

DEESIDE O.C. SUMMER EVENING EVENT: Entry & competition notes

There are usually six colour coded courses: Yellow, Orange, Red/long Yellow, Light Green, Green, and Blue. Decide what course to run – if unsure, a member of the Enquiries team should be able to advise. Then carry out the following steps:

Complete as much of the attached entry form as you can. The address and telephone number won't be held in our computer database, but are needed in case we have to contact you about lost SI cards etc. Proceed to the registration car for the course you wish to run and hand in your form. Depending on whether or not you have your own e- card :

If you don't have your own SI card, you will need to hire one for 50p, so:

- The registration official will take your fee (entry plus SI card hire) and give you
 - A control description sheet for your course
 - An SI card hire token
 - Your entry form to take to SI card hire.
- Now proceed to the SI card hire desk in the computer tent. An official will allocate an SI card to you and insert its number on your entry form. The cost of renting an SI card is 50p – but don't lose it as we have to charge you £30 to replace it!

If you do have your own SI card:

- The registration official will take your entry fee and
 - Give you a control description sheet for your course
 - Retain your entry form.

Now proceed to the start and, on the way or when you get there, insert your SI card into the labelled control box to clear it. (Wait until it beeps and flashes at you.)

You will be called to the start line when a time slot becomes available for your course. The start team will check that your SI card has been cleared properly. When told to go, run to the 'start station' and insert your SI card again then pick up the correct map for your course (competitors on the Yellow course will be given their map at Registration). Proceed to the start kite and start your run.

'Punch' each 'control box' as you follow your map, in number order.

After you have run make sure you go to the computer tent to download your times - even if you didn't finish.

Return your hired SI card at the download station.

Entry fees: The entry fees are £4 Seniors, (£4.50 if not an O-club member) and £2 Juniors (M/W20 and younger).