



2017 Centennial Park Schools Orienteering Gala Day



Thursday 18 May 2017

Open to all Year 5-12 students

Entries close Fri 12 May 2017

Venue Mackay Sports Ground, Grand Drive, Centennial Park.
Time 10am – 2pm
Cost \$10 per student
Event organiser Ian Jessup (0416 040 135; marketing@onsw.asn.au)
Please email your school's entry form to Ian in an excel spreadsheet (sample format below). See also the [risk assessment](#).

Surname	First Name	YOB	School	Gender
Smith	Adam	2005	Jonestown HS	M
Townsend	Emily	2007	Glenwood HS	F

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 within a section of the park.

Timetable:

Time	Activity
11.00am	Registration
11.30am	Small group map walk and introductory instruction
12.15pm	Secondary students start
12.30pm	Primary students start
1.30pm	Presentations

Additional information:

	COURSE DETAILS		
	Class	Navigational Standard	Actual Distance
Primary Schools	Years 5-6	Easy	1.8km
Secondary Schools	Years 7-12	Easy to Moderate	4.2km

SECONDARY STUDENTS: have a mass start. They visit as many of the 20 controls as they can - in any order. They have a maximum of 45 minutes on course. For each minute late they lose points.

PRIMARY STUDENTS: 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.

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 may be asked to act as marshals, but are welcome to do a course on the day. Parents are welcome to observe.

TRANSPORT: Schools need to make their own arrangements. Buses can park, or drop off, next to Mackay Sports Ground.

PAYMENT: pre-payment is preferred by bank transfer / direct deposit. Details will be provided. Cheques should be made out to ORIENTEERING NSW.

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 electric 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 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 course. At the completion of the course they will stay in the assembly area, have lunch, and wait for the presentations.

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