

44th ORIENTEERING CHAMPIONSHIPS

The Range (Near Killingworth)

Tuesday 17th August, 2021

VENUE: Killingworth Road - Opposite Electrical Substation

EVENT DESCRIPTION:

Orienteering is a sport that challenges both the body and the mind. The aim is to use a special orienteering map to navigate your way around a course and visit marked check points along the way.

All individuals/teams complete TWO courses.

1. Age Division Line Course (straight line distance of 1.8 km to 4 km from start to finish)
2. Open Score Course (45 minute time limit)

COST: \$12 per competitor. This entry fee does NOT include transport to or from the venue.
The entry fee does cover maps, control cards, etc..

DURATION: The duration of the event will depend upon the number of competitors. Typically the event will begin with a safety briefing at 10 am and conclude by 2:30 pm

FACILITIES : Toilets are provided.

WHAT TO BRING :

The following items are the responsibility of individual schools/competitors.

- Each individual/pair need to carry a compass and a whistle for safety and a watch to check elapsed time.
- Students should wear comfortable running attire. Leg protection (tracksuit pants) is recommended, eye protection may also be considered.
- Students are to apply adequate sun protection, and be prepared for wet weather.
- Food and drink is not for sale. Students need to bring their own drink bottles, water, snacks, towels or other personal gear.
- The assembly area is a grassed clearing so consider bringing a shelter, tarp or blanket and folding chairs.

HOW TO GET THERE:

From Killingworth : Turn right off The Broadway onto The Boulevard which turns into Killingworth Road. After 1km park on the right in front of the large substation.

From West Wallsend : Navigate to Boundary Road then travel south for 3 km (the road turns into Killingworth Road). Parking is on the left in front of the large substation.

ENTRIES:

Entries will be accepted from **individuals** or from teams of **two** only.

Please send entries to :

Mr Warren Quilty
Singleton High School
York Street
Singleton 2330

Phone: 6571 1199
Fax: 6572 4889
Email: warren.quilty@det.nsw.edu.au

Schools are asked to enter only serious, reliable students. It is expected that all competitors will conduct themselves in such a manner that *everyone* will be able to have a fair go at the courses.

I would appreciate an indication of your entries as soon as possible to allow time to prepare maps and courses. Maps are being specially printed for this day, and only the required number will be printed. Students cannot just 'turn up' on the day.

The absolute latest date to receive entries is Monday 9thth August 2021.

NSW Championships

Saturday August 28 2021 : NSW School Sprint Championships (Bankstown)

Sunday August 29 2021 : NSW School Championships (Western Sydney Parklands)

The top finishers in each age group at Regional Championships are particularly encouraged to attend and compete for a state title. This event is open entry with no pre-qualification required. Pre entry is essential via the Orienteering NSW website www.onsw.asn . Students can choose from an A (moderate to hard) or B (easy) course.

Details of Courses

ALL COMPETITORS DO **TWO** COURSES –

(i) Their Age Division Course

“Age” is at 31/12/2021. (The age turned this year!)

Age divisions (and approximate distances) are:

			BOYS	GIRLS	
Course 1	Very Easy	1.8 km	12	12	
Course 2	Easy	2.0 km	13	13	Intermediate B
Course 3	Easy	2.5 km	14	14	
Course 4	Easy/Medium	3.0 km	15	15	Senior B
Course 5	Medium	3.5 km	16	16+	
Course 6	Hard	4.0 km	17+		

In addition to the above courses, there will be an “Intermediate B/G” course and a “Senior B/G” course. Their lengths will be approximately 2.0 km / 3.0 km and will be navigationally easier than the corresponding age championship courses.

(ii) An ‘Open’ Course

This will be a choice of four graded “SCORE” courses with entry open to individuals or teams of two. Select courses based on **experience** rather than age. The courses are graded:

A: Difficult B: Medium C: Easy / Medium D: Easy

A “SCORE” course is where you find as many controls as you can within a time limit of 45 minutes. A points penalty applies if you exceed 45 minutes.

SPECIFIC REQUIREMENT FOR TEAMS:

Mixed age teams will be accepted provided they run the more difficult course.

Teams of two **MUST** start, do the whole course and **FINISH TOGETHER**.

Any **team** which splits up at any stage will be disqualified.