

NEW ZEALAND SECONDARY SCHOOL ORIENTEERING CHAMPIONSHIPS 2022

proudly hosted by Counties Manukau Orienteering Club (CMOC) 21-23 July 2022



READY FOR SOME MORE INFO ABOUT NZSSOC2022?

Counties Manukau Orienteering Club (CMOC) is pleased to share some more info about NZSSOC2022 in this, Newsletter Two. For the most up-to-date event info, follow CMOC at [facebook.com/cmorienteeing](https://www.facebook.com/cmorienteeing) and check our website [cmoc.co.nz](https://www.cmoc.co.nz) regularly for new details.

- Preliminary information can be found in **Bulletin One**, published on 30 May 2022.
- Supplementary information can be found in **Newsletter One**, published on 27 June 2022.

REMINDER: ENTRY DEADLINES FOR COMPETITORS

Enter at: entero.co.nz/evento.php?eventName=nzssoc2022

Entries are due by 11.59pm on Wednesday 6 July 2022. Event fee payments are due by 5pm on Thursday 7 July 2022. Entries and payment for competitors must be made by the school, not by individuals. Please see Newsletter One for more info about entries and payments.

GOOD ADVICE

We asked some of our enthusiastic youth orienteers to share their best orienteering advice. Here's what they had to say:

"Don't rush in.
Take your time."
~ *Charlotte Wood*
(Year 11, Epsom Girls Grammar)

"Straight isn't always best. It's very easy to get your map and compass and point yourself straight to your next control, but sometimes it's much easier to go along a path because it's faster."
~ *Sophia Skinner* (Year 13, MAGS)

"Don't always rely on tracks - contours don't move."
~ *Cameron Motion*
(Year 10, Sancta Maria College)

"If you start feeling like you don't know where you are, just slow down."
~ *Matthew Moffitt*
(Year 11, Pukekohe High)

"Don't get distracted by other runners or other controls."
~ *Harry Borton*
(Year 9, Westlake Boys)

TIPS FROM THE MAPPER

Wayne Aspin is a veteran orienteer who has over 45 years of experience orienteering. He came 6th in the World Masters in 2002 in Australia, and has won numerous New Zealand and Australian Veteran Champs. He mapped the areas where the Long and Relay courses will be held at NZSSOC2022, and has mapped a number of areas for CMOC over the years. Here are some of Wayne's top orienteering tips:

- "Get fit. You'll think better and function better. Fitness is the best high you can get!"
- "Stay in contact with your map."
- "Always refer to your compass so you're not doing a curve in direction or a 180."
- "Look at what's behind your control (they are called catching features) - is it a hill, a track, a steep slope - it'll help you know if you've gone too far."
- "Look after your map. If it's all scrunched up, you won't be able to see features and terrain and when you come to the end of your course, it'll be hard to read."



FYI: MAP FLIPS

What's a map flip? It's exactly what it sounds like - an orienteering map with two sides, where you reach a control and have to "flip" your map to the other side to continue your course. Some of the maps at NZSSOC2022 will have map flips (we'll tell you which ones in Bulletin Two).

How do you know if you have a map flip? Well, when you get your map at the Start, take a second to flip it over and see if there's another side. Many an orienteer hasn't taken the time to do this and thought they were finishing their course super-early, when it turns out they had a whole other set of controls to find!



If you're not familiar with a map flip, here's how to read it.

You know that your course begins at the Start Triangle. When you come to the final control on your map but the next control isn't the Finish (indicated by a bullseye - a circle inside a circle), flip your map over and you'll see another Triangle. This should be in the same spot as the final control on the front side of the map. On the second side of the map, you'll see more controls, and also you'll find the Finish.

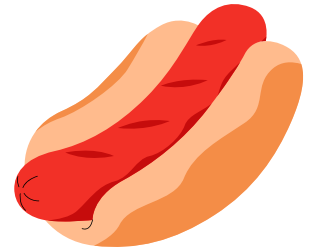
Pay attention to your controls! Often with a map flip, the map will be the same on both sides, but the controls will be in different places. It's easy to get mixed up between controls that are on the front and back. Keep track of what control you're at and where you're going, and always check your control numbers against what's on your Map Descriptions.

FOOD AND REFRESHMENTS

Please bring food, water, and snacks to keep competitors, spectators, and support crew fed and hydrated throughout the events.

At the Sprint event, we're planning on a coffee cart being there (subject to availability - we'll confirm in Bulletin Two). At the Long and Relay, the Waiuku Scouts will be selling American hot dogs. Bring cash and coins if you wish to take advantage of these refreshment options.

Water stations will not be available at any of the events, so please ensure you have enough water available to adequately hydrate after your run.



FIRST AID AND BEING PREPARED

The Sprint event is held near a medical centre which is easily accessible in case of emergency. St John will be available at the Long and Relay events to administer first aid to any competitors who might become injured. Please remember to bring your own support tape/K tape if you need it.

Please bring your own sunscreen, appropriate clothing and footwear, protective socks/pants/gaiters, wet weather gear, spare shoes, towels, etc as we want to ensure all competitors are safe and well no matter what the weather. We strongly recommend bringing pop-up shelter/canopy/gazebo and camp chairs/tarpaulins to protect competitors, supporters, and coaches from needing to sit on wet or muddy ground.



NZSSOC2022 EVENT PRINCIPLES

Here's a part of our Operations Plan for NZSSOC2022 that we think it's important to share with all our competitors, coaches, and supporters. It's why CMOC is so excited to host this event, and what drives our Club's commitment to our youth orienteers. We believe in a holistic approach to orienteering that takes into account the whole person of the orienteer, including physical, mental, and emotional wellbeing, technical prowess, continued learning, opportunities to reflect, and supportive coaching. This is reflected in our NZSSOC2022 Event Principles:

With respect to the individual Competitions, we must deliver courses:

- *that test and challenge all aspects of the competitors' orienteering capability,*
 - *physical (running speed, fitness, athleticism),*
 - *technical, e.g. range of navigation techniques,*
 - *mental, such as decision fatigue recognition/compensation, and*
 - *are also fair and equitable to all competitors.*
- *are safe and fun, and*
- *offer opportunities for administrators, coaches and competitors to reflect, learn and further improve training design/delivery and our orienteers' growth and performance.*

This is our "why", and what we hope our youth orienteers will experience and take away from NZSSOC2022. We want our orienteers, supporters, and coaches to not only have high-quality courses to run, but to enjoy themselves and make lasting memories.

EVENT DIRECTORS AND ADVISOR

Event Directors	Anthony McGivern, Renee Motion, Jo Wood
Event Advisor	Guy Cory-Wright

THURSDAY 21 JULY: INDIVIDUAL SPRINT CHAMPS

Event status	A Level
Planner	Anthony McGivern
Controller	John Robinson
Map/Location	Mountfort Park , Leabank Primary School , and James Cook High School Map
GPS Coordinates	-37.031699, 174.885335 (access from designated parking to the Event Centre)
Most recent map update completed by	John Robinson
Registration opens	11.30am
Start time	12.30pm
Levels	Championship

Terrain

The Sprint will be run through two adjacent academic facilities, Leabank Primary School and James Cook High School, and bordering park-like sports fields in Manurewa, South Auckland. We have created a mix of (primarily) a complex urban built environment, with paved areas and some off-road/field route choices. There is a single minor (low-volume) road bisecting the area utilised for the competition; crossing points will be illustrated on the maps and safety monitors will be present on the day.

FRIDAY 22 JULY: INDIVIDUAL LONG CHAMPS

Event status	A Level
Planner	Kurtis Shuker
Controller	Wayne Aspin
Map/Location	Kohekohe
GPS Coordinates	TBC
Most recent map update completed by	Wayne Aspin
Registration opens	9am
Start time	10am
Levels	Championship, Standard, and Senior Novice Classes

Terrain

High-level coastal farmland with gully/spur and sand dune features. Has an area of pine forest with detailed sand dunes. Rough open areas are mapped as light yellow and are long grass with intermittent patches of gorse, blackberry, and lupin die-back. Long courses may cross bare sand areas mapped as dotted hash over light yellow. Fences are mapped and electric fences are turned off.

SATURDAY 23 JULY: RELAY CHAMPS

Event status	A Level
Planner	Bryce Brighthouse
Controller	Ross Brighthouse
Map/Location	<u>Karioitahi</u>
GPS Coordinates	TBC
Most recent map update completed by	Wayne Aspin, Trish Aspin
Registration opens	8.30am
Composite teams meet	9.15am at registration to meet teammates
Relay briefing	9.45am
Start times for classes	10am Senior Girls 10.05am Senior Boys 10.10am Intermediate Girls, Junior Girls 10.15am Intermediate Boys, Junior Boys 10.20am Year 7/8 Boys, Year 7/8 Girls
Mass starts	11am for Leg 2 runners not yet started 11.30am for Leg 3 runners not yet started
Levels	Championship Classes

Terrain

Rolling open country with sand dune type terrain in places. Electric fences will be off. Orienteering shoes recommended.

GET YOUR RELAY ENTRIES IN NOW!

Relay entries are due no later than 1pm on Thursday 21 July 2022 (at the Sprint event). We would greatly appreciate it if you could send in your Relay Teams to us as early as possible! You can download the Relay Entry Form from the CMOC website. Please email your completed Relay Entry Form(s) to info@cmoc.co.nz by Thursday 21 July 2022 by 1pm.

The running order of the team can be changed and replacements can be made by no later than 1pm on Thursday 21 July 2022, but Grades cannot be altered. Please add the letters NC (non-competitive) after Grade if the team does not fit the criteria (see the Relay Event Rules in **Newsletter One** for further information).

RELAY ENTRY FORM



The running order of the team can be changed and replacements can be made by no later than 1pm on Thursday 21 July 2022 (the day of the Sprint event), but Grades cannot be altered. Please add NC (non-competitive) after Grade if the team does not fit the criteria for that Grade (see **Relay Event Rules in Newsletter One** for further information). Email your completed Relay Entry Form(s) to info@cmoc.co.nz.

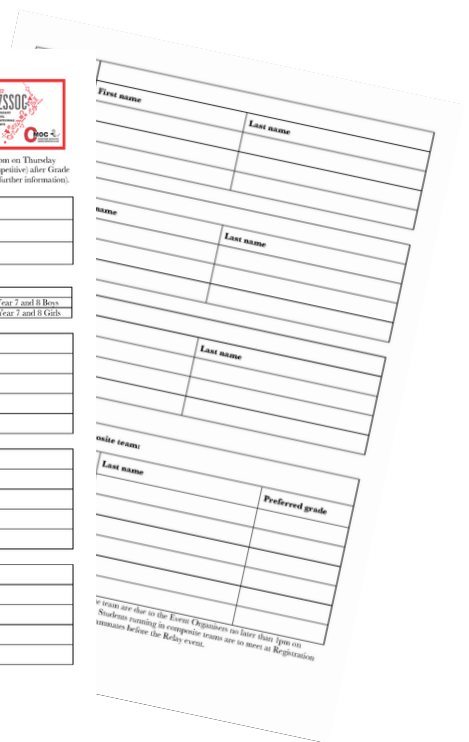
School name:	
Team manager:	
Contact phone:	Email:

SB = Senior Boys	IB = Intermediate Boys	JB = Junior Boys	YB = Year 7 and 8 Boys
SG = Senior Girls	IG = Intermediate Girls	JG = Junior Girls	YG = Year 7 and 8 Girls

Grade:	First name	Last name
Leg 1 runner:		
Leg 2 runner:		
Leg 3 runner:		

Grade:	First name	Last name
Leg 1 runner:		
Leg 2 runner:		
Leg 3 runner:		

Grade:	First name	Last name
Leg 1 runner:		
Leg 2 runner:		
Leg 3 runner:		



CASUAL/PUBLIC ENTRIES

We are pleased to offer parents, coaches, and supporters the opportunity to run after our competitors have finished the Sprint and Long events. Therefore, the following courses will be available to run by the public:

- **Sprint:** Difficult, Moderate, Easy
- **Long:** Long Red, Medium Red, Orange

We will be providing more information regarding start times for Casual/Public Entries in Bulletin Two, to be published on 14 July 2022.

Fees for Casual Entries:

- **Sprint:** \$10
- **Long:** \$15
- **SIAC Hire:** \$5 (Sprint)
- **SportIdent Hire:** \$3 (Long)

All fees are in New Zealand dollars (NZD) and are inclusive of GST (Goods and Services Tax).

Casual Entries are due by 11.59pm on Monday 18 July 2022. Payment for casual entries is due by 5pm on Tuesday 19 July 2022. The following payment method is available for Casual Entries:

- **Bank Transfer:**
 - Deposit your Casual Entry fee into Counties Manukau Orienteering Club (CMOC) bank account, direct deposit ASB 12-3052-0311680-00
 - Particulars: Your name
 - Code: NZSSOC2022
 - Reference: Casual

Cash payments at the event will not be accepted, and there will be no "on the day" Casual Entries.

Casual/public entries register at: bit.ly/3yDwBDd

**Bulletin Two
will be released
on 14 July 2022
- keep an eye
on cmoc.co.nz
for it!**

**"The more coaching and experience
I get, the luckier I seem to be.
Today in the forest I hit all my
controls bang on first time, without
using a compass - just contours."
~ Anthony McGivern, CMOC Co-President**

CONTACT US

For more information or if you have any questions, refer to our website or Facebook page, or contact CMOC:

Website: cmoc.co.nz

Facebook: facebook.com/cmorienteering

Email: info@cmoc.co.nz