



## College Sport Auckland Individual Orienteering Championship 2023

Lake Kereta

Tuesday 30th May, 2023

North West Orienteering and Lactic Turkey Events will host the Auckland Secondary Schools Individual Orienteering Championship 2023 at Lake Kereta. 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

<b>Event</b>	Auckland Secondary Schools Individual Orienteering Championship
<b>Date</b>	Tuesday 30 <sup>th</sup> May 2023
<b>Organising Club</b>	Hosted by Lactic Turkey Events on behalf of North West Orienteering Club
<b>Enquiries To</b>	Shaun Collins – Lactic Turkey Events
<b>Location</b>	Leighton's Farm, 380 Wilson Road, South Head 0874
<b>Course Setter</b>	Madeleine Collins
<b>Event Controller</b>	Shaun Collins/Mike Beveridge
<b>Map Scale</b>	1:10 000
<b>Contour Interval</b>	5 m

### Entries

Entries must be received by 2pm, Tuesday 23rd May 2023

Start lists will be published on Friday 26 May, 2023

Schools will be invoiced by College Sport after entering using their online entry system. Year 7/8 will be invoiced by Lactic Turkey Events on receipt of the completed entry spreadsheet.

### 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 6 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: 1<sup>st</sup> = 5; 2<sup>nd</sup> = 4; 3<sup>rd</sup> = 3; 4<sup>th</sup> = 2; 5<sup>th</sup> = 1 for each championship grade.

## Timekeeping

Timing will be done using the SportIdent electronic punching system. Students may use their own SportIdent stick. An ident stick may be borrowed for the day if the student doesn't own one. If providing their own ident the number must be given on the entry form. Loan idents must be collected from registration by each school on arrival.

## 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 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. There will also be a white open course for any special circumstance Senior or Intermediate student.

Grades	Technical Difficulty <sup>#</sup>	Estimated Winning Time	Approx. Distance *
<b>Championship</b>			
Senior Boys (Y12/13)	Red	45-50mins	5.6-6.0km
Senior Girls (Y12/13)	Red	45-50mins	4.2-4.5km
Intermediate Boys (Y10/11)	Orange	35-40mins	3.9-4.2km
Intermediate Girls (Y10/11)	Orange	35-40mins	3.4-3.7km
Junior Boys (Y9)	Yellow	25-30mins	2.4-2.7km
Junior Girls (Y9)	Yellow	25-30mins	2.4-2.7km
Year 7/8 Boys	Yellow	25-30mins	2.2-2.5km
Year 7/8 Girls	Yellow	25-30mins	2.2-2.5km
<b>Standard</b>			
Senior Boys (Y12/13)	Orange	35-40mins	3.4-3.7km
Senior Girls (Y12/13)	Orange	35-40mins	2.9-3.2km
Intermediate Boys (Y10/11)	Yellow	25-30mins	2.0-2.3km
Intermediate Girls (Y10/11)	Yellow	25-30mins	2.0-2.3km
Junior Boys (Y9)	White	20-25mins	2.1-2.2km
Junior Girls (Y9)	White	20-25mins	2.1-2.2km
Year 7/8 Boys	White	20-25mins	1.8-2.0km
Year 7/8 Girls	White	20-25mins	1.-2.0km

\* 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 4.5% for red courses.

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

## Terrain

Sand dune terrain with a range of vegetation cover including grass and native bush. Most of the area is fast run, with some areas of slower run in the native bush areas. The area is generally flat to hilly. Some parts of the map have scattered trimmings / branches on the ground. Small amounts of cutty grass. A series of lakes bisects the map.

## Clothing and equipment

Shoes with good grip are strongly recommended for all but the white course as is body cover to protect from the pampas grass and trimmings on the ground.

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.

## Hazards

- Typical forest and farm event hazards including rough ground, vegetation, and fences.
- Possible vehicles and horses on tracks.
- There are lakes, ponds and streams (including adjacent to the Event Arena); young children should be supervised at all times.
- Deer roam on the eastern portion of the map.
- Possible wasps and bees.
- Recommended clothing: lower leg covering

## Safety bearing

If you head south to the deer fence between the farm and the plantation forest. From the deer fence come north a little to the main 4WD track that you drive into the event base on and you should find the event base. You will not need to climb any deer fences on your courses.

## Mapping Notes

The uncrossable fences marked on the map are 2 metre high wire mesh deer fences. These must not be crossed.

## Out of Bounds

All houses and farm buildings on the map, and all areas outside the map boundary.

# 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 that they have the navigational ability sufficient for the Championship course for their age grade (Red level for Senior, Orange for Intermediates, Yellow for Junior & Y7/8)

- They should have completed at least one course of corresponding difficulty within a reasonable finishing time at a forest/farmland orienteering event.
- Suitable forest/farmland events include previous AKSSOC events, Auckland Orienteering Series Club events, National Club events, North Island Secondary Schools Long event, NZ Secondary School Long event.
  - Results from AKSS Sprint Series are NOT applicable
- Competitors are encouraged to complete more than 1 previous race at their age grade's 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.