


Event Details	
7th February 2021	
De Vos Farm	
Cnr of Douglas Rd and Austin Rd , Glen Austin A.H. What3Words: https://w3w.co/lifelong.influencing.youthful	



**Rand
Orienteering
Club**
www.roc.org.za

What is Orienteering
A competitive or non-competitive recreational activity in which participants use a map and compass to navigate between checkpoints along an unfamiliar route.

COVID-19 Precautions
<ul style="list-style-type: none"> • Screening questionnaire must be answered on entry and you may also be required to provide additional information on the day • Masks to be worn at all times except while out running your course • There will be no prize giving, please leave the area as soon as you have completed your run no gatherings to discuss your course. • There will be no registration table, proceed directly to the start where you will be checked in by the official on duty. • https://www.orienteeing.co.za/wp-content/uploads/2021/01/SAOF-COVID19-Guidelines_Aug2020-v1.1.pdf

Entries	
Go to www.orienter.co.za (on PC or Mobile Device) to enter, create a profile if you don't have one PRE-ENTRY ONLY and limited to 300 entries	
Entries Open	12th January
Entries Close	4th February - midnight
Start Times can be selected when you enter online, if you don't select one , one will be assigned to you	

Courses		
Men	3.1km	Technical Navigation
Women	3.1km	Technical Navigation
Explorer	2.5km	Easier Navigation

Times		
Starts	09:00-11:00	NB: Go directly to the start no more than 15 minutes before your start time (which you select when you enter). EMIT cards rented can be collected at a table at the start.

Costs		
	SAOF Members	Non-SAOF Members
Individual	R100.00	R120.00
Juniors/Students	R60.00	R80.00
Groups (max 4)	R140.00	R160.00

General Information	
For more information about Orienteering or the Rand Orienteering Club visit our website www.roc.org.za	
Planner	Craig Ogilvie - 082 336 2489 cogilvie@gmail.com
Controller	Ewan Botha - 067 412 6966 ewan@novate.in