



2022 Riverina Schools Orienteering Day



Tuesday 6 September 2022 Invitation

Open to Primary and Secondary School students
Entries close Friday 26 August 2022

Venue	Music Bowl - south end Wagga Wagga Botanic Gardens, off Macleay St.
Time	9.30am – 2.30pm
Terrain	Natural bushland with many open areas and a good track network. Boundaries are clearly defined.
Cost	\$5 per student

Additional information

	AGE DIVISION COURSES					
	Girls			Boys		
	Age at 31.12.2022	Approx Distance	Navigational Difficulty	Age at 31.12.2022	Approx Distance	Navigational Difficulty
Primary Schools	10 -11 years	1.0 km	Easy	10-11 years	1.0 km	Easy
	12 years	1.0 km	Easy	12 years	1.3 km	Easy
Secondary Schools	12- 13 years	1.0 km	Easy	12-13 years	1.3 km	Moderate
	14-15 years	1.3 km	Easy	14-15 years	1.6 km	Moderate
	16 and over	1.6 km	Moderate	16 and over	2.0 km	Moderate

Please ensure ages are accurate as maps are printed according to information supplied. Runners in the wrong age group will be disqualified.

Time	Activity
9:00am	Schools arrive. Registration.
9:15am	Welcome and Briefing
9:30am	Small group map walk and introductory instruction
10:45am	Individual age races
12:30	Schools Relay – teams of 3
2.00pm	Presentations & Close

GROUP WALK: In groups of 8-10, students will be given basic instruction on how to orient and read an orienteering map; how to navigate using the map; features and how they are marked on the map; route choice; use of SportIdent sticks for timing; procedures at Start and Finish; by participating in a short bush walk to experience how the sport of orienteering works.

FORMAT OF INDIVIDUAL AGE RACES: Each student will proceed to the Start, where (s)he will be given a map with the course pre-marked on it. Students will start at 1-minute intervals. They must then navigate to all the control locations marked on the map in numerical order, and then to the Finish. Electronic recording devices will be used to confirm each control has been located in the correct

sequence. Participants should be able to complete their course in about 50 minutes at walking pace. Winning times are expected to be around 20 minutes for each course.

FORMAT OF THE SCHOOLS RELAY: The relay will be conducted in teams of 3, preferably on a school representative basis. Mixed gender, mixed age and mixed school teams will be accepted. Each team member must complete a short course (approx. 1km) in succession. There will be a mass start of first runners. As each runner finishes their course, they tag their next runner and so on until all the team has run.

WHAT TO BRING: Food, water, sports uniform, sunscreen/hats, tarp/rug. Closed shoes are essential and lower leg protection is advisable.

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.

WET WEATHER: Students should bring spare clothes.

PLEASE DO NOT HESITATE TO CONTACT THE REGIONAL CONVENOR IF YOU HAVE ANY QUESTIONS OR NEED ANY HELP PREPARING YOUR STUDENTS FOR THE EVENT.

Entries:

DUE BY COB Friday 26 August 2022

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

Michael Dare - Wagga Wagga High School

Regional Orienteering Convener

PHONE: 02 6925 3611

FAX NUMBER: 02 6925 5150

E-MAIL: michael.dare@det.nsw.edu.au

Cheques should be made out to Riverina SSA