



**sport & recreation**  
 Department:  
 Sport and Recreation South Africa  
 REPUBLIC OF SOUTH AFRICA



## 2<sup>nd</sup> Annual Orienteering Schools League University Of Limpopo, April-May 2019

Following the wonderful success of the 1<sup>st</sup> Annual Orienteering Schools League which was held at various schools in the Lebopo Circuit, between February and April 2017, **Polokwane Orienteering Club-NPO** would like to invite interested schools again for the 2<sup>nd</sup> Annual Orienteering Schools League at the University Of Limpopo Scheduled as follows:



- Date(s)** : 27 April 2019 (*First Leg*)  
 : 04 May 2019 (*Second Leg*)  
 : 11 May 2019 (*Finals*)
- Attire** : Sport wear
- Registration Fee** : R20.00/participant for all league events

All proposed dates will be on Saturdays, we propose a total number of 10-20 pupils per school. We will access the parking site near gate one of the university to use as the start and finish location for the orienteering. We would start each event at 08:00am.

### **What is orienteering?**

Orienteering is a cross-country navigation sport where competitors have to make use of a specially drawn map to navigate around a series of checkpoints in a set area. Competitors either walk or run a set course as indicated on the map, making use of nothing more than their own navigational skills

### **How Ephraim explains orienteering:**

“Orienteering is a sport whereby participants are given a map which they must use a guide to find the hidden clues, called controls (which are orange and white flags) on the ground.

Website: [www.orienteering.co.za/clubs](http://www.orienteering.co.za/clubs)

E-mail: [plk.orienteering@gmail.com](mailto:plk.orienteering@gmail.com)

P: P O Box 2177, Chuenespoort, 0745 - C: +2773 462 6114/+2773 041 0591 - Reg no: 140-453 NPO

The participants are to find all the hidden clues in the shortest time possible. The one who gets all the correct controls in the shortest time is the winner.”

The race is intended to test the navigational skill, concentration and running ability of the competitors. The objective on each leg is to follow the fastest route between controls. The fastest is not always the shortest route, and can depend heavily on route choice. Orienteering is not necessarily about speed, meaning that the fastest athletes do not always win. It is very much a strategic and analytical sport.

Orienteering is an *excellent complement to team-based sports*. Although runners compete individually they have to be aware of the whole ‘playing field’ and they have to make quick strategic decisions, constantly adapting to the conditions. This sort of skill is necessary for all team sports such as soccer, rugby, hockey and netball.

### ***Orienteering Schools League - Limpopo (OSL)***

The OSL is organised and run by the Polokwane Orienteering Club. The league is aimed at learners from Grade 5 to Grade 12. Primary school participants are welcomed. The Schools League runs annually between February and May. Children are encouraged to join orienteering at a club level, which runs throughout the year on Saturdays mornings. This improves their orienteering skills and makes them eligible for selection in the National SA Development Squad; they may be chosen to represent Limpopo at the Gauteng Orienteering Champs and South African Orienteering Champs (SAOC and GOC).

### ***Orienteering Schools League Competition system***

Children compete in one of three categories:

- A) Primary boys and girls (10 years to 12 years)
- B) Junior boys and junior girls (13 years to 15 years)
- C) Senior boys and senior girls (16 years to 20 years)

### **Individual final:**

This is a winner-takes-all individual race within each of the age categories. Participation is by invitation only and is limited to 15-20 children/schools. We try to have the best runners, but also to ensure representation across all schools. There are three courses and children race in their respective age categories.



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### School Log:

Schools earn points based on points earned by the children within their respective categories according to their finishing time. These points are calculated as a percentage of their time compared to that of the winner within that category, where the winner scores maximum points. The schools are ranked according to the points of their five best runners. The highest scoring school wins the league and crowned.

For further information our website or social media platforms or contact me directly.



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### Orienteering Schools League Entry Form

Name of School: \_\_\_\_\_

Date: \_\_\_\_\_

| Name of learner | Gender | Age/Category | Time | Final Points |
|-----------------|--------|--------------|------|--------------|
| 1.              |        |              |      |              |
| 2.              |        |              |      |              |
| 3.              |        |              |      |              |
| 4.              |        |              |      |              |
| 5.              |        |              |      |              |
| 6.              |        |              |      |              |
| 7.              |        |              |      |              |
| 8.              |        |              |      |              |
| 9.              |        |              |      |              |
| 10.             |        |              |      |              |
| 11.             |        |              |      |              |
| 12.             |        |              |      |              |
| 13.             |        |              |      |              |
| 14.             |        |              |      |              |
| 15.             |        |              |      |              |
| 16.             |        |              |      |              |
| 17.             |        |              |      |              |
| 18.             |        |              |      |              |
| 19.             |        |              |      |              |
| 20.             |        |              |      |              |

I, \_\_\_\_\_ in my capacity as \_\_\_\_\_ of  
the \_\_\_\_\_ hereby confirm that I acknowledged the invitation from  
Polokwane Orienteering Club regarding the orienteering schools league involving our learners listed  
above. The learners have our consent and full support to participate in the orienteering schools league.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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