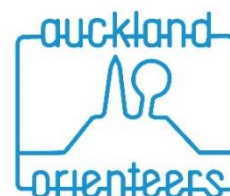


Auckland Secondary Schools Orienteering Championship 2024



Woodhill Forest Tuesday 18th June, 2024

Auckland Orienteering Club will host the Auckland Secondary Schools Individual Orienteering Championship 2024 in Woodhill Forest. There will be courses designed for all ability levels. Please read the information below carefully and make sure each student is entered in the appropriate grade.

General Information

Event	Auckland Secondary Schools Individual Orienteering Championship 2024
Date	Tuesday 18 June 2024
Organising Club	Auckland Orienteering Club
Enquiries To	Joanna Stewart auckoc@gmail.com 021 1153727
Location	Woodhill Forest
Event centre	Close to Rimmer Rd, Selwyn Rd intersection
Course Setter	Nicholas Oram, Joanna Stewart
Event Controller	Scott Vennell, Alistair Stewart

Entries

Entry fee per student \$24. Sport Ident hire \$3. Entries will be submitted to CSA via EnterNOW. Pre entry is essential
Entries must be received by 12 noon Wednesday, 12 June, 2024
Start lists will be published on Friday 14 June, 2024
Final information will be sent to schools after entries close

Starts

Start times will be allocated from 10:30am onwards. There will be at least 2 minute gaps between runners on the same course and runners from the same school will be starting at least 4 minutes apart.

Auckland Championship – Top School Trophies

The Top School trophies will be awarded to the top Boys team and Girls team who earn the most points in the championship grades according to the allocation below.
Points allocation: 1st = 5; 2nd = 4; 3rd = 3; 4th = 2; 5th = 1 for each championship grade.
Year 7/8 students are not included in the Top School Trophy calculations.

Timekeeping

Timing will be done using the SportIdent electronic punching system. Students may use their own sportident card, or a sportident card may be hired for the day if the student doesn't own one. If providing their own card the number must be given on the entry form. Hire cards must be collected from registration by each school on arrival. Non return of an ecard will be charged at \$70 each.

Grades

Grade	School Year
Senior	Year 12 or 13
Intermediate	Year 10 or 11
Junior	Year 9
Year 7/8	Year 7 or 8

Course Information

The technical difficulty of the championship courses will match those recommended by Orienteering NZ for the NZSSOC.

Schools should be responsible when choosing which competition grade to enter their students. Orienteering is difficult and not much fun when you can't complete a course because it is too hard. This is the Auckland Champs and the championship courses are set as difficult as possible within the guidelines to test the most able orienteers in each age group. If a student has not previously completed a forest course at the Championship technical level for their age grade, then they should enter the Standard grade instead.

The Standard grade courses still provide a good level of technical and physical challenge. The Novice grade is available for Senior students who are new to orienteering.

Grades	Technical Difficulty [#]	Estimated Winning Time	Approx. Distance *
Championship			
Senior Boys	Red	45-50mins	6.0-6.5km
Senior Girls	Red	45-50mins	4.5-5.0km
Intermediate Boys	Orange	35-40mins	4.5-5.0km
Intermediate Girls	Orange	35-40mins	4.0-4.5km
Junior Boys	Yellow	25-30mins	3.0-3.5km
Junior Girls	Yellow	25-30mins	2.8-3.3km
Year 7/8 Boys	Yellow	25-30mins	2.5-3.0km
Year 7/8 Girls	Yellow	25-30mins	2.5-3.0km
Standard			
Senior Boys	Orange	35-40mins	4.0-4.5km
Senior Girls	Orange	35-40mins	3.5-4.0km
Intermediate Boys	Yellow	25-30mins	2.8-3.3km
Intermediate Girls	Yellow	25-30mins	2.5-3.0km
Junior Boys	White	20-25mins	2.3-2.8km
Junior Girls	White	20-25mins	2.3-2.8km
Year 7/8 Boys	White	20-25mins	2.3-2.8km

Year 7/8 Girls	White	20-25mins	2.3-2.8km
Novice			
Senior Boys	Yellow	25-30mins	2.5-3.0km
Senior Girls	Yellow	25-30mins	2.5-3.0km

* Courses have yet to be finalised, all distances are approximate and may change. The distances quoted are straight line distances. For all but white courses the distances travelled by the competitor will be considerably longer. Final distances and climb will be posted prior to the event. Climb will be between about 2% for shorter easier courses to up to 4.0% for red courses.

See Appendix 1 for a description of the technical difficulty levels. Appendix 2 for guidelines on appropriate choice of course.

Terrain

The vegetation is mainly fairly mature pine forest. There is one area of young pine and one felled area. Most is reasonably clean under foot, with fast running. There are some areas of pampus grass of varying thickness. The terrain varies from fairly flat to steep in parts. There is a network of 4WD tracks in part of the map.

Clothing and equipment

Shoes with good grip are recommended for all but the white course as is body cover to protect from the pampus grass.

A whistle and compass should be carried by all competitors. The competitors need to know that the whistle is for use in emergencies only when they are injured and unable to continue. The emergency signal is 6 short blasts on the whistle. Stop and then repeat. If any competitor hears this sound during their competition, they should stop their race and go to the assistance of the injured competitor.

All competitors need to come equipped with towel and a warm change of clothing for after they have finished. If the weather is inclement, they should wear appropriate clothing on the course (dependent on their speed of travel and fitness).

Safety bearing

Should a competitor become completely lost during the event and need to pull out they should follow a compass bearing NE to a road, unless their course has crossed a road. In this case they should travel SW to a road. The map will have the safety bearing and course closure time written on it.

If a competitor is still in the forest at course closure time, they should take the shortest route to return to the event centre.

Start

Details of the distance to the start will be sent in the final information. All competitors need to report to the start at least 6 minutes before their start time.

Finish

The finish will be in the event centre. All competitors must punch at the finish and proceed to the download even if they are not completing their course, otherwise they will be registered as still in the forest and a search party will be mounted for them at the end of the event.

Parking

Parking is adjacent to the event centre. Follow directions on arrival

Training Opportunities

Events

Sunday 12th May Forest event Woodhill Forest

Sunday 19th May Rogaine Stoneybrook Farm

Sunday 26th May Rogaine Barlow Rd, Riverhead Forest

Sunday 9th June Rogaine Grass Track Rd, Woodhill Forest

More information about these events is available on orienteeringauckland.org.nz or contact auckoc@gmail.com

Appendix 1: Technical Difficulty Descriptions

From the Orienteering NZ policy document section 16.9

16.9 The following colour labels shall be used to denote the technical difficulty:

WHITE COURSE

Courses must follow drawn linear features (tracks, fences, streams, distinct vegetation boundaries etc).

A control site must be placed at every decision point (eg. a turning point, a track junction or a change in the type of linear feature - from following a track to following a stream). All control markers must be visible from the approach side.

Where the course has to deviate from the handrail feature (e.g. to cross through a forest block), the route must be marked all the way until a new handrail feature is reached. The Start Triangle shall be on a linear feature. If no such feature is available, then there must be a taped route all the way from the start to a linear feature (i.e. the first control).

Compass use is limited to map orientation only. No route choice is offered. Doglegs are permitted.

YELLOW COURSE

Control sites must be on or near (<50 m) drawn linear features (tracks, fences, streams, distinct vegetation boundaries, etc) but preferably not at turning points. This gives the opportunity to follow handrails or to cut across country (i.e. limited route choice). Control sites shall be visible from the approach side by any reasonable route.

Compass use is limited to rough directional navigation. Contour recognition is not required for navigation but simple contour features may be used for control sites. Doglegs are permitted.

ORANGE COURSE

Course shall have route choice with prominent attack points near the control sites and/or catching features less than 100 m behind. Control sites may be fairly small point features and the control markers need not necessarily be visible from the attack point. Exit from the control shall not be the same as the entry (doglegs are not permitted). Simple navigation by contours and rough compass with limited distance estimation required. Use of a chain of prominent features as "stepping stones" is encouraged.

RED COURSE

Navigation shall be as difficult as possible with small contour and point features as preferred control sites (no obvious attack points, no handrails etc.). Control sites shall be placed in areas rich in detail. Route choice shall be an important element in most legs. Doglegs are not permitted. Note: It may be impossible to set RED courses on some maps.

Appendix 2: AKSS Qualification Guidelines

AKSS Orienteering Championship is recognised by Orienteering NZ, College Sport, and New Zealand Secondary School Sports Council as the Auckland regional inter-school/individual Championship event for Orienteering.

It is important that all competitors have the appropriate previous experience for the course that they enter to:

- a) Improve health and safety by ensuring students do not compete on courses too difficult for their skill-level.
- b) Enable Championship grade courses to be set to the maximum allowable difficulty levels for the age grade, in accordance with Orienteering NZ guidelines.
- c) Provide opportunities for students to gain important skills for forest/farmland orienteering, to become more confident and competitive, and have a more fulfilling time during their competitions.
- d) Over time, improve the quality and depth of competition in Championship grades.

Qualification for Championship Grade

All competitors aiming to compete in a Championship grade at AKSSOC should demonstrate they have met the following qualification criteria.

Results from previous forest/farmland orienteering events that indicate the competitor has the navigational ability sufficient for the Championship course for their age grade. E.g. they have completed courses of corresponding difficulty within a reasonable time at a forest/farmland orienteering event.

For example, previous AKSSOC events, Auckland Orienteering Series Club events, National Club events, North Island Secondary Schools Individuals, National Secondary School Individuals.

****Results from AKSS Sprint Series are not applicable.**

Competitors are encouraged to complete more than 1 race at their age grades Championship level.

Individuals who do not meet the criteria set out above should be entered in Standard for their age grade. A Senior (Year 12-13) who has not successfully completed any forest/farm event at a red or orange level or has performed very poorly on an Orange course (Senior-Year 12-13 Standard difficulty) should be entered in Novice.