



2018 South Coast Schools Orienteering Gala Day

Wednesday 23 May 2018

Open to all Year 5-11 students

Entries close 17 May 2018



Venue Croom Sporting Complex, Croome Road, Albion Park
Time 9.30am – 2.30pm
Cost \$10 per student including GST. (Funding may be available through [Sporting Schools](#))

Event organiser Kevin Curby 0425 203 462
Email: kevcurby@iprimus.com.au
Please email your school's entry form to Kevin in an excel spreadsheet (sample format below). See also the [risk assessment](#).

Surname	First Name	Year	School	Gender
Smith	Adam	5	Jonestown PS	M
Townsend	Emily	9	Riverside PS	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 through parkland and/or bush.

Timetable:

Time	Activity
9.30am	Registration, hand out timing cards
10.00am	Small group map walk and introductory instruction
11.00am	Individual age races, lunch
1.00pm	Schools Relay – teams of 3
2.00pm	Presentations

Additional information:

	School Year		COURSE DETAILS	
	Girls	Boys	Navigational Standard	Approx Distance
Primary Schools	5	5	Very Easy	2.0km
	6	6	Easy	2.5km
High Schools	7-8	7-8	Easy	3.5km
	9-11	9-11	Moderate	4.0km

AGE RACES: 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 15-50 minutes.

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.

TRANSPORT: Schools need to make their own arrangements.

Schools will be billed by ONSW for the number of event entries.

PARENTS: Parents are welcome to go on a map walk with a coach to learn about their child's course.

PRACTICE EVENTS: Sat Apr 28, May 12. Families welcome. See www.illawarrakareelahorienteers.com.

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.

“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.

“If students really enjoy the day, can they progress beyond the Regional Championships?”

The 2018 NSW School Orienteering Championships will be in the Hills District across the weekend of 1 and 2 September. This event is open entry; students do not need to qualify to participate in the events. Events will include “sprint” events within schools on the Saturday and a bush event on the Sunday. Students may participate in one or all events. Keen students are encouraged to join an orienteering club and participate in event and coaching opportunities through clubs.

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