



2015 Sydney West Schools Orienteering Championships

Thursday 28th May 2015

Open to all students

Entries close 8th May, 2015

Venue Fred Caterson Reserve, Gilbert Rd, Castle Hill

Time 9.30am – 2.30pm

Cost \$8 per student including GST

DET – Primary organiser

Please forward your entry list of all participants listed in age classes (excel spreadsheet preferred please) to:

Johl Storey – Kellyville Ridge Primary School

FAX NUMBER: 02 8883 0482

E-MAIL: john.storey4@det.nsw.edu.au

DET – Secondary organiser

Please forward your entry list of all participants listed in age classes (excel spreadsheet preferred please) to

Matthew Thomas - Regional Orienteering Convener

FAX NUMBER: 9639 7422

E-MAIL: matthew.thomas@det.nsw.edu.au

PHONE: 9686 3462

Event organiser Ted Mulherin tedmul@tpgi.com.au

What is it? A fun day out. Orienteering is the original adventure race: part athletics, part geography, part maths, part problem solving. Using the special map, students navigate their way around a course set through parkland and/or bush.

Timetable:

Time	Activity
9.30am	Registration
10.00am	Small group map walk and introductory instruction
11.00am	Individual age races, lunch
12.30pm	Schools Relay – teams of 3
2.00pm	Presentations

Additional information:

	Class (age turned in 2015)		COURSE DETAILS	
	Girls	Boys	Navigational Standard	Actual Distance
Primary Schools	10 and under 11/12 years	10 and under 11/12 years	Very Easy Easy	1.8km 2.0km
Secondary Schools	11/12/13 years	11/12/13 years	Easy	2.5km
	14/15 years A	14/15 years A	Short Moderate	3.0km
	14/15 years B	14/15 years B	Easy*	2.5km
	16 and over A	16 and over A	Long Moderate	4.0km
	16 and over B	16 and over B	Long Easy*	4.0km

* Inexperienced older students may choose to compete on a B course with 'easy' navigational difficulty instead of a 'moderate' level course.

AGE CHAMPIONSHIPS: Students start at 1-minute intervals. At the start they receive a map with their course pre-marked on it. They must then navigate to all the checkpoints in order, and to the finish. Completion times range from 15-40 minutes (ages 13 and under) to 30-60 minutes (ages 14+).

RELAY: Each school will group their students into teams of 3. They will be allocated 3 different courses of about 1km each and easy navigation. There will be a mass start of first runners. When each runner finishes their course, they tip their next runner and so on until all the team has run.

WHAT TO BRING: Food, water, sports uniform, sunscreen, hat. Spare clothes if wet weather.

TEACHERS, PARENTS: One teacher per 20 students will be required. Teachers are welcome to do a course on the day. Parents are welcome to observe.

TRANSPORT: Schools need to make their own arrangements.

ENTRIES: Please forward your list of participants by age classes (excel spreadsheet preferred please) to your DET Organiser – see above.

ALL cheques should be made out to SYDNEY West SSA

FREQUENTLY ASKED QUESTIONS

“Our students haven’t orienteered before – I’m not sure they have enough experience in map reading and navigation. Is this event suitable for them?”

Yes! All students will do a map walk with coaches from Orienteering NSW prior to their run and receive introductory level coaching. It will be a great opportunity to put into practice classroom lessons in HSIE/geography and mathematics.

Primary students who have schoolground orienteering experience will find the maps familiar and have confidence in their courses. All courses are set at a level that is achievable for beginners.

For secondary students, the courses will be more mentally and physically challenging. There will be some short cross-country sections which can be navigated by relying on features. Compasses are not needed but may be of advantage to older secondary students if they are familiar with their use. Schools/students should provide their own compasses.

“My teaching schedule is pretty tight – what preparation will I need to do?”

ONSW coaches will provide basic instruction on the day and will be in the field during the races. On the day, you may be asked to assist as a course marshal. ONSW Development Officers or your local orienteering club may be able to assist with some extra preparations for the event but this is not essential.

“What happens on the day?”

On arrival, students will be issued with a SportIdent electronic timer. This has been allocated to them and must stay on their wrist until the event is over. Lost timers must be paid for (\$20).

The students will then be put into age-related groups and an ONSW coach will take them on a map walk with a sample map. The coach will explain map features, course decisions and use of the timer. This will take 30-40 minutes. The coach will then return them to the assembly.

After morning tea they will be taken to the start for their age races. At the completion of their age race they will stay in the assembly area, have lunch, and wait for the relays to be called.

For more information on orienteering or for help preparing students for the event:

Contact: Ian Jessup Orienteering NSW (0416 040 135; marketing@onsw.asn.au)

See also: www.onsw.asn.au www.orienteering.asn.au
www.youtube.com/user/OrienteeringAUS