



sport & recreation
Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



Orienteering Schools League 2023

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 primarily aimed at learners from Grade 7 to Grade 12.



The Schools League Runs annually, 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 fees

The 2023 league fee will remain at R130 per participant. This fee can be paid via EFT by the school to the OSL account OR pupils can pay individually to the OSL account (proof of payment to be provided to the teacher with the indemnity form). Please note **NO CASH** will be accepted

OSL bank details are

Banking details

Account name: OSL

Bank: Capitec

Account Number: 1668489242

The league is being run on a **Pre entry only** (no entry on the day or during the season).



sport & recreation
Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



Registration deadlines:

Deadlines	Due date (all schools return 11 Jan)
<i>All emails to oslqauteng@gmail.com</i>	
All Documentations to be send by OSL to schools (including calendar, registration form, a copy of the schools 2022 attendance register)	Monday 9 January
Teachers to <u>email</u> to OSL Preliminary Attendance register. Register must as a minimum include learners names, DOB, gender, and category they will run in	Wednesday 18 January
Signed Pupil indemnity forms to be returned to teachers (email)	Thursday 19 January
Signed pupil indemnity to be <u>emailed</u> to OSL (no paper to be passed around at events)	Thursday 19 January
Final attendance register (completed with all pupils detailed) to be <u>emailed</u> to OSL	Friday 20 January
OSL will allocate Sundial tag numbers to learners. The first training event takes place on 23 January , so we need to have everyone’s details before then.	Saturday 21 January
School to submit proof of total EFT payment (individuals plus balance from school)	Monday 23 January
School wishing to make <u>final</u> team changes are permitted to do so in the week before the first league event. Updated attendance register and additional Signed Pupil indemnity forms to be <u>emailed</u> to OSL. No changes can be made after this date	Friday 27 January
OSL will make amendments to Sundial tag numbers for final team changes. The first official event takes place on 30 January , so we need to have everyone’s details before then.	Saturday 28 January
School to submit proof payment for any additional learners	Monday 30 January

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).



sport & recreation

Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



The league is being run on a **Pre entry only** (no entry on the day or during the season). At the event teachers must proceed to the **registration table** and collect their schools box containing the Sundial tags.

Schools are requested to ensure that all Sundial tags have been left **at the finish** in the schools box. If Sundial cards are not left at the event we will not be able to give the learner a result for that week.

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 oslgauteng@gmail.com as soon as possible. Once finalized results will also appear on the SAOF website <https://www.orienteering.co.za/event-calendar/>. Photos might 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 23 January 2022**. Once more experienced pupils have been out on the course can then assist those who are new to the sport. We will continue to use our new timing system, called Sundial, so the training event will allow both learners and our helpers to familiarise themselves with the new system.

The League events will then be held on the **five consecutive Mondays** from the 30 January to the **27 February 2022**. The **League Final** will be held on the **Monday 6th March 2022**. Up to 10 primary school and approximately 20 to 25 high school athletes from each age category will be invited to participate. Selection will be according to overall performance, participation and school representation.



We await confirmation of the date and venue for the annual **Schools Relay Championship**

Training/coaching

Resources are available 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.

(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 (see <https://www.orienteering.co.za/development/school-resources/>)

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 annual Gauteng Orienteering Championships, which is usually held 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 usually held at the end of September. We aim to get Junior orienteers up to a sufficient standard



sport & recreation
Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



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).

2023 Orienteering Schools League (OSL) Calendar

Monday 23 January: Training event at **Bryanston High School**

Monday 30 January : OSL#1 **Krugersdorp High**

Monday 6 February: OSL#2 **Randpark**

Monday 13 February: OSL# **Golden Harvest ***

Monday 20 February: OSL#4 **Heronbridge College ***

Monday 27 February: OSL#5 **St Johns College**

Monday 6 March: OSL Final **Kloofendal Nature Reserve ***

* Awaiting confirmation

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 due to unforeseen circumstances. 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 2007 or later)

B) Senior boys and senior girls (under 20 – born 2006 or before)

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 no more than 140 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



sport & recreation
Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



3) Schools relay (one event)

We await the publication of the Gauteng Orienteering calendar

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. 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 and Graskop.

The full orienteering calendar for 2023 will be available on www.orienteering.co.za. In early January 2023

The Gauteng Orienteering Clubs



www.racorienteers.co.za



WITSOC - on Facebook



www.roc.org.za

Contact Details

Tania Wimberley and Richard Lund on oslgauteng@gmail.com



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



or **Instagram** @ [oslgauteng.com](https://www.instagram.com/oslgauteng.com)

Further information

On orienteering is available at the following websites: <http://www.orienteering.co.za/what-is-o/> (see the introductory video) <http://en.wikipedia.org/wiki/Orienteering> <https://o-ventures-sa.com/>

On the South African team's participation at the latest Junior World Orienteering Champs (where all members were previous OSL members) see: <https://jwoc2022.pt/sprint-relay-best-moments/> (photos and videos)