

Bib Collection

- Available for collection on your first day's competition.
- **No bib, No go.**
- Bibs will be strung between posts, close to the help point in the event services area, in alphabetical order, according to the first letter of your family name
- Adhere to 1m social distancing at all times when collecting bibs
- Write medical/ contact information on the back (using template)
- Bring own safety pins to attach bib to your clothing

General Health Information

Ticks are common in competition areas. Check carefully after each run and remove any found. Lyme disease occurs in the area; if you develop a rash at the site of the tick, you are advised to seek medical advice.

E-Coli 0157 may be found where farm animals have been grazing. It is recommended you wash/ sanitise your hands thoroughly before eating

Dehydration. If the weather is hot, drink plenty fluids. Please bring your own water. Non provided on courses

In Emergency: dial 999

NHS24: dial 111

A&E:

Lorn & Islands Hospital, Oban, PA34 4HH, 01631567500
 Belford Hospital, Fort William, PH33 6BS, 01397702481
 Raigmore Hospital, Inverness, IV2 3UJ, 01463704000

General & Technical Information for All Days

Daily Updates: Will be posted on the website. SI entries e-mail will be used for urgent messages

Day Parking (P): Please adhere strictly to one-way systems where in operation. See individual Day information for more details.

Event Services (ES): Will contain a Help Point, Download (DL), First Aid, Toilets, Bib collection and Call Up (CU) area ONLY. There will be NO Assembly/Arena, Waste Disposal, Tents of any kind, Blank Maps display, Results Display, Changing facilities/clothing dump, Commentary, Traders or WiFi. Water will not be provided. Please come prepared e.g. bring any essential food/water.

Rubbish: No bins provided. Please take your rubbish away

Help Point (HP): For essential enquiries only including: emergencies on the day, pre-booked hired dibber pick up, course 21 and 22 map pick up, lost children and M/W10-16 and colour coded certificates (1st, 2nd, 3rd) pickup.

Bib Collection: Race numbers (bibs) and SI Cards must be collected on the day of your first run. See separate instructions on Bib collection.

Start Procedures: See separate instructions on Start Procedure. Start times run from 10:00 until 14:00 each day. Competitors must stick to their pre-allocated Start times. This includes colour coded courses. Competitors should aim to be at the Call Up (CU) area in time to walk to their start. See individual day details for approximate walking times on each day. Allow an extra few minutes at CU and at the start and please avoid gathering. There will be no elite classes seeded start on Day 6.

Amendments

We are sorry but no further entries or changes to entries can now be accepted

SI punching system will be used. All versions of SI card are accepted, including SI Air cards. It is essential that all competitors visit the download tent by course closing time (16:30) whether or not they have finished their course.

Control Codes: Will be displayed on the SI punch box only. Please ignore any other coding you may find at the control site.

Course 21 and 22 maps: To be collected from Help Point each day before heading to Pre-start. An adult should accompany each junior to oversee this. Hand sanitiser must be used before picking up map. Anyone waiting to collect their map should remain at a 1m distance from the collection point. NO COURSE 21 and 22 MAPS ON DISPLAY.

Finish and Download: Both the Finish and Download must be punched (not contactless). Competitors must move away quickly from finish and from download. Please don't gather to discuss results.

Results: Split times printed on download. Subject to availability of signal, live results will be updated on the website regularly during the day. Results will be posted on the event website asap at end of each day. Scores will be calculated for each group (A/B) using the S6D points system - best 2 out of 3.

String Course: For pre-entries only. Now closed. No entry on the day. String courses do not use SI.

"Rest Day" Events: There are no S6D "rest day" Sprint or Urban events. There will be a virtual quiz on Wed 4th Aug 19.15 for 19.30 start. See website for details on how to sign up.

Dogs: Dogs are allowed in the car parks only on each day so long as kept on a lead. Pick up poop and take it away from event for proper disposal

Photography: There will be official photographers in the competition area including Poppycock Films who will be taking video footage for a daily video diary. If you have concerns regarding inappropriate or intrusive photography please report them to an event official.



www.scottish6days.com

Event Programme

Event A		Event B	
Day1	1 st Aug Ardochattan	Day3	3 rd Aug Arisaig
Day2	2 nd Aug Inverlochy	Day4	5 th Aug Creag Dhubh
Day5	6 th Aug Creag Dhubh	Day6	7 th Aug Creag Meagaidh

Covid Guidance

The event follows **Scottish Government's** Covid law and guidance. These are different from other UK administrations. Please check links to official Scottish Government Covid guidance on the website and obey **ALL** guidelines. In particular;

- **You should not attend if you have covid symptoms or are self isolating.**
- **Hand sanitiser must be used where provided (starts, toilets etc)**
- **Maintain 1m social distance at all times outside your household group**
- **Face masks required if circumstances do not allow for 1m distancing**
- **Vulnerable people – please take extra precautions as appropriate to your condition**

We are grateful to the landowners, farmers and local communities for allowing us to hold the event in current circumstances. Please respect the necessary low key nature of the event. Where possible avoid gathering in large groups at the event and in local communities.

Car sharing: Should be avoided unless essential. Cars can be shared with members in the same household (e.g. family or staying together)

Non-participating attendees not allowed unless young children, 'child minders' or co-drivers. **No spectators allowed.**

	Day 1				Day 2				Day 3				Day 4				Day 5				Day 6			
Area	Ardchattan				Inverlochy				Arisaig				Creagh Dhubh				Creagh Dhubh				Creag Meagaidh			
Group	A				A				B				B				A				B			
Course	Length	Climb	Scale	Start	Length	Climb	Scale	Start	Length	Climb	Scale	Start	Length	Climb	Scale	Start	Length	Climb	Scale	Start	Length	Climb	Scale	Start
1	10.2	395	1:10000	R	5.4	205	1:10000	R	9.3	375	1:10000	R					12.7	610	1:10000	R	5.6	140	1:10000	R
2	7.8	310	1:10000	R	4.4	155	1:10000	R	7.4	330	1:10000	R	7.6	360	1:10000	R	7.6	360	1:10000	R	4.3	120	1:10000	R
2E																	7.7	385	1:10000	R				
3	7.9	335	1:10000	R	4.2	160	1:7500	R	7.3	290	1:10000	R	7.1	390	1:10000	R	7.1	390	1:10000	R	4.6	80	1:10000	R
4	7.3	280	1:10000	R	3.9	145	1:7500	R	6.9	285	1:10000	R	7.0	315	1:10000	R	7.0	315	1:10000	R	4.1	95	1:10000	R
5	6.0	295	1:10000	R	3.6	135	1:7500	R	6.0	250	1:10000	R	6.1	275	1:10000	R	6.1	275	1:10000	R	3.8	95	1:10000	R
6	6.3	305	1:10000	B	3.4	130	1:7500	B	5.6	280	1:10000	B	5.8	240	1:10000	B	5.8	240	1:10000	B	3.3	90	1:7500	B
7	5.8	255	1:10000	B	3.5	75	1:7500	B	5.1	245	1:7500	B	5.4	230	1:10000	B	5.4	230	1:10000	B	2.8	90	1:7500	B
8	4.8	220	1:10000	B	3.3	70	1:7500	B	4.8	230	1:7500	B	5.2	225	1:7500	B	5.2	225	1:7500	B	3.0	70	1:7500	B
9	4.7	230	1:10000	B	2.7	100	1:7500	B	4.5	225	1:7500	B	4.7	190	1:7500	B	4.7	190	1:7500	B	2.6	55	1:7500	B
10	4.3	210	1:10000	B	2.8	75	1:7500	B	4.2	205	1:7500	B	4.6	180	1:7500	B	4.6	180	1:7500	B	2.6	50	1:7500	B
11	3.9	195	1:10000	B	2.7	70	1:7500	B	4.0	190	1:7500	B	4.4	175	1:7500	B	4.4	175	1:7500	B	2.5	55	1:7500	B
12	4.1	205	1:7500	G	2.7	55	1:7500	G	3.8	205	1:7500	G	4.2	130	1:7500	G	4.2	130	1:7500	G	2.4	40	1:7500	B
13	3.7	145	1:7500	G	2.5	25	1:7500	G	3.5	155	1:7500	G	3.8	140	1:7500	G	3.8	140	1:7500	G	1.9	50	1:7500	G
14	3.5	145	1:7500	G	2.3	30	1:7500	G	3.3	150	1:7500	G	3.4	125	1:7500	G	3.4	125	1:7500	G	1.9	65	1:7500	G
15	3.0	130	1:7500	G	2.1	15	1:7500	G	2.7	140	1:7500	G	2.8	120	1:7500	G	2.8	120	1:7500	G	1.6	30	1:7500	G
16	2.0	105	1:7500	G	1.7	15	1:7500	G	2.0	45	1:7500	G	2.0	75	1:7500	G	2.0	75	1:7500	G	1.3	20	1:7500	G
17	1.5	85	1:7500	G	1.4	15	1:7500	G	1.7	35	1:7500	W	1.7	45	1:7500	G	1.7	45	1:7500	G	1.2	15	1:7500	G
18	4.3	200	1:7500	G	2.5	55	1:7500	G	4.1	135	1:7500	W	4.0	145	1:7500	G	4.0	145	1:7500	G	2.1	110	1:7500	G
19	3.4	165	1:7500	G	1.9	55	1:7500	G	2.9	105	1:7500	W	2.7	130	1:7500	G	2.7	130	1:7500	G	1.7	75	1:7500	G
20	2.9	120	1:7500	W	1.9	25	1:7500	W	2.2	55	1:7500	W	2.6	95	1:7500	W	2.6	95	1:7500	W	2.1	40	1:7500	W
21	1.8	80	1:7500	W	1.7	15	1:7500	W	1.5	40	1:7500	W	2.4	50	1:7500	W	2.4	50	1:7500	W	1.4	5	1:7500	W
22	1.5	65	1:7500	W	1.5	5	1:7500	W	1.3	50	1:7500	W	2.3	35	1:7500	W	2.3	35	1:7500	W	1.3	5	1:7500	W

Notes:

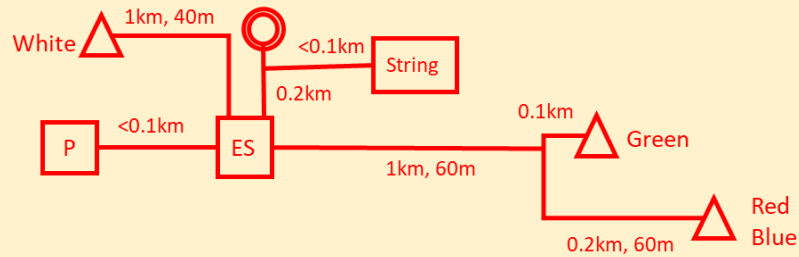
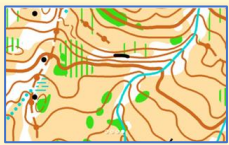
- C17-C19 use the White start on Day 3
- C12 uses the Blue start on Day 6
- Days 1,2,3 and 6 have remote finishes
- Days 2 and 6 are Middle Distance
- Certificates (1st, 2nd, 3rd) will be available for M/W10-16 and colour coded courses on all Days from the Help Point

Start Procedure

- Enter the **Call-Up Area (CU)** in the Event Services (ES) area before you go to your start.
- See Day Details for recommended time to walk to start from the CU for the average orienteer.
- There will be a clock showing race time in the CU and Clear/ Check/ SIAC Battery Check/SIAC ON TEST.
- Avoid going to CU substantially before the recommended times to start unless you know you will be slow.
- Then proceed to your start. Entry to the Start boxes is at -5.
- A PUNCHING START will be used which is not contactless. All competitors must punch.
- Starts will have minimal manning and competitors will not be called up – You are responsible for entering start lanes at allocated start times.
- Only talk to event officials if you are late or receiving a punching start.

Course	Start	Classes	Course	Start	Classes
1	Red	M21E	12	Green	W18S W20S W35S GREEN
2	Red	M21L M20L M35L W21E	13	Green	M75L M60S W65L W45S W40S
2E	Red	W21E	14	Green	M65S W50S
3	Red	M40L M45L	15	Green	M70S W70L W60S W55S
4	Red	M18L M50L	16	Green	M80 M85 M90 M75S W80 W75L W70S W65S
5	Red	M16A M55L W21L	17	Green	W75S W85 W90
6	Blue	M21S W18L W20L W35L	18	Green	M14A M16B
7	Blue	M60L M20S M35S W40L W45L	19	Green	W14A W16B LIGHT GREEN
8	Blue	M65L M45S M40S W50L	20	White	M12A M14B W12A W14B ORANGE
9	Blue	M50S M18S W16A W21S	21	White	M10A M12B W10A W12B YELLOW
10	Blue	M70L W55L	22	White	M10B W10B WHITE
11	Blue	M55S W60L			

Day 1
Sunday 1st August
Ardchattan (Ard-hattan)



Organising clubs: INT, TAY, EUOC

Organisers: Max Carcas (INT)

Planners: Graham McIntyre & Mike Stewart (INT)

Controllers: Brian Bullen (FVO), Ross Lilley (ECKO)

Directions: A82 & A828 to Barcaldine (37 miles) (GR NM959415).

Turn left onto B845 to Inveresragan (4.5 miles). Turn right onto minor road to field entrance at Ardachy (2.5 miles) (GR NM954353)

Parking (P): Large sloping field off minor road

Event Services (ES): adjacent to parking. Call-up area at eastern edge.

Starts: White along farm tracks (allow 20 mins). Green/Blue/Red along tracks and open ground (allow 20 mins to Green and 30 mins to Blue/Red).

Maps: SS PG plot, survey by Peel Land Surveys (2020). 1:10000 for courses 1-11, 1:7500 for courses 12-22

Terrain: Open moorland with moderate contour and rock detail. Many unmapped smaller boulders and extensive marshy areas between hills. Generally good runnability and limited line features.

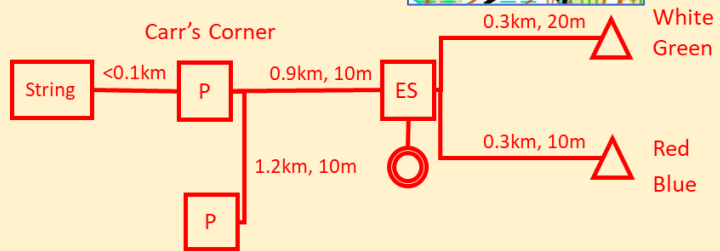
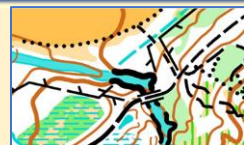
String course: in rough field adjacent to finish

Safety: crag close to junior course marked by black/yellow tape. Cagoules may be mandatory if bad weather, whistles advised.

Courses may be changed if heavy rain

Junior courses: white tape used where routes are unclear

Day 2 (UKOL)
Monday 2nd August
Inverlochy



Lochaber High School

Organising clubs: MAROC, AYROC, KFO

Organisers: Sue Barrie (MAROC)

Planners: Nick Hale & Dan Gooch (MAROC)

Controllers: David Esson (GRAMP), Phil Smith (AYROC)

Directions: A82 toward Inverness (2 miles). **Standard Parking:** turn left onto A830 towards Mallaig (0.3 miles) and turn then turn right to Lochaber High School (NN123761). **Priority parking:** continue on A82 towards Inverness (0.6 miles), turn right into car parking immediately after unlimited speed sign and right hand bend (NN129761) at Carr's Corner. No right turn on exit.

Parking (P): Hard standing at both locations. Priority parking only for those pre-contacted with priority permits.

Event Services (ES): SE of railway underpass at Fort William Golf Course clubhouse. Access along level tarmac paths from parking, partly on shared cycle path. Follow signed route from Lochaber High Schools using pedestrian crossings. Do not cross elsewhere. Call-up on the SW edge of the Event Services area.

Starts: Along tracks (5 mins)

Maps: LIDAR, survey by Peel Land Surveys (2020). 1:10000 for courses 1-2, 1:7500 for courses 3-22. Note: Pylons and powerlines are not mapped

Terrain: Very mixed terrain ranging from the fast runnable golf course to flattish rough open and scrubby trees with extensive areas of marsh. Oak woodland on steeper slopes with extensive bracken in open areas. Some areas of commercial forestry. Golf greens are OOB. Keep off

String course: adjacent to Carr's Corner

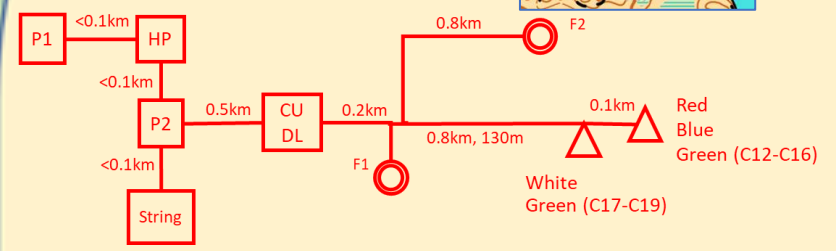
Safety: A82 is a busy road – take care crossing. Juniors should be accompanied to and from Carr's Corner. The steep gorge crossed by the longer routes must be crossed at designated points.

Junior courses: white tape used where routes are unclear

Departure: No right hand turn on exit from Carr's Corner.

Special Info: Snacks for sale at golf clubhouse. Do not congregate

Day 3 (UKOL)
Tuesday 3rd August
Arisaig



Organising clubs: MOR, INVOC

Organisers: Andrew Campbell & Nikki Howard (MOR)

Planners: Eddie Harwood (MOR), Dave Summers (INVOC)

Controllers: Jon Musgrave (MAROC), Roo Hornby (MOR)

Directions: A82 toward Inverness (2 miles) & A830 towards Mallaig (37 miles). Turn right onto farm road 0.6 miles beyond turn off to Arisaig village (GR NM659872).

Parking (P): Flat fields accessed via minor road from A830 (1 mile). No entry after 1230.

Event Services (ES): Help Point (HP) located within car park area. Call-up (CU), Download (DL) and First Aid Tent N of railway underpass. Main toilet grouping adjacent to car park 2 (P2). Two competitor toilets located near CU and DL.

Starts: Steep hill track which is stony but good underfoot (allow 30 mins for the 1-1.1km from Call Up).

Maps: PG plot (Stirling Surveys), previous map (DOLM), survey by Peel Land Surveys (2020). 1:10000 for courses 1-6, 1:7500 for courses 7-22.

Terrain: Open moorland, with complex contours, rock detail and areas of marshland, generally easy to cross on foot. Western part is crossed by fences with crossing points (C16 & C17 maps show easiest points). Eastern part crossed by streams/ditches and small lochans. Terrain steep and rocky in areas, including some large crags. Fast running but rough under foot in places. One small power line crosses the area.

Finishes: 2 finishes. F1 used by courses 1-5 and 16-22. F2 used by all other courses. Routes from both finishes are downhill all the way.

String: Adjacent to car parks.

Safety: Take great care and drive slowly on event access road and in car parking area. Competitors routed to avoid cars to start but will cross road N of railway underpass, which will be marshalled. Cagoules may be mandatory if bad weather, whistles advised.

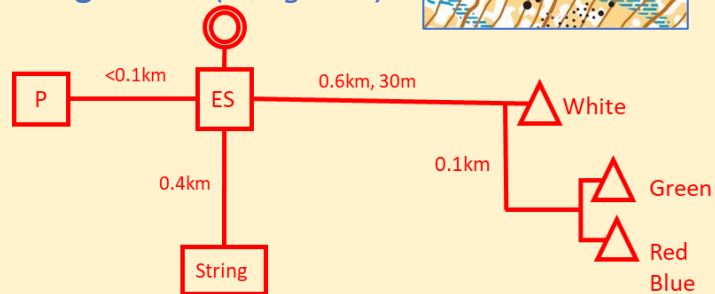
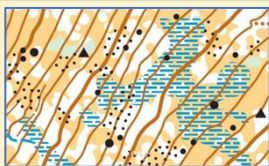
Departure: No exit before 1300

Special information: Shorts may be worn during the event.

Day 4 (UKOL)

5th August

Creag Dhubh (*Craig-Doo*)



Organising clubs: FVO, STAG

Organisers: Terry O'Brien (STAG), Dave Coustick (FVO)

Planners: John Tullie & Eb Rooney (RR), Helen Rowlands (GRAMP)

Controllers: Trevor Hoey (FVO), Tim Griffin (GRAMP)

Directions: A82 towards Inverness (10 miles) and then A86 towards Newtonmore (36 miles) before turning left into field (GR NN699979)

Parking (P): Flat fields accessed from A86. No entry after 1230.

Event Services (ES): Adjacent to parking (same field)

Starts: Along small faint paths (allow 15 mins)

Maps: LIDAR and photo plot by Stirling Surveys, survey by Stirling Surveys (2018), updated 2020. 1:10000 for courses 1-7, 1:7500 for courses 8-22

Terrain: Rough open birch forest on fairly uniform slopes either side of a spur projecting from Creag Dhubh with longer courses out on rough open moorland. Boulder fields and areas of scree. Bracken areas are generally navigable. Slow runnability for the majority.

String: adjacent to car parking field

Safety: Cagoules may be mandatory if bad weather, whistles advised. One or two Highland cows may be encountered and goats and adders may be in area. They will be more afraid of you - do not provoke if seen.

Junior courses: white tape will be used where routes are unclear

Special instructions: The World Ranking Event (WRE) on Day 5 will use the same area and non WRE competitors on Day 5 will use the same courses as Day 4. Please do not show Day 4 maps to Day 5 competitors and please do not share Day 4 maps on line until after 1400 on Day 5. Day 4 courses will not be posted on routegadget until the end of Day 5.

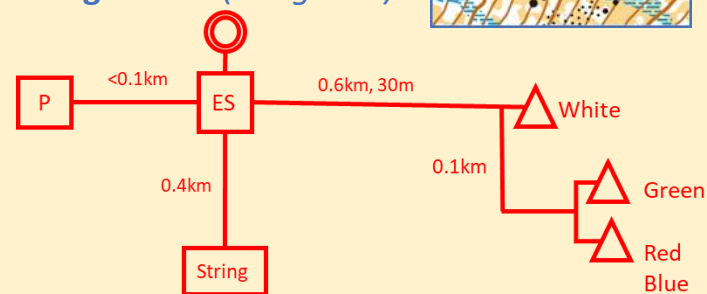
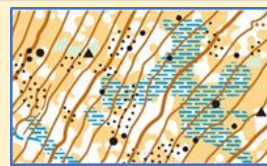
Dogs: are allowed in the Car Park field and there will be a dog-exercising area. The land owner's instructions are that you must PLEASE PICK UP AND TAKE AWAY YOUR DOG EXCREMENT.

Departure: No exit before 1300. Take care joining the A86.

Day 5 (UKOL & WRE)

Friday 6th August

Creag Dhubh (*Craig-Doo*)



Organising clubs: GRAMP, RR, BASOC

Organisers: Paul Duley (GRAMP), Tim Darlow (RR)

Planners: John Tullie & Eb Rooney (RR), Helen Rowlands (GRAMP)

Controllers: Trevor Hoey (FVO), Tim Griffin (GRAMP), Ted Finch (FVO, IOF Advisor)

Directions: A82 towards Inverness (10 miles) and then A86 towards Newtonmore (36 miles) before turning left into field (GR NN699979)

Parking (P): Flat fields accessed from A86. No entry after 1230.

Event Services (ES): Adjacent to parking (same field)

Starts: Along small faint paths (allow 15 mins)

Maps: LIDAR and photo plot by Stirling Surveys, survey by Stirling Surveys (2018), updated 2020. 1:10000 for courses 1-7, 1:7500 for courses 8-22

Terrain: Rough open birch forest on fairly uniform slopes either side of a spur projecting from Creag Dhubh with longer courses out on rough open moorland. Boulder fields and areas of scree. Bracken areas are generally navigable. Slow runnability for the majority.

String: adjacent to car parking field

Safety: Cagoules may be mandatory if bad weather, whistles advised. One or two Highland cows may be encountered and goats and adders may be in area. They will be more afraid of you - do not provoke if seen.

Junior courses: white tape will be used where routes are unclear

Special instructions: Day 5 includes a world Ranking Event (WRE). Courses will start from the Red start and information has been communicated in WRE bulletins. Day 5 will use the same area and courses as Day 4. To make the competition fair please do not look at Day 4 courses beforehand.

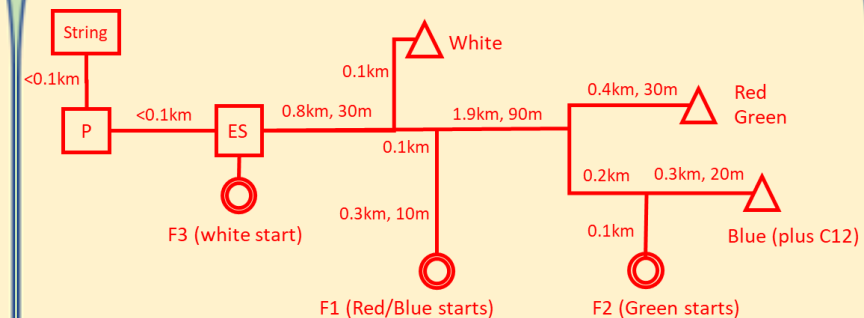
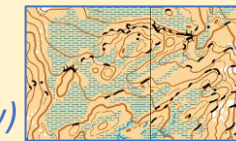
Dogs: are allowed in the Car Park field and there will be a dog-exercising area. The land owner's instructions are that you must PLEASE PICK UP AND TAKE AWAY YOUR DOG EXCREMENT.

Departure: No exit before 1300. Take care joining the A86.

Day 6

Saturday 7th August

Creag Meagaidh (*Craig-Megay*)



Organising clubs: ESOC, ELO, SOLWAY

Organisers: Michael Atkinson (ELO), Ewart Scott (ESOC)

Planners: Tyler Morrison (ESOC), Trina Rogerson (ELO)

Controllers: Colin Eades (INT), Ewart Scott (ESOC)

Directions: A82 towards Inverness (10 miles) and then A86 towards Newtonmore (19 miles) before turning left into Creag Meagaidh Nature Reserve (GR NN483872)

Parking (P): Small fields accessed from A86. No entry after 1230

Event Services (ES): Adjacent to parking. Download, toilets, Help Point & First Aid on south side of parking. Call up on north west side of parking

Starts: White along good paths (allow 20 mins). Other starts (3.1 - 3.3 km from call up) then follow rough hill track (allow up to 45 mins depending on fitness)

Maps: LIDAR, survey by Peel Land Surveys (2020). 1:10000 for courses 1-5, 1:7500 for courses 6-22

Terrain: Naturally regenerating areas of moorland with a mix of heather, bilberry and other montane species. Tough going on lower slopes but better running on the higher areas. Extensive marshy areas in places. Rows of mainly southeast facing crags.

Finishes: Courses 1-12 (Red/Blue starts at F1, Courses 13-19 (Green starts) finishes at F2, courses 20-22 (White start) finish at F3

Safety: Cagoules may be mandatory if bad weather, whistles advised. Longer courses include mandatory river crossing points.

Junior courses: white tape will be used where routes are unclear

Departure: No exit before 1300

Special Information: C12 starts at the Blue start on Day 6.