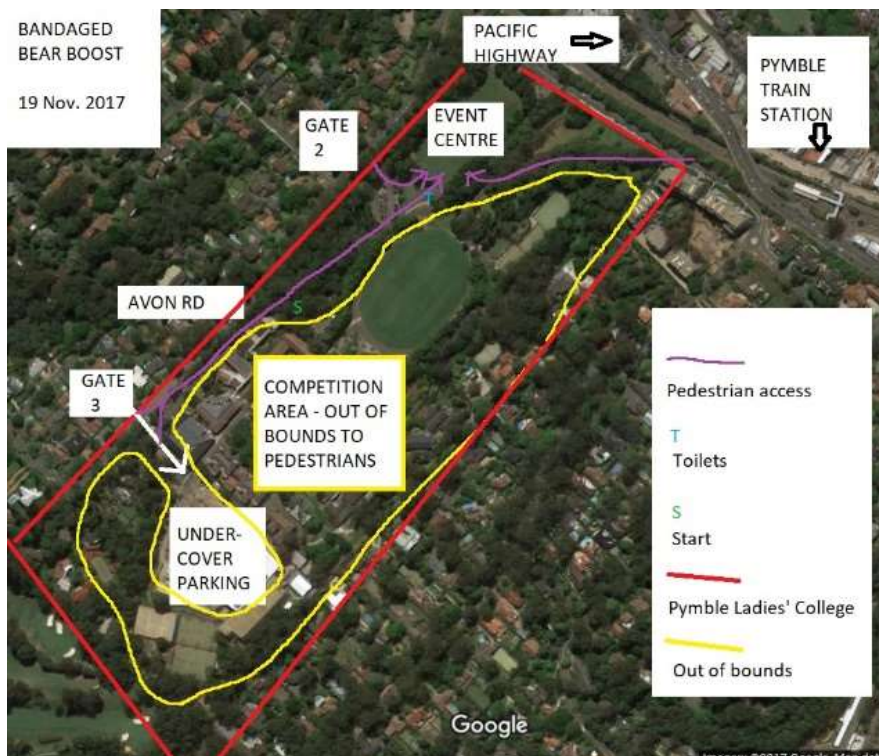
NSW Championships entries will close at midday on Tuesday 14 Nov.
Wheelchair and Just For Fun online entries close on Friday 17 Nov.
Entry on the day of the event is only available for the Wheelchair and
Just For Fun courses.

Facebook: see the Bold Horizons page for event updates

Event Day Information

Event Centre - Pymble Ladies' College, Avon Rd, Pymble.

The Centre for the day will be Kelso Field (which is the top oval closest to the Pacific Hwy).



Venue Access

Train: Pymble Ladies' College is a short walk from the Pymble station.

Car: Undercover parking is available from Gate 3 on Avon Rd. On-street parking is also available along Avon Rd and adjacent streets.

Please note that the competition area is out of bounds to pedestrians. If you park in the undercover parking you must walk back out to Gate 3 and follow the signs and Volunteer directions to the Event Centre.

Wet Weather?

The event will still be conducted. Bring a rain coat and enjoy the much needed rain!

Club pop-up tents (for rain or shade) are welcome in the designated area on Kelso field.

On the Day Entry

The Just For Fun and Wheelchair courses may be entered on the day of the event. Kindly visit the Help tent to register and pay.

A maze (for everyone) and a special 'string' course (for young children) will also be available. Visit and register at these activities to participate. A gold coin donation to the Hospital will be appreciated.

Event Timing

7:30am	Gate 3 opens for access undercover parking.
7:45am	Help tent opens
8:30am	First NSW Championships scheduled starts
Late morning	Orienteering NSW annual awards (timing to be confirmed on the day)
11:30am	Wheelchair course open
12:00pm	NSW Sprint Championships presentations
12:30pm	Just For Fun courses open
2:00pm	Participation awards, lucky draws, raffle
2:45pm	Course closure

Help

Visit the Help Tent to collect hired SPORTident sticks, to enter the event or for assistance on the day.

Refreshments

1st Pymble Scouts will be conducting a BBQ. A vegetarian option will also be available and cold drinks for sale.

Cafe2U will also have a coffee cart at the event for hot drinks.

Water will be available at the finish however please help us to reduce waste and the volunteer load by bringing your own water bottle. There will be no water available on the courses.

First Aid

St John Ambulance will be at the Event Centre.

Amenities

Toilets will be available at the Event Centre.

Special Warnings

There will be many people on courses and potentially travelling in opposite directions. Please take care to avoid collision, particularly around blind corners.

Some courses will run through the Event Centre. Please watch for runners. Pedestrians should kindly give way and allow runners space to run their race.

All garden beds and other areas marked with either olive green or red stripes on the course maps must not be crossed. Entering these areas may result in disqualification.

No smoking will be permitted within the grounds of Pymble Ladies' College.

No dogs or pets at the event please.

Leave no trace. We would be grateful if you could support our leave no trace policy and ensure that all rubbish is placed in the bins provided or taken home.

Map and course details

Map Scale 1:3000 (this is a larger scale than most competition sprint orienteering maps. It has been approved by ONSW for this event so that complex areas could be mapped accurately without over-generalisation)

Contour interval 2 metres

Mapper Carol Jacobson

Course setters Matthew and Barbara Hill

Controller Carol Jacobson

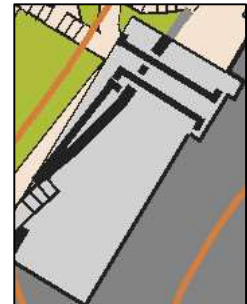
Map paper Waterproof Pretex paper for all courses

Control flags and punching

Standard 30cm control flags will be used with electronic SPORTident timing. Flags and SPORTident units may be affixed to stands, saw horses or permanent features. Control numbers will be on the SPORTident unit. Please ignore any other numbers. If a unit should fail, competitors should use the manual punch to stamp their map as a record of their visit to the control site.

Map notes

1. The map shows ground level: The school is built on a north-south ridge and there are many different levels. The map always shows ground level. Most school buildings have 2 or more storeys. Where there are covered walkways / canopies, it is common for a canopy on one side of a building to be on a different level to the canopy on the other of the same building. At the ends (and sometimes in the middle) of a building there may be a change in the level that is mapped. Read on...
2. Witches' Hats: Witches' hats (about 30cm high) will be placed in a number of locations to indicate that the level that is mapped has changed. E.g. a canopy which began at ground level has reached an area where it is 1 storey above ground level and is no longer mapped. If you see a witches' hat, DO NOT go past it, as you will no longer be "on the map". On the map, these locations are shown with a solid black line to indicate that you should not plan to go past.
3. Overpasses (and underpasses): In one place there is a very large canopy which has an overpass (bridge) beneath it (see map snippet). You can run from the north side of this canopy to the south side under the overpass. There is another underpass (tunnel) in another building which is mapped with the usual dotted symbol for an underpass.
4. Gardens: Gardens are mapped in the usual olive green. All areas of olive green are OUT of BOUNDS. There will be marshals in some locations to check this rule is observed. Some gardens near the assembly area / finish will be taped to remind runners that you should not cross garden beds.



Course Information

See the [table linked from the event web page](#) for course distances, climb and classes.

Start Procedure

Note that allocated start times will be published to the event website and Eventor on the evening of Wednesday 15 November.

There will be a three minute start process.

Before entering the start queue	Clear and check your SPORTident stick. Please use the SPORTident stick that you registered with. This will be noted on the start list.
Start time minus 3 minutes	Enter the start chute, have your name and SPORTident stick checked.
Start time minus 2 minutes	Progress along the start chute to collect control descriptions.
Start time minus 1 minute	Progress to the map boxes, ready to start.
Start	There will be no punch unit for the start.

Missed start - Please report to the late starter and wait for an available slot to commence. A time penalty may be applied by the event organiser.

Shadowing - No shadowing and coaching will be permitted on NSW Championships courses. If you would like to assist a competitor please ensure that they are entered in the Just For Fun classes.

O-Lynx radio controls will be used with a live stream of runner progress available at the Event Centre.

Finish - maps will be collected in the NSW Championships until the last starter.

Results will be posted to Eventor soon after the event with a link from the event web page.

Just For Fun and Wheelchair Events

Start Procedure

After collecting any hired SPORTident sticks from the Help Tent, please report to the start area as follows:

Wheelchairs - between 11:30am and 12pm

Just For Fun entrants - between 12:30pm and 2pm

The volunteers at the start will be able to assist you to find the correct map and start your course.

Just For Fun entrants are welcome to start individually or in small groups.

'Shadowing' or helping of young or new orienteers is very welcome.

Sponsors

The Bandaged Bear Boost event and Bold Horizons are extremely grateful for the support of some wonderful partners and sponsors. In particular:

[Pymble Ladies' College](#)

[The Children's Hospital at Westmead](#)

[Orienteering NSW](#)

[Orienteering Australia](#)

[David Price Graphic Design](#)

[Saxby Technical Services](#)

[Travel Play Live](#)

[Campbell's Superior Meats of West Pymble](#)

[Athlete's Foot St Ives](#)

[Orienteering Services of Australia](#)

[Inside Out Colour and Design](#)

[Greengate Hotel](#)

[Cellar8 Wine & Espresso Bar](#)

[Redleaf Driver Training](#)

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[Ku-ring-gai Fitness and Aquatic Centre](#)

[Hair Traits at Pymble](#)

[Kelvin Hall Floral Design](#)

[Bunnings Gordon](#)

Lisa's Patisserie, Pymble

[Cafe2U Chatswood](#)

