

Polokwane Orienteering Club And Mukumong Sports Foundation

Presents

First ever Orienteering Event of the year 2017



GENERAL INFORMATION

- Starting time for the courses:** 09:00am
- Entries:** Registration will open at 08:00am to 10:00am on the day of the event. Participants/orienteers may submit their completed forms and proof of payments via email: plk.orienteeing@gmail.com.
- Registration fee:** R10.00 -20yrs and R20.00 +21yrs
- Registration fee is non-refundable.**
- Prize giving:** prize giving will commence at +/-12h30pm
- Age restriction:** No age restriction Kiddies are most welcome.
- Courses:** Men and Ladies with some navigation experience, winning time +/- 20min, 4km. Explorer: Easy navigation suitable for new beginners ~3.4km. A fun course not too technically or physically challenging.
- Terrain:** Village in Ga-Rampheri, interesting settlement with a tar road, mountainous area and lot of fences, ideal for new beginners.
- Map:** ISSOM (Sprint Specifications). Surveyed and drawn by Ephraim Chuene, Dec 2016
- Timing:** Manual punching system, Punch cards will be used and finishing times will be monitored.
- All athletes indemnify the national and provincial sponsors as well as race organizers of the event against claims of whatsoever nature which may arise due to participation in the competition. Athletes participate in their own risk.
- The race will be run according to the rules of IOF and SAOF rules.
- Athletes are not permitted to run with animals.
- Athletes do not need to belong to a club to participate in the event
- For more information contact:** 082 095 1035/073 041 0595

Surname																Initials				
First Name																				
ID Number											Nationality									
Date of Birth	Year	Month	Date											Gender (Mark with an X)	M	F				
Residential Address																				
Code																				
Email																				
Work Tel.												Cell no.								
Emergency contact person																				
Contact Number																				
Age on race day	Age category		15-19	Open	40-49	50-59	60yrs+													
Are you a member of any club?												YES	NO	If Yes, Please specify						
Club Name																				
Province																				
(Please tick the appropriate box)																				
Open/M21E/W21E																		Specify (e.g. M70)		
Light Green/M20/W20																				
Novice/M12/W12																				
Amount			R																	

Athletes may pay their entry fee by DIRECT DEPOSIT/EFT into a CAPITEC BANK. Bank details are as follows: ACCOUNT HOLDER: **PLK O CLUB**, BANK: **Capitec**, BRANCH: **Lebowakgomo**, ACCOUNT NUMBER: **1326964524**, BRANCH CODE: **470010**

Declaration and Discharge: 'I declare' all information supplied by me is true and correct. I agree to comply with the rules, conditions and regulations for this event, which include the payment of the registration fee. I hereby release and discharge the organisers, sponsors, volunteer groups, medical personnel and all authorities from any loss or damage, however caused arising from my participation in the event, including pre and post-race activities. This event is under the auspices of SAOF, POC, as such I will comply with all the rules and regulations as contemplated in the above mentioned event general information.

Signature

Parent/Guardian's Signature
(If under 18yrs)

Date

