

2025 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 26th February. Our coaches will, therefore, be holding the following two training sessions prior to the first race for all the Baradene squad on:

- **Wednesday 12th February, 3.30pm-4.45pm at Baradene, and this will then be followed by the Parent/Orienteer meeting at 5.00pm-5.30pm in E307**
- **Wednesday 19th February sprint training – Sacred Heart College**

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 19th February at SHC and the Sprint Series events in Term 1, but you will need to collect them from the venue. 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 \$220
– this covers all College Sport Auckland events entered and coaching. This is required to be paid in full prior to the first event.
Idents and compasses will be issued if your daughter does not have her own. Please note that if these are lost they will be charged for (\$80 for ident and \$55 for compass).
There will be an additional charge for those who participate in the NISS and NZSS events. This will include their entries, travel and accommodation.

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 **Friday 31st January 2025**.

Yours sincerely,



Catherine Ratcliffe
Director of Sport



Sandy Pasley
Principal

2025 BARADENE COLLEGE ORIENTEERING

KEY DATES & SCHOOL EVENTS

| TERM 1 | | |
|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| DATE | EVENT | LOCATION |
| Wed 12 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 12 th February | Parent / Student Meeting (5.00 – 5.30pm) | Classroom E307 |
| Wed 19 th February | Training (3.30pm - 5.00pm) | Sacred Heart College |
| Wed 26 th February | SPRINT SERIES #1 | EGGS (TBC) |
| Wed 5 th March | SPRINT SERIES #2 | Onehunga High School (TBC) |
| Wed 12 th March | SPRINT SERIES #3 | St Mary's College |
| Wed 19 th March | SPRINT SERIES #4 | Mt Roskill Grammar |
| Wed 26 th March | SPRINT SERIES #5 | Auckland Grammar |
| Mon 31 st March | Eastern Zones (Year 7/8 only) | TBC |
| Sun 6 th April | SPRINT SERIES FINALS (<i>For those who qualify</i>) | AM – McLeans, PM – St Kentigern |
| 25 th – 27 th April | NISS CHAMPS (SCHOOL HOLIDAYS) | Counties Manukau area |
| TERM 2 | | |
| DATE | EVENT | LOCATION |
| Tues 6 th May | AKSS RELAYS | <i>TBC</i> |
| Wed 14 th May | Inter Zones (Year 7/8 only) (<i>For those w3ho qualify</i>) | Moire Park |
| Thurs 22 nd May | AKSS INDIVIDUALS | <i>TBC</i> |
| Sun 8 th June | AKSS ROGAINE | <i>TBC</i> |
| 11 th -13 th July | NZSS CHAMPS (SCHOOL HOLIDAYS) | Waitakere 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 Catherine 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 | 18 th – 21 st Apr | Christchurch |
| King's Birthday Regional Challenge* | Sprint, middle, long | 31 st May- 2 nd June | Hawkes Bay |
| NZ Junior Development Camp | Year 9 - 13 | 11 - 16 December | Auckland |

*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

| | |
|--------------|----------------------------------------------|
| Tues 4 Feb | Lloyd Elsmore Park, Sir Lloyd Dr, Pakuranga |
| Wed 12 Feb | Mt Roskill Memorial Park |
| Wed 19 Feb | Western Springs |
| Thurs 27 Feb | Hamlins Hill, 1014 Great South Road, Penrose |
| Sat 01 Mar | Ambury Regional Park, Mangere Bridge |
| Thurs 06 Mar | Cornwall Park |
| Thurs 13 Mar | Mt Wellington War Memorial Park |
| Tue 18 Mar | Auckland Domain |

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.



