



Welcome to the Central Coast of New South Wales. Central Coast Orienteers along with volunteers across NSW clubs, most notably Uringa Orienteers, Newcastle Orienteers, and Big Foot Orienteers, have put together a great weekend of Sprint orienteering. Just enough and not too much so you can also enjoy the beautiful beaches we have on offer, Brisbane Water with designated bike paths for safe cycling and patrolled beaches to cater for all ages. The beautiful Bouddi National Park also offers some lovely bush walking

and beaches. I would like to take this opportunity to thank my fellow club members and all the other members of the orienteering community who have generously given their time and happy faces to help put on a great event.

Hilary Wood
Organiser
President Central Coast Orienteers



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Central Coast Orienteers acknowledges and pays respect to the traditional owners, the Darkinyung people whose country we are on and extend our respect to their Elders, both past and present.

WELCOMES

On behalf of Orienteering Australia, I welcome all competitors to this 2026 International Orienteering Federation (IOF) Oceania Regional Sprint Championships across the three sprint formats. IOF Regional Championships are an important part of the major global orienteering annual calendar, more so in the 21Elite classes where victories in the Sprint and KnockOut Sprint provide direct entry to the 2026 World Sprint Orienteering Championships, as the overall Oceania Orienteering Champion to be held later in the year in Genoa, Italy. Orienteering Australia extends a sincere thank you to Central Coast Orienteers from Orienteering NSW as the event organisers. The organising team led by Hilary Wood have been working very hard to put on a great event for not just the Oceania Championships in Senior, Youth and Junior divisions but the supporting public event Sprint the Coast. It is exciting that three new terrains will be on offer and will be a wonderful showcase of sprint orienteering.

Orienteering Australia is proud to support the Championships through funding from the Whiteside Bequest. A sincere thank the owners of the event venues for their permission to access for the Championships and other sponsors and supporters of the event.

Please say thank you to all the wonderful volunteers who have worked so hard to put on this event for our benefit and enjoyment.

Mike Dowling
Board Chair
Orienteering Australia



A Warm Welcome from Orienteering NSW to the Oceania Sprint Championships 2026.

On behalf of Orienteering NSW, I am delighted to extend a heartfelt welcome to all participants of the Oceania Sprint Championships, proudly hosted by the Central Coast orienteers. This event marks an exciting opportunity for us to showcase the vibrant orienteering community here on the Central Coast of New South Wales.

I would like to express my sincere gratitude to Hilary Wood, the event organiser, and her dedicated team of volunteers. Their hard work and commitment have been instrumental in bringing this championship to fruition. I am confident that their efforts will ensure an exceptional experience for everyone, filled with thrilling sprint races.

Our goal is to provide all orienteers with an enjoyable and memorable experience, featuring high-quality maps and sprint courses set across a variety of diverse school and campus locations. Whether you are competing or spectating, there is something for everyone to enjoy.

To all elite runners, I wish you every success as you compete for a coveted place in the World Orienteering Championships. For the rest of us, I encourage you to have fun and take pleasure in watching the elite athletes demonstrate fast and exhilarating sprint orienteering.

Robyn Pallas
president@onsw.asn.au



Key Personnel

IOF Senior Event Advisor New Zealand:	Malcolm Ingham	Event Advisors:	Hilary Wood Nick Dent Mark Shingler
Technical Director Senior Event Advisor:	Nick Dent	Start Manager:	Julia Prudhoe
Eventor and Timing Management:	Ron Pallas	Registration and Finance:	David Bowerman
Course Setters:	Colin Price Julian Dent, Paul Prudhoe Steve Craig	Presentation:	Robyn Pallas
		First Aid:	Deb Dickson
		Event Director:	Hilary Wood
		Quarantine:	Robert Bradley Maureen Fitzpatrick

TRIVIA NIGHT

Trivia Night hosted by the OA High Performance Squad as a fundraiser and social event.

When: Sunday 25th Jan 7pm- 9pm

Venue: Terrigal 50+ Leisure & Learning Centre
3 Duffys Rd, Terrigal
[Google maps link](#)

Cost: Adults \$15
Children/Students \$10
Family max \$45

Entry: via [Eventor](#)

BYO nibbles and drinks

A fun night to catch up with friends and help fundraise for our squads, all welcome!

Spot prizes and winning table prizes.

Lots of fun Trivia and will of course include some orienteering general knowledge.

(We suggest you have dinner beforehand at one of the many local venues, or bring takeaway with you as long as all rubbish is taken home and we don't leave a mess)

RACE SCHEDULE

Saturday 24th January Oceania Knock Out Sprint Qualifications & Quarter Finals Sprint The Coast Race 1

Location	St Peters Catholic College, Tuggerah Google maps link
6:45	Quarantine and Registration open
7:45	Quarantine closes
8:00	First start KO Qualification
9:00-10:00	Sprint The Coast Race 1
10:30	Course closure Sprint The Coast
10:15	Quarantine briefing for Quarter Finals
10:30	First start Quarter Finals

Allow 40 minutes travel time from St Peters CC to Green Point CC. [Google maps route link](#)

Saturday 24th January Oceania Knock Out Sprint Semi Finals & Finals Sprint The Coast Race 2

Location	Green Point Christian College, Green Point Google maps link
13:00	Oceania Quarantine open
14:15	Oceania Quarantine closes
14:30	Women Semi Final 1
14:40	Women Semi Final 2
14:50	Women Semi Final 3
15:00	Men Semi Final 1
15:10	Men Semi Final 2
15:20	Men Semi Final 3
15:30-16:30	Sprint The Coast Race 2
15:40	KO final runners quarantine closes
17:00	Course closure Sprint The Coast
17:15	Women Final
17:30	Men Final
17:45	Presentation Oceania Knock Out Sprint

Sunday 25th January Bonus Free Score event

Location	Terrigal Haven Google maps link
8:00	Mass start
	Score event 45 minutes to get as many controls as you can in any order - hill sprint included!
Eventor link	Please indicate on Eventor your intention to attend so we know how many maps to print.



Sunday 25th January Oceania Individual Sprint Championships (OOC, OJOC, OYOC) Sprint The Coast Race 3

Location	Central Coast Grammar School, Erina Google maps link
11:30	Oceania Quarantine open - for all Oceania classes
12:45	Quarantine closes
13:00	Oceania Sprint Championship - first start
14:30	Presentation Oceania Individual Sprint Championship OOC, OJOC, OYOC
15:00-16:00	Sprint The Coast Race 3
17:00	Course closure Sprint The Coast
19:00-21:00	Trivia Night Fundraiser for the OA High Performance Squad

Monday 26th January Oceania Sprint Relay Championship Sprint The Coast Race 4

Location	Ourimbah TAFE Campus, Ourimbah Google maps link
8:30	Quarantine open - for all Oceania classes
9:15	Quarantine closes
9:30	Oceania Sprint Relay Championship
10:45	Oceania Sprint Relay Presentation
11:00 - 12:00	Sprint The Coast Race 4
12:30	Course closure Sprint The Coast
12:30	Sprint The Coast Presentation

GENERAL INFORMATION

Competition Rules

The Oceania Sprint Championships are being held in accordance with the [IOF Competition Rules Foot Orienteering 1st Jan 2026](#)

Start lists

Oceania KO Sprint Qualification and Individual Sprint

There will be start lists for both the Oceania KO Sprint Qualification and the Oceania Individual Sprint Championship. They will be available on Eventor before the event.

KO Sprint Quarter Final start lists will be available ASAP after Qualification has finished. They will be available on Eventor and displayed in the quarantine area.

KO Sprint Semi Final start lists will be available by 13:00 on Eventor and be displayed in Quarantine at Green Point Christian College.

Sprint The Coast

There will be NO start lists for these events. Competitors can choose a start time sticker from Registration and report to the start. All competitors must start by the last start time. No one will be allowed to start after this time. Sprint The Coast starts will be at 30 second intervals queueing in your course lane.

Oceania Relays

Team Managers can self-manage running order changes in Eventor, until 11:59 pm on **Sunday 18th January**.

The final cut-off for changes to Relay teams is 5:30pm on Thursday 22nd January and can be done so by emailing ronpallas@hotmail.com

Map Collection

Oceania Events

All competitors in Oceania Sprint events maps will be collected immediately after you have finished and before you proceed to download. The maps for each event will be available immediately after the conclusion of the events at each location.

Sprint The Coast

No maps will be collected.

Embargoes

All campuses are embargoed until the start of the Oceania race at that venue. All Oceania competitors are required to go straight into quarantine upon arrival at every venue. You will be directed from your designated car park by marshals to enter the quarantine areas and must remain within the quarantine or warm up areas which are shown on the arena maps.

The following areas are embargoed for the use of orienteering maps, training and route testing for orienteering purposes by orienteers who wish to contest the Oceania Sprint Championship January 24-26th 2026.

St Peters Catholic College
Green Point Christian College

Central Coast Grammar School
University of Newcastle – Ourimbah Campus.

Anyone found breaking this embargo or intentionally trying to gain an unfair advantage will be disqualified from competing or coaching at the relevant event. These areas may not be entered for any orienteering purposes.

Previous Maps

Ourimbah map is on [Eventor](#).

Health and Safety

Please be advised to take sensible precautions if you are feeling unwell and unable to participate. All competition areas are in school or university campuses and have a mix of hard surfaces and some areas of rougher, steeper ground. Basic first aid will be available at the event. For more serious injuries please seek medical advice at either:

Wyong Hospital, Pacific Highway, Kanwal
ph 43948000

or Gosford Hospital, 75 Holden St, Gosford
ph. 43202111

Bans

All venues prohibit the bringing of dogs, they are designated no smoking areas and no permissions have been obtained for the use of drones so they are prohibited.

Water

Water is available at all venues. But bring your own water bottle in the interests of minimising the use of disposable cups. We advise Oceania competitors at St Peters to bring water to drink prior to their race as there will be limited water available in this quarantine area.

Water fountains are around the arenas for your use.

Refreshments

A coffee van will be providing coffee and snacks plus smoothies at all venues. Please support. [Menu](#) attached. Please bring your keep cups!

Prizes and Awards

Oceania

The first 3 placegetters in each competition will receive a IOF medal. The first 6 place getters receive a IOF certificate.

Sprint The Coast

Prize money for the 1st place based on overall results for ALL 4 races.

GENERAL COMPETITION INFORMATION

Electronic Punching/SIAC

All Oceania competitors must use a SIAC card.

Competitors are responsible for ensuring their presence at each control is recorded with an electronic punch. If (and only if) the SI unit at a control fails to respond, record your presence by using the manual punch in one of the reserve punch boxes on your map, and tell the Finish team when you finish. If no correct punch is recorded at a control, you will be listed in the results as MP (mispunch), or as DNF (did not finish) if you abandoned your course.

All events will have optional SIAC punching. SI units will be in 'beacon mode' for SIAC contactless punching but will also record normal SI sticks that are 'punched' in the normal way. A SIAC battery test unit will be available in the pre-start area to check the battery level of your SIAC card. If the battery level is too low, the stick will still work in manual punch mode and it must be placed into each control unit.

The **CLEAR SI** unit is programmed such that there may not be a beep from the SIAC card, but there will be a beep from the unit itself.

The **CHECK SI** unit will turn on contactless mode in your SIAC card.

To check that SIAC contactless mode has been turned on, a SIAC ON test unit will be placed in the +3 minute box.

CLEAR and CHECK units will be located at the entry to the prestart area at each start for each event.

SIAC rental

If you have hired a SIAC it will be available from the appropriate registration tent.

Control Descriptions

IOF symbol control descriptions will be on all maps for Oceania and Sprint The Coast.

For Course 6 in Sprint The Coast English descriptions will be available at the control description table pick up. For those new to orienteering we hope you take this opportunity to learn about what the descriptions are in symbolic format of the IOF descriptors which are on your map. [Link here](#) if you want to do some study beforehand!

Control Description sizes: Largest will be for M21E, M20E in the Oceania Sprint Individual at 185mm x 43mm

Mapping

All maps are drawn according to **ISSprOM 2019-2 v6 Jan 2024** and using IOF document "**Best Practices for Sprint Mapping May 2025**" as a reference.

Maps will be printed on Pretex paper.

The three new maps- St Peters Catholic College, Green Point Christian College and Central Coast Grammar School are all very small areas but have sections where the detail is very complex and small. The maps are generalised so that they are legible and readable to someone running at speed. There is consistency in the mapping across all three maps.

As a competitor you need to understand the key symbols used in sprint mapping.

You must respect the following.

The following symbol has been used for areas of



playground equipment and tables which impede running speed.

Symbol **533.00** Area with obstacles



Only permanent canopies attached to buildings have been mapped. Shade canopies as in photo above have not been mapped.

There are some small sections of two-level mapping on all maps.

Symbols **512.300**- Area runnable at lower level and **512.200**- Underpass and **512.100**- bridge or tunnel entrance have been used.

As the maps are small with complex detail there will be many controls close together, many lines which cross and most of the courses will have map flips or map exchanges in all the events. These will be indicated in the Control Descriptions and clearly marked on the maps. (see Map Flip section below)

Registration

The STC Registration Tent will be open for enquiries and carnival registration in or near the arena at each event.

All Oceania competitors must report to their registration within the quarantine prior to their race to collect their competition bib. This will need to be done for each of the three events. You will need to supply your own pins. You will need 8 pins for two bibs per race.

Sprint The Coast start time stickers can be obtained at Registration.

Enter On The Day

There will be NO EOD on Saturday 24th January.

There are Enter On the Day courses available on Sunday and Monday in Sprint the Coast courses 2, 4 and 6.

Cost: Senior \$30, Junior \$20 and Sub Junior \$15
Family max(2S+2J+SJ) \$80.

Entry at Registration by 15:00 on Sunday and by 11:00 on Monday.

Results

Go to LiveOL for results

<https://liveol.larsendahl.se/ to download app>

Knock Out Sprint

[KO Qualifier](#)

[KO Quarter Final](#)

[KO Semi Final](#)

[KO Final](#)

[Oceania Sprint IND](#)

Sprint The Coast

[STC Race 1](#)

[STC Race 2](#)

[STC Race 3](#)

[STC Race 4](#)

meshO will be providing radio controls and live results screens in the arena for all events.

[Liveresults](#)

Start Procedure

Oceania KO Sprint Qualification

Oceania Sprint Championships

The start procedure for the Oceania KO Sprint Qualification and the Oceania Sprint Championships is shown below.

Time	Action
-3 minutes	Control descriptions
-2 minutes	Check box
-1 minute	Map box
Start time	Start

Sprint The Coast

Please collect a start time sticker for your start and course. They are numbered 1-6. See table below for corresponding class. The start windows for the Sprint the Coast are tight particularly on Saturday – please proceed to the start and follow the start team instructions. You may be shunted through if a vacancy is available on your course ahead of your start sticker time. Please accept this. The start interval for all courses will be 30 seconds. All races are a PUNCHING START.

Start Procedure: pick up control descriptions for your course from the table, clear and check, line up in your course/lane/time order sticker, and proceed to the map box if there is no one in your lane start on next beep, punch the start unit ENJOY YOUR COURSE!

N.B. The finish is SIAC enabled however if you do not have a SIAC stick you will need to punch in the finish unit provided after the Air technology gates.

Sprint The Coast Classes - all 4 races

Course	Classes
STC1	M21, M35, Senior Boys (16+)
STC2	W21, W35, M45, Senior Girls (16+)
STC3	W45, M55, Junior Boys (under 16)
STC4	W55, M65, Junior Girls (under 16)
STC5	W65, M75, W75
STC6	W12, M12, M10, W10, M/W10 Novice, Open Easy

Finish Procedure

14.14. FINISH TIMING The finish time will be taken when the competitor's SIAC crosses the finish line.

If you are using SI Air you do not need to punch at the finish. You are responsible for noting that your SI stick beeps. In the event that there is a failure, you should punch the finish control which is immediately after the finish gate.

In the Sprint Final and Knock-out Sprint Qualification, times will be rounded down to a whole second. In races with mass starts the results may show tenths of a second to correctly represent the order in which competitors crossed the finish line.

In the Sprint Relay and the Knock-out Sprint Finals, a photo-finish camera will be used where necessary to determine the final placings based on the order in which the competitors' chests cross the finish line. The results may show tenths of a second to correctly represent the order in which the competitors crossed the finish line. You are responsible for noting that your SI stick beeps. In the event that there is a failure, you should punch the finish control which is immediately after the finish gate.

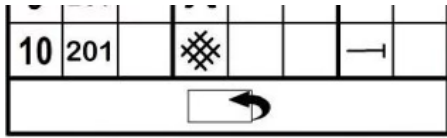
For the KO Sprint Finals and Sprint Relay the following IOF rule will be applied.

23.9 In competitions with mass or chasing starts, finish judges must rule on the final placings based on the order that the competitors' chests cross the finish line.

Map Flips

There might be a map flip at some point along the courses. When a map flip occurs the first side of the map will be facing down at the map pickup point (start). When you reach the last control of part one, you turn the map.

On the backside of the map is part two: the location of the last control of part one is marked with **symbol 715**, continuing point after map exchange.



This is indicated on the control description with the above symbol. On turning the map over you will see a start triangle at the control you are at.



Map Exchange Process

There might also be a map exchange at some point along the course.

A map exchange takes place at a control with the following sequence:

1. Punch the control
2. Follow a mandatory route
3. Drop the old map
4. Take a new map from the correct box
5. The map pick-up point will be marked on the map.

Control numbers continue after a map flip and map exchange

Fair Play

IOF Rule 26

During each race, competitors must:

1. Not intentionally block, impede, push, trip or shove another competitor.
2. Not intentionally obstruct any competitor who is trying to overtake, including by abruptly or dramatically changing running line.
3. When overtaking, do so without obstructing the competitor being overtaken, and not initiate an overtaking manoeuvre unless there is sufficient room to complete it without obstructing the competitor in front.
4. When running in front of another competitor, indicate how they intend to approach and leave each control.
5. When approaching a control behind another competitor, act according to any indication given by the leading competitor, and not obstruct the leading competitor when punching the control and then turning.

Complaints, Protests and Jury for Oceania Championships

All comments, queries about results or complaints will be dealt with at the Registration Tent. Please do not disturb the officials in the Finish tent.

If you are unhappy or uncertain about any aspect of the competition, you are advised to report the issue to Registration immediately. If, following discussion with an appropriate official you wish to make a formal complaint, you must lodge this in writing (form provided) with the Registration team no later than 15 minutes after the Live Results for the relevant age class are complete. Registration will note the complaint and deliver it to the Organiser.

Competitors affected by the decision will be advised of the Organiser's response as soon as possible.

If a competitor, team official or event official wishes to protest about the outcome of a complaint, the protest must be lodged in writing with the Registration team no later than 15 mins after the outcome of the complaint is notified to all competitors affected by the decision. Protests received after this time limit may be considered at the discretion of the jury if there are valid exceptional circumstances which must be explained in the protest. The Registration team will contact the appropriate officials to deal with the protest.

Complaints and protests will be handled by the event organiser and jury in accordance with the relevant IOF Competition Rules.

Jury members

Christine Brown SEA
Ted van Geldermalsen EA
Richard Matthews EA
Cathy McComb EA

Photography

During the races, competitors may encounter photographers and camera crews at the start and finish, and in the competition area. However competitors will not be followed by camera operators during the race. Only photos taken by OA accredited photographers will be published by the organising team. Athletes can cross their arms (as at parkrun) to let photographers know they do not wish to be photographed.

If as a parent of a child you do not wish to be photographed or their photo used for promotional purposes please attach a hi-vis colour ribbon/tape to both their wrists. Pink tape will be available at the registration. Photographers will be instructed not to take or if taken accidentally not to publish photographs with images of children or minors with this tape attached.

The organisers will obtain written permission from any parent/guardian before publishing any image of a child/young person under the age of 18. Any image of a child/young person that is published will be deidentified unless the parent/guardian gives permission to identify a child/young person in a published image using the naming convention <first name> <first letter surname>.

Consent forms are available at Registration.



Saturday 24th January AM

Map: St Peters Catholic College Jan 2026
Course Planner: Colin Price
Controller: Hilary Wood
IOF/WRE Advisor: Malcolm Ingham NZ

Mapper: Nick Dent
Map Scales: 1:4000 Oceania Championships
1:3000 Sprint The Coast
Contour Interval: 2m

Event Location: St Peters Catholic College
84 Gavenlock Road, Tuggerah.
[Google maps link](#)

Parking

Please Park on Gavenlock Road or Mildon Road opposite the entry gate outside the St Peters College Campus. No vehicles are to enter the campus.

Oceania competitors will then proceed to the main gate and walk along the road to the quarantine entry just inside the pedestrian entry gate on the right.

Sprint The Coast competitors can proceed past the Quarantine entry to Registration and then to the Arena- see map. Follow the marked path(250m) to the arena. You may encounter competitors on their course, please give way to them.

Oceania Knock Out Sprint Competitors

UNDER NO CIRCUMSTANCES ARE YOU TO GO BEYOND THE TURN OFF INTO THE QUARANTINE AREA.

The registration tent, located within the quarantine area will have your competition bib for the Knock Out Sprint. You are to remain in this area until your start time when you will proceed to the start area north of the quarantine area. The oval is available for your warm up preparations. Two Portaloos are available for you adjacent to the quarantine tents.

Event Timeline

Oceania Knock Out Sprint - Qualifications

6:45	Oceania Quarantine and Registration open
7:45	Oceania competitors must be in Quarantine by this time
8:00	Qualification starts from as per start list

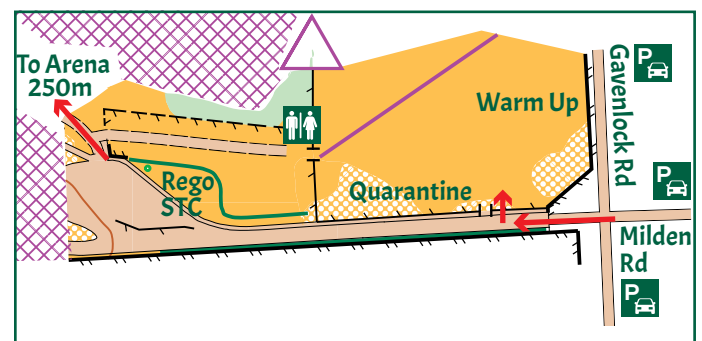
Sprint The Coast

7:30	Registration open for Sprint The Coast
9:00-10:00	Sprint The Coast Race 1 start window
10:30	Sprint The Coast course closure

Oceania Knock Out Sprint - Qualifications

10:15	Briefing in quarantine for all Knock Out Quarter Finalists. Quarter Final Mass Starts from 10:30 with 5 minute start intervals- Qualifiers will be released from quarantine in groups and directed to the prestart
10:30	Women Quarter Final 1
10:35	Women Quarter Final 2
10:40	Women Quarter Final 3
10:45	Women Quarter Final 4
10:50	Women Quarter Final 5
10:55	Women Quarter Final 6
11:00	Men Quarter Final 1
11:05	Men Quarter Final 2
11:10	Men Quarter Final 3
11:15	Men Quarter Final 4
11:20	Men Quarter Final 5
11:25	Men Quarter Final 6

Arena layout



Toilets

For Sprint The Coast competitors there are toilets adjacent to the arena for use until 10:30. You can also use the two toilets near quarantine from 9:00 – 11:30.

Knock Out Sprint

How it works

If you finish in the top 12 finishers in your KO Qualification heat you will be allocated to 1 of 6 Quarter Final races. Once the qualification has finished all quarter finalists will then have to return directly to the quarantine area. The Quarter Final start list will be displayed in the quarantine area ASAP. Those that miss out on qualifying for the quarter final may retrieve their gear and either leave or

return to the arena. Non qualifiers are automatically added to the STC 1 Men21 and STC2 Women21 of Sprint The Coast Race 2 at Green Point Christian College.

Oceania Knock Out Sprint - Quarter Finals

Allocation of Quarter-Final heats will follow the IOF Standard as shown below.

QF1	QF2	QF3	QF4	QF5	QF6
1 Heat 3	2 Heat 2	1 Heat 1	2 Heat 3	1 Heat 2	2 Heat 1
4 Heat 1	3 Heat 3	4 Heat 2	3 Heat 1	4 Heat 3	3 Heat 2
5 Heat 2	6 Heat 1	5 Heat 3	6 Heat 2	5 Heat 1	6 Heat 3
8 Heat 3	7 Heat 2	8 Heat 1	7 Heat 3	8 Heat 2	7 Heat 1
9 Heat 1	10 Heat 3	9 Heat 2	10 Heat 1	9 Heat 3	10 Heat 2
12 Heat 2	11 Heat 1	12 Heat 3	11 Heat 2	12 Heat 1	11 Heat 3

KO Sprint Course Format

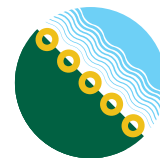
For all rounds, the courses may incorporate forking/splitting systems: No forking, Forking. There will be no announcement in advance about which method is used in which round.

Sprint The Coast Start

Walk back towards the quarantine area past their toilets and turn left (north) along the fence.

Course Details

Course	Classes	Distance	Climb	Controls	Scale
MQ1	M21	2.0	60	22	1:4000
MQ2	M21	2.0	60	22	1:4000
MQ3	M21	2.0	60	22	1:4000
WQ1	W21	1.6	54	18	1:4000
WQ2	W21	1.7	52	18	1:4000
WQ3	W21	1.7	52	18	1:4000
M QF1	M21	1.8	42	15	1:4000
M QF2	M21	1.8	42	15	1:4000
M QF3	M21	1.8	42	15	1:4000
M QF4	M21	1.8	42	15	1:4000
M QF5	M21	1.8	42	15	1:4000
M QF6	M21	1.8	42	15	1:4000
W QF1	W21	1.8	42	15	1:4000
W QF2	W21	1.8	42	15	1:4000
W QF3	W21	1.8	42	15	1:4000
W QF4	W21	1.8	42	15	1:4000
W QF5	W21	1.8	42	15	1:4000
W QF6	W21	1.8	42	15	1:4000
STC1	M21, M35, Senior Boys (16+)	3.2	90	30	1:3000
STC2	W21, W35, M45, Senior Girls (16+)	2.8	78	28	1:3000
STC3	W45, M55, Junior Boys (under 16)	2.3	70	21	1:3000
STC4	W55, M65, Junior Girls (under 16)	1.9	50	21	1:3000
STC5	W65, M75, W75	1.4	38	13	1:3000
STC6	W12, M12, M10, W10, M/W10 Novice, Open Easy	1.7	52	16	1:3000



Saturday 24th January PM

Map: Green Point Christian College Jan 2026
Course Planner: Julian Dent
Controller: Nick Dent
IOF/WRE Advisor: Malcolm Ingham NZ

Mapper: Nick Dent
Map Scales: 1:4000 Oceania Championship
1:3000 Sprint The Coast
Contour Interval: 2.5m

Event Location: Green Point Christian College
382 Avoca Drive, Green Point
[Google maps link](#)

Parking

Parking is on the school grounds. No access to the school from the easterly direction. Please park as directed- see map.

Oceania qualifiers

Oceania qualifiers(semi-finalists and finalists) will have priority parking (parking sign with Oceania logo on it) adjacent to the quarantine hall (MPC). Enter via Gate 1 coming from the west. Park and proceed directly into the sports hall.

Quarantine

Quarantine is in the sports hall immediately to the north of the car park. There are toilets available and also water. Your warm up area is the car park and out onto the main road footpath and to the west(turn right).

After warming up and before you are called to the start you must return to quarantine.

Competitors will be released from quarantine 2 minutes before their Semi Final to jog to the arena (150m).

The start for the Semi Finals and the Finals will be in the arena.

Immediately all Semi Finals have been concluded those competitors who make the final must return to quarantine by 15:40.

Finalist will be released 3 minute before the start time to proceed to the start.

Sprint The Coast

Sprint The Coast competitors please enter Gate 3 (parking sign with Sprint the Coast logo on it) just before the 7-Eleven service station and proceed to the roundabout and park as directed.

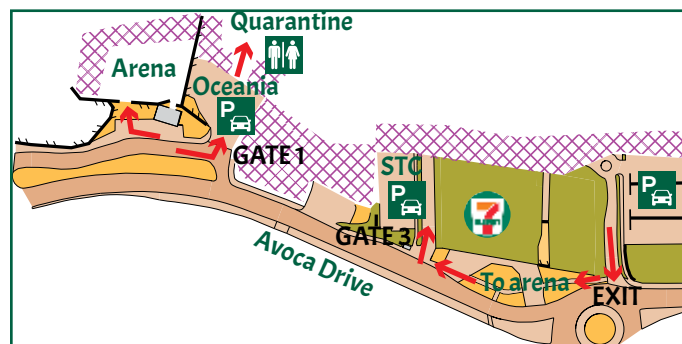
Follow the signs to the arena from the parking which will take you back out to the main road and proceed back to the west and enter the arena via the gate onto the oval. Do not walk through the school grounds. The school grounds are

out of bounds prior to the race.

Event Timeline

13:00	Oceania Quarantine open
14:15	Oceania Quarantine closes
14:30	Women Semi Final 1
14:40	Women Semi Final 2
14:50	Women Semi Final 3
15:00	Men Semi Final 1
15:10	Men Semi Final 2
15:20	Men Semi Final 3
15:30-16:30	Sprint The Coast Race 2
17:00	Course closure Sprint The Coast
17:15	Women Final
17:30	Men Final
17:45	Presentation Oceania Knock Out Sprint

Arena Layout



Toilets

Toilets for all competitors are located inside the MPC. - see map for directions

Sprint the Coast Start

Follow signs and streamers from the arena (150m).

KO Sprint Semi Finals and Finals

Semi-finals

There are 3 semi-finals with 6 competitors each. They each have a mass start. The 3 leading competitors in each of quarter-finals 1 and 2 are allocated to semi-final 1. The 3 leading competitors in each of quarter-finals 3 and 4 are allocated to semi-final 2. The 3 leading competitors in each of quarter-finals 5 and 6 are allocated to semi-final 3.

The 2 leading competitors in each semi-final qualify for the final.

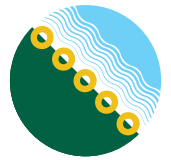
Final

The final has 6 competitors and is a mass start.

In the event of a tie for any qualification place in any round, the tied competitors will all be promoted to the next round. For the purposes of allocation to the next round, they must be ordered by a coin toss within each heat.

Course Details

Course	Classes	Distance	Climb	Controls	Scale
SF1M	M21	1.8	76	16	1:4000
SF2M	M21	1.8	76	16	1:4000
ST3M	M21	1.8	76	16	1:4000
SF1W	W21	1.8	76	16	1:4000
SF2W	W21	1.8	76	16	1:4000
SF3W	W21	1.8	76	16	1:4000
Final M	M21	1.6	65	14	1:4000
Final W	W21	1.6	65	14	1:4000
STC1	M21, M35, Senior Boys (16+)	2.9	140	25	1:3000
STC2	W21, W35, M45, Senior Girls (16+)	2.6	120	24	1:3000
STC3	W45, M55, Junior Boys (under 16)	2.1	88	21	1:3000
STC4	W55, M65, Junior Girls (under 16)	2.1	88	18	1:3000
STC5	W65, M75, W75	1.7	64	16	1:3000
STC6	W12, M12, M10, W10, M/W10 Novice, Open Easy	1.5	45	16	1:3000



Sunday 25th January

Map: Central Coast Grammar School Jan 2026
Course Planner: Paul Prudhoe
Controller: Nick Dent
IOF Senior Event Advisor: Malcolm Ingham NZ

Mapper: Nick Dent
Map Scales: 1:4000 Oceania Individual Sprint Championships
1:3000 Sprint The Coast
Contour Interval: 2m

Event Location: Central Coast Grammar School
Carlton Road, Holgate
[Google maps link](#)

Parking

Enter the Central Coast Grammar School from Carlton Road. DO NOT attempt entry from the Central Coast Highway or Arundel Road. Oceania competitors have priority parking adjacent to the Richard Lornie Centre (RLC). Follow parking signs with the Oceania logo on it and park as directed. STC competitors turn left from driveway (follow parking sign with Sprint the Coast logo) and park as directed. Follow signs to arena past the Oceania parking- see map

Oceania Competitors are to proceed in through the side door on the south of the RLC to the quarantine area. Toilets are available and seating. A warmup map will be available at entry to quarantine.

Event Timeline

11:30	Oceania Quarantine open and compulsory upon arrival
12:45	you must be in Quarantine by 12:45
13:00	Oceania Individual Sprint Championships
14:30	Presentation Oceania Individual Sprint Championship - OOC, OJOC, OOYC
15:00 -16:00	Sprint The Coast Race 3
17:00	Course closure Sprint The Coast

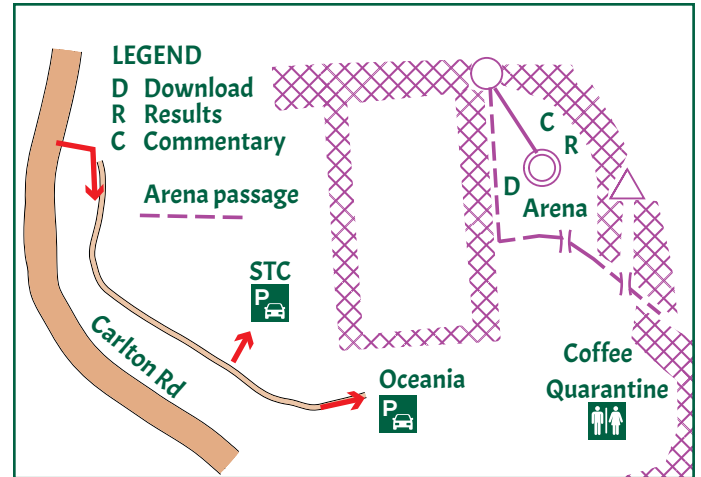
Toilets

Toilets are available for the STC competitors inside the RLC, enter via the main doors and turn left. STC competitors are not to enter the Oceania quarantine section inside the RLC.

Start

For all competitors is adjacent to the arena.

Arena Layout



Course Details

Course	Classes	Distance	Climb	Controls	Scale	Map
	M21	3.35	106	29	1:4000	Exchange
	M20	3.35	106	29	1:4000	Exchange
	M18	3.1	104	26	1:4000	Flip
	W21	3.0	102	24	1:4000	Exchange
	W20	3.0	102	24	1:4000	Exchange
	W18	2.9	94	24	1:4000	Flip
	M16	3.1	104	26	1:4000	Flip
	W16	2.9	94	25	1:4000	Flip
STC1	M21, M35, Senior Boys (16+)	3.3	106	29	1:3000	Flip
STC2	W21, W35, M45, Senior Girls (16+)	2.9	94	25	1:3000	Flip
STC3	W45, M55, Junior Boys (under 16)	2.3	84	20	1:3000	Flip
STC4	W55, M65, Junior Girls (under 16)	2.0	64	19	1:3000	Flip
STC5	W65, M75, W75	1.6	40	15	1:3000	Flip
STC6	W12, M12, M10, W10, M/W10 Novice, Open Easy	1.7	48	25	1:3000	No Flip

Course Planners Notes

Competition area for all competitors is a typical modern school campus, with many canopies, and a few multi-levels.

Longer courses cross the very quiet Arundel Road. While there are only 3 houses at the north end of the road, and traffic is not expected, competitors are reminded to observe common sense and be mindful of the possibility of traffic when crossing the road.

Oceania Courses

M21E M20E W21E W20E Arena Passage

There will be an arena passage for all these classes. The arena control is the same as the last control. Keep to the right for the arena passage and straight for the finish. The passage will be clearly marked on the map and on the ground. Following the marked arena passage there will be a map exchange

Oceania Youth courses have a map flip on the edge of the arena

Sprint the Coast Courses

The arena is Out of Bounds during competition to competitors on their course, **apart** from the in-bounds run-through on northern and eastern edge of arena, and the final run down the finish chute.



Monday 26th January

Map: Ourimbah TAFE Jan 2026,
Course Planner: Stephen Craig
Controller: Mark Shingler
IOF Senior Event Advisor: Malcolm Ingham NZ

Mapper: Base map: Russell Rigby
Updates from Nick Dent, Mark Shingler & Steve Craig

Map Scales: 1:4000 Oceania Sprint Relay
1:3000 Sprint The Coast

Contour Interval: 2m

Event Location: Ourimbah TAFE Chittaway Rd, Ourimbah TAFE/Uni of Newcastle Ourimbah Campus
[Google maps link](#)

Parking

All competitors MUST enter the campus from Chittaway Rd- turn into The Boulevard and car park is on your right. Do NOT enter the campus via Shirley St. anyone doing so may be disqualified. Oceania competitors will be parking on the southern side of the car park adjacent to the quarantine area.

Sprint the Coast competitors may park anywhere else in the carpark.

Ourimbah Station is a 1.3km (18 min.) walk from the campus, entrance off Chittaway Road as above.

Free parking is in the campus carparks on the west side of The Boulevard, please park as directed. Follow the parking signs with the Oceania logo on it. It is a short walk following signs to the arena.

Event Timeline

8:30	Oceania Quarantine open – all Oceania Competitors must go straight to quarantine upon arrival.
9:15	Quarantine closure
9:30	Oceania Sprint Relay Championship
10:45	Oceania Sprint Relay Presentation
11:00-12:00	Sprint The Coast Race 4
12:30	Course closure Sprint The Coast Sprint The Coast Presentation

Toilets

Two portaloos will be available for the Oceania Competitors on the edge of the carpark near the quarantine.

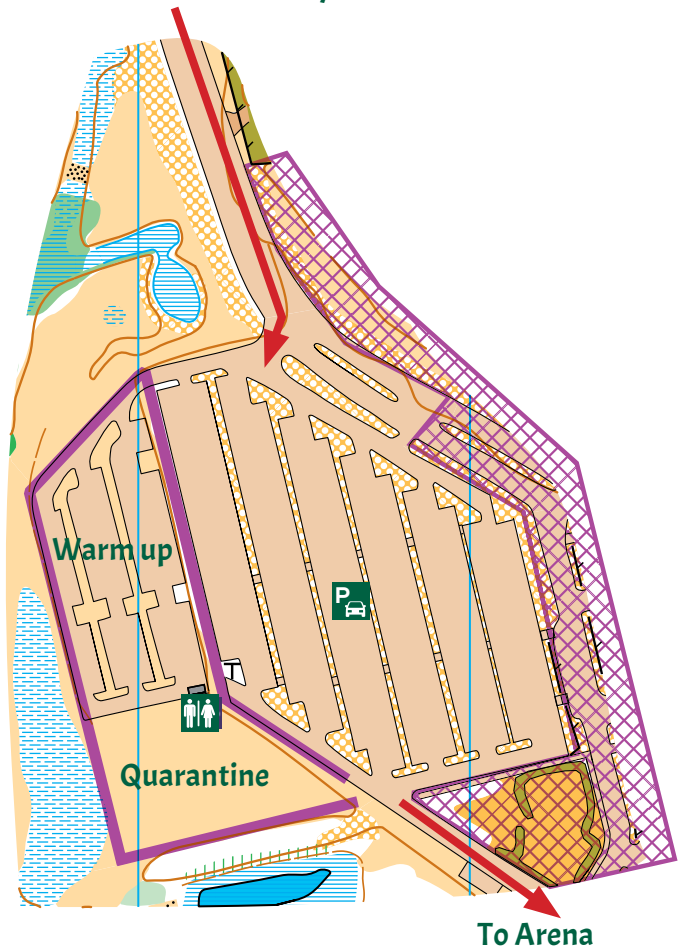
Sprint the Coast competitors will have access to toilets inside the campus -see diagram.

Access to Arena

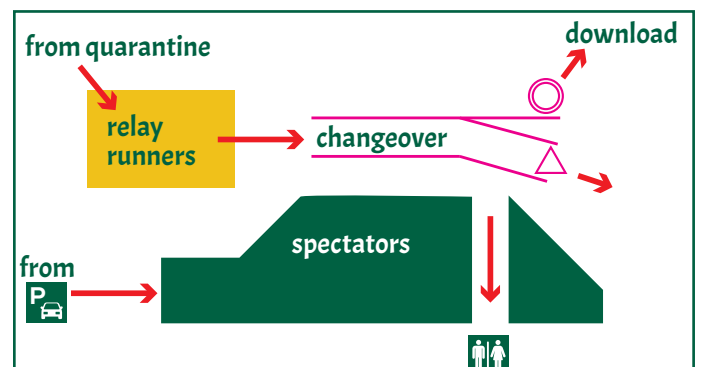
Apart from the above access and car park. the campus is out of bounds and part of the competition area.

Oceania relay runners must go straight to quarantine, not the arena.

Entrance from Chittaway Road



Arena Layout



Sprint the Coast Race 4 Course Details

Course	Classes	Distance	Climb	Controls	Scale
STC1	M21, M35, Senior Boys (16+)	3.2	20	23	1:3000
STC2	W21, W35, M45, Senior Girls (16+), EOD2	2.8	20	20	1:3000
STC3	W45, M55, Junior Boys (under 16)	2.4	20	17	1:3000
STC4	W55, M65, Junior Girls (under 16) EOD4	2.0	16	14	1:3000
STC5	W65, M75, W75	1.5	8	13	1:3000
STC6	W12, M12, M10, W10, M/W10 Novice, Open Easy, EOD6	1.8	4	15	1:3000

Distances are actual distances measured by the shortest feasible route.

Oceania Sprint Relay Details

Format

Sprint Relay, mass start.

4 legs - women, men, men, women.

Women must run legs 1 and 4.

Course Details

Oceania sprint relay expected team winning time: 55-60mins.

Oceania youth sprint relay expected winning time: 45-50mins

Course	Classes	Distance	Climb	Controls	Scale
OOC	Women	3.1-3.2	20	22	1:4000
OOC	Men	3.6-3.7	20	24	1:4000
OYOC	Women (if held separately)	2.7-2.8	20	19	1:4000
OYOC	Men (if held separately)	3.1-3.2	20	22	1:4000

Distances are actual distances measured by the shortest feasible route. Note, however, that the control descriptions on the relay maps will show straight-line distances.

Start Time

9:30	OOC first leg start
9:35	OYOC first leg start (if held separately)

Quarantine

The quarantine is in the south-western side of the car park (see map) with access to the toilets. It will be open at 8:30am and all relay competitors **must** be in quarantine by 9:15am. There will be some covered area as well as a flat grass section. Warm up is allowed in the quarantine area and in a marked section of the car park. Team managers can enter the quarantine area, but if they exit after 9:15am, they cannot return.

Competitors must pick up their two bibs (front and back) from their team manager before exiting quarantine.

Pre-start/call up

Call up is at the quarantine. All competitors on each leg are called up at the same time, approximately 10 minutes before the start of the first leg/changeover of the leading teams.

Call up times

	OOC	OYOC
First leg	9:20	9:25
Second leg	9:35	9:40
Third leg	9:45	9:55
Fourth leg	9:55	10:00

On exiting quarantine runners will be escorted to the start holding area (see event centre layout), where they clear and check. Bags can be left in the designated area as they leave quarantine and can be collected after running. No re-entry into quarantine until after the fourth leg runners are in the start area.

Maps

The maps will be rolled and secured with rubber bands and labelled with a combination of team and leg number. Example for team 101: [101-1], [101-2], [101-3], [101-4]. When handed a map, the runner is allowed to remove the rubber band but NOT unroll the map before the start signal or change-over.

Runners who open or look at (apart from checking the map number matches their relay bib) their maps before the start will be disqualified. It is the responsibility of the competitor to check they have been given the correct map by looking at the number on the back. Teams running with a wrong map will be disqualified at the next change-over.

First leg

At -3 minutes the first leg runners will be called to the start line where they will be given their map and lined up for the start.

Next legs

The 2nd, 3rd and 4th leg runners will be given their maps when they enter the start area after having cleared and checked. Once they can see their teammate approaching the run-in, they are allowed to proceed to the change-over barrier. Note that there will be about 5 seconds from when the teammate can be seen to the change-over.

It is the responsibility of the competitor to be ready at the change-over.

Post finish

After finishing and tagging the next runner competitors should proceed to the download. Competitors must **NOT** return to the quarantine until after all fourth leg runners are in the start holding area. Bags can be collected from outside the quarantine area.

Start triangle

The tagging area is adjacent to the start triangle. Control descriptions will be on the front of the map.

Relay Team Nomination - for Oceania Team Managers

Managers can self-manage running order changes in Eventor until 11:59pm on Sunday 18th January

Last changes for relay teams

The final cut-off for changes to relay teams is 5:30pm Sydney time on Thursday 22nd January and can be done so by emailing ronpallas@hotmail.com. Absolutely no late changes will be accepted..

If on the day a team wishes to change a relay member - work it out within the team by supplying the new runner with the registered SI stick for that team and leg.

Wrong SI number = DNF

Previous Map

Ourimbah map is on [Eventor](#).

Course Planner Notes

The area is a relatively flat university campus with a variety of buildings, paved areas, open land, gardens, and a forested creek running down the middle. The gardens vary in nature. Remember that if the map says it's a garden (olive green), the area may not be crossed irrespective of its exact appearance. There will be marshals in the terrain and any team crossing a garden, impassable feature, or other out-of-bounds area will be disqualified. There will be taping at some key locations to assist runners.



Map symbol 533 Area-with-obstacles has been used to indicate areas with several man-made features that are too small or close to be mapped

individually. One such area on the map has been observed to change regularly and may or may not have a significant number of obstacles present on race day.

There are some multi-level areas on the map. The Easy course (Sprint the Coast, Course 6) passes through one such area on the lower level. Runners **on this course** will approach this multi-level canopy on the lower level and should just remain on the lower level as they pass through it and come out the other side.

All courses except the Easy course (Sprint the Coast, Course 6) have a map flip. All relay courses and Course 1 and Course 2 of Sprint the Coast have an arena run-through about half-way through.

SPONSORS

Central Coast Orienteers would like to thank the following for their support in convening these Oceania Sprint Championships and the inaugural Sprint The Coast Weekend

St Peters Catholic College,
Green Point Christian School
Central Coast Grammar School
University of Newcastle/TAFE

and the use of their campuses.



We would also like to thank

Moiras Whiteside Bequest
Wildfire Sports
Mesh O
Terrigal 50+Leisure & Learning Centre
Terrigal Trotters Running Club
Powerform Controls





COLD DRINKS



ESPRESSO CHILLERS	Regular	Large
Very Vanilla Chiller	N/A 1920kJ	\$8.50 2230kJ
Crème Brûlée Chiller	N/A 1400kJ	\$8.50 2340kJ
Mudslide Mocha Chiller	N/A 1950kJ	\$8.50 2200kJ
Salted Caramel Chiller	N/A 2150kJ	\$8.50 2760kJ
Voltage Chiller	N/A 1710kJ	\$9.00 2040kJ
BITS & PIECES CHILLERS	Regular	Large
KitKat® Classic Chiller	N/A 1670kJ	\$9.00 2750kJ
Original made with OREO® Chiller	N/A 2490kJ	\$8.50 2650kJ
Original Iced Chocolate Chiller	N/A 2000kJ	\$8.50 2460kJ
Rocky Road Chiller	N/A 2060kJ	\$8.50 2270kJ
Tim Tam™ Chiller	N/A 2540kJ	\$9.00 3350kJ
Chai Tea Chiller	N/A 1310kJ	\$8.50 1590kJ
FRUIT CHILLERS	Regular	Large
Strawberry Chiller	N/A 1210kJ	\$8.50 1670kJ
Mango Chiller	N/A 983kJ	\$8.50 1510kJ
Sour Lemon Chiller	N/A 1050kJ	\$8.50 1400kJ
Passionfruit Chiller	N/A 850kJ	\$8.50 1130kJ
Mixed Berry Chiller	N/A 1120kJ	\$8.50 1320kJ
OVER ICE	Regular	Large
Iced Mocha	N/A 1640kJ	\$7.00 2320kJ
Iced Latte	N/A 1260kJ	\$6.50 1540kJ
Iced Long Black	N/A 435kJ	\$6.50 512kJ

The average daily adult energy intake is 8700kJ

Energy supplied by only 1000kJ and 1710kJ are approximate values. Actual values may vary. © Gloria Jean's Coffee, Inc. 2021. All rights reserved. 2021 and 2022. All other trademarks are the property of their respective owners. *100% Arabica Coffee. 100% Natural. 100% Real. 100% Delicious.

COFFEE CLASSICS



The average daily adult energy intake is 8700kJ

Values are illustrative purposes only. Energy (kJ) and serving suggestions only. Ingredients & prices shown are based on regular size beverages.

Gloria Jean's

VERSION HISTORY

v01	Published, 15 January 2026
v02	Page 12 time correction, 15 January 2026
13:00	Oceania Individual Sprint Championships