

Orienteering - The 26th Annual Sprint Cup

Sunday 3rd November 2024

The Campus, Bryanston

Address: Corner of Main Rd and Sloane Street, Bryanston
Use Sloane Street entrance and follow signs to parking

What3Words: <https://w3w.co/charmingly.massing.chills>



THE_CAMPUS



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.

NB NB Courses will go into the underground car park where there is reduced light. Consider bringing a headlamp. **NB NB**

The Event

Organization	The event is organized by the Rand Orienteering Club (www.roc.org.za).
Map	1:2'500 scale, 2.5m contour interval, A4 size. Drawn to International Sprint Specifications (ISSprOM). Map originally surveyed in 2013 by Nicholas Cooper, updated in 2019 by Alex Pope, and extended in 2022-3 by Nicholas Mulder.
Format	The Sprint Cup will consist of two legs, a Prologue , followed by a Final , with the results of the Prologue determining the chasing start order of the Final. Overall results will combine the times of the two courses for participants. In addition, a course for the less competitive (the Explorer) will be available with an option to move to Men/Women for the final at no additional charge.
Kids	A yellow course will be on offer, which is ideal for kids interested in their first orienteering event. Entry for the Yellow course is on-the-day only and is R20. No need to pre-enter.
Water	There are no water points on the course. Please bring your own water if needed.

Entries

Go to Orienter.co.za (on PC or Mobile Device) to enter. Create a profile if you don't have one.

Entries Close	Thursday 31 October at 23h59 (midnight)
Start Times	Can be selected when you enter online. If you don't select one, one will be assigned to you.
Electronic Timing	A Compulsory Emit device can also be hired when you enter online if you don't have your own.

Course	Distance	Navigation	Winning Time per Leg	Slowest Time
Men	± 2.5 + 2.3 km	Technical in places	+/- 16 min	+/- 60 min
Women	± 2.4 + 2.2 km	Technical in places	+/- 18 min	+/- 60 min
Explorer	±2.3 km	Easy, along paths	+/- 20 min	+/- 60 min
Yellow	±1.0 km	Ideal for kids	n/a	n/a

Times

Prelim Starts	08:30-09:15	1-minute intervals between start times on each course.
Final Starts	±10:15 onwards	Start time based on prelim finish time.
Prize Giving	±11:45	Prizes to the winners on each course. Spot prize lucky draw!

Costs

	SAOF-Club Members	Non-Club Members	Emit Card Hire
Individual	R170.00	R200.00	+R25
Juniors/Students & u25s	R140.00	R170.00	+R25
Groups (max 4 people)	R210.00	R240.00	+R25
Yellow Course	R20.00 per individual or group, entry on the day only (no need to pre-enter)		

General Info - For more information about Orienteering or the Rand Orienteering Club visit our website www.roc.org.za

Planner / Organizer	Nicholas Mulder - 082 898 7871 - nicholas@marquest.co.za
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