Sydney
School Sport Regional Orienteering Championships

EVENT INFORMATION

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 a special map, students navigate their way around a course set through parkland and/or bush.

Event Day Structure and Timing:

Registration opens at 9:00am followed by a short introductory session with a mentor to help students settle in and understand the day's format. The main focus of the Regional Events is the series of individual races, which run through the morning. After lunch, students take part in short, informal relay races in teams of three, creating a fun and energetic finish to the competitive program. Presentations conclude the day, and students should be ready to depart at approximately 2:00pm.

Cost: $13-$15 per student (schools will be invoiced by the School Sport Unit)

Entries: Kindly submit all entries using the standard entry spreadsheet available through your Regional School Coordinator.

Entry closure:

Entries for each day of competition close when the 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	Year 4	Very Easy	1.5km
	Note that year 4's are not always accommodated. Check with your Coordinator.			
	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

* Depending upon entry numbers, years 5 and 6 may be split into separate courses.

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).

Champion Regional Primary and Secondary Schools are calculated based on the top 6 placings of students in individual races.

RELAYS

These are informal and all about participation (results are not included in Champion School calculations). 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 learn about orienteering and 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 School Coordinator.

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. Review the Teacher Regional Schools Preparation document.

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

   Saturday Orienteering Series events provides an ideal preparation for the regional school events as well as the NSW Schools Championships.

3. Teachers are encouraged to book into an Orienteering Teacher Professional Learning session so that they can run in-school orienteering programs with confidence. Check with Orienteering NSW or the Dept of Education 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 Miriam Meishke, School Program Coordinator, Orienteering NSW (schools@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
   - 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! All students will do a map walk with volunteer 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 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 ($25) by the student's school.

Orienteering NSW volunteers will take groups of students on a brief introductory walk with a sample map. They will explain map features, course details and use of each student's personal timing card. This will take around 30 minutes.

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?"

Each year, Orienteering NSW conducts the **NSW School Orienteering Championships across a weekend in August**. These events are open entry, students do not need to qualify to participate in the events. Events include a bush event, an urban short format "sprint" event (usually within school grounds) and, sometimes, a relay event. 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 are released in February each year and the team is announced in July. The Championships are generally in the September/October school holidays.

ORIENTEERING NSW

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