

2024 ORIENTEERING

ELIGIBILITY: Years 7 to 13

EVENTS, VENUES & TRAININGS:

Please see dates for all our events on the calendar below. Orienteering Club events are on Sunday mornings, although there are a smaller group of events at other times. We use these as training events, as well as running our own training events on Sunday morning. It is expected that your daughter attend these, as these are our training events.

We provide running training and also encourage the Orienteering group to join the Baradene Distance Running group in term 2 & 3 (sign ups are taken now), as this is valuable running training.

PARENT/DAUGHTER MEETING AND PRE-SPRINT SERIES TRAININGS:

Please note we will be holding a meeting with all parents and Orienteers at the start of the year to explain in full about the season. It would be beneficial for at least one parent to attend this.

You will see on the Orienteering calendar that the first of the sprint series is on 28th February. Our coaches will, therefore, be holding the following two training sessions prior to the first race for all the Baradene squad on:

- **Wednesday 14th February, 3.30pm-4.45pm at Baradene, and this will then be followed by the Parent/Orienteer meeting at 5.00pm-5.30pm in C219.**
- **Wednesday 21st February sprint training – Waiaatarua reserve**

Please note both these important dates in your diary and we look forward to seeing you there.

TRANSPORT: Buses will transport the girls to the training on the 21st February at Waiaatarua Reserve and the Sprint Series events in Term 1. For other one-day events we will request assistance closer to the time.

UNIFORM: There is an Orienteering top available through the Uniform Shop which we encourage you to purchase for your daughter to compete in. Alternatively girls are able to wear their PE uniform at the events. Sports shoes and white sports socks are also to be worn at the sprint events and long black socks are permitted for the forest runs.

COST: An annual fee of \$155 – this covers all events entered and coaching. This is required to be paid in full prior to the first event.

There will, however, be an additional charge for those who participate in the NISS and NZSS events. This will include their entries, travel and accommodation.

Payment options below.

Please note:

Withdrawing from a team once named is not acceptable at Baradene. If this occurs your daughter will not be permitted to represent Baradene in any other code for the season, so please ensure all commitments are considered prior to committing to teams.

Orienteering have a Team App set up to assist with communication. Once registrations are received we will send the relevant information to access this app.

If you have any question or queries regarding Orienteering please do not hesitate to contact Catherine Ratcliffe, cratcliffe@baradene.school.nz.

In the meantime please ensure your daughter's online registration is completed by **Thursday 1st February 2024**.

Yours sincerely,



Catherine Ratcliffe
Director of Sport



Sandy Pasley
Principal

PAYMENT OPTIONS:

Payment of the fee is to be made through the Parent Portal which will be loaded once your daughter's team is finalised. Please do not make payment until the fee is loaded, however, this is required prior to the first competition game.

All payments made through the Parent Portal automatically update your statement and acts as a receipt for payments made.

Credit Card: Logon to the Parent Portal and pay by credit card. Click on the Pay Fees option from the menu. (Please use the parent portal username and password that was emailed to you in the month or from the parent information sheet). If you are having difficulty locating your username and password, please email admin@baradene.school.nz.

To enable us to migrate to a cashless environment, we prefer payments via the Parent Portal, however, payments can still be made by Internet Banking, or Cash. Internet banking: please state what the fee is for and directly credit the Baradene Bank Account: 03 0252 0884164 00.

2024 BARADENE COLLEGE ORIENTEERING

KEY DATES & SCHOOL EVENTS

TERM 1		
DATE	EVENT	LOCATION
Wed 14 th February	Intro to Orienteering (<i>Intro & training session</i>) (3.30pm – 4.45pm) <u>Note:</u> For experienced students, there is a Sprint Summer Nav (Public event) at Alexandra Park afterwards. (See Summer Nav section below)	Baradene – meet by BARAT tennis courts
Wed 14 th February	Parent / Student Meeting (5.00 – 5.30pm)	Classroom C219
Wed 21 st February	Training (3.30pm - 5.00pm)	Waiatarua Reserve
Wed 28 th February	SPRINT SERIES #1	TBC
Wed 6 th March	SPRINT SERIES #2	TBC
Wed 13 th March	SPRINT SERIES #3	TBC
Wed 20 th March	SPRINT SERIES #4	TBC
Mon 25 th March	Eastern Zones (Year 7/8 only)	Waiatarua Reserve
Sun 7 th April	SPRINT SERIES FINALS <i>For those who qualify</i>	TBC
SCHOOL HOLIDAYS		
25 th – 27 th April	NISS CHAMPS	Waitakere area
TERM 2		
DATE	EVENT	LOCATION
Thurs 9 May	AKSS RELAYS	TBC
Wed 15 th May	Inter Zones (Year 7/8 only) <i>For those that qualify</i>	TBC
Wed 29 th May	AKSS ROGAINE	TBC
Tues 18th June	AKSS INDIVIDUALS	TBC
SCHOOL HOLIDAYS		
19 th -21st July	NZSS CHAMPS	Wellington/Manawatu area

SPRINT SERIES INFO

The sprint series events are held Wednesday after school with a start time of approx. 4.15pm and finishing by 5.30pm. The exception to this is the finals which are held on a Sunday.

We travel directly from school by bus to these events, however, pick up is from the venue by 5.30pm and this will be your responsibility. Each race will be at a different school in the Central Auckland area as per above. The remaining "TBC" venues will be advised prior to that event.

Age Groups: *Senior (Year 12/13), *Intermediate (Year 10/11), *Junior (Year 9), *Year 7/8

TRAINING

Orienteering training is primarily on Sunday mornings. We use Orienteering club events for training as much as possible as well as running our own. It is expected that your daughter prioritises these Sunday trainings. A calendar will be published soon, please contact Llew or Laura regarding any clashes.

In addition, we encourage running training – especially those who run championship grade. We will provide some orienteering group running training and encourage orienteers to join the Baradene Distance Running group in term 2 & 3 (sign-ups are taken now), as this is valuable training that supports Orienteering.

OTHER MAJOR EVENTS – DATES & INFO

In addition to the above school events, there are several excellent club events which we highly recommend.
IN PARTICULAR, PLEASE NOTE:

EVENT	Competitions	DATE	LOCATION
Club Nationals (entry by age group)	Sprint, Long, Middle, Relay	29 Mar – 1 st April (Easter)	Rotorua/ Taupo
King's Birthday Regional Challenge*	Sprint, middle, long	1 st – 3 rd June	Nelson
NZ Junior Development Camp	Training - All	8 - 13 December	Taranaki

*This is the selection trials for the NZSS team that will compete in Australia later in the year (in the Term 3 Holidays)

Club Membership for students is approx. \$20 and is excellent value as it includes training and discount at events.
Speak to Llew about joining a club.

SUMMERNAV SERIES

SummerNav's are a fun way to get out into the parks of Auckland, experience the sport of orienteering, practise map reading and navigation, improve your fitness, and explore areas you may not have visited before. They are held on various days, starting anytime between 5.00pm – 6.45pm. They are great event to get to if you can!

- Run, jog, or walk - you set the pace.
- By yourself, in a team, or as a family.
- Fun adventure or a competitive challenge and race.

You are provided with:

- a high-quality park orienteering map
- a selection of pre-set courses

The challenge is:

Can you plan and follow your best route to visit the points in correct order, taking the least amount of time?

The race is on! All are welcome to have a go! For more info, visit <http://www.orienteeringauckland.org.nz/>

SUMMERNAV SERIES DATES

Thu 8 Feb	Waiatarua park, Ellerslie	
Wed 14 Feb	Alexandra Park, Greenlane West	
Tues 20 Feb	Western Springs	
Thurs 29 Feb	Lloyd Elsmore Park, Sir Lloyd Dr, Pakuranga	THIS EVENT IS RUN BY 2 BARA STUDENTS!
Sat 02 Mar	Hamlins Hill, 1014 Great South Road, Penrose (Night Event – Bring a Torch)	
Thurs 07 Mar	Mt Roskill Memorial Park	
Tues 12 Mar	Auckland Domain	
Wed 20 Mar	Cornwall Park	

Aside from these dates, there are also maps available online (via the link below) at numerous local sites which you can do at any time using the phone app "MapRun". These are great for training or extra practice.

<https://orienteeringauckland.org.nz/resources/training/training-using-maprun/>

SUMMERNAV SERIES PROCEDURES

→ Wear your normal walking/running gear and bring a drink.

→ The **MAP LEGEND** provides a key to the symbols and colours used on the map.


→ Areas that are **PURPLE STRIPED**  or **OLIVE**  indicate **OUT OF BOUNDS**.
Be careful not to enter these areas.

→ **ORIENTATE THE MAP.**


Holding the map directly in front of you, rotate the map to line up the features on the map with the features on the ground around you.

→ **ALWAYS KEEP THE MAP ORIENTATED.**

When you turn, turn the map so it stays correctly in line with the ground.

 The **START** is shown on the map as a purple triangle.

 The **FINISH** is shown on the map as a purple double circle.

 **CONTROL POINTS** are located in the exact centre of the purple circles, which are numbered in the order you must visit them.



→ **CONTROL DESCRIPTIONS** indicate the control code (e.g. XE, or 123) and give you a precise description of where the control point is located in relation to the object shown on the map.

→ You will receive a **CLIP CARD**.

Write your name, course, and time you start the course on the bottom on the clip card.

→ **VISIT EACH CONTROL IN ORDER**, clipping the clip card on the correct control.

You may see controls which are not on your course.

→ On finishing, record your finish time, time taken, and staple your clip card on the results string.



