



2009 WORLD MASTERS ORIENTEERING CHAMPIONSHIPS

10th to 18th October 2009 • SYDNEY and LITHGOW, NSW, AUSTRALIA

Venues: *Sprint distance events* - SYDNEY.

Long distance events - LITHGOW 140km north west of Sydney.

Programme:

DATE	ORIENTEERING	SOCIAL
Saturday 10th October	<i>Sprint Qualification – SYDNEY</i>	
Sunday 11th October	<i>Sprint Final – SYDNEY</i>	Sydney 2009 World Masters Games Opening Ceremony
Monday 12th October	<i>Rest Day</i>	
Tuesday 13th October	<i>Model Event (AM) – LITHGOW</i>	WMOC Opening Ceremony followed by Aussie BBQ – Lithgow Showground Hall (PM)
Wednesday 14th October	<i>Long Qualification 1 – LITHGOW</i>	
Thursday 15th October	<i>Long Qualification 2 – LITHGOW</i>	Masters Banquet – Lithgow
Friday 16th October	<i>Rest Day</i>	Free day – discover the Blue Mountains
Saturday 17th October	<i>Long Final – LITHGOW</i>	WMOC Closing Ceremony & Presentation Food & Wine Festival
Sunday 18th October	<i>SYDNEY</i>	Sydney 2009 World Masters Games Closing Ceremony

Age Categories: (both Sprint Distance and Long Distance)

M/W 35 – born in 1974 or earlier

M/W 55 – born in 1954 or earlier

M/W 75 – born in 1934 or earlier

M/W 40 – born in 1969 or earlier

M/W 60 – born in 1949 or earlier

M/W 80 – born in 1929 or earlier

Age is determined by your age at 31 December 2009.

M/W 45 – born in 1964 or earlier

M/W 65 – born in 1944 or earlier

M/W 85 – born in 1924 or earlier

M/W 50 – born in 1959 or earlier

M/W 70 – born in 1939 or earlier

M/W 90 – born in 1919 or earlier

Entry Details

Visit www.2009worldmasters.com

The Orienteering Registration fee includes the World Championship Levy (AUD55), accreditation, Sydney 2009 World Masters Games Opening and Closing Ceremonies and entry to all Orienteering events.

Complete your entry by 31 July 2008 – **AUD242** (Early Bird Discount)

Entries from 1 August 2008 – **AUD275** Entries close 31 July 2009

UP TO DATE EVENT INFORMATION
www.wmoc2009.orienteering.asn.au

Host Federation: Orienteering Association of NSW on behalf of Orienteering Australia.

Event Director: Nick Dent

IOF Senior Event Adviser: Graham Teahan (NZ)

National Controller: Rob Vincent

Information:

WMOC 2009

8 Irving Close, Terrigal, NSW 2260, Australia.

Phone: +61 2 43843627

Mob: +61 428 251 786

WMOC email: orienteering.wmg2009@yahoo.com.au

Email: ndent5@bigpond.com

For further information on the Sydney 2009 World Masters Games visit: www.2009worldmasters.com or email info@2009worldmasters.com.



Course Details

The courses will be set in accordance with the International Orienteering Federation (IOF) competition rules. Sprint Distance events with expected winning times of 12-15 minutes. Long distance qualification expected winning times will be 35-60 minutes. Long Distance Final expected winning times will range from 45-70 minutes.

Maps

Sprint - ISSOM standard scale 1:4000, contour interval 2.5m, mapped 2008.

Long - ISOM standard scale 1:10000, contour interval 5m, mapped 2008.

Terrain

Both Sprint events will be held in areas of urban parkland with open areas, buildings, tracks and many changes of vegetation. All long distance events will be held in predominantly gully spur terrain with some areas of complex sandstone rock outcrops. Vegetation is open eucalypt forest with very little undergrowth. Visibility will be very good and runnability will be fast. There are some steeper areas but most of the terrain has gentle slopes.

Embargoed areas

Clandulla State Forest and Ben Bullen State Forest. Further details are available on the World Masters Orienteering Championships (WMOC) website. — www.wmoc2009.orienteering.asn.au

Timing Equipment

The SportIdent electronic timing system will be used for the WMOC. Each competitor must list their SI card number on their Games Registration Form.

SI cards can be hired for a small fee via — www.wmoc2009.orienteering.asn.au

Open Races

Seven courses will be available at the Long Distance events ranging in technical difficulty from easy to difficult. *Entry to these is via www.wmoc2009.orienteering.asn.au*

Social Events

The World Masters Banquet tickets must be purchased via www.wmoc2009.orienteering.asn.au and seating is limited.

Climate

In Australia, October is the end of spring going into summer so it is possible for the temperature to rise into the high twenties during the day.

Sydney has a daily temperature in October from 13-22°C. Sydney averages 73mm of rainfall in October with 20 sunny days in the month.

Lithgow has a cool temperate mountain climate. The average daily temperature in October is 18°C with a minimum of 6°C. In October Lithgow averages 67mm of rainfall with an average 10 days of rain. Lithgow is between 900 and 1000 metres above sea level.

Accommodation

Online bookings are available via the Sydney 2009 World Masters Games website. Note that the Championships coincide with the NSW spring school holidays, so early bookings are advisable. The full range of accommodation and campervans are featured in the Accommodation and Travel section of the Sydney 2009 World Masters Games website. Register online or contact the Sydney 2009 World Masters Games Travel Office. Email: 2009worldmasters@gtaus.com.au

For other information about accommodation and tourism refer to;

Lithgow and surrounding areas www.lisp.com.au/lithgow/profile.htm

Blue Mountains area - (Located between Sydney and Lithgow) www.visitbluemountains.com.au

Transport

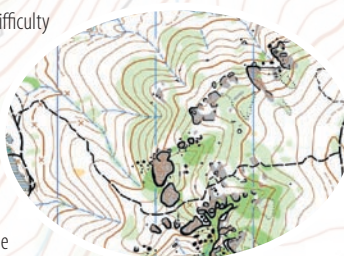
There will be public transport available to the Sprint Distance events. Private vehicles can also be used however, parking near event arena will be subject to a charge. Private transport will be required for the Long Distance events. Parking will be available at event arenas for cars and buses.

International Information

All travellers, except New Zealand citizens, must obtain a visa or travel authority before travelling to Australia. Travellers from the following countries can apply for an Electronic Travel Authority (ETA) visa- Austria, Belgium, Canada, Denmark, Finland, France, Germany, Greece, Hong Kong SAR, Ireland, Italy, Japan, The Netherlands, Norway, Portugal, South Korea, Spain, Sweden, Switzerland, Taiwan, United Kingdom & USA.

More information is available from www.immi.gov.au/immigration.htm

Travellers from all other countries need to apply (at least 6 weeks in advance of their travel date) for a short stay visa.



Australian East Coast 'O' Tour 2009

A series of orienteering events are being held in the lead up to the World Masters Orienteering Championships. For those planning a longer stay, these events will provide a good introduction to Australian orienteering.

Queensland Orienteering Championships

Saturday 19th and Sunday 20th September — www.oq.asn.au

Australian Orienteering Championships Carnival - Victoria

Saturday 26th September — *Australian Middle Distance Championships*

Sunday 27th September — *Victorian Long Distance Championships*

Friday 2nd October — *Australian Sprint Distance Championships*

Saturday 3rd October — *Australian Long Distance Championships*

Sunday 4th October — *Australian Relay Championships*

www.vicorienteering.asn.au and www.bendigo-orienteers.com.au

Canberra Two Day - ACT

Tuesday 6th October — Day 1

Wednesday 7th October — Day 2

www.act.orienteering.asn.au

Post World Masters Orienteering

New Zealand 3 Days — *South Island Championships* — Dunedin

Saturday 24th to Monday 26th October — www.nzorienteering.com

