



# College Sport Wellington Orienteering Competition 2021

Orienteering Wellington and Orienteering Hutt Valley have organized the following series of events for the 2021 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 and their families are always welcome at all events run by Orienteering Wellington and Orienteering Hutt Valley, 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.

**CSW Orienteering series:** these events are traditional orienteering events held in parks around the greater Wellington region on **Sundays** from **11 am – 1 pm**. These events provide an opportunity for students new to orienteering to experience non-urban events and learn how to orienteer, while providing a challenge to experienced orienteers.

Date	Event Number	Preliminary Location
Sunday 9 May	CSW Have a Go	Newlands
Sunday 16 May	CSW 1	Belmont Bunkers
Sunday 30 May	CSW 2	Queen Elizabeth Park
Sunday 13 June	CSW 3	Mill Creek
Sunday 27 June	CSW 4	Lower Hutt
Sunday 1 August	CSW 5	Lower Hutt
Sunday 15 August	CSW 6	Whareroa
Sunday 29 August	CSW 7	Mt Victoria
Sunday 12 September	CSW 8	Karori Park
Sunday 19 September	CSW Prize giving	Seatoun

Full event location details can be found on <https://wellingtonorienteering.org.nz/schools-orienteering-csw>

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**

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

### **Intermediate and Primary School Competition Grades**

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

### **Events fees**

**CSW sprint series:** entry for the CSW sprint series (Wednesday evenings) is \$25. This includes the entry fees and hire of an electronic timing chip for the 5 sprint races.

**CSW orienteering series:** entry for the 2020 CSW orienteering series (held on Sundays) is \$60. This includes entry fees and electronic timing chip hire for the two have a go events, the eight CSW events, and the prize giving event.

Alternatively, at each event, maps are \$5 each and hire of the timing chip is \$2.

### **Competition Points**

In both the CSW sprint series and the CSW orienteering series, in each race, the fastest person in each grade will be given 25 points. The remaining orienteers will be awarded points based on their percentage behind the winner's time.

**CSW sprint series:** In the sprint series, the best four of five events will count towards the total points

**CSW orienteering series:** in the orienteering series, the best five of eight events will count towards the total points.

At the end of each series, certificates will be given to place getters in each grade who have attended at least half the events.

### **Other local events and opportunities for training**

Orienteering Wellington 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.

**Other National Events**

New Zealand Secondary School Championships

16-18 July, Manawatu

We will be holding trials for the Wellington regional schools' team which competes at QB weekend in early term 2. All orienteers are encouraged to have a go, and all these events are open to all runners with any level of experience. More information will be sent out closer to the time.

**Further information**

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