



Social Programme

Tickets for sale at Registration on Sat 29th July and on the door at each event (if any remain unsold).

Sun 30th July 19:30-20:30 Talk by Glyn Jones (ranger at Balmoral estate). Free, donations accepted for Braemar Mountain Rescue. Event Centre, Mike Sheridan Room

Mon 31st July 18:00-20:00 Glen Tanar guided walk with Eric Baird (Estate Ranger). Free, donations accepted for Glen Tanar Charitable Trust (runs visitor centre). Glen Tanar visitor centre: park at Braeloinne car park (grid ref NO 479 966) and walk across old military bridge.

Mon 31st July 19:30-21:30 Whisky Tasting. £8 per over 18, under 18s allowed to listen but not drink! Event Centre, Mike Sheridan Room

Tues 1st Aug 19:00-22:30 (hall open 18:00) Ceilidh – with top local band Clachan Yell. £10 adult, £5 junior/student, £25 family (max 3 children). Event Centre, Victoria Hall.

Wed 2nd Aug 19:00-20:00 Talk from the Sprint Scotland team about Sprint Orienteering, and a Q&A session with (among others) Kris Jones - 4th place WOC Sprint, Sprint Relay and Relay 2016. £3 seniors, £2 juniors/students. Event Centre, Mike Sheridan Room.

Wed 2nd Aug 17:00-19:00 National Trust for Scotland, Mar Lodge. Learn about the history and management of Mar Lodge Estate and have a look inside the decorated interior of the Lodge and the Stag Ballroom, not normally open to the public. £5 pp (inc. tea/coffee and biscuits). Under 16s free. Book with NTS - 01339 720164 (Rangers Office).

Thurs 3rd Aug 19:00-21:30 Scottish music band £8 adult, £4 junior/student. Event Centre, Victoria Hall.

Thurs 3rd Aug 19:30-21:30 Whisky Tasting. £8 per over 18, under 18s allowed to listen but not drink! Event Centre, Mike Sheridan Room.

Fri 4th Aug 19:30-21:00 Pub Quiz with Grand Master Roberts MC-ing. £12 per team (up to 6 persons). Event Centre, Victoria Hall.

Event Centre

The Event Centre is at the Victoria Hall, Station Square, Ballater, AB35 5PQ.

Registration will be from 12:00-18:00 on Saturday 29th July. Bibs, hired SI cards, programmes, bus passes and pre-ordered merchandise may be collected. General information will be available at the Event Centre on registration day and thereafter at each event Arena. Traders and food outlets will be present. There are toilets and a tourist information office on site. Parking will be on the wide streets within 500m of the halls, the streets will be signposted for parking and will be marshalled. There is no parking adjacent to the hall.

Sheridans is serving evening meals from 18:00 to 21:00 from Sat 29th July to Thurs 3rd Aug. There is a bar in the hall complex - Albert Hall for Sat, Sun, Mon and Wed; Victoria Hall for Tues, Thurs & Fri.

Emergency Medical Information

In Emergency: dial 999
NHS 24: dial 111

A&E: Aberdeen Royal Infirmary, AB25 2ZN, Telephone: 0345 456 6000

Minor Injuries Unit: Aboyne Hospital, AB34 5HQ, Telephone: 01339 886 433

General Health Matters

Ticks are common in the competition area. Check carefully after each run and remove any (the recommended method is using an O'Tom Tick Twister). Lyme disease does also occur in the area; if you develop a rash at the site of a tick bite, you are advised to seek medical advice.

E-Coli 0157 may be found where farm animals have been grazing the fields used for Parking and Arenas as well as the competition area. It is recommended that you wash your hands thoroughly before eating.

General Information & Technical Information for All Days

The Daily Newsletter: will be handed out every morning at Parking. It will provide last-minute information, news relating to the Social Programme and information on other items. Contributions may be submitted at Information and will be included if space & deadlines allow.

Bio-security: There are currently no plans to use shoe baths but please come to Deeside with very clean shoes. Keep paws, shoes and wheels clean between areas to help control the spread of forest diseases.

Merchandise: Pre-ordered Deeside 2017 souvenir clothing will be available for collection on Sat 29th July at the Event Centre and on Sun 30th July at the Arena. During this time exchanges can be made subject to stock availability. From Mon 31st July, Deeside 2017 souvenir merchandise including clothing (limited colours and sizes) and other items not included in the pre-order catalogue e.g. thermal coffee mugs and Eventclips®, will be available for purchase at the Arenas until all stock has been sold. Buy early in the week to avoid disappointment.

Waste: Rubbish and Recycling bins will be provided in the Arenas. Please use them and leave no litter at all. The plastic tape used as Lace Tape is NOT biodegradable, please ensure you take away your pieces.

Day Parking: No caravans may be parked at Events (unless agreed beforehand for disabled attendees). Please adhere strictly to one-way systems that are in operation on several days. See individual Day Information for more details.

Shops, Cafes, Local Attractions: Details available at Information. The Daily Newsletter & Event Website will also have relevant information.

Campsite: Located adjacent to Monaltrie Park, Ballater, accessed from Provost Craig Road.

Dogs: Allowed in Parking and Arenas only, on a lead at all times. Dogs strictly not allowed on routes to Starts or in competition areas. A small dog area will be marked out in Parking each day, to provide an area for dogs to exercise & poo. Owners must clean up after their dogs.

First Aid: The British Red Cross will be in attendance in the Arena on all race days.

Training: planned by the Scottish Elite Development Squad, is available from 24th July to 5th August on 4 great areas. Pre-ordered training maps can be collected and training maps purchased at £5/map from Event Centre on 29th July or Race Arenas.

Filming: Video coverage is planned for all days, with video shorts available daily via the Event Website. Other photographers will be in the Arena and competition area taking stills. On Days 5 and 6 there will be additional filming to include live arena production (on the big screen) and live streaming to YouTube. If you have any concerns regarding inappropriate or intrusive photography, particularly of children, please report them to an event official.

Entry at the Event: Entry to Age class courses will only be possible at the event if there are start slots and maps available. Entry to Colour Coded courses will be available for each day individually or for several days at a time.

Burness Paul String and Off-String Courses: There will be non-competitive (i.e. times not recorded) String and Off-String courses provided each day for young children. There will be no charge. Certificates will be given to all participants, and themed stickers awarded on completion of the courses. Electronic punching will be used. If you haven't already registered through Slentries, register at Information on Sat 29th July or at the String course on Event days. Courses available between 10:00 and 15:00.

Electronic Punching: The SPORTident electronic punching system will be used. All versions of SI card are accepted, including SI Air cards, but there will NOT be touch-free punching. It is essential that all competitors visit the download tent by course closing time (16:30) whether or not they have finished their course.

Maps: Maps are drawn to ISOM 2000 Specification (not ISOM 2017).

Start Times: Starts are from 10:00 to 14:00 with courses closing at 16:30. It is the competitor's responsibility to ensure they allow adequate time to walk to the start. Runners not on time will be started as soon as possible, but there may be long waits for a free slot. Start times will not be changed at the start unless there is an organisational problem. Bibs will display PS for competitors with punching starts (helpers, parents with split starts and all those on colour-coded courses). Start lists will be displayed in Arena.

Start Procedure: Call-up will be at -4 min. Competitors should clear their SI card before they enter the start boxes.

Shadowing Children: Juniors who require shadowing should be entered on the colour coded courses only. No shadowing will be allowed before your own run. The adult shadower must not pick up a map at the start.

Pre-Start Map Viewing: Blank maps will be displayed in the Arena and in start lanes. Maps for courses 1, 2, 8 and 9 will be displayed in the Arena for competitors to view before their run.

Control Description Sheets: All age class and colour coded courses will use pictorial description sheets. Control descriptions will be printed on the competition maps; loose copies will be available in the start lanes.

Bibs: Must be worn on all days. Please write relevant medical information on the back of bibs (e.g. allergies).

Clothing and Equipment: The torso and legs must be covered, and it is recommended that a whistle is carried. The Day Organiser may require a waterproof jacket to be worn/carried if the weather is bad; if so, notices will be displayed in the Arena and on the route to the starts.

Results: On display in the Arena and regularly updated on the Website. Wi-Fi available in Arenas courtesy of SPORTident.

Scoring: For Elite classes, scoring is based on cumulative time over the week, i.e. competitors will need to complete every day. For all other classes, points will be awarded for each day's result, with points allocated based on finishing position. Thus, the class winner will receive 1 point, 2nd placed competitor 2 points, and so on. Competitor's overall score will be the sum of their best 4 scores of the week. In the event of a tie between 2 or more competitors, the competitor with the lowest individual day score will win. Competitors who fail to finish, do not start or are disqualified will be awarded a points score which is 5% higher than the maximum number (over all 6 days) of entrants for the class.

Prizes: Prize giving will take place at 15:00 on the last day. There will be awards for the top 3 overall in each class with additional mementos for places 4-6 in 16- classes.

Cloth Points Award Badges: Gold, Silver & Bronze badges will be awarded to competitors who obtain an overall score less than a given benchmark which will depend on the class size: Gold N x 0.8, Silver N x 1.6, Bronze N x 2.4, where N is total number of active competitors. Badges will be available from Day 5 at a price of £4/badge at the event or by post after the event on receipt of a stamp-addressed envelope.

Complaints, Protests and Appeals: Complaints should be made to the Day Organiser either orally or in writing at Information up to 16:30 on the day of the competition. There is no fee for a complaint. The Day Organiser is the adjudicator of a complaint. A protest can be made against the Organiser's decision, in writing to the Controller. Protests and appeals will be handled under Rule 16 and Appendix A of the 2016 British Orienteering Rules.

Taping: The following colours will be used: yellow/black – danger; red/white – out of bounds/crossing points; white only – taped routes in terrain. Routes to Starts will be taped according to the start colour.

Water: There are no drink stations on the courses and there will be no water at the finish. Competitors should hydrate before their run; there will be bags at each start for the disposal of bottles.

Course	Start	Classes	Course	Start	Classes	Course	Start	Classes
1	White	M10B W10B	16	Green	W14A W16B	28	Blue	M40S M65L
2	White	M10A M12B W10A W12B	17	Green	M14A M16B	29	Blue	M20S M35S W45L
3	White	W12A W14B	18	Green	M70S W55S W60S W70L	30	Blue	M60L W40L
4	White	M12A M14B	19	Green	M65S W50S	31	Blue	M21S W18L W20L W35L
5	White	W75S W85	20	Green	M75L W45S W65L	34	Red	M16A W21L
6	White	M85 W70S W80	21	Green	M60S W40S	35	Red	M55L
7	White	M75S M80 W65S W75L	22	Green	W18S W20S W35S	36	Red	M18L M50L
8	White	White	23	Blue	M55S W60L	37	Red	M45L
9	White	Yellow	24	Blue	M70L W55L	38	Red	M40L
10	White	Orange	25	Blue	M18S W16A W21S	39	Red	M20L M21L M35L
14	Green	Light Green	26	Blue	M50S	40	Red	W21E
15	Green	Green	27	Blue	M45S W50L	41	Red	M21E

Event Programme



www.scottish6days.com/2017

Glen Tanar • Balfour Forest •
Birsemore Hill • Creag Choinnich •
Glen Feardar

Personal Daily Planner

Day	Date	Start	Finish	Notes
Day 1	30th July	Glen Tanar		
Day 2	31st July	Balfour		
Day 3	1st August	Birsemore		
Day 4	3rd August	Creag Choinnich		
Day 5	4th August	Glen Feardar		
Day 6	5th August	Glen Feardar		

Shuttle Bus Service

For pre-booked passengers only.

To Event			From Event	
Days 1, 5 & 6	Days 2 & 3	Day 4	Days 1-4	Days 5 & 6
08:30	08:15	08:30	09:15	09:15
09:15	09:00	09:00	Every 45 min	
10:00	09:45	09:45	until	
10:45	10:30	10:30	13:45	13:45
11:30	11:15	11:15	14:00	14:30
12:15	12:00	12:00	14:30	15:15
13:00	12:45	12:45	15:00	16:00
13:45	13:30	13:30	15:30	16:45
			16:00	
			16:30	

Bus to Event will depart from Primary School in Ballater. 2nd pick up in village will be shortly after. Times are indicative, please be at stop 10 mins before. It is the competitor's responsibility to ensure they allow enough time to make their start time. Note on Days 5 & 6 there is a 2 km walk from Bus Drop-off to Arena.

Wearing of seatbelts is mandatory.

