

## Counties Manukau Orienteering Club Schools Programme for 2019

All Events are entered through your school.

If your Sports Co-ordinator is unsure please contact the CMOC club

Val ph 0923 86911 Unni ph 09 5345625

Or email johnandval@clear.net.nz

### 1 SECONDARY & INTERMEDIATE SPRINT CHAMPIONSHIPS

#### South Auckland

Mon 11<sup>th</sup> Feb Waiuku College

Mon 18<sup>th</sup> Feb Wesley College

Mon 25<sup>th</sup> Feb Papatoetoe High

Mon 4<sup>th</sup> Mar Pukekohe High

Mon 11<sup>th</sup> Mar Rosehill College

Mon 18<sup>th</sup> Mar Manurewa high

Mon 25<sup>th</sup> Mar Strathallan AGC

#### East Auckland

Tues 19<sup>th</sup> Feb Farm Cove Intermediate

Tues 26<sup>th</sup> Feb Sancta Maria College

Tues 5<sup>th</sup> Mar Howick College

Tues 12<sup>th</sup> Mar Bucklands Bch Int

Tues 19<sup>th</sup> Mar Macleans College

Tues 26<sup>th</sup> Mar Pakuranga College

Sun 7<sup>th</sup> Apr SPRINT FINAL

### 2. ZONE CHAMPIONSHIP for Primary and Intermediate

Wed 10<sup>th</sup> Apr South East Zone Lloyd Elmore Park

Wed 1<sup>st</sup> May Counties Zone Totara Park

Thur 2<sup>nd</sup> May Franklin Zone Kuegler farm

Tues 14<sup>th</sup> May Interzone final Moire Park

### 3. AUCKLAND SS RELAY CHAMPIONSHIP

Date TBA

### 4. AUCKLAND SS INDIVIDUAL CHAMPIONSHIPS

Thur 4<sup>th</sup> April Waiuku Forest

### 5. QB SCHOOLS REGIONAL CHALLENGE

Sat June 1<sup>st</sup> to Mon Jun 3<sup>rd</sup> in Hawkes Bay

### 6. AUCKLAND SS ROGAINE CHAMPIONSHIPS

Date TBA

### 7. NORTH ISLAND SECONDARY SCHOOL CHAMPIONSHIP

incl YR 7/8

Thurs 18<sup>th</sup> July Sprint Hawkes Bay

Fri 19<sup>th</sup> July Individual

Sat 20<sup>th</sup> July Relay

### 8. NEW ZEALAND SECONDARY SCHOOLS CHAMPIONSHIP

incl YR 7/8

Fri 23<sup>rd</sup> Aug Auckland

Sat 24<sup>th</sup> Aug

Sun 25<sup>th</sup> Aug

Program to be advised

### 9. NEW ZEALAND SS ROGAINE CHAMPIONSHIPS

### 10. CLUB TRIP TO AUSTRALIAN CARNIVAL

Sept 28<sup>th</sup> to Oct 6<sup>nd</sup>

## Counties Manukau Orienteering Club Club Programme for 2019

Sun 10<sup>th</sup> Feb Training day Waiuku forest

Sun 3<sup>rd</sup> Mar AOS 1 Auckland club

Sat/Sun 9/10 Mar Katoa Po Night relay

Sun 17<sup>th</sup> Mar AOS 2 CMOC Waiuku forest

Sat 30<sup>th</sup> Mar JWOC sprint trial Kings College

Sun 31<sup>st</sup> Mar AOS 3 NWOC

Sun 7<sup>th</sup> Apr Sprint event NWOC

Sat 13<sup>th</sup> Apr AOS 4 sprint Waikato

Sun 14<sup>th</sup> Apr AOS 4 Long Waikato

Fri 19<sup>th</sup>/22<sup>nd</sup> Apr NZ club champ Oamaru

Sun 26<sup>th</sup> May Rogaine CMOC Sunset station

Sat 1<sup>st</sup> /-3<sup>rd</sup> June QB 3 Day Hawkes Bay

Sun 16<sup>th</sup> Jun Training Waiuku forest

Sun 30<sup>th</sup> June AOS 5 AOC

Sun 7<sup>th</sup> July Training MacLeans Park

Sun 14<sup>th</sup> July AOS 6 NWOC sprint

Sun 4<sup>th</sup> Aug Training Wattle downs

Sun 18<sup>th</sup> Aug AOS 7 AOC

Sun 8<sup>th</sup> Sept AOS 8 CMOC Totara Park

Sun 22<sup>nd</sup> Sep AOS 9 NWOC

28<sup>th</sup> Sep / 6<sup>th</sup> Oct Oceania Australia

Sun 20<sup>th</sup> Oct AOS 10 CMOC Tapakanga park

26<sup>th</sup> / 28<sup>th</sup> Oct Auckland champs AOC

Sun 10<sup>th</sup> Nov AK club Relays NWOC

Sun 19<sup>th</sup> Dec Coaching Day at Waiuku forest

**All club events start from 10am till 12 noon with  
Control pick up from 1.30pm**

### ORIENTEERING ACADEMY

The academy is to create training opportunities leading up to major events.

To use skills learnt by our JWOC and WOC members to take our best orienteers to a higher level

To do this we want to develop a training schedule with a major training day each month. We plan to start in February and will advise date and venue.

We also want to encourage parents of students to develop their own skills and invite them to take part also.

To receive financial assistance from our club, you need to show commitment to our programs.