



sport & recreation

Department:  
Sport and Recreation South Africa  
REPUBLIC OF SOUTH AFRICA



## ***Orienteering Schools League 2019***

*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 two Gauteng-based orienteering clubs, RACO and ROC as well as the company O-Ventures. The league is aimed at learners from Grade 7 to Grade 12.



Primary schools may also participate on request and grades 4 to 7 participants can compete in pairs before the High School pupils.

The Schools League runs annually from January to March. Children are also encouraged to join orienteering at a club level, which runs throughout the year on Sunday mornings as well as on some Saturday evenings. This improves their orienteering skills and makes them eligible for selection in the National SA Youth and Junior Squads. They may then be chosen to take part in international training camps and possibly to represent South Africa at the Junior World Orienteering Champs (JWOC).

### ***Registration forms and fees***

Teachers are to hand registration/indemnity forms to Karen Chambers at the training event on **Monday 21 January 2019**. League fees are **R120 per pupil**. The **total amount** for your school's participants must be transferred directly to the OSL account – banking details below (reference OSL-SCHOOL NAME). Confirmation of transfer must be handed in with the registration forms or e-mailed to [development@orienteering.co.za](mailto:development@orienteering.co.za)

#### **Banking details**

**Account name:** OSL

**Bank:** Capitec Bank

**Account Number:** 139 774 0785

**Branch Code:** 47-00-10



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### ***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 registered runners must proceed to the **registration table** where they will be issued with an electronic punch card and name tag.

Teachers to please hand a list of those not yet registered. Those athletes will then be called to the table separately once they have been entered into the system and allocated an emit card.

At the start, athletes will be given a start time that is recorded by the starter. Athletes must ensure that their finish time is recorded at the end.

The running of the weekly League events will be assisted by pupils and teachers from all schools. Parent help would also be appreciated. 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 e-mail and posted on the Orienteering Schools League Facebook page. Please check results and send through any queries to [development@orienteering.co.za](mailto:development@orienteering.co.za) as soon as possible. Once finalized results will also appear on the SAOF website [www.orienteering.co.za](http://www.orienteering.co.za). Weekly photos will also be posted on the Facebook page.

Maps will have the **control description** (symbols) on them. A guide to these symbols will be posted on the OSL Facebook page the week before so athletes who would like to print them out and attach to their arms may do so. Schools are encouraged to teach their participants the meaning of the control description symbols.

The **OSL training event** for both newcomers and more experienced Orienteers will be held on **Monday 21 January 2019**. Once more experienced pupils have been out on the course they must then please assist those who are new to the sport. If we have enough volunteers there will also be cone grids available for learning the importance of keeping one's 'map' orientated and being able to plan ahead.



The League events will be held on the **five consecutive Mondays** from the 28th of January to the 25<sup>th</sup> of February 2019.

The **League Final** will be held on the **Monday 4th March 2019**. Approximately 20 athletes from each category will be invited to participate. Selection will be according to overall performance, participation and school representation.

A **Schools Relay Championship** will be held on Sunday 10 March 2019, at the same time as the Gauteng Orienteering Club Relay Championships (GOC). Parents, Teachers and friends also welcome to participate in ADHOC teams and gain points for their school's participation.



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### ***Training/coaching***

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

(1) 'O in the Box' Level 1 and Level 2 programmes can be downloaded from our website. Items like kites and punches can be purchased from the SAOF. A training session or a Teacher Workshop can be held to teach you how to run the games and activities.

(2) These two levels cover the **basic techniques** needed to improve your runners' orienteering skills.

These activities can also be included in LO and Geography lessons, Phys Ed or as warm up exercises for other sports.

Furthermore, some of the Gauteng orienteering clubs hold regular training sessions and runners are encouraged to make use of this additional coaching. All Level 1, Level 2 and additional activities are available for download on the orienteering website at [www.orienteering.co.za](http://www.orienteering.co.za) >> Development > School Resources.

Our long-term aim is to assist runners to improve so that they can comfortably participate in the Gauteng Orienteering Championships, which is held annually in June and is open to all Orienteering Club members. Championships are not for the top runners only; everyone – young and old, novice and experienced, social and competitive – are included. 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. Athletes can then also participate in the SA Champs that are held at the end of September. We aim to get Junior orienteers up to a sufficient standard that they are eligible to be selected for our National Squads and ultimately to represent South Africa overseas at the Junior World Orienteering Champs (JWOC).

### ***2019 Orienteering Schools League (OSL) Calendar***

Monday 21 Jan : Training event at **Bryanston High**

Monday 28 Jan : OSL#1 **Helpmekaar**

Monday 4 February : OSL#2 **Golden Harvest**

Monday 11 February : OSL#3 : **Pinnacle College Kyalami**(Summit)

Monday 18 February : OSL#4 **Heronbridge College**

Monday 25 February : OSL#5 **Delta Park**

Monday 4 March : OSL Final **Walter Sisulu Botanical Gardens**

Sunday 10 March : **OSL Relays** held in conjunction with Gauteng Club relays **De Vos Farm**



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**WORLD ORIENTEERING WEEK 15-21 MAY** All schools are encouraged to hold an event/ orienteering activities for as many pupils as part of this worldwide initiative. There will also be a mass event date and venue to be confirmed.



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 2003 or later)
- B) Senior boys and senior girls (under 20 – born 2002 or before)
- C) Primary boys and girls (all primary school learners)

Older Primary School pupils may go out in pairs and younger children in small groups with an adult.

Please note athletes may run 'up' a level (Orienteering categories differ from other sports)

e.g. experienced Junior Orienteers but **MUST BE STATED ON THIS FORM**. Categories **WILL NOT** be changed at a later stage.

#### **1) School Log event (five events)**

Children earn log points within their respective categories based on their finishing time. These points are calculated as 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 (one event)**

This is a winner-takes-all individual race within each of the age categories. Participation is by invitation only and is limited to approximately 90 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



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### 3) Schools relay (one event)

There will be boys, girls and mixed relay categories. Teams consist of three members and each team must contain at least one junior member. 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 most competitive teams. This is a winner takes-all relay within each gender category. We also have a Mixed category catering for different combinations of Girls and Boys or even pupils from different schools to ensure everyone is able to participate.

SAOF will pay for at least two teams per school to participate in the annual Gauteng Orienteering Clubs Relay event. Schools may enter more than only two relay teams. Teachers, parents and friends may also take part in ADHOC relays and help gain points for their school's participation.

### 4) School Colours for Orienteering

We will gladly advise you on suitable criteria for awarding school colours based on OSL participation and results.

### *Club events*

Club events take place on Sunday mornings for most of the year. At the beginning of the year there is an Urban/Sprint series taking place in local parks and at schools. There is also a night Golf course series taking place on Saturday evenings. Later in the year is the Bush series of events taking place in Nature Reserves and Farms within a 45min drive.

There are also Orienteering weekends in places like Kaapsehoop, Sabie, Magaliesberg and Haenertsburg.

At the end of the year there will be a Big 5 Orienteering week in the Graskop area. These events attract a large number of international Orienteers whom it is always fun to get to know. Many of the Club orienteering youngsters have made friends for life all over the world.

The full orienteering calendar for 2019 is available on [www.orienteering.co.za](http://www.orienteering.co.za).

### *The Gauteng Orienteering Clubs*

RAC Orienteers

[www.racorienteers.co.za](http://www.racorienteers.co.za)



WITSOC - on Facebook



[www.roc.org.za](http://www.roc.org.za)



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### Contact Details

Karen Chambers [development@orienteering.co.za](mailto:development@orienteering.co.za) Richard Lund [richardsflund@gmail.com](mailto:richardsflund@gmail.com)



Join the **Orienteering Schools League** page on  
**Facebook** – [facebook.com/OSchoolsLeague](https://facebook.com/OSchoolsLeague)

### Further information

More information on orienteering is available at the following websites:

<http://www.orienteering.co.za/what-is-o/> (with lovely introductory video)

<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/>

<https://www.youtube.com/watch?v=DT5htWku8Jk>

<https://www.orienteering.co.za/>

<http://www.penoc.org.za/>

<http://www.racorienteers.co.za/>

<https://sites.google.com/roc.org.za/roc2017>

<https://polokwaneclub.wordpress.com/>

<https://sites.google.com/bigfive-o.co.za/bigfiveoweek>

**Go Hard Or Go Home - The Hubmann Brothers - YouTube**

<https://www.youtube.com/watch?v=FnE-hftGQoU>

<https://www.youtube.com/watch?v=DT5htWku8Jk>

**JWOC RELAY**



<http://orienteering.org/>

<https://www.britishorienteering.org.uk/>

<http://www.scottish-orienteering.org/>

<http://orienteering.asn.au/>

<https://www.orienteering.org.nz/>