



Orienteering

A competitive or noncompetitive **recreational activity** in which participants use a **map** and **compass** to navigate between **checkpoints** along an unfamiliar course.



The Big Red Barn - 8 December 2019 22nd Annual Sprint Cup

Directions: The event centre will be the Big Red Barn near Olifantsfontein. The venue is located on the M18 between Irene and Olifantsfontein in the Centurion / Midrand area.

[Link to Google Maps](#) (7 Nelson Rd, Olifantsfontein)

Technical Info

Courses:

Explorer/Novice
Men
Women
Kiddies/String

Distance:

+/- 2.2 km Fun Course
2.7 km + 2.6 km
2.4 km + 2.2 km
600 m

Terrain:

Eucalyptus plantation with many bike tracks.

Map:

1:10'000 with 5m contours. Drawn to ISOM2000. Minor updates in 2019.

Timing:

Electronic punching and timing system (EMIT)

Times

Registration:

8h00 to 9h00

Starts:

Prologue 8h45 to 9h30, final from 10h30

Prize giving:

+/- 12h00



Entry fees

Individual
Juniors/Students
Groups (max 4)
- 2nd Map included

SAOF Club Members

R100
R80
R140

Non-Club Member

R110
R90
R150

All **on the day entries** will be R120 per person

EMIT Hire is an additional R15

Please **do not** pay directly into the ROC bank account

Contact us for more info

For more information about **orienteering** or about the **Rand Orienteering Club**, please visit our website www.roc.org.za

Or contact our organiser - **Alex Pope**
078 344 8470 – popeaj@gmail.com

Pre-enter **online** for events at

www.orienter.co.za

Entries are **closing** at

Midnight 4 December 2019