

Sydney North and Sydney West School Sport Regional Orienteering Championships



Primary and Secondary
Monday, 8 August 2022
St Ives Showground



Primary – Wednesday, 17 August
and Thursday, 18 August 2022
Secondary – Friday, 12 August 2022
Nurragingy Reserve, Doonside

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: \$12 per student (schools will be invoiced by the School Sport Unit)

Entries: Kindly [download the entry spreadsheet](#) and email all school entries to the DET Coordinator listed on the spreadsheet.

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 on event day)		COURSE DETAILS	
	Girls	Boys	Navigational Standard	Approx Distance
Primary Schools	Year 4 Sydney West only	Year 4 Sydney West only	Easy	1.8km
	Year 5	Year 5	Easy	1.8km
	Year 6	Year 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 your Regional Carnival Contact 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 consider the following opportunities.

1. Review these [tips for teachers on preparing students for Regional School events](#).
2. Check the Orienteering NSW (www.onsw.asn.au) event calendar for weekly events. Beginners are welcome at all events.



In **northern Sydney**, the **Hills District**, **Macarthur** and **Newcastle** there are regular Saturday morning events which provide an ideal preparation for the regional school events as well as the NSW Schools Championships.

3. 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. Check with the Professional Learning team on their next scheduled upskilling session.
4. 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.
5. Check out YouTube videos. In particular see:

[Orienteering – Do we run?](#)

[Orienteering – Amazing adventures for the young and free](#)

[A Beginners Guide to Orienteering by The World Games 2022](#)

[Go Hard or Go Home – The Hubmann Brothers](#)

and [Orienteering Australia instructional videos](#).

“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! Beginners are welcome with introductory tuition available. However, we recommend preparing students for the event via some in school practice. See [Regional Schools Preparation tips here](#).

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 short cross-country sections to navigate through an understanding of the map and how it relates to real life 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 **2022 NSW School Orienteering Championships** will be in Sydney across the weekend of 3 and 4 September, 2022. 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 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.



ORIENTEERING NSW

www.onsw.asn.au

Events are organised with the assistance of Orienteering NSW, its' member clubs and partners.

