



College Sport Wellington Orienteering Competition 2019

Wellington & Hutt Valley Orienteering Clubs have organized the following series of events for the 2019 CSW competition. The events are open to all school students irrespective of orienteering experience, age or fitness. Individuals are welcome to come along, and all help will be provided. Students are invited to attend the whole series, or just a couple of events.

What is orienteering?

Orienteering is a competitive sport requiring participants to navigate themselves through a course by visiting each checkpoint, known as a control, in the correct order using a specially drawn map. It combines cross country running with navigation skills. The competitor who correctly completes the course in the fastest time will be the winner.

Orienteering is arranged so that the most basic skills are taught first and once mastered progression to the next step takes place. Beginners are always welcome at all events run by Wellington and Hutt Valley orienteering events, and help is always on hand for newcomers. The steps and brief course skills are shown in the next table.

Course	Navigation level	Course Skills
White	Very easy	Learn basic map symbols, map colours, read and understand control descriptions. Courses follow paths, fence lines etc.
Yellow	Easy	More advanced symbol recognition, simple route choices, taking short cuts from paths and fence lines etc.
Orange	Hard	Use international symbols, interpret map features, and understand scales, contour reading, route choices, rough compass use, attack points used, and relocation skills.
Red	Difficult	Refined compass use, identifying two or more route choices, accurate contour reading, and visualisation of land forms.

College Sport Wellington Orienteering Series Events

Event Number	Date	Event Location
Have a go	Sunday 17 March	Hutt River
1	Sunday 31 March	Colonial Parklands
2	Sunday 5 May	Karori Cemetery
3	Sunday 12 May	Queen Elizabeth Park
4	Sunday 26 May	Battle Hill
5	Sunday 16 June	Belmont Bunkers
6	Sunday 30 June	Mt Victoria
Prize giving	Sunday 4 August	Sprint relay + Prize giving Victoria Uni

Full event location details can be found on <http://www.orienteering.org.nz/events>

Full Results and information can be found on <https://wellingtonorienteering.org.nz/schools-orienteering/>

You can also direct your runners to the Winsplits website that shows more detailed results including split times <http://obasen.orienteering.se/winsplits/online/en/default.asp?start=true>

The following grades (separate boys and girls) will be used for the school competition. This is based on the student's school year and their orienteering experience. Students may run up to higher grades (eg. a year 9 may run in the intermediate or senior grades) but may not run down.

Secondary School Competition Grades

Grade	School Year	Championship	Standard	Novice
Senior	12 and 13	Red	Orange	Yellow
Intermediate	10 and 11	Orange	Yellow	-
Junior	9	Yellow	White	-

Intermediate and Primary School Competition Grades

Grade	Very experienced	Championship	Standard
Yr 7/8	Orange	Yellow	White
Primary		Yellow	White

Events fees

Entry for the whole series is available for \$45. Students will be issued a clip card which must then be brought to each event as evidence of payment. This can be paid at the first event and will cover all 8 events (have a go, the 6 series events, sprint relay), plus the hire of the timer. Alternatively, each event is \$5.00 for the map plus \$2.00 for the hire of electronic timer which can be paid on the day at each event.

Competition Points

These will be awarded for each event with the top place person for each grade given 25 points. The remaining orienteers will be awarded points based on their time compared to the winner's time. The points gained for the best four out of the six events will go towards the orienteer's total points for the season. At the end of the series, certificates will be given to place getters in each grade in which sufficient events have been attended.

Top School Trophy

This year we are introducing a trophy for the top school throughout the series. This will be awarded to the school which accumulates the greatest number of points, with the best 3 scores per event counting towards the school's total.

Other local events and opportunities for training

Wellington Orienteering Club offers events on most weekends which are always open to anyone who wants to have a go. There are always club members available to help newcomers.

Sprint Series – Sprint distance (shorter, urban) series – a good chance for new orienteers to get in some mid-week training for the CSW series. Start times from 6 pm

Thursday 14 February	Onslow College
Wednesday 20 February	Maidstone
Wednesday 27 February	Thorndon
Wednesday 6 March	Percy's Reserve
Wednesday 13 March	Scots College

Other National Events

New Zealand National Championships (club)	19-22 April, Oamaru
North Island Secondary School Championships	18 - 20 July, Hawkes Bay
New Zealand Secondary School Championships	23 - 25 August, Auckland

New Zealand Secondary Schools Team selection trial & Regional Schools Challenge
Queen's Birthday Weekend: 1 - 3 June, Wellington

All of these events are open to all runners with any level of experience. More information will be sent out closer to the time.

Further information

Email Ellie Molloy: csworienteering@gmail.com