

SE SPRINT CHAMPIONSHIPS
UNIVERSITY OF KENT AT CANTERBURY
SATURDAY 21ST MAY 2011
FINAL DETAILS

CAR PARKING & DIRECTIONS

The event will be based at the University of Kent in Canterbury with car parking adjacent to **The Sports Pavilion**. The Post code for the university is CT2 7NZ. If travelling from the west, leave the A2 at GR TR 115581 (signed for Canterbury and Harbledown). After 1km turn left at traffic lights and follow O signs. Parking is free provided you **print out the permit on The final page of these details and display it in your car**. If the sports pavilion car park is full, there is additional parking if you continue in the same direction (West) at the end of Park Wood Road.

THE ASSEMBLY AREA is adjacent to the car parking and will include: EOD Registration, SI Dibber Hire, Finish & Download, Enquiries and Results Display. Round 1 start is 10 – 15 min walk (approximately 1k) from Assembly and Round 2 start is 100 metres from Assembly.

Toilets, showers drinks and some refreshments for sale will be available in the Sports Pavilion.

LATE ENTRIES, REGISTRATION AND ENQUIRIES

Late entries and entries on the day will be accepted while overprinted maps last.

Late entries and competitors wishing to enter on the day should go to the Registration point on arrival.

Registration 11:00 – 12:30 First round starts 11:30 – 13:00

Fees for late entry and entry on the day are as follows:

Seniors £8.00; Non BO seniors £10; Juniors £3.00;

Pre-entered competitors who have **not paid**, please go to Registration to pay upon arrival.

SI Dibber Hire will be at Registration. Dibber hire £1.00

A member of Saxons will be on hand at registration to offer advice and guidance.

SE SPRINTS

This competition will consist of two rounds with the times for each round being added together to give the final positions. Provisionally start times will be between 11:30-13:00 for round 1 and 14:30-16:00 for round 2.

The fastest competitors from the first round will start first in the second round. However it will not be a chasing start and in both rounds there will be a minimum of one minute between each starter. The combined times of both races will be used to determine the overall winners. Those requiring split times in the second round will be accommodated (Please come and talk to the SI team between the rounds if necessary). There are ten competitive classes split between three courses as below (subject to final controlling):

Course Code	Age Group	Course No	Course Type	Rnd 1 length	Rnd 1 climb	Rnd 1 controls	Rnd 2 length	Rnd 2 climb	Rnd 2 controls
MJun	M14 M16	A	Sprint race	2.6km	20m	19	2.6km	10m	18
MOpen	M18-M40	A	Sprint race	2.6km	20m	19	2.6km	10m	18
MVet	M45-M55	A	Sprint race	2.6km	20m	19	2.6km	10m	18
WJun	W14 W16	B	Sprint race	2.1km	15m	17	2.0km	5m	16
WOpen	W18-W40	B	Sprint race	2.1km	15m	17	2.0km	5m	16
WVet	W45-W55	B	Sprint race	2.1km	15m	17	2.0km	5m	16
MSVet	M60+	B	Sprint race	2.1km	15m	17	2.0km	5m	16
WSVet	W60+	B	Sprint race	2.1km	15m	17	2.0km	5m	16
MYel	M12 & under	C	Yellow	1.2km	10m	10	1.3km	5m	12
WYel	W12 & under	C	Yellow	1.2km	10m	10	1.3km	5m	12

STARTS We shall be using a “punch and go” system for the Round 1 start. Accordingly, competitors have been given a 30 minute start block in which they may start at any time at the discretion of the start officials. On arrival at the start, please join the appropriate start queue for your course. Call up will be 2 minutes before your start time. There are separate starts for each round.

Sportident punching will be used for this event. Some SI units will be secured to fences etc using a cable tie passing through the "dibber hole". There is still room to insert your SI card but you are advised to check for the beep/flash that indicates a successful punch.

Parents with split starts – have been accommodated where a request has been made but if this causes a problem, please contact the organisers.

ROUND 1 Closing time 14:00

ROUND 2 Closing time last start plus 60 mins

MAP/TERRAIN

The map will be at 1:5000 and drawn to ISSOM standards with a 2.5m contour interval. Competitors are reminded that olive green is OOB and is not to be crossed. All courses cross minor roads within the campus; traffic should be light and travelling slowly but please check before running across any roads.

The University has been built on a gentle hillside and many paths have steps. All courses will largely be on hard surfaces with some routes crossing short grassland. Medal studded shoes are not recommended, rubber studs may be sensible if wet. Shorts are allowed. As a result of the recent dry weather the University ground staff have erected a number of short lengths of plastic orange fencing to protect grassed areas. These have not been mapped but should not affect navigation. There are also a number of small unmapped paths in woodland areas.

Note: there will be other pedestrians and cyclists on campus, as well as other competitors, some travelling at speed so take care, especially when coming round blind corners.

Control descriptions: Sprint pictorial control descriptions are used for courses 1 and 2; text descriptions are provided for course 3. The control descriptions will be on the front of the map. Loose copies of descriptions for all courses will be available at -2 minutes.

FINISH

There are separate finishes for each round.

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You must punch at the finish control and then proceed to Download.

It is important that you download as soon as you have finished round 1 in order for the round 2 start list to be compiled. We hope to publish the round 2 start list by 14:00 hours, but please bear with us if we over run!

You must report to Download before leaving, even if you retire. Water will not be available in the assembly area – please bring your own.

Maps will not be collected at the end of each round – so please do not show your map to anyone who has not yet competed..

PRIZE GIVING will take place as soon as possible after the last finisher on round 2 with medals to the top three SEOA members in all classes.

HEALTH & SAFETY

Competitors take part in this event at their own risk. A **First Aid kit** will be available at registration. The nearest A & E is at Kent and Canterbury Hospital (CT1 3NG) off the B2088. There will be a map showing the location of the hospital at Registration. Anyone arriving alone who wishes to be checked back in, please leave your car keys at Registration. Dogs are not permitted at this event.

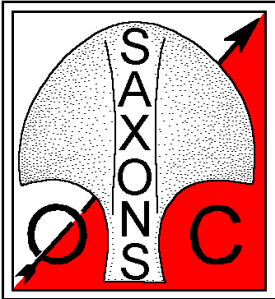
The event is taking place during the University's exam period so please respect the fact that students are revising – this is particularly relevant to the start area for round 2.

OFFICIALS Organisers – Anita Kingdon (01892 722624/07903 163953) Entries enquiries – anitakingdon@gmail.com Planner – Sarah Howes Controller – Simon Holford - Saxons

In the unlikely event of the cancellation or curtailment of the event, the Club reserves the right to retain part or all of entry fees paid to defray costs incurred.

You take part in this event at your own risk.

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South East Sprint Championships

This permit entitles this car to be parked free of charge in the Sports Pavilion Car park for the duration of the South East Sprint Championships on 21st May 2011.