Sydney North
School Sport Regional Orienteering Championships

13 August 2018

St Ives Showground

These regional events are designed to test competitive orienteers but also cater for newcomers to orienteering. 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.

Timing	Activity
9:30am	Registration
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
2:30pm	Students depart

Cost: $10 per student (schools will be invoiced by the School Sport Unit)

Entries: Kindly download the entry spreadsheet and email school student details to:

Peter Annetts peter.annetts@det.nsw.edu.au

Entry closure:

Entries close when our 400 student maximum is reached or one week prior to the event. As some regional orienteering events sell out, we recommend entering as early as possible to avoid disappointment.

INDIVIDUAL AGE RACES - ENTRY CLASSES AND COURSES

	Class (school year in 2018)		COURSE DETAILS	
	Girls	**Boys**	**Navigational Standard**	**Approx Distance**
Primary Schools	Years 5 and 6	Years 5 and 6	Easy	1.8km
Secondary Schools	Years 7 and 8	Years 7 and 8	Moderate	2.5km
	Years 9 and 10	Years 9 and 10	Moderate	3.5km
	Years 11 and 12	Years 11 and 12	Moderate	4.5km

At the race start students 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. ALL students must report to the finish (even if they do not find all check points).

RELAYS – These are informal and all about participation. Each school will group their students into teams of 3. The event team will be able to assist incomplete teams to be merged into combined school teams. Team members will be allocated 3 different courses of up to 1km each and Easy standard 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 three runners have completed their courses.

WHAT TO BRING? Food, water, sports uniform, sunscreen, hat. Spare clothes if wet weather. There are no canteens at any of these events.

TRANSPORT? Schools/students need to make their own arrangements.

PARENTS? Parents are welcome to spectate, they will also have an opportunity to go on a map walk with a coach to learn about their child's course.

VOLUNTEERS? All schools are responsible for the supervision of their students on the day. Coaching, event staff and course marshals will be supplied through Orienteering NSW.

RISK ASSESSMENT? Risk assessments are completed for each event and may be sourced through the Regional Contacts noted above.

FREQUENTLY ASKED QUESTIONS

"How can students prepare for the Regional events?"

Beginners are welcome at this event however to be well prepared, students and teachers are invited to:

1. Check the Orienteering NSW (www.onsw.asn.au) event calendar for weekly events. Beginners are welcome at all events.

   In **Sydney North** and the **Hills District** there is a weekly Saturday morning series which provides an ideal preparation for the regional school events as well as the NSW Schools Championships. The Series runs year round in Sydney North and will run during terms 2 and 3 in the Hills District in 2018.

2. Teachers may book into one of the School Sport Unit's Orienteering Teacher Professional Learning days so that they can run in-school orienteering programs with confidence. Dates for 2018 Orienteering Professional Learning include:

11 April	Charlestown Public School
3 July	Lansvale Public School, Canley Vale

3. Through Orienteering NSW, book a mapper to prepare an orienteering map of your school and a coach to come to the school and conduct an orienteering session. Bookings may be made by contacting Mr Jim Mackay, Development Officer Coordinator, Orienteering NSW (development@onsw.asn.au). Funding may be available through the Sporting Schools program.

4. Check out instructional YouTube videos. In particular see: www.youtube.com/user/OrienteeringAUS

"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 school ground 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.

"What happens on the day?"

On arrival, students will be issued with a SPORTident electronic timing card. This has been allocated to them and must stay on their wrist until they complete their individual course. Lost timers must be paid for ($20) by the student's school.
The students will then be put into groups and an Orienteering NSW 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 students will start 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 2018. 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. Orienteering NSW conducts junior coaching camps two or three times each year which junior club members are invited to participate in.

Each year Orienteering NSW selects a team of up to 20 high school aged students to travel with a coach and manager to participate in the Australian All Schools Orienteering Championships. Selection criteria is announced in February each year and the team is announced in July. The Championships are generally in the September/October school holidays.

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