



Orienteering Schools League 2012

Orienteering is a sport that requires navigational skills using a map to get from point to point in diverse terrain, and normally moving at speed.

A race is intended to test the navigational skill, concentration and running ability of the competitors. The objective on each leg is to follow the fastest route between controls. The fastest is not always the shortest route, and can depend heavily on route choice. Orienteering is therefore very much a strategic, thinking sport in which the fastest athletes do not necessarily win.

Orienteering is an *excellent complement to team-based sports*. Although runners compete individually they have to be aware of the whole 'playing field' and they have to make quick strategic decisions, constantly adapting to the conditions. This sort of skill is necessary for all team sports such as soccer, rugby, hockey and netball.



Orienteering Schools League - Gauteng (OSL)

The OSL is organised and run by the four Gauteng-based orienteering clubs, RACO, Adventure Racing Club, ROC and WITSOC. The league is aimed at learners from Grade 7 to Grade 12.

The Schools League runs annually in February and March. Children are encouraged to join orienteering at a club level, which runs throughout the year on Sunday mornings. This improves their orienteering skills and makes them eligible for selection in the National SA Squad; they may be chosen to represent South Africa at the Junior World Orienteering Champs (JWOC).

For this year's League we have refined processes for more efficient events. These changes should also give us more time at the events to talk to and help those runners who would like to learn more and improve their orienteering.

Registration forms and fees

Registration forms are to be handed to Karen Chambers by Tuesday, 31 January 2012 or earlier – by arrangement. Fees are R80 per child. The total amount for your school's participants must be transferred directly to the Rand Athletic Club Orienteers (RACO) account – banking details below. Confirmation of transfer must be handed in with the registration forms.

RAND ATHLETIC CLUB ORIENTEERS
First National Bank (branch code: 255805)
Account: 62178608710
Please use 'OSL + School Name' for the reference



Procedure at weekly League events

Event-specific information will be emailed to each school prior to each event (e.g. directions, which entrance gate to use so that runners do not walk around the course before the event).

At the event, runners must proceed to the **registration table** where they will be issued with an electronic punch card. There they will also have their name entered into the timing database.

At the start, the starter will put the start time on the runner's event label as a manual back up.

The running of the weekly League events will be assisted by pupils and teachers from all schools. Functions will be allocated on the day but will also include helping to collect controls after the event. This is to be supervised by the organisers.

There will be no post-event 'prize giving' or 'lucky draw'. Schools can depart as soon as they are finished. **Results** will be distributed by email and on the Orienteering Schools League Facebook page.

Maps will have the **control description** (symbols) on them. A guide to these symbols will appear on the notice board at each event. Schools are encouraged to teach their participants the meaning of the control description symbols.

The League events will be held on **four consecutive Mondays** from the 6 February to 27 February. The League Final will be held on the 5 March 2012. The top 20 runners in each age group will be invited to participate.

A **Schools Relay** will be held on 25 March, at the same time as the Gauteng Orienteering Club (GOC) Relay Championships. This will see the crowning of the schools relay orienteering champions for the year.



Training/coaching

We would also like to assist schools in running their own afternoon training sessions.

- (1) A **certified teachers training course** will be held in during the year. This course is aimed at teachers with no previous orienteering experience and will equip them to effectively run their own training sessions.
- (2) Resources permitting, schools can be supplied with an **assistant coach** for the first few practice sessions.
- (3) Training will cover the **basic techniques** needed to improve your runners' orienteering skills.
- (4) Schools are encouraged to create **basic orienteering maps** of their school – this is an activity that can be done by your learners. A 'Map Making' manual is included in your information pack.

Furthermore, some of the Gauteng orienteering clubs hold regular training sessions and runners are encouraged to make use of this additional coaching.

Our long-term aim is to assist runners to improve so that they can comfortably participate in the Gauteng Orienteering Champs, which is held annually in June. Gauteng Champs accommodates three competitive age groups for juniors - boys and girls separately - and is the first step needed to raise a runner's profile. We aim to get Junior orienteers to a sufficient standard that they are eligible to be selected to represent South Africa overseas at the Junior World Orienteering Champs (JWOC).



Orienteering Schools League Timetable

- 6 February – Wits Education Campus
- 13 February – Heronbridge
- 20 February – Delta Park
- 27 February – St Stithians
- 5 March – Walter Sisulu Botanical Gardens (FINAL)
- 25 March – Gauteng Team relays – Cornwall College, Centurion

All events are held under the supervision of the respective Gauteng orienteering club, together with teacher supervision. Events are held on school and park properties. *These venues may change. Schools will be alerted in good time.*

Orienteering Schools League Competition system

Children compete in one of four categories:

- A) Junior boys and junior girls (16 years and under – born 1996 or later)
- B) Senior boys and senior girls (under 20 – born 1992 -1995)

1) School Log event

Children earn log points within their respective categories based on their finishing time. These points are calculated from a percentage of their time compared to that of the winner within that category, where the winner scores maximum points. The schools are ranked according to the points of their five best runners. The highest scoring school is awarded the schools trophy.

2) Individual final

This is a winner-takes-all individual race within each of the age categories. Participation is by invitation only and is limited to 80 children. We try to have the best runners, but also to ensure representation across all schools. There are four courses and children race in their respective age categories

3) Schools relay

There will be a boys and a girls relay. Teams consist of three members and each team must contain at least one junior member. Entry is open to all schools. Each school may enter two teams in each category. Entry is not limited to schools or runners that have participated in the League events. We do expect that the schools use the League events to select their teams. This is a winner-takes-all relay within each gender category.



Incentive Training Weekend

After the Monday League has wrapped up, the South African Orienteering Federation (SAOF) is holding a training weekend away for up to thirty athletes. This will be on the weekend on 9 - 11 March 2012. The cost will be R100.00 per participant. Participants will be taught more advanced orienteering skills required for bushveld / forest running. The runners attending will be chosen through a selection process (Results + Potential + Commitment). Schools will be asked to put forward the names of the runners that they see as having the most enthusiasm and potential.

Club events

Club events take place on Sunday mornings for the most of the year. A number of 'Come And Try It' (CATI) events are hosted early in the year. These are especially for beginner orienteers and there are many experienced helpers on hand. Children and their parents are most welcome.

- 22 January - Venue TBC
- 29 January – Johannesburg Zoo
- 5 February – Pretoria Zoo (short course event)
- 12 February – Wits University, Main Campus
- 18 February – Delta Park



The full orienteering calendar is available on <http://www.orienteering.co.za/event-calendar/2012-events/>

The Gauteng Orienteering Clubs

RAC Orienteers

www.racorienteers.co.za

adventure
racing club

www.ar.co.za/arclub



www.roc.org.za



On Facebook

Contact Details

Karen Chambers – karenchambers@wol.co.za, 083 474-9463

Jeremy Green – development@orienteering.co.za, 082 927-6418

Join the Orienteering Schools League page on
Facebook – facebook.com/OSchoolsLeague



Further information

More information on orienteering is available at the following websites:

<http://www.orienteering.co.za/what-is-o/>

<http://en.wikipedia.org/wiki/Orienteering>

For more information on the South African team's performance at past Junior and Senior World Orienteering Champs see: <http://juniororienteers.blogspot.com/> <http://rsaorienteers.blogspot.com/>

This registration form must be completed and handed to the teacher by **Monday, 30 January 2012** together with the R80 fee (per child).



REGISTRATION & INDEMNITY FORM

Orienteering Schools League is on Facebook at www.facebook.com/OSchoolsLeague

Student Details

SCHOOL _____

NAME _____

AGE _____

BIRTHDAY (dd-mm-yyy) _____

GENDER M F

EMAIL _____

CELL _____

Parent/Guardian Details

NAME _____

EMAIL _____

EMERGENCY CONTACT NUMBER _____

The organisers and the SAOF-affiliated orienteering clubs, members and volunteers do not accept responsibility for any injury or loss sustained, including any consequential losses, of whatsoever nature at, during or around an orienteering event. Participants take part in the events and schools host such events at their own risk and indemnify the organisers and the SAOF affiliated orienteering clubs, members and volunteers from any claim arising at, during, around or as a result of an orienteering event.

I acknowledge that orienteering is an outdoor sporting activity with inherent risks, such as twisting of ankles and common sports injuries, associated with running and that the parent/guardian indemnifies SAOF against liability.

PARENT/GUARDIAN
Signature

PLACE OF SIGNING

DATE