



# Welcome to the National ACF Orienteering and Cross Country Championships 2019



Please ensure that you fully brief your Cadets on all points in this document.

## **ORIENTEERING**

The orienteering competition will use EMIT controls and Ecards as used in each Bde. ECards will be issued by the results team in the admin area. It is essential that the Cadets use the correct Ecard. Please ensure that you bring your Bde's Ecards with you and give them to the results team as soon as you arrive.

The maps for orienteering are issued during the start process. Please ensure that you get the Cadets to look at the blank maps and the legend that will be displayed in the admin area.

There are demonstration controls outside the building. All controls have a three-digit number that identifies them. Cadets **MUST** visit the correct control in the correct order. Please ensure all your Cadets go and look at the demo controls and insert their Ecards to see the LED flash; this is the indication that they have successfully visited a control.

The start area will be taped off. Only the Start Officials and Cadets about to start will be allowed in here. Senior Boys and Junior Girls will start together on odd minutes and Senior Girls and Junior Boys will start together on even minutes. No cadet from within the same county can start on the same course within five minutes of each other.

In the start lanes the Cadets will be briefed on the blank map. They will then move forward to an area where they are given their course map and briefed on how to plan a successful route. They have two minutes to do this. They will then visit the start control. The triangle on their course map indicates where the start Hanging marker is located. They **MUST** visit the controls in order.

Once they get to the finish they must come back into the building and visit the admin area to have their Ecard read. They will be given a paper printout detailing their journey around the course. If they miss controls or do them in the wrong order, their printout will indicate that they are disqualified. This is just to help with the results.

**No Cadet will be disqualified.** For each control missed or done in the wrong order, they will have a penalty time of five minutes longer than the slowest Cadet on their course, unless they are slower than this in which case the penalty added to their actual time. These additional times will be used for individual places and team places.

## **CROSS COUNTRY**

Each Cadet will be issued a wrist strap electronic tag. They cost £60 if lost. You need to ensure that they are returned if a Cadet doesn't run or drops out.

The start and finish are located on the new sports field to the North of camp. There is plenty of parking for minibuses in case of poor weather. Drinks will be provided at the finish after their tag is read. They will not get a personal printout for the XC.

If you have any questions, please ask.