

COMPETITOR STRATEGY FOR SCHOOL MEET

GENERAL RULES

On the MAP are CONTROLS – marked by purple circles. These are what you have to find. Next to each control is a number – this is the control code. In the PARK, the controls are marked by a stake with a white and orange orienteering flag. At the top of the stake is a blue 'brick' with the control code written on it. At the start, each team will be given an SI CARD to wear on your finger. When you find a control, you must insert the SI card into the hole in the brick. The brick will beep and the code will be stored on your SI card. This is how we know you actually found that control. At the finish, you bring your SI Card to the download station, and your results will be downloaded into the computer.

Each control is worth a different point value (between 10 & 50 pts). The ones that are harder to find, or further from the start, are worth more. On the map is a rectangle containing CONTROL DESCRIPTIONS. In the first column is the pt value of the control, and column two is the control code. The third column is a brief description of what the control looks like. On the map, the START is marked as a purple triangle, and the FINISH is a purple BULLS EYE. You can find the controls in ANY ORDER.

The winning team (in each age group) is the one that gets the highest number of points WITHIN THE ONE HOUR TIME LIMIT. If your finish time exceeds one hour – you will be penalized 5 points for each minute. For example: if your finish time is 1 hr 1sec – your penalty is 5 pts. If your finish time is 1 hr 1 min 1 sec – your penalty is 10 pts, etc. If teams are tied on points – the team with the lower finish time is the winner. At the start, there is a START brick, when you insert your SI Card into this brick – your time starts. At the finish there is a FINISH brick – when you insert your SI card into this brick, your time is stopped. Then you can (leisurely) proceed to the download station to find out your score.

There are several areas that are OUT OF BOUNDS – marked by purple lines on the map. You must AVOID these areas!

BEFORE THE MEET

Determine how far you can run/jog in 1 hour. If you're a beginner, divide this by 2 or 3. This is your COURSE DISTANCE - how far you should be able to travel during the meet.

AT THE MEET

You will get your map as soon as you register. Now you can use the map to strategize and plan your course. Your one hour time limit won't start until you 'punch' the START brick. You can ASK FOR ADVICE/HELP from your teachers or from any member of the Orienteering Club.

Use the scale on the map to translate your COURSE DISTANCE into a loop on the map to collect as many points as possible. If you're a beginner, don't include the harder controls.

Find the START symbol on the map; go to the orienteering stand with the START brick. Now you are standing at the location specified by the START symbol on the map.

Look around you. Orient the map using the visible terrain. If you have a compass, you can also use that to orientate the map.

On the map, locate the first CONTROL on your course. Plan how you will reach it. Look at the CONTROL DESCRIPTION for it. Try to memorize the route so you don't have to keep looking at your map e.g. *head for the large tree, take the path on the left, follow the path, just before the bridge go left up the hill to the boulder*. Now repeat this for each control on your course. Be aware of your time - if your HOUR is almost up you should head directly to the FINISH.

IF YOU GET LOST

- Return to your last known location.
- If you can see any distinct objects - use them to orientate your map
- If there is a paved path/road follow it until you reach an area you recognize