# 2020
# North Island Secondary School Orienteering Championship
# Including Year 7 and 8

***DATE : Wednesday 22nd to Friday 24th April 2020***

***VENUES : Manukau, Waiuku Forest, Waiuku Farms***

***ENTRIES CLOSE : Friday 3rd April 2020***

***ENTRIES TO : unnilewis@gmail.com***

***CO-ORDINATOR : Unni Lewis 534 5625***
***021 131 7280***

## Organised by
## Counties Manukau Orienteering Club Inc.
## www.cmoc.co.nz

**All event information, start draw and results will be available on the CMOC website**

# 2020
# NORTH ISLAND SECONDARY SCHOOLS ORIENTEERING CHAMPIONSHIPS
# Including Year 7/8

*Officially sanctioned by the NZSSSC.*

## SPRINT CHAMPIONSHIPS – Wednesday 22nd April 2020

| | |
|---|---|
| Map: | Mountford Park |
| Scale: | 1:4000 |
| Location: | Manukau area |
| Terrain: | School grounds and Park |
| Levels: | Championship: for experienced orienteers |
| | Standard: for those with less experience |
| Start times: | First starts : 2pm |

## INDIVIDUAL CHAMPIONSHIPS - Thursday 23rd April 2020

| | |
|---|---|
| Map: | Waiuku Forest |
| Scale: | 1:10,000 and 1:7500 |
| Location: | 30 mins from Bombay |
| Terrain: | Undulating Pine Forest |
| Levels: | Championship: for experienced orienteers |
| | Standard: for those with less experience |
| | Novice for First year orienteers |
| Start times: | First starts : 10.00am |

## RELAY CHAMPIONSHIPS – Friday 24th April 2020

| | |
|---|---|
| Map: | Waiuku Farms |
| Scale: | 1:7500 |
| Location: | 30 mins from Bombay |
| Terrain: | Undulating Farmland |
| Level: | Standard only |
| Start Time | First starts : 10.00am |

## ENTRIES

Entry Form must be filled in and returned.
Relay Form must be filled in and returned
The Eligibility Form must be copied and signed by Principal or Sports Co-ordinator and returned
Please make organisers aware about any medical problems or special requests separate sheet
Entry Form, Relay Form, Eligibility Form and Special Requests must be emailed to the organiser unnilewis@gmail.com

**PAYMENT** to Counties Manukau Orienteering Club Inc

| | |
|---|---|
| Direct Deposit | **12 3052 0311680 00** |
| Particulars | **NISS** |
| Reference | '**School Name'** |

Cheque – payable to Counties Manukau Orienteering Club and must be received by closing date to Unni Lewis, 58 Pah Rd, Howick, Auckland 2014.

## ENQUIRIES

Email unnilewis@gmail.com
Phone Unni 09 5345625 or 021 131 7280

**CLOSING DATE for ENTRIES and PAYMENT**
**Friday 3rd April 2020**

**ACCOMMODATION** To be organised by schools or Individuals

**WHISTLES** Competitors to provide their own and must be carried for Individual event and Relay

## ELIGIBILITY

A student eligible to compete in this secondary school event must:

- be enrolled as a bona fide (Year 9 or above) student at the school of representation and studying at least 80% of a programme that is part of the timetable provided by the school for at least four weeks immediately prior to the event.
- Be enrolled as a bona fide (Year 7 or Year 8) ) student at the school of representation and studying at least 80% of a programme that is part of the timetable provided by the school for at least four weeks immediately prior to the event.
- Have a satisfactory attendance record at the school. The final decision will be at the principal's discretion.
- Be under 19 years of age at the first of January in the year of the competition.

## PRIZEGIVING

Prizegiving will be held at the completion of the Long on Thursday for Sprint and Long (weather dependent) and at the completion of the Relay on Friday.

## FEES

| | |
|---|---|
| Sprint Championships | $15 per person |
| Individual Long Championship | $20 per person |
| Relay Championship | $45 per team ($15 per individual)<br>CMOC will supply SI for Relay<br>To all competitors |
| Sport Ident Hire | $3 per day for sprint and long |

## INDIVIDUAL GRADES

The competitors are divided into Grades based on their gender (Boys and Girls) and current level at school.

| | | |
|---|---|---|
| Senior: | Year 12 and 13 | Must be under 19 on Jan 1st in the year of competition |
| Intermediate: | Year 10 and 11 | Must be under 16 on Jan 1st in the year of competition |
| Junior: | Year 9 | Must be under 14 on Jan 1st in the year of competition |
| Year 7/8 | Year 7 and 8 | |

Grades for the Individual Long Distance are further divided on skill into Championship, Standard and, depending on class, Novice.
The practice of competitors 'running up' a grade is not endorsed by Orienteering NZ, however it is recognised that in some cases this may be the best approach for a small number of top competitors with significant past experience. It is recommended that only those who have a chance of obtaining a podium place in the grade above consider running up.

Appendix 2 describes the Definition of Grades and Difficulty Colours

## SPRINT COURSES AND GRADES combinations

| **Course** | **Grades** | **Estimated Winning Time** |
|---|---|---|
| Course 1 | Senior Boys (SB) | 12 – 15 mins |
| Course 2 | Senior Girls (SG) | 12 – 15 mins |
| Course 3 | Intermediate Boys (IB) | 12 – 15 mins |
| Course 4 | Intermediate Girls (IG) | 12 – 15 mins |
| Course 5 | Junior Boys (JB) | 12 – 15 mins |
| Course 6 | Junior Girls(JG) | 12 – 15 mins |
| Course 7 | Year 7&8 Boys (7/8B) | 12 – 15 mins |
| Course 8 | Year 7&8 Girls (7/8G) | 12 – 15 mins |

## LONG COURSES and GRADES combinations

| Course | Grades | Estimated Winning Time | ONZ Colour Code |
|---|---|---|---|
| Course 1 | Senior Boys Championship (SBC) | 45 – 50 mins | Red |
| Course 2 | Senior Girls Championship (SGC) | 45 – 50 mins | Red |
| Course 3 | Intermediate Boys Championship (IBC) | 35 – 40 mins | Orange |
| Course 4 | Intermediate Girls Championship (IGC) | 35 – 40 mins | Orange |
| Course 5 | Senior Boys Standard (SBS) | 35 – 40 mins | Orange |
| Course 6 | Senior Boys Standard (SGS) | 35 – 40 mins | Orange |
| Course 7 | Junior Boys Championship (JBC)<br>Intermediate Boys Standard (IBS) | 25 – 30 mins | Yellow |
| Course 8 | Junior Girls Championship (JGS)<br>Intermediate Girls Standard (IGS) | 25 – 30 mins | Yellow |
| Course 9 | Year 7&8 Boys Championship (7/8BC)<br>Senior Boys Novice (SBN) | 25 – 30 mins | Yellow |
| Course 10 | Year 7&8 Girls Championship (7/8GC)<br>Senior Girls Novice (SGN) | 25 – 30 mins | Yellow |
| Course 11 | Junior Boys Standard (JBS)<br>Year 7&8 Boys Standard (7/8BS) | 20 – 25 mins | White |
| Course 12 | Junior Girls Standard (JGS)<br>Year 7&8 Girls Standard (7/8GS) | 20 – 25 mins | White |

## RELAYS

The rules for official teams in the Relay event, as per NZSSSC, are

1) The students must be from the same school
2) Yr7/8 students cannot run up in the Secondary School Grades (this would disadvantage yr9-13 schools)
3) Girls cannot run in the boys team and vice versa (this would disadvantage the same gender schools)
4) Within the Secondary Schools Competition, students of the same gender from the same school may run up a grade
5) All other combinations will constitute a non-competitive (NC) entry with regard to points contributing to the Top School competition

## RELAY COURSES AND GRADES combinations

| Course | Grades | Estimated Winning Time | ONZ Colour Code |
|---|---|---|---|
| Course 1 | Senior Boys (SB) | 30 mins | Orange |
| Course 2 | Senior Girls (SG) | 30 mins | Orange |
| Course 3 | Intermediate Boys (IB) | 25 mins | Yellow |
| Course 4 | Intermediate Girls (IG) | 25 mins | Yellow |
| Course 5 | Junior Boys (JB) | 20 mins | White |
| Course 6 | Junior Girls(JG) | 20 mins | White |
| Course 7 | Year 7&8 Boys (7/8B) | 20 mins | White |
| Course 8 | Year 7&8 Girls (7/8G) | 20 mins | White |

## Appendix 1 SCHOOLS POINT COMPETITIONS

### Top Secondary School Competition

This is the longest running competition and caters for the broadest spread of students. It is intended that the trophies go to the schools that display the greatest depth of orienteering talent at all levels. There are separate trophies for boys and girls.

1) Only 3 competitors in each age grade will contribute to the school's points for any one race, although different team members may score on different days. That is, a maximum of 9 competitors (3 at each age) will be able to earn points for their school for any one race for either boys or girls trophies

2) In the Individual Sprint the best three results at each age grade will be counted. Only one level is offered.

3) In the Individual Long competition the best three results at each age grade, whether in the Championship or Standard or Novice event, will be counted. At least one of these results must be from the Championship level (ie. A school entering all its competitors in the Standard level will be able to count only two results).

4) In the Relay, only the highest positioned team from any school in each age grade will count. (Runners in composite teams do not count).

Points for this competition are as follows:

| | |
|---|---|
| Individual Sprint: | 1st - 25 points, 2nd - 24, 3rd - 23, down to 25th - 1 point. |
| Individual Long Championship: | 1st - 25 points, 2nd - 24, 3rd - 23, down to 25th - 1 point. |
| Individual Long Standard: | 1st - 15 points, 2nd - 14, 3rd - 13, down to 15th - 1 point. |
| Individual Long Novice: | 1st –10 points, 2nd - 9, 3rd - 8, down to 10th - 1 point |
| Relays - | 1st team - 60 points, 2nd - 54, 3rd - 48, down to 10th - 6 points. |

### Premier School Competition

This competition is supported by the event sponsor, with boys' and girls' trophies. It is aimed at encouraging schools to support their top performing competitors at national level. The winners are the schools that have the best performance by their top competitors at Championship level only. The results of one competitor from each school in each Championship age grade count, with points from 10 for 1st to 1 for 10th.

### Small Teams Competition

This competition is to cater for schools who have insufficient numbers or an inadequate spread of students to compete seriously in the Top School Competition. It is restricted to schools that have entered 5 or fewer competitors. There are separate boys' and girls' competitions. Mixed schools with more than 5 competitors in total but whose boys, girls and both teams number fewer than 5 competitors are eligible for the Small Teams Competition.Certificates are awarded to the winning school and the place getters. This competition will be based on results in the Top School Competition.

## Appendix 2 - What do those colours mean?

**WHITE COURSE**

Courses follow linear features drawn on the map. These are such things as tracks, roads, fences, and streams (these are called handrails). A control site is located at every decision point (for example, a turning point, or a change in the type of linear feature - e.g. from following a track to following a stream). All control markers will be visible from the approach side. Where a course has to deviate from the handrail feature (for example, to cross a forest block), the route will be marked all the way until a new handrail feature is reached. The start triangle will be on a linear feature. In forested areas, if no such feature is available, then there will be a taped route all the way from the start triangle to a linear feature (that is, the first control). Compass, if used, is limited to map orientation only. No route choice is offered. Doglegs are permitted.

**YELLOW COURSE**

Yellow courses are designed to give you limited route choice and limited compass use for rough direction only. Control sites will be on or near (less that 50m) drawn linear man-made or water features, and not at turning points. This gives you the opportunity to follow handrails or to cut across country. Control sites will be visible from the approach side by any reasonable route.

**ORANGE COURSE**

This course will have route choice with BIG attack points near the control sites and/or catching features less than 100m behind. Control sites can be fairly small point features and the control markers need not necessarily be visible from the attack point. Exit from the control should not be the same as the entry (no doglegs permitted). Simple navigation by contours and rough compass with limited pace counting required. Use of a chain of prominent features as "stepping stones" to complete a leg is permitted.

**RED COURSE**

Navigation will be as difficult as possible with small contour and point features as preferred control sites (no obvious attack points, no handrails etc). Control sites will be placed in areas rich in detail, and before, and not close to, a large catching feature. Route choice will be an important element in most legs. No doglegs permitted.