



Peninsula Orienteering Club presents

The 2020 Western Cape Orienteering Festival

including the

South African Sprint Orienteering Championships

**01 - 03 May 2020
Cape Town**

BULLETIN 1

2020 Western Cape Orienteering Festival

Event Details

Program

Date	Time	Event	Venue
Friday 01 May	19:00	Warm-up / Night Event	Clovelly Golf Course
Saturday 02 May	11:00	WC Long Distance Champs	False Bay Nature Reserve
Sunday 03 May	10:00	SA Sprint Championships	Noordhoek
	13:00	Prize-giving	Noordhoek

Categories

Competitors aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age. Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age.

M12	12 and under	2008
M16	16 and under	2004
M20	20 and under	2000
M21	Open	
M40	40 and over	1980
M50	50 and over	1970
M60	60 and over	1960
M70	70 and over	1950

W12	12 and under	2008
W16	16 and under	2004
W20	20 and under	2000
W21	Open	
W35	35 and over	1985
W45	45 and over	1975
W55	55 and over	1965
W65	65 and over	1955

In addition to these courses there will be a novice course, and other non-championship courses.

Eligibility

Participation in these events is open to paid-up members of a SAOF Member Club and paid up members of other IOF Member organisations.

All competitors who are South African citizens or residents competing in the championship courses at these events are eligible for trophies and medals.

Visiting (overseas) orienteers or recent arrivals in South Africa (less than 3 months) may compete on championship courses, but are not eligible for trophies/medals.

Entries

Entries open soon and close on Sunday 19 April.

Fees

All rates include land access fee and SAOF levy but EXCLUDE EMIT hire (if applicable).

WARM-UP / NIGHT EVENT

Club Members: **R50** Non Club Members: **R80**

LONG DISTANCE

Seniors: **R160** Juniors: **R100** Non-championship courses: **R100**
EMIT Hire: **R20**

SPRINT CHAMPIONSHIPS

Seniors: **R120** Juniors: **R100** Non-championship courses: **R100**
EMIT Hire: **R15**

Timing

EMIT timing will be used on all courses on the championship days (Saturday and Sunday). EMIT cards can be rented.

Terrain

LONG DISTANCE

A mostly flat, very open area with few paths, adjoining an area of complex coastal dunes, partially covered in thick coastal fynbos.



Maps

WARM-UP / NIGHT EVENT

Clovelly Golf Course, scale 1:5000, contour interval 5m. Surveyed and drawn by Richard Lange in 2019.

LONG DISTANCE

False Bay Nature Reserve, scale 1:10 000, contour interval 5m. Surveyed and drawn by Richard Lange in 2019.

SPRINT CHAMPIONSHIPS

Noordhoek Wetlands, scale 1:4000, contour interval 5m. Surveyed and drawn by Tim Chambers in 2020.

Navigational aids

The only permitted navigational aids are a map, control descriptions and a magnetic compass. Pedometers, foot-pods, GPS capable HR monitors/ mobile phones etc. are not allowed and possession in the competition area will result in disqualification.

Clothing restrictions

There are no clothing restrictions for orienteering in South Africa. Full body cover and leg protection is, however, strongly advised, for both events.

Hazards

The Cape coastal dunes are home to a number of snake species. However snakes are most active during summer. No incidents caused by snakes have been reported in similar areas used for Orienteering in South Africa in the last 30 years.

Newcomers

Beginners, novices and children are encouraged to take part. There will be suitable courses available on each day and the fact that there are championship courses should not discourage anybody wanting to try the sport.

We recommend that you bring along a whistle, cell phone, hat, sunscreen, raincoat/space blanket, refreshments and personal medication (if required).

Indemnity

Competitors indemnify the National, Provincial and Regional orienteering bodies, sponsors, land owners and organisers of the event, against all and any actions of whatsoever nature wherever same may arise out of their participation in the event.

Further Enquiries

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