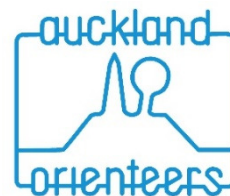


Auckland Secondary Schools Orienteering Championship 2015



Woodhill Forest Wednesday 13-May-2015

Auckland Orienteering Club is hosting the Auckland Secondary Schools Individual Orienteering Championship in Woodhill Forest. Year 7 and 8 students are also welcome to enter and compete. There will be courses designed for all ability levels. Please read the information below carefully and make sure each student is entered in the appropriate grade.

The Top School trophies will be awarded to the top Boys and Girls teams.

General Information

Event	Auckland Secondary Schools Individual Orienteering Championship 2015
Date	13-May-2015
Organising Club	Auckland Orienteering Club
Enquiries To	auckoc@hotmail.com
Location	Woodhill Forest
Course Setter	Jonty Oram
Event Controller	Dwayne Smith
Map Scale	Red Courses – 1:10000 Other Courses – 1:7500
Contour Interval	2.5m

Entries

Entry fee is \$15 per student (includes all forest access levies), plus \$1.00 per SportIdent card hired. Total is payable to **Auckland Orienteering Club Westpac 03-0195-0641747-00**

All entries must be sent via email in the Excel spreadsheet provided to auckoc@hotmail.com

Entries must be received by 6pm Wednesday 6-May-2015

Start lists will be published on Monday 11-May-2015

Embargo

The event area is embargoed for all competitors until the event. Access to the area from Inland Road to the coast, between Puketapu Road and Restall Road is prohibited for all competitors.

Getting There

Entry is via Restall Road, 5.8km west of Waimauku on SH16, and will be sign posted from Waimauku on SH16. The forest gate will be open from 9:00am.

The event parking is a 5 minute drive from the gate on a gravel forestry road - please take care and drive with your headlights on low beam in the forest. This is a working forest and you may come across logging trucks and other forestry equipment. Do not deviate from the signed route.

Parking

On the left side of Puketapu Road only as you approach the event centre. Please park close to the vehicle in front to reduce the walk required for those parking behind you. The event centre is 200 metres from the closest parking (if you arrive early). Please do not go past the road cones on Puketapu road as they denote the out of bounds area.

Event Centre

The event centre will have limited tents for cover from the weather. Contact us if you want to bring your own tent or gazebo – you can drop it off at the event centre and won't need to carry it too far.

Start Procedure

Start times will be allocated from 10:30am onwards. There will be 3 minute gaps between runners on the same course and runners from the same school will be starting at least 6 minutes apart. The start area is 200m from the event centre. Please get to the start 10 minutes before your start time and follow the directions of the start officials.

Auckland Championship – Top School Trophies

The Top School trophies are awarded to the Boys team and Girls team who earn the most points in the championship grades according to the allocation below.

Points allocation: 1st = 5; 2nd = 4; 3rd = 3; 4th = 2; 5th = 1 for each championship grade.

Year 7/8 students are not included in the Top School Trophy calculations.

Timekeeping

Timing will be done using the SportIdent system. A SportIdent card may be hired for \$1.00 for the day if the student doesn't own one. Please indicate that you need a hire card on the entry form.

Terrain

Predominantly fast open running sand dune forest with excellent visibility. Mostly flat to rolling hills with some sections of tricky contour detail.

All Red courses will visit the coastal strip which varies from open running to dense sand dune scrub that can be very difficult to run through. There is also an area of felled and new growth trees, which has low visibility and requires slower running. Leg protection is recommended for the Red courses.

Safety

Orienteering involves individual navigation through unfamiliar and sometimes rough terrain. There are hazards that can trip you up (literally) while running in the forest. Please be aware of the following hazards that you may run across. Running with a whistle is recommended – If you need urgent assistance, the signal is six short blasts on the whistle to alert others that you need help.

Hazards

Holes in the ground that may be hard to see and rough ground in general.

Wire fences near tracks that may be hard to see.

Sharp sticks (attached to trees and lying on the ground).

Vehicles on forestry roads – they have right of way.

Getting Lost

Another potential hazard is getting lost – try not to get lost. If you do get (really) lost, head west using your compass until you find a gravel road and then wait there until someone finds you. If you find the sea then head north until you find the gravel road and wait there until someone finds you. We will come and look for you if you don't come back, so stay on a road and be easy to see.

Training Opportunity

There is a technical skills training day being held for members of Auckland clubs on Sunday 10-May-2015, the weekend before the event. This training will focus primarily on the skills required to compete in the championship courses. It will also be held in terrain similar to the event.

More information about the training day and joining one of the three Auckland clubs is available from auckoc@hotmail.com.

If any students want to run in their championship grade and they have not yet run in an event at that level, then they should definitely join a club and make use of the training day to bring themselves up to speed.

Age Grades

Grade	Qualification	Age
Senior	Born in 1997 or 1998	Under 20 on 31-Dec-2015
Intermediate	Born in 1999 or 2000	Under 17 on 31-Dec-2015
Junior	Born in 2001 or 2002	Under 15 on 31-Dec-2015
Year 7/8	Currently in Year 7 or 8	

Course Information

IMPORTANT NOTE:

The technical difficulty of the championship courses this year has been brought into line with the Orienteering NZ age group guidelines. This means that **the courses for intermediate and junior students are more difficult this year** than they have been in the past. Intermediate students now run Red courses with the same technical difficulty as the seniors. Junior students run Orange courses. The estimated winning times are unchanged though.

Please be responsible when choosing which competition grade to enter. Orienteering is difficult and not much fun when you can't complete a course because it is too hard. If a student has not completed a course at the championship level for their age group, then they should enter the standard grade. This is the Auckland Champs and the championship courses are set as difficult as possible within the guidelines to test the most able orienteers in each age group. The standard grade courses still provide a good level of technical and physical challenge. We estimate that roughly half of the competitors should be running in the championship grade, with the rest running standard or novice grade.

The Novice grade is available for Senior and Intermediate students who are new to orienteering. The Yellow courses set for the Novice grade visit the best parts of the map and are both interesting and fun – the course setter has done an excellent job with the easier courses.

Championship Grades	Technical Difficulty #	Course Number	Distance Km	Controls	Climb m	Est. Win Time
Senior Boys	Red	1	7.0	21	140	45
Senior Girls	Red	2	5.8	15	140	45
Intermediate Boys	Red	3	5.1	14	110	40
Intermediate Girls	Red	4	4.2	13	110	40
Junior Boys	Orange	6	3.9	12	100	35
Junior Girls	Orange	7	3.3	11	90	35
Year 7/8 Boys	Yellow	9	3.1	15	70	30
Year 7/8 Girls	Yellow	10	2.6	13	55	30
Standard Grades						
Senior Boys	Orange	5	4.2	13	100	45
Senior Girls	Orange	6	3.9	12	100	45
Intermediate Boys	Orange	7	3.3	11	90	40
Intermediate Girls	Orange	8	2.9	11	80	40
Junior Boys	Yellow	9	3.1	15	70	35
Junior Girls	Yellow	10	2.6	13	55	35
Year 7/8 Boys	White	11	2.8	12	60	30
Year 7/8 Girls	White	11	2.8	12	60	30
Novice Grade						
Senior / Intermediate						
Boys	Yellow	9	3.1	15	70	30
Girls	Yellow	10	2.6	13	55	30

See Appendix 1 for a description of the technical difficulty levels.

Appendix 1: Technical Difficulty Descriptions

From the Orienteering NZ policy document section 16.9

16.9 The following colour labels shall be used to denote the technical difficulty:

WHITE COURSE

Courses must follow drawn linear features (tracks, fences, streams, distinct vegetation boundaries etc).

A control site must be placed at every decision point (eg. a turning point, a track junction or a change in the type of linear feature - from following a track to following a stream). All control markers must be visible from the approach side.

Where the course has to deviate from the handrail feature (e.g. to cross through a forest block), the route must be marked all the way until a new handrail feature is reached. The Start Triangle shall be on a linear feature. If no such feature is available, then there must be a taped route all the way from the start to a linear feature (i.e. the first control).

Compass use is limited to map orientation only. No route choice is offered. Doglegs are permitted.

YELLOW COURSE

Control sites must be on or near (<50 m) drawn linear features (tracks, fences, streams, distinct vegetation boundaries, etc) but preferably not at turning points. This gives the opportunity to follow handrails or to cut across country (i.e. limited route choice). Control sites shall be visible from the approach side by any reasonable route.

Compass use is limited to rough directional navigation. Contour recognition is not required for navigation but simple contour features may be used for control sites. Doglegs are permitted.

ORANGE COURSE

Course shall have route choice with prominent attack points near the control sites and/or catching features less than 100 m behind. Control sites may be fairly small point features and the control markers need not necessarily be visible from the attack point. Exit from the control shall not be the same as the entry (doglegs are not permitted). Simple navigation by contours and rough compass with limited distance estimation required. Use of a chain of prominent features as "stepping stones" is encouraged.

RED COURSE

Navigation shall be as difficult as possible with small contour and point features as preferred control sites (no obvious attack points, no handrails etc.). Control sites shall be placed in areas rich in detail. Route choice shall be an important element in most legs. Doglegs are not permitted. Note: It may be impossible to set RED courses on some maps.