

The Taurus 200



Information Pack

Welcome to the World's Longest non-stop Obstacle Race!

**The 200 km, 100 km and 50 km
OCR World Championships
and
200 km OCR World Team Championships**



Fédération Internationale de Sports d'Obstacles

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Foreword

Welcome to the *Taurus 200*!

The *Taurus 200* event includes the official 50km, 100km and 200km OCR World Championship races, sanctioned by World OCR, the *Fédération Internationale de Sports d'Obstacles*.

The *Taurus 200* is a 200km Obstacle Course Race where participants run a 10km lap with 26 obstacles (all of which are compulsory). All obstacles are completable, however some may require more than a single attempt. As with any race, the objective is to pass the finish line first, and participants have 54 hours to do it.

This is a race designed for a specific breed of athlete that is looking for something to challenge their abilities unlike anything else before. For example, by having all obstacles in our race compulsory to complete we have removed the penalty aspect that is prevalent in many other obstacle racing events, which creates an even playing field for all participants in terms of difficulty level; tough for everyone!

The *Taurus 200*'s signature race is the 200km solo race, with the 50km and 100km races and team versions of the 200km included in the event.

The race owners (Dan and Ilca Andrikis) have been involved in Obstacle Course Racing (OCR) since 2013, and their passion for OCR is demonstrated with the creation of the *Taurus 200*. The inspiration to create this type of race came from the need and desire within the industry to have a longer form obstacle racing event.

Good luck!

Location

The race is being held at:

Murrenbong Scout Reserve
135 Scout Rd, Kurwongbah QLD Australia 4503

<https://www.google.com.au/maps/place/Murrenbong+Scout+Campsite/@-27.243193,152.9451678,17.58z/data=!4m5!3m4!1s0x0:0x754632d0c33fa34f!8m2!3d-27.2434419!4d152.9446717>

This link shows Gate 1.

Gate 2 is located about 400m north of Gate 1, opposite Bowman Archery Complex

The land is owned and maintained by the Scouts Organisation of Australia. It consists of 380 acres of natural bushland that is also classed as a natural wildlife conservation reserve.

There is wildlife on this land ranging from Kangaroos, Possums and Owls to various rodents and reptiles. You may not encounter any of the wildlife due to consistent movement and noise made by the participants.

*****All times shown in 24-hour format*****

Participant Check In

All participants must provide a valid photo identification and a signed waiver at the check in tent at least two (2) HOURS before their chosen race start time.

A coloured wrist band will be provided to participants, with colours representing the chosen distance and/or category. This wrist band is to remain on the participant until completion of their race.

If wrist band is broken or lost, a new wrist band will need to be issued. Please notify the next official on course so staff can have one ready for you to pick up at the timing mat.

Briefing

Briefing will commence at 0500 on Friday 4th October, 2019. This is when all the rules will be explained and timing chips will be allocated. The briefing will be for participants and all participants MUST be present.

Races

200km OCR World Championship (Individual)

Registration Requirements

Every participant will register under their age group. The age groups are as follows:

- U20
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-50
- 50+

Racing Requirements

All 200km participants are to complete 20 full laps of the 10km course. You will have a maximum of 54 hours to complete the distance required.

The 200km race will start at 0600 on Friday the 4th October 2019.

The race will end at exactly 1200 on Sunday 6th October.

Placing Rules

The first three (3) females and first three (3) males to cross the finish line in the time allowed will be crowned World Champions.

Those first three (3) females and males will *NOT* place under age group.

From 4th placing in the female and the male groups, you will place for World Champion in your age group.

******* There will be a cut-off time for the last lap at 1000 on the Sunday, no exceptions *******

200km OCR Team World Championship

Registration Requirements

There will be 3 team divisions:

- two (2) females
- two (2) males
- one (1) male and (1) female

Teams do *NOT* register under age group.

Racing Requirements

The team version of the 200km race will take form as a relay-style race. All 200km team participants are to complete 10 full laps of the 10km course each. You will have a maximum of 54 hours in which to complete the distance required.

Once you have crossed the timing mat, you are to pass the timing chip to your team member and they are to attach the timing chip to their ankle as directed before continuing the race. Only one (1) team member is allowed on course at any given time and will need to have the timing chip on them at all

times. If one of the team members cannot complete the race due to injury, fatigue, disqualifications or other the team will forfeit the race. (No substitute athletes)

The 200km race will start at 0600 on Friday the 4th October.

The race will end at exactly 1200 on Sunday 6rd October.

Placing Rules

The first three (3) female, male and mix teams to cross the finish line in the time allowed will be crowned World Champions.

Battle of The Nations - Team World Championship

The two (2) fastest teams from the same country that finish the race in the time allowed will be crowned World Champions.

A minimum of two teams from each country are required to be eligible for this category.

The same country can place multiple times on the podium.

Example:

1st Sweden

2nd Jamaica

3rd Sweden

There are only three (3) placements available – Gold, Silver and Bronze.

***** NO consecutive laps are allowed *****

***** There will be a cut off time for the last lap at 1000 on the Sunday, no exceptions*****

100km OCR World Championship (Individual)

Registration Requirements

Every participant will register under their age group. The age groups are as follows:

- U20
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-50
- 50+

Racing Requirements

The 100km race will start at 0600 on Saturday 5th October, 2019.

All 100km participants are to complete 10 full laps of the 10km course.

Placing Rules

The first 3 female and the first 3 males to cross the finish line in the time allowed will be crowned World Champions.

Those first three (3) females and males will NOT place under age group.

From 4th placing in the female and the male groups, you will place for World Champion in your age group.

50km OCR World Championship (Individual)

Registration Requirements

Every participant will register under their age group. The age groups are as follows:

- U20
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-50
- 50+

Racing Requirements

The 50km race will start at 1400 on Saturday the 5th October, 2019.

All 50km participants are to complete 5 full laps of the 10km course.

Placing Rules

The first 3 female and the first 3 males to cross the finish line in the time allowed will be crowned World Champions.

Those first three (3) females and males will NOT place under age group.

From 4th placing in the female and the male groups, you will place for World Champion in your age group.

Management reserves the right to disallow entry, whether via phone, email or DM, or on the day.

Management decision is final.

Pricing

All prices shown are fixed and will not change under any circumstance.

If you cannot attend the event you may transfer your entry onto another person or forfeit your entry.

There will be NO refunds or exchanges for future events if you cannot attend the event after payment.

If you decide to transfer your entry, you will need to notify the event holder of new participant and their details by sending an email to nobullfitraining@outlook.com 2 weeks prior to the event.

There will be no cost for transfer. Only 1 transfer permitted from original entry.

Early bird

From Thursday March 7th 2019 at 1800 till Monday 11th March 2019 at 1800 ONLY

- 50km ----- **\$125 plus \$20** insurance
- 100km ----- **\$200 plus \$20** insurance
- 200km - Team ----- **\$600 plus \$20** insurance each
- 200km - Individual ----- **\$400 plus \$20** insurance

Standard

From Monday 11th March 2019 at 1800 till Friday 20th September 2019 at 1800 ONLY

- 50km ----- **\$150 plus \$20** insurance
- 100km ----- **\$250 plus \$20** insurance
- 200km - Team ----- **\$800 plus \$20** insurance each
- 200km - Individual ----- **\$500 plus \$20** insurance

Online registration will close on Friday 20th September at 1800.

On-The-Day Race Registration

Payable on Thursday 3rd October 2019 between 1000 and 1600 ONLY

- 50km **\$200 plus \$20** insurance
- 100km **\$325 plus \$20** insurance
- 200km Team **\$1000 plus \$20** insurance each
- 200km Individual **\$650 plus \$20** insurance

Insurance

Upon your \$20 compulsory insurance cost at registration, once you are at the venue; you will be covered by the insurer as stated in their policy.

Prohibited drugs

The Taurus 200 has a strict anti-doping policy.

Every participant must be drug free prior, during and after the event. This includes performance enhancing drugs, stimulants and illegal drugs. You may be tested at any stage prior, during and/or after the event.

Any participant found with a positive reading or/and possession of illegal substances will be DSQ from the event and a life time ban from the Taurus 200.

The Taurus 200 follows the World OCR Anti Doping Policy. Please read it by clicking this link

<https://worldocr.org/anti-doping>

Minimum age

The minimum age is 16 years of age at date of event. This is with the parent written consent.

Upon your arrival at the registration tent the parent will need to be present with the minor with photo ID.

The parent is to sign the participant waiver as well as the minor.

Acceptable Identifications

Domestic Participants

Valid Passport or Drivers licence - any state of Australia, or Student Identification if under 18.

Overseas Participants

Valid Passport if an international participant and pit crew.

Safety

Safety of athletes, spectators, staff, volunteer is of the utmost importance at Taurus 200. We follow the obstacle, operational and medical safety guidelines of World OCR <https://worldocr.org/safety>

Only approved vehicle will be allowed on course throughout the event. A 15 Km speed will be in place.

Staff, media, and buggies will have approved signage.

Sustainability

We are committed to a healthy planet and the global environment and follow the World OCR Sustainability in Event Management guidelines, referencing IOS 20121

<https://worldocr.org/sustainable-events>

The Course

Lap Length – 10km

The course terrain is predominantly flat dirt ground - running trail and dirt vehicle trail, the course will be clearly marked for day and night use.

The property is covered in trees with the running trails within them. There are small open areas where you may be exposed to sunlight.

There may be some areas of the course where the participant may be asked to veer off the main trail onto grass area or water area.

There may be rocks (loose and secure), sticks, twigs, roots, tree trunks, cracks, gullys, steps or other natural formations on the track.

There may be low hanging branches or shrubs that may obscure the trail.

Please stay on course as marked at all times in the direction given. The course is one way.

There are two (2) dams and several creeks that you will be expected to go through. The creeks are dry for the majority of the year, however there is no guarantee that they will be dry around or during the time of the race.

We cannot predict the weather patterns, but you should expect the weather to be potentially wet as the race is being held during the wet season of Summer.

Obstacles

All obstacles MUST be completed.

There are 26 obstacles to complete. None of the obstacles are impossible to overcome, they will require reasonable effort however.

The obstacles will require participants to use different forms of movement and techniques to successfully complete the obstacle. Some obstacles may require more than one (1) attempt. You are expected to continue attempting to pass the obstacle until successfully completed.

Most of the obstacles are made by hand, while others have been created using the surrounding environment (eg; dam & creek crossings, fallen trees, etc).

The participants are NOT permitted to be provided assistance by anyone during the race. This includes:

- Other participants
- Official Staff
- Spectators (friends, family, etc)

There will be an Official Staff member at every obstacle.

All obstacles built for the Taurus 200 meet World OCR Obstacle Safety Standard Guidelines

Medical

Please only use them for serious injuries.

There will be paramedics onsite throughout the entire duration of the event. They will be doing regular runs throughout the course using a 4WD Buggy.

Drink Stations

There will be three (3) drink stations scattered throughout the course offering:

- 600ml sealed bottled water
- Pre-mixed TAILWIND electrolyte fluid
- Fruit (bananas and oranges)
- There will be a marquee set up for shade and (two) 2 portable toilets.

There will be an Official at each drink station, as well as rubbish bins provided for convenience.

Timing chips

Timing chips will be given to participants at the registration tent.

The timing chips are to be tied securely on your shoe as this is the best position for the system to scan your timing chip.

If you're in a team, you will have bands around your ankle which hold the chip and will be passed on to the next participant after each lap.

All participants are required to wear a timing chip.

When crossing the timing mat, please ensure your name/team registers on the screen. ***If not, please notify staff immediately before proceeding.***

All timing chips are to be returned at the end of your race to the timing tent. All timing during the event will be live.

Participant Gear List

Please make sure you are wearing appropriate clothing to suit the race conditions.

Shin gaiters, gloves, arm sleeves, ankle gaiters, compression wear are advisable.

Shoes that suit the terrain and your comfort are recommended.

At no stage are you permitted to run bare foot. This is for your health and safety.

All participants that will be competing overnight must bring a working head lamp (minimum 100 lumens).

A flashing **RED** light must be worn on your back if you are competing overnight.

If you are found NOT wearing these two lights at night time you will be asked to collect them at the next lap. This warning will only be given once.

All participants are required to supply the following equipment for themselves:

- Marquees, tents
- Portable furniture (chairs, tables, etc)
- Sleeping equipment (sleeping bags, mattresses, blankets, etc)
- Food, water, nutrition supplements
- Clothing
- Toiletries
- Cooking supplies (pots, pans, utensils, plates, cups, etc)
- Temperature controls (heating, cooling, fans, etc)
- Lighting for the pit
- Insect repellents

and anything else you may need to last the duration of the event.

Mandatory equipment

Every participant that will be on course overnight **MUST** wear:

- A working head lamp (minimum 100 lumens)
- A working flashing red light on their back.
- A working water proof whistle is also compulsory
- Covered (fully enclosed) shoes, socks, clothes

Every participant that will be on course at any given time **MUST** wear:

- A working water proof whistle is also compulsory
- Covered (fully enclosed) shoes, socks, clothes

Disqualification

Any participant who is caught:

- cheating (cutting the course short, skipping obstacles, helping another participant at an obstacle);
- not wearing their time chip;
- not wearing the correct mandatory equipment/gear after being advised and warned once already;
- using prohibited drugs;
- using inappropriate behaviour (verbal abuse, physical abuse, nudity, causing damage to person or property)

will be **disqualified** from the event immediately; your band will be removed, your name will be marked **DSQ** on the live timing system and you will be asked to leave the property.

Depending on severity of offence, the authorities may be called.

Participant Pit Area/Campsite

All pit crew will need to wear the allocated wrist band at all times. NO VISITORS are allowed in this area.

All participants will have a pit area (that is 3 x 3 metres in size) where they can set up a tent/marquee.

All participants are to supply everything themselves to last the duration of the event. This includes tent, marquee, chairs, food, water, sleeping arrangements ect.

Strictly only participants, pit crew and specifically marked staff are allowed in pit area.

Entry

Entry to the pit area for participants to set up will be open from 1000 - 1800 on Wednesday 2nd October, and 1000 – 1800 on Thursday 3rd October.

STRICTLY NO VEHICLES ARE TO BE DRIVEN ON THE PROPERTY FROM 0600 Friday 4th October.

Entry **ONLY** via gate 2 for cars and campers. Follow PIT PARKING signs to campsite 10. You will then park your vehicle in that area and carry your belongings to the participant pit area. You will be instructed by staff on the position to set up your pit area.

All buses will enter via gate 1 and follow signs to bus parking which is situated left side at end of bitumen road opposite caretakes cottage. From there all participants, crew and items will be transported to pit area via Taurus 200 authorized car or buggy.

NO VEHICLES ARE TO BE DRIVEN ELSEWHERE ON THE PROPERTY.

Pit Crew

Each individual and team entry is allowed 2 pit crew.

Each pit crew member is to pay \$50 which covers insurance, parking and all camping associated costs. All pit crew has to sign a waiver.

Presentations

The presentation of all place getters will be held on Sunday at 1230 sharp which will be held in main arena stage.

Medallions and awards

Please note cash and other gifts given to place holders will vary depending on sponsorship.

All participants who complete their race will receive a finisher medallion as a memento of their achievement.

Participants who place 1st will receive a gold medallion.

Participants who place 2nd will receive a silver medallion.

Participants who place 3rd will received a bronze medallion.

All placing participants will also receive a trophy, and as well as prizes from our sponsors.

Staff

All staff working at this event will be wearing **STAFF** t-shirts and are able to help you with any questions.

All staff will be seen regularly patrolling different areas of the course. All staff are to be treated with respect.

Volunteers

All volunteers are to be signed in at volunteer tent. You will be given transport to the area you are assigned.

All volunteers are to wear a **VOLUNTEER** t-shirt at all times during their shift.

All volunteers are going to be supplied with food and water.

All volunteers are to be treated with respect.

Spectators

All spectators must stay within the **DAY-USE AREA** only.

Any part of the course is out of bounds for visitors and so are the pit areas.

This is a requirements by Occupational Health & Safety to minimize hazardous situations.

Media

All participants will be photographed and/or filmed throughout the duration of this event.

Taurus 200 reserves the right to use all pictures, videos and other forms of media for promotion and publicity purposes.

If you wish to obtain any media from the event you will be directed to the appropriate media persons, however there may be an associated cost.

Any obscene or graphic media will be destroyed and not shown for the safety and privacy of participants.

All media persons are allowed full access to the property. These people will be discernable by a special media lanyard.

Garbage

There is Zero-Tolerance Policy for littering on the property. If you are caught littering you will be given one (1) warning to cease this behaviour. If you continue to litter, you will be asked to leave.

All garbage will disposed of into allocated bins.

There will be a bin at each drink station..

There will be bins around pit area..

There will be bins around the day-use area..

And a major skip bin located near the day-use area.

Parking

Local volunteers will direct you to your parking area.

Participant parking will be in campsite 10 via gate 2.

Spectator parking is situated approx 100m in from gate 2.

Large buses/coaches will enter via gate 1 and park in bus allocated zone.

There will be plenty of signage to show directions to parking from main roads.

Sponsors

The Taurus 200 is being supported by a variety of sponsors.

These businesses have donated their time and goods to help make this event successful.

We encourage all participants and spectators to support them in return.

We will have a wall dedicated to all sponsors.

Merchandise

There will be Taurus 200 merchandise for sale.

Items include:

- t-shirts
- jackets
- shorts
- hats
- beanies
- stickers

and other items. Some sponsors may have items to purchase as well.

Code of Conduct

Every person has the right to be a part of this event. We aim to foster a culturally inclusive environment— regardless of age, gender, ethnicity, religious affiliation, socioeconomic status, sexual orientation or political beliefs.

Race tactics are part of the interaction between athletes however athletes are required to:

- Practice good sportsmanship at all times;
- Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways;
- Be responsible for their own safety and the safety of others;
- Know, understand and follow applicable World OCR Rules, available at www.WorldOCR.org/competition-rules.
- Obey instructions from race officials.
- Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy.
- Not use abusive, derogatory or inflammatory language.
- Inform a Technical Official immediately after withdrawing from the race. In case the athletes fail to do this before the end of the event, it may result a suspension.
- Compete without receiving assistance other than from event personnel and officials.
- Refrain from ambush marketing
- Not dispose litter or equipment around the course except at clearly identified places. All items must be kept with the athlete and disposed of appropriately at the end of the race.

Not attempt to gain unfair advantage in any way.

We will not tolerate:

- obscene language or behaviour
- nudity
- inappropriate touching
- fighting
- theft
- smoking and/or drug use
- damage to private property
- damage to the land that the event is being held on (includes fixtures)
- damage to sponsors property

In the event of any of the above our team will intervene and act accordingly with the law.

In Queensland, Section 546 of the Criminal Code Act 1899 governs the power for a person to perform an arrest on another person.

The section states that any person who finds another committing an offence may arrest another person without a warrant, when an offence has been committed. Alternatively, if it is at night, where there are reasonable grounds to believe that the person is committing an offence.

This power also extends to breaches of the peace, and to the suppression of a riot (Section 260 and 261). The police will be called and you will be handed over to them for processing.

The Taurus 200 is strictly a non-smoking event. Smoking is NOT permitted anywhere on the property.

Anyone found breaching any of these will be instantly removed from the event and venue. An on-the-spot fine will be issued for anyone found smoking on the property to the sum of **\$200**. This money will go to the affiliated charity.