



Hello Junior Orienteers

If you are 15 or under during this calendar year and an ONSW member, you are eligible for the ONSW Junior Participation Diary Awards!

All you need to do is keep a record of the orienteering events in which you compete. You keep your record on an Excel Spreadsheet. You submit your completed file by email to the ONSW Junior Participation Diary Awards Coordinator.

This PDF shows you all the pages in the Spreadsheet (.xlsx). It is for information. You can also, if you want, print it out and use it to keep your competition record; then copy your data on to the Spreadsheet later.

Enjoy your orienteering!

Orienteering NSW
February 2023



Junior Participation Diaries

These awards are presented annually for regular participation in orienteering events.

Eligibility

Junior orienteers aged 15 and under are eligible to participate (they do not reach their 16th birthday during the

Awards

100 points: Waratah Award

75 points: Banksia Award

50 points: Wattle Award

How to collect points

All NSW juniors collect the same points for participation in each major event (NSW State League events, Easter events, Australian Championships events, other National Orienteering League events) = 10 points each

Regional clubs juniors collect 10 points for all other events.

Regional clubs: Bush 'n' Beach, Central Coast, Goldseekers, Hastings Orienteering Group, Illawarra-Kareelah, Newcastle, Northern Tablelands, Southern Highlands, Wagga & Riverina

Sydney clubs juniors collect 5 points for all other events

Sydney clubs: Bennelong Northside, Big Foot, Garingal, Uringa, Western Sydney

The difference between regional and Sydney clubs is a recognition that juniors in regional clubs have limited

There are many other events. Many of them are in series.

In Sydney examples include the Sydney Summer Series, the Saturday Orienteering Series, the Sydney MetrOLeague, the River & Bay Series, the West Sydney Orienteering Series, Moonlight Madness.

Outside of Sydney, examples include the Waggaroos MapRun Series, the Newcastle Orienteer of the Year Series, the SHOO Forest series, the Goldseekers Park Series, to name a few.

Record and submit collected points

Use the Excel spreadsheet. It will calculate for you. (The PDF compilation is only for reference.)

Submit the completed spreadsheet by **16 October 2023** to wendym@tolwong.com

JUNIOR DIARIES 2023

Juniors aged 15 or younger in 2023



Name

Club

For events from 3/10/2022 to 8/10/2023

Participation Summary - Short Version

Please type in the number of events you have attended in each category

The accompanying tabs may provide more detail as to the inclusions in each category

	No of events	Total
<u>10-Point Events</u>		
NSW State League events		0
Easter Carnival (2023 ACT)		0
Christmas 5 Days (2022)		0
Australian Championships Carnival (2023 WA)		0
MTBO		0
Country Club events (BB, CC, GS, HO, IK, NC, NT, SH, WR)		0
<u>5-Point Events</u>		
<u>Sydney Metro Club Events</u>		
Saturday Orienteering Series		0
MetrO League		0
Sydney Sprint Series		0
Any other Sydney series events		0
Other Sydney Club events		0
<u>School and Other Events</u>		
School Events/ Regional Championships		0
Virtual Events		0
TOTAL POINTS		0

JUNIOR DIARIES 2023

Juniors aged 15 or younger in 2023



Name

Club

For events from 3/10/2022 to 8/10/2023

Participation Summary - Detailed version

Please fill in the accompanying tabs to accumulate points in each category

<u>10-Point Events</u>	
State Leagues	0
Easter Carnival (2023 ACT)	0
Christmas 5 Days (2022)	0
Australian Championships Carnival (2023 WA)	0
MTBO	0
Country Club juniors other events (BB, CC, GS, HO, IK, NC, NT, SH, WR)	0
<u>5-Point Events</u>	
<u>Syd Metro Club events</u>	
Saturday Orienteering Series	0
Metro League	0
Sydney Sprint Series	0
Summer Series*	0
Other Sydney Club Events	0
<u>School and Other Events</u>	
School Events/ Regional Championships	0
Virtual Events	0
TOTAL POINTS	0

*

State League Events 2023

Check the NSW State League webpage for updates.

Did you run in these events? Please mark Yes or No (Y/N)

SL	Date	Venue	Y / N	Notes	10 points
1	25-Mar	Bankstown			
2	26-Mar	Belanglo			
3	29-Apr	Belanglo			
4	30-Apr	Soapy Flat			
5	20-May	Kahli's Rocks			
6	21-May	Gumble [To be confirmed]			
7	10-Jun	Yambo			
8	11-Jun	Central Coast location			
9	12-Jun	Central Coast location			
10	19-Aug	ACT location			
11	20-Aug	ACT location			
12	26-Aug	NSW Schools Champs			
13	27-Aug	Mulgoa			
14	9-Sep	Breakfast Creek			
15	10-Sep	Breakfast Creek			
				TOTAL	0

Easter 3-Days Carnival 2023 (ACT)

Please put '10' in the last column for each box that you competed

Date	Venue	Notes	10 points per event
7-Apr	Central Canberra		
8-Apr	"Highlands" east of Nimmitabel		
9-Apr	"Highlands" east of Nimmitabel		
10-Apr	"Glenbrook" north of Berridale		
		TOTAL	0

Aus Champs 2022 (WA)

Please put '10' in the last column for each event that you competed

Date	Event	Notes	10 points each
30-Sep	Aust Middle Distance Championships (Peterdine)		
1-Oct	Aust Relay Championships (Peterdine)		
3-Oct	Australian School Sprint Champs (Aquinas College, Perth)	Public race	
4-Oct	Australian School Long Champs (Frazzle Rock near Brookton)	Public race	
5-Oct	Australian Schools Relay Champs (Frazzle Rock near Brookton)	Public race	
7-Oct	Aust Long Distance Champs (Avon Valley near Toodyay)		
8-Oct	Aust Sprint Champs (Methodist Ladies College & Christ Church Grammar School in Perth)		
		TOTAL	0

Christmas 5 Days 2023 (Central Coast locations)

Please put '10' in each box that you competed

	Event		10 points per event
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Total			0

MTBO 2023

Event details to be advised - check Eventor

Please put '10' in the last column for each event that you competed

For the state champs, please put the total points for that event (eg 20 if you did 2 events)

Location	Date	Format	Notes	10 points each event
	12-Feb			
	26-Feb			
	19-Mar			
	15-Apr			
	16-Apr			
	13-May			
	14-May			
	21-May			
	3-Sep			
	8-Oct			
	14-Oct			
	15-Oct			
	12-Nov			
	10-Dec			
			TOTAL	0

Regional Club Juniors - other events 2023

(for members of BB, CC, GS, HO, IK, NC, NT, SH, WR)

Do NOT include State League, Aust Champs etc on this tab

Events between 3/10/2022 and 8/10/2023

Enter dates and events completed, and put 10 in the last column for each one

Date	Event	Map	10 Points per event
		TOTAL	0

Sydney Metropolitan

5-Point Events for Sydney club members (Regional club juniors record these events as 10-point events on the Regional club sheet)

Enter dates and events completed, and put 5 in the last column for each

Events between 3/10/2022 and 8/10/2023

Saturday Orienteering Series

Date	Venue	Notes	5 points per event
			0

Metro League 2022

	Date	Venue	Notes	5 points per event
Metro 1	23-Apr			
Metro 2	28-May			
Metro 3	25-Jun			
Metro 4	23-Jul			
Metro 5	6-Aug			
Metro 6	17-Sep			
			TOTAL	0

Sydney Sprint Series 2023 (To be confirmed)

Syd Sprint	Date	Venue	Notes	5 points per
			TOTAL	0

Sydney Summer Series 2022-2023

Event	Date	Venue	Notes	5 points per
			TOTAL	0

Club Events (for Sydney-based club members)

Event	Date	Venue	Notes	5 points per
			TOTAL	0

