POKAPŪ CENTRAL REGIONAL CHAMPS

FRI 28 - SUN 30 JUNE 2024

Pokapū Champs 28-29-30th June 2024 Matariki-O

Welcome BULLETIN 2

Hawkes Bay Orienteering Club is looking forward to welcoming you over New Zealand's Matariki Weekend for three days of fantastic orienteering in our region. We have over a hundred entries and we are excited to have three days of orienteering fun.

We have made the decision to use a punching start instead of allocated times.
Please check the bulletin for relevant information per event, see you Friday!

Date	Event	Location	Starts from
28/06/2024	Sprint, A-level event	Havelock North	1.00 - 2.30pm
29/06/2024	Middle, A-level event	Springvale	10.30 - 12.00pm
30/06/2024	Long, A-level event	Hautope	10.00 - 12.00pm

Follow Hawkes Bay Orienteering on Facebook for updates.

General event information

Locations

All the events will be held within 50km of Hastings.
The Havelock North High Schools, the **Sprint** Event, are located at Te Mata Road, Havelock North, https://maps.app.goo.gl/ycD4wuFwrGNYwREc9

Springvale, **Middle** Event, is in Central Hawkes Bay, near Tikokino, allow 50 minutes from Hastings, https://maps.app.goo.gl/aadczv6YMVEyS7JZ9

Hautope, the **Long** Event, is South in Central Hawkes Bay, allow 50 minutes from Hastings, https://maps.app.goo.gl/Qn8EqUV7K5fsTPLi9

Transport

Public transport to the events is not available.
Driving will be the most likely mode of transport for most competitors. We encourage competitors to car-share where possible to minimise the impact on the environment.
Parking for the event will be along roadside or designated parking area's

Accommodation

Hastings Top 10 Holiday Park and Havelock North holiday park have units and camping sites to rent.
AirBnB, holidayhomes.co.nz and bookabach.co.nz also have many accommodation options in the region.

Overall event contacts

You can contact the event organisers at Orienteering Wellington via the following methods:

- Email: events@hborienteering.com
- Via Facebook Messenger

Event cancellation

Cancellation of the event will occur in conditions that are too dangerous for safe competition. Situations that might lead to cancellation, fire risk, extreme weather, loss of access, serious earthquake, or death of a competitor or spectator. Should any of the events need to be cancelled, this information will be posted on the Hawkes Bay Orienteering Club website and HB Orienteering Facebook page.
An email will also be sent to all participants, using the email address provided as part of their entry, as soon as practicable after the decision is taken.

Withdrawal

If you have entered for **Pokapū Champs 2024** and you must withdraw for whatever reason, please notify the organisers as soon as possible by email.

Pokapū Champs 2024 Refund policy:

- *Refund of 90% of fees paid for withdrawals prior to standard entry fee close date (**Saturday 22nd June 2024**)*
- *Refund of 75% of fees paid for withdrawals after entries are closed and before start lists are published (**Wednesday 26th June 2024**)*
- *No refund after start lists are published*
- *Refunds will be processed after the event*
- *To withdraw from a race and request a refund, please e-mail treasurer@hborienteering.com and provide your bank account details*

Health and Safety

- All participants are expected to be fit and well enough to compete. Participants are required to carry their own medication if required, e.g. inhaler for asthmatics, sweets for diabetics, epi-pen or adrenaline for those with severe allergies. It is the competitor's responsibility to notify the Event Team of any health matters that are important.
- Medics will be available at all events. However, we would also ask that you bring your own first aid kit and tend to minor injuries such as cuts and grazes yourself. The closest emergency centres:
    - HBDHB Central Hawke's Bay Health Centre, 1 Cook St, Waipukurau 4200
    - Hawke's Bay A&E, 398 Omahu Road, Camberley, Hastings 4120
- Please also advise Registration if there is an injury that requires an incident report to be completed.
- As in non-Covid times, anyone unwell or exhibiting cold or flu-like symptoms should not be attending any sporting event .
- Safety Plans and Hazards for each day will be displayed at the Event Centre.
- A first aid tent will be on site at each event and medical professionals will be on call at all times.
- You are advised to carry whistles for the rural events. Please bring your own as these will not be provided at the Registration Desk. The distress signal is 6 short blasts, rest, then repeat. Use only in an emergency—this includes serious injury and/or becoming lost and unable to relocate and/or at risk from extreme elements.
- Good orienteering shoes with traction is recommended for the rural events. **Spiked shoes must not be worn at the Sprint.**
- **WINTER** weather can be variable, so come prepared for all seasons, for the event centre and your run.

- Refer to the course closure times stated for each day. If you haven't finished your course by these times then return to the finish area and report in at the download station.

- Lost or late runners – the organisers know who is or isn't out on the course at any given time. If you have a concern about a runner report to Registration and the controller will be notified to initiate any response necessary. Do not start your own search.
- A small amount of shelter will be provided by the organisers but it is recommended that you bring your own if the weather is inclement.

Whistles

It is strongly encouraged to carry a whistle for the long and middle events.

Actions to be taken by competitors in the event of an emergency:
● Abandon your course, evacuate from the forest;
● Help any other competitors to evacuate;
● If it is safe, evacuate to the event Centre, inform organisers, and download your SportIdent;
● If you evacuate to somewhere else, contact the main organiser –
● Call 111 if there is a fire or you require emergency assistance.

First aid

First aid will be available at the event centre during all events. However, we ask that you bring your own first aid kit and tend to minor injuries such as cuts and grazes yourself.
The nearest Emergency Department is at Hastings Fallen Soldier's Memorial Hospital and, in Waipukurau, the HBDHB Central HB Medical Centre.

Dogs

Dogs are not permitted at any of the events.

On-the-day event information

Event centre
Cell-phone reception
The cell-phone reception at all the event centres is largely good.

Food and Drink

Water will not be available at the event centres. You need to bring your own water. Make sure to bring enough to stay hydrated before and after each event and while you are in the event centre.
It is not recommended to drink from the various ponds and streams.

Orienteering gear vendors
There are no arrangements in place at this time to have orienteering gear vendors at the event. We are not aware of any vendors coming

Commentary and results screens
The HB Orienteering Club is the club that gave birth to the use of radio controls, results screens and commentary at the O-events in NZ, so you will see O-Lynx in full glory as usual.

Sprint - https://liveresultat.orientering.se/followfull.php?comp=30430&lang=en
Middle - https://liveresultat.orientering.se/followfull.php?comp=30431&lang=en
Long - https://liveresultat.orientering.se/followfull.php?comp=30432&lang=en

Zero Waste and Sustainability

Matariki-O will run on a ‘leave no trace ’basis. Please remove all your litter from the forest when you leave.
Water
Water will not be provided by the event organisers on the course or at the finish/event centre. Please bring your own water.

Photos and videos
During the event, photos and videos will be taken and published on the HB Orienteering

Facebook page. We encourage anybody who would like to share their photos to be published on the Facebook page, please contact the organisers via email, ideally before the event.

Competition details

Timing system

The SportIdent (SI) punching system will be used in all NZOC2024 events in accordance with the ONZ Policy on Touch-free punching. To hire Is $ 3.00 per event. To upgrade to a SIAC card, they will be available for hire at $5 per event.
You can request a SIAC card by e-mail events@hb-orienteering.com. When hiring an SI card, make sure you return the card at downloading after your last race. Lost or broken SI cards will incur a charge of $120 to cover the cost of a replacement.

Start procedure (updated)
A punching start will be used at all events, competitors will be allowed to start anytime within the start block allocated for each event. Appropriate delay to the previous runner on each course will be given. Suggested times to follow soon.

Late starts

If you are unable to make the start block, starting will be at the discretion of the controller.

Fences and Gates

Please leave all gates closed and climb all fences at a post. If any damage occurs to a gate or fence please advise Registration.

Controls

If you punch an incorrect control, ignore it and continue to the correct control; the extra punch will be disregarded by the results software. If the SI-card stops working or does not function (there is no beep and no flash) then use the control punch to clip your map next to the control description. If you have pin punched any controls on your map you must hand the map in at the download before leaving the finish area and explain what you have done.

Finish procedure

At the finish line, punch the finish units next to the finish flag. Your elapsed race time only stops when you punch one of these units. Competitors must punch one of these finish units even if they do not complete their course. Runners who do not register at the finish line and download will be considered missing in the terrain, which may cause a search. The download will be close to the finish, where you will then receive your time split printout. After download at your last event you should return any hired SI-Air Cards. Runners are free to go after the download.
Maps will be collected at the finish until the last starter has commenced their course.

Results

Official results will be posted on winsplits at the end of each day of competition.

Complaints and protests

Complaints and protests will be handled in accordance with the ONZ rules 27, 28, 29 and 30.

Before a protest is made, you are entitled to complain to the Controller about an infringement of the rules or organiser's directions. A complaint is made in writing and handed to the Controller as soon as possible, but within 60 minutes of the affected competitor finishing. A complaint is adjudicated by the Controller. The Controller's decision on a complaint shall be advised to the complainant, and displayed on the results board as soon as possible, within no more than 60 minutes of the complaint having been received

If the complainant is not satisfied with the decision, a protest may be made against the Controller's decision. If a protest is received a jury of suitable a grade controllers will be formed and review it

Lost or late runners

Our organisers know who is or isn't out on the course at any given time. Report to Registration and organisers if you have concerns. They will initiate any response necessary. **Do not start your own search.**

FAIR PLAY,

All competitors shall behave with fairness and honesty. Attempts to gain any information related to the courses, beyond that provided by the organiser, is prohibited before and during the competition.

You may not bring any previous maps (either physical or digital) to the competition arenas. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified.

Specifically in the Sprint, please familiarise yourself with the uncrossable symbols.

GPS Equipment

As per IOF Foot O rule 21.4, competitors shall not use or carry telecommunication equipment between entering the prestart area and reaching the finish of a race, unless the equipment has been approved by the Controller prior to the event. GPS-enabled devices (watches etc.) may be carried provided that they have no map display and are not used for navigation purposes.

Maps and Control Descriptions

Competition maps will be digitally pre-printed on synthetic waterproof paper (Teslin 115g).

The maps have been produced using the International Specification for Orienteering Maps (ISOM2017- 2) or the International Specification for Sprint Orienteering Maps (ISSprOM2019).

Control descriptions are printed on the map for all courses. Separate control descriptions are also available at the Start for the Sprint, Middle and Long events.

Classes

Competitors are divided into classes according to their gender and age, and women may compete in men's classes:

- Class eligibility is determined by the participant's age on 31 December 2023.
- Competitors aged 20 or younger are eligible to run in each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.
- Competitors aged 21 or older are eligible to run in each class from the beginning of the calendar year in which they reach the designated age. They are entitled to compete in younger classes down to and including 21.

Sprint – Arataki

Overview

Date	**Friday 28th June 2024**
Event Status	**A-Level**
Arena	**Havelock North High School**
Arena GPS Coordinates	**-39.66628, 176.89460**
Planner	**Phillip Herries**
Controller	**Hugh Forlong-Ford**
Map	**Arataki**
Mapper	**David Fisher, Steve Armon, Ross Morrison, Menno van der Have**
Map Scales	**1:2,500, 1:3,000, 1:4,000**
Contour Interval	**2.5m**
Registration Opens	**12.00 noon**
First Start	**1.00 pm**
Last Start	**2.30 pm**
Course Closure	**3:30 pm**

Directions and Parking

From Central Havelock North, head east on Te Mata Road. After 450m turn right to stay on Te Mata Road. Go straight through 2 roundabouts, then after 54m after 2nd roundabout turn left into the school entrance.

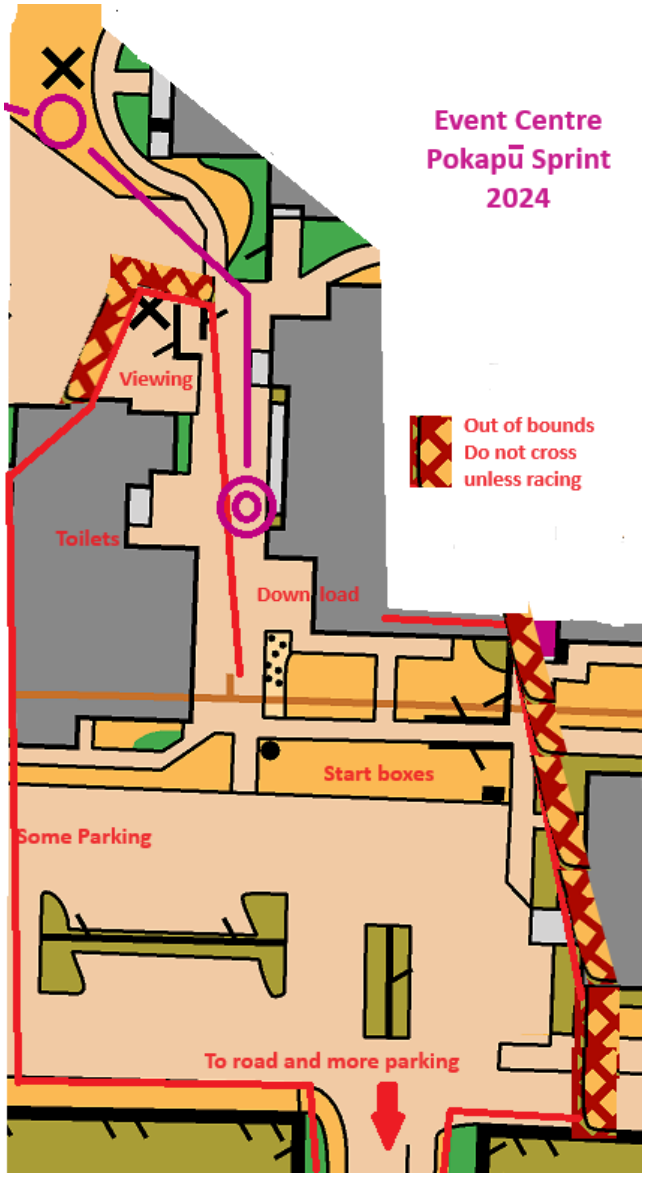
If coming from Napier, turn left at Romanes Drive, then right at Brookvale Road, then left at Guthrie Road, finally left into Te Mata Road to get to Havelock North High School.

There is a reasonable amount of parking in the school car park with overflow on Te Mata Road, Simla Avenue or James Cook Street. Please park considerately.

Enter HNHS at the main entrance only. UNDER NO CIRCUMSTANCES may you enter at the Te Mata Four Square entrance, across the school fields or from the Intermediate/Primary schools. .

Out of Bounds

The school grounds of the High School, Intermediate and Primary Schools are out of bounds unless competing. The event centre is just next to the high school carpark and so the school entrance and carpark can be accessed and used for parking. See diagram below.



Specific Mapping Notes/Symbols

Courses 1 to 7 are flip maps. Please ensure you start on the correct side showing control 1. When the map is flipped the flip control will be indicated by a triangle in a circle.

There are many map changes/updates since the map was last used. There are many deceptive route choice challenges on all courses, where speed control, planning ahead and flow through controls will find the winner. There are areas where several controls are in close proximity, make sure you punch the correct control. All courses have a spectator pivot control at the event centre so make sure you watch out for this on your map and punch it all the times required, as indicated on your map.

The intricacy of each course means there are many controls, with courses 1 and 2 in particular having over 30 each. For these courses, please ensure your SI Card can hold the number of punches required. (SIAC timing chips are recommended.)

Hazards

There are some narrow spaces between buildings and blind corners. Not all runners are going in the same direction. As always in sprint orienteering, take care. Furthermore, the courses are not closed to the public so be wary of people walking through the schools and give right of way if necessary.

If wet, parts of the course may be slippery. You may also encounter steps and ramps - please take care when using these.

Footwear/Clothing

Spiked shoes may not be worn. Courses have a mix of hard surfaces and grass, so choose what works for you.

Warmup

Please use Te Mata Road for warming up, if required.

Toilets

Toilets are available in the event centre. See diagram above.

Courses SPRINT - Friday 28th June 2024

Course	Class		Scale	Length (km)	Con-trols	EWT (min)
	Men	Women				
1	M21E, M20E		1:4,000	3.7	33	12-15
2	M16A, M18A, M20A, M21A, M40A	W21E, W20E	1:4,000	3.2	32	12-15
3	M50A		1:3,000	2.9	28	12-15
4	M14A	W16A, W18A, W20A, W21A, W40A	1:3,000	2.6	26	12-15
5	M60A	W14A, W50A	1:2,500	2.1	20	12-15
6	M70A	W60A	1:2,500	2.0	17	12-15
7	M80A	W70A, W80A	1:2,500	1.9	17	12-15
8 (Yellow)	M12A	W12A	1:2,500	1.5	21	12-15
	Open Easy					
9 (White)	M10A	W10A	1:2,500	1.1	18	12-15
	MW10N, Open Very Easy					

Climb on all courses is relatively slight – approximately 10m

Middle – Springvale

Overview

Date	**Saturday 29th June 2024**
Event Status	**A-Level**
Parking GPS Coordinates	**-39.807626, 176.399714**
Planner	**Shane Wilson**
Controller	**Susan and Bill Edwards**
Map	**Springvale**
Mapper	**Geoff Morrison**
Map Scales	**1:7,500, 1:10,000**
Contour Interval	**5m**
Registration Opens	**10.00am**
First Start	**10.30 am - 12.30pm**
Course Closure	**2.00 pm**

Directions and Parking

Allow 50 minutes from Hastings and 5 mins walk from carpark to event centre. From the State Highway 2 / Maraekakaho Road / Longlands Rd West Roundabout south of Hastings take Maraekakaho Road towards Bridge Pa. Signage to the event will start in Bridge Par. After 9.8km this road becomes State highway 50, continue for another 35km. Turn right onto Owen Street at Tikokino, this road changes into Holden Road after the township. After 5km turn right into Springvale farm and follow the event signs for just 1.2 km over farm roads to the car park.

Event Arena

The event arena is 600m beyond the car park. It is in a bowl surrounded on two sides by a stream and another by a small pond. Please supervise small children. There is poor phone reception in the arena, but reception is good at the parking area.

Toilets

Toilets are available in the event centre.

Starts

Pease note that there are two starts exiting opposite sides of the event arena.

Start 1 is for courses 1 to 5: This is **1.4km from the arena.** Start 1 is up the track back towards the parking then follow tapes along fence lines and farm track to the start.

Start 2 is for courses 6 to 10: Start 2 is **500m beyond the arena**. Follow the tape past the finish on the west side of the arena crossing the stream at the roped crossing point.

Out of Bounds

Unless following the tape to Start 2, the area on the other side of the stream is out of bounds. Warm up around the parking or on the route to Start 1.

Terrain / mapping notes

The map is a grazed gully/spur farmland with pockets of native bush. The maps is bisected by twisting streams with many patches of trees. Running is generally good.

Fences are on the map for all courses. Please note that there have been additional fences constructed recently. We have added those we found, but there may be some we have missed.

Hazards

The main stream to the south of the map can reach knee height in wet weather. This is the stream that runs past the event arena where there is a roped crossing to the finish and the route to Start 2. Courses that start from Start 2 (including all M/W14 and under) do not have to cross this stream at any other place. There are patches of dried thistles that have broken down enough that they are easy to run through, however full body cover is recommended. There are small patches of onga onga in areas of native bush. Electric fences will be off.

Footwear/Clothing

Orienteering shoes, or good trail shoes would be advisable. Full body or leg cover is recommended.

Courses Middle - Saturday 29th June 2024

Course (Start 1 or 2)	Class		Scale[1]	Length (km)	Climb(m)	Con-trols	EWT (min)
	Men	Women					
1 (Start 1)	M21E M20E		1:10,000	4.4	160	14	35
2 (Start 1)	M18A M20A M21A M40A	W21E W20E	1:10,000	3.7	140	13	30 / 35
3 (Start 1)	M50A	W21A W40A	1:10,000	3.4	110	11	30
4 (Start 1)	M16A	W16A W18A W20A	1:10,000	2.6	70	11	30
5 (Start 1)	M60A	W50A	1:7,500	2.6	70	11	30
6 (Start 2)	M70A M21AS	W60A	1:7,500	1.8	60	8	25
7 (Start 2)	M40AS	W70A	1:7,500	1.4	60	6	20
8 (Start 2)	M14A Open medium (Or-ange)	W14A	1:7,500	2.4	80	7	25
9 (Start 2)	M12A Open Easy (Yellow)	W12A OE	1:4,000	1.7	20	9	20
10 (Start 2)	M10 MW10N Open Very Easy (White)	W10 OVE	1:4,000	1.8	40	11	20

Long – Hautope

Overview

Date	**Sunday June 30th 2024**
Event Status	**A-Level**
Arena	**87 Hautope Branch Rd, Omakere, 4271**
Arena GPS Coordinates	**-39.94436, 176.72791**
Planner	**James Watson**
Controller	**Murray Harty**
Map	**Hautope**
Mapper	**Ross Morrison**
Map Scales	**1:10,000 1;7,500**
Contour Interval	**5m**
Registration Opens	**9.30 am**
First Start	**10.00 am**
Last Start	**12.00 pm**
Course Closure	**2.00 pm**

Directions and Parking

Allow 1 hour from Hastings. Head south on SH 2 to Waipawa. In Waipawa, turn left into Tamumu Rd, cross railway and Tamumu becomes Pourerere at the edge of town. Continue 8km to Tukituki River. Caution, two lane bridge immediately followed by one lane bridge, after which you will turn left into Hautope Rd. After 3.4km, left on to Hautope Branch Rd. Event centre is 1.5km along Hautope Branch Rd. Please park on Hautope Branch Rd, as there is limited space at the Event Centre.

Toilets

Toilets are available in the event centre.

Out of Bounds

Recently harvested forest area to north of Event Centre and landowners' homes. These are marked OOB on map. Warm up on Hautope Branch Rd.

Start
The start is 5-10mins, 400m, away from event centre. Follow signs up a track starting at event centre.

Terrain
Mainly pasture with steep hills and gullies. Multiple fences and farm tracks. Electric fences will be off. Some areas of planation pine. Highlight of Hautope map is extensive arboretum plantings of deciduous trees, with runnable pasture between.

Hazards
Usual farm hazards. Electric fences will be off. Multiple creeks and muddy tracks. Courses 9, 10, and 11 (Orange, Yellow and White) do not cross Hautope Branch Rd. Other courses may do. There are not specific crossing points. Please cross with care. Watch out for runners around the event centre

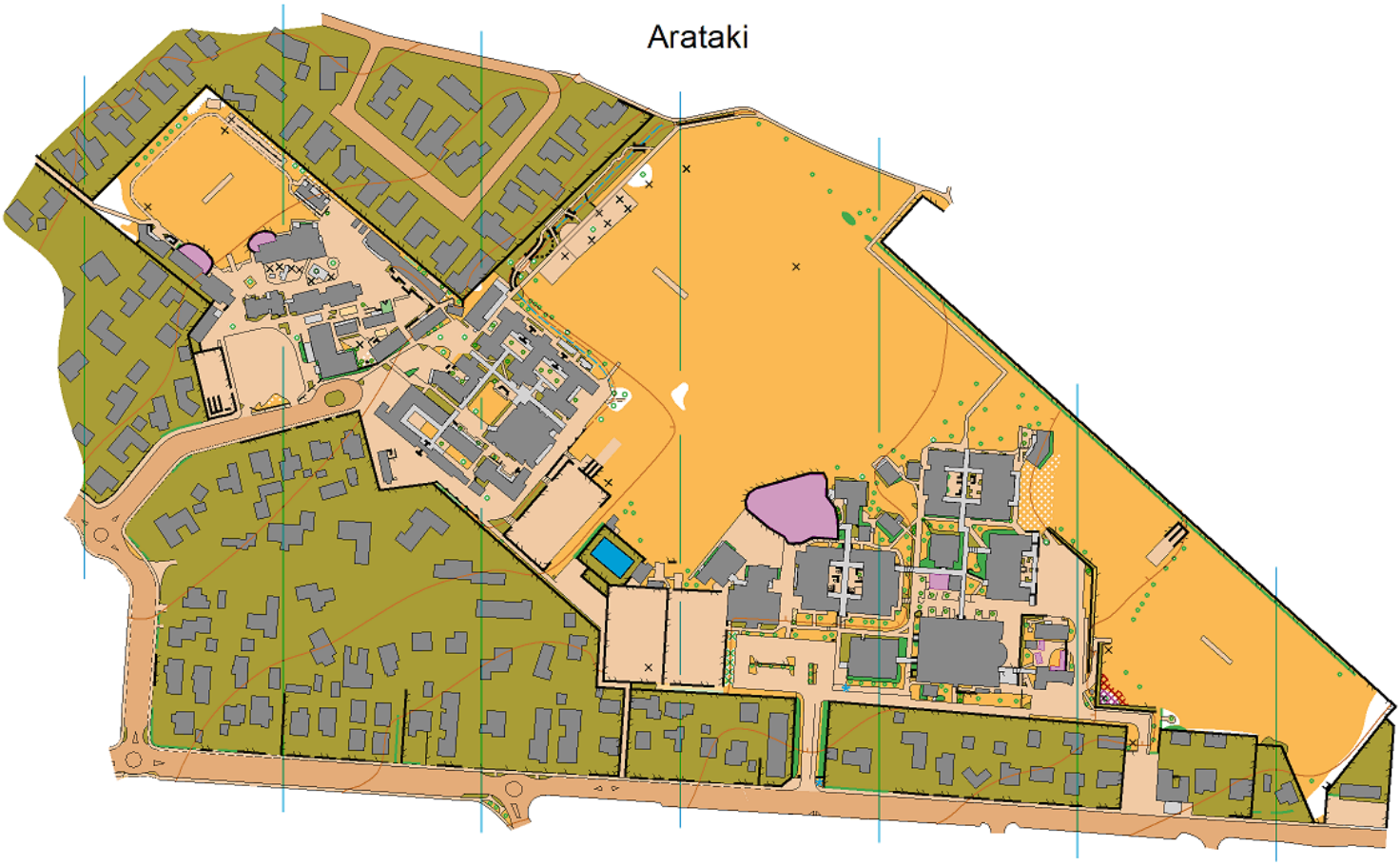
Footwear/Clothing
Orienteering shoes would be advisable

Courses Long – Sunday 30th June 2024

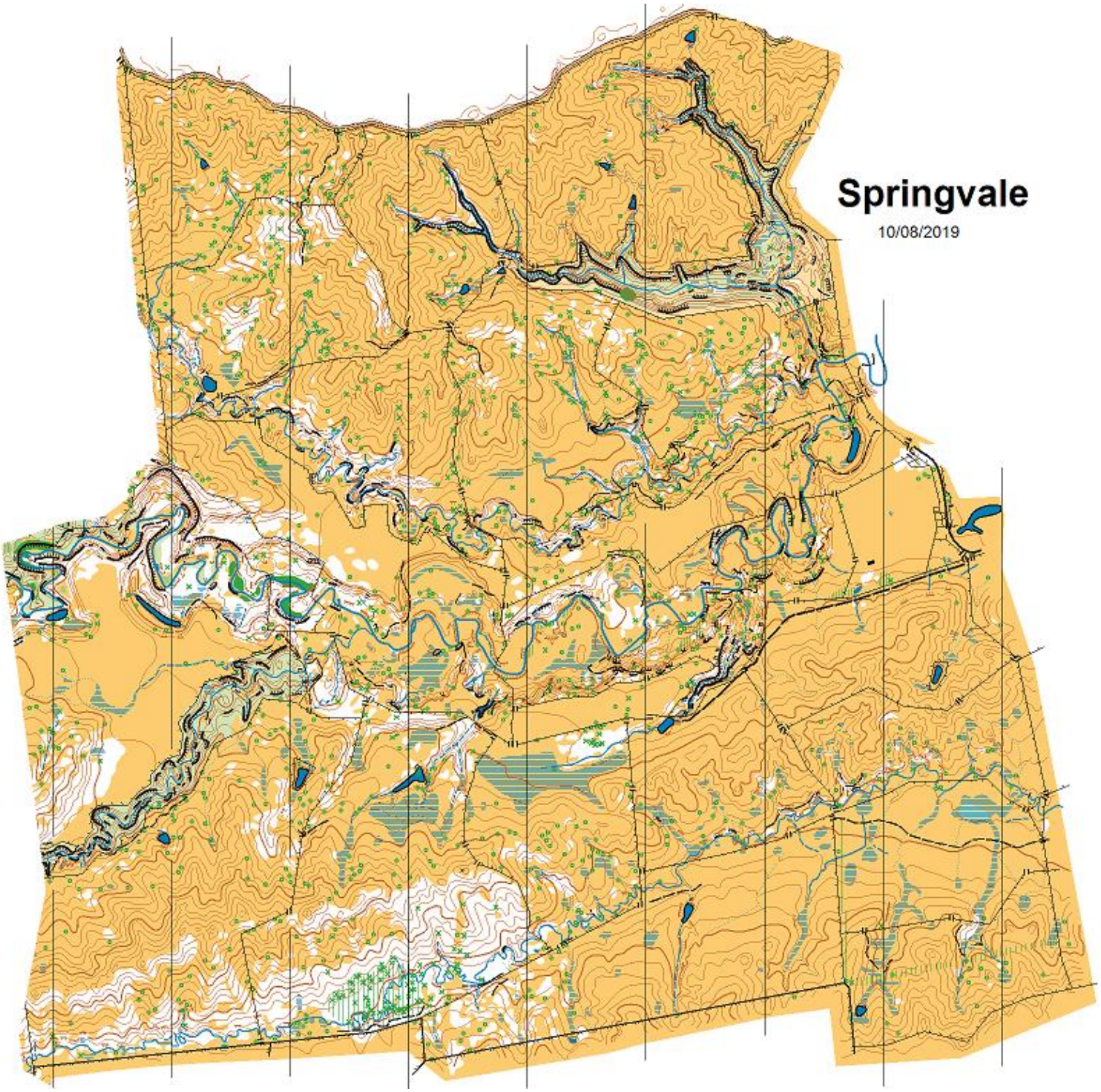
Course	Class		Scale	Length (km)	Climb (m)	Controls	EWT (min)
	Men	Women					
1	M21E M20E		1:10,000	10.3	480	19	80
2		W21E	1:10,000	7.8	425	15	80
3	M18A M21A M40A M50A		1:10,000	6.7	370	12	65
4	M16A	W20E W40A	1:10,000	5.8	355	11	60
5	M21AS M60A	W16A W18A W21A W50A	1:7,500	4.6	220	10	60
6	M40AS M70A	W60A	1:7,500	3.7	170	9	50
7		W21AS W40AS W70A	1:7,500	2.3	115	8	50
8	M14A OM	W14A OM	1:5,000	3.6	190	10	45
9	M12A OE	W12A OE	1:5,000	2.3	115	9	30
10	M10 MW10N OVE	W10 OVE	1:5,000	2.2	70	12	25

Previous Maps

Sprint – Arataki



Middle – Springvale



Long - Hautope

Matariki-O 2024