

Sydney South West School Sport Regional Orienteering Championships

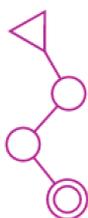


SECONDARY SCHOOLS

22 June 2022

Lake Alexandra Reserve - Mittagong

This regional event caters for newcomers to orienteering while also testing competitive orienteers. 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: \$15 per student (schools will be invoiced by Orienteering NSW)

Entries: Please email school student's **Name, Gender and School year** to:

Lyn Malmgron lynmalmgron@bigpond.com

Entry closure: Entries close when our 200-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 2019)		COURSE DETAILS	
	Girls	Boys	Navigational Standard	Approx Distance
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 30-60 minutes. ALL students must report to the finish (even if they do not find all check points).



RELAYS – These are informal and all about fun and 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 this event, and minimal cover.

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 the Regional events 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.

Sydney South West students should particularly note Southern Highlands Orienteers club events. Their Highland Forest Series will run from April through the winter months.

Weekly Saturday morning events will also be conducted during term 1 in the Macarthur region. These events offer an ideal preparation for regional school events.



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. Contact Jim Mackay, Development Officer Coordinator, Orienteering NSW (development@onsw.asn.au) for more info.
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 Jim Mackay, Development Officer Coordinator, Orienteering NSW (development@onsw.asn.au). Funding may be available through the federal government's 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 an 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 (\$40) 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 the Hills District** on September 3-4. 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 national championships are generally in the September/October school holidays.



www.onsw.asn.au

www.shoo.org.au

