



present

2020 Xmas 5-Days Orienteering

Southern Highlands, December 27-31

Covid-19

The event will be run following strict covid guidelines which will be included on the 5 Days web site, also in the event program and links will also emailed to all competitors immediately prior to the event.

Border restrictions are fluid and prior to entering you are asked to check the latest [NSW Public Health Order](#).

To ensure Covid tracing anyone attending must enter the events as a competitor, spectator or volunteer.

"Safety provisions will also apply in the event of extreme temperatures and/or bushfires, possibly including alternate venues or cancellations."

Venues

Date	First Start	Event	Map	Club	Event Link
Sun Dec 27	4pm	Bush sprint	Welby	SHOO	Day 1
Mon Dec 28	8am	Long	Belanglo SF	IKO	Day 2
Tue Dec 29	8am	Middle	Stingray Swamp	Stingers	Day 3
Wed Dec 30	8am	Middle	Wattle Ridge (updated)	BN	Day 4
Thu Dec 31	8am	Sprint	St Gregory's College (new)	SHOO	Day 5

Reserve Area, in case of bushfire bans: Boxvale (updated) near Mittagong

Format Best 4 of 5 results to count.

Event Information

The 5-days program will be available through the [Eventor Entry Portal](#) from Tue Dec 15.
See also the Xmas 5-Days [web page](#).

Start Times

Walk up starts within a set start window for each day will be used. 1 minute start intervals

Entry Fees (Per Day):

Members: Senior \$25, Junior \$16, Sub-junior \$12.50

Casuals/Non-members: add \$3

Sport Ident Hire: \$4 per day

Entries close: midnight Tuesday December 15th

Very limited EOD will be available

Important Entry Information

- If you are intending to run the same class for all 5 days, please enter [here](#) via Eventor
- If you are entering individual days or wish to enter different classes on different days, use the daily entry event for each of the days.

If you wish to have your result counted in the overall competition it is best to enter **the same course each day**.

Accommodation

Mittagong and nearby towns offers a wide variety of accommodation; visit the [Mittagong Tourism website](#)

Goulburn is another option visit the [Goulburn Tourism website](#)

Alternate sites for accommodation include AirBnB, Stayz, Booking.com.

NB: Belango House is closed due to Covid Restrictions

Courses/Classes

Course lengths are a guide, as are the suggested age classes.

You choose the distance you want to run each day!

	Course*	Men Class	Women Class	Suggested age guides	
1	Hard 1 - 7km	Men A		M21	
2	Hard 2 - 6km	Men B	Women A	M20,35	W21
3	Hard 3 - 5km	Men C	Women B	M16, 45	W20,35
4	Hard 4 - 4km	Men D	Women C	M55	W16,45
5	Hard 5 - 3km	Men E	Women D	M65+	W55+
6	Moderate 3.5km	Men F	Women E		
7	Easy	Men G	Women F		
8	Very Easy	M/W Novice			

*Approximate distances only and does not apply to the days 1 and 5.

Event Co-ordinator

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Locality Map
(approximate only)



