

WHAT TO DO TO GET STARTED!

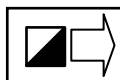
GETTING THERE

Find your way to the event area by using the directions in the 'Coming Events' list and the direction signs. Please park as directed by the parking attendant or in a suitable place that does not block access to residents or other competitors and does not damage the environment.

DIRECTIONS TO EVENTS

Melway map references are given & / or Vic Roads for Bush events. The red & white "Orienteering" signs to events described in "Coming Events" may include:

Orienteering Signs



These signs are placed at or just before road junctions. The first one reached by people going to an event is usually at a junction with a major road and subsequent signs are placed at intervals and locations where roads fork or you need to turn off one road onto another road or track.

WHAT'S AVAILABLE AT THE EVENT?

Additional "Event Details" are usually displayed near registration or a handout sheet is provided showing course details and other information about the event. If you have any queries ask at the registration table when or before registering.

CHOOSING A COURSE

If not sure which course is suitable for you, please ask an organiser

Choose a suitable course from the range available.

Park/Street Orienteering:

Usually 5 courses, A(10k) B(8k) C(6k) D(4k) E(3k) and a Powerwalkers course (PW) where you have one hour to find as many controls as possible

Bush Orienteering

VERY EASY - follow tracks and fences

EASY - use tracks, fences and other "handrail" features

MODERATE - large features away from handrails, route choice

HARD - route choice, small features away from handrails

Courses are graded: and vary in distance from 2km to 18km

Mountain Bike Orienteering (MTBO)

Usually 4 courses (1,2,3,4) ranging from 7 km to 30 km either as a score event or a cross country event

FILLING IN REGISTRATION/CONTROL CARD

Fill out a registration/control card, near the registration table. Fill in all relevant boxes. Car numbers recorded on control cards are used as a double check that you are not still out on the course.

Park/Street Orienteering

Cards are in 2 parts , fill in BOTH sections.

Bush and MTBO control cards have 3 sections:

1 for registration, 1 for the start/finish area and result board, 1 for you to use out on the course to punch the correct control code. State League and Championship events now use the electronic SPORTIDENT stick, thus eliminating the need to carry a paper control card.

REGISTERING

After filling in the registration card, proceed to the **Registration** area and pay your fee. **At Park/ Street events** newcomers will be given further information, maps are handed out at the mass start time. **At Bush and MTBO events** either collect a map and a list of control descriptions, or you will receive a pre-marked map at the start time.

Bush Orienteering
Course 10 3.2km

START: TRACK BEND
1.(390) track junction
2.(243) dam W. side
3.(162) creek bend
100 metres to Finish

MTBO event
Course 4 7.5km

1. (40) Track bend
2. (41) Track junction
3. (44) On the track

Sample control descriptions

At many events you will choose a start time from lists of available times. Participants on each course set out at two-minute intervals on Bush and MTBO events. Participants on different courses often start at the same time. Other events can involve a mass start where all participants start together.

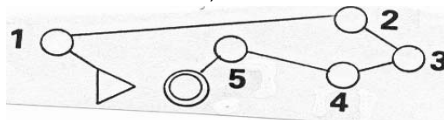
STARTING

The way to the **Start** location at Bush and MTBO events will be displayed and you will need to have your map, control card, control descriptions, plastic whistle and compass with you when you arrive at the **Start** area a few minutes before your start time.

TYPES OF COURSES

At Park/Street events most courses are **scatter**, where you choose to find a set numbers of controls in any order. The powerwalkers course is a one hour score event (read below)

At most Bush and MTBO events participants will do **cross - country** courses and must visit the controls in order from 1 to (number of controls on course) and then to the Finish.



*This sketch shows cross-country course.
Control sites are in the centre of each circle
Triangle is Start, Double circle Finish.*

Other types of events : - are Relays, Score events.(visit controls in any order, each control has a point value) Check the instructions or ask an official at the event to explain.

ALWAYS ORIENTATE YOUR MAP!

Always have the magnetic north arrow on your map pointing north.

Orienteate your map by relating the features around you to the features on the map. Using **the compass** will help you establish quickly where north is. It **is an aid to navigation**. The **MAGNETIC** needle always points to north. The top of your map is north, so align the map and the compass needle. If you are unsure of how to orient your map, use your compass, need tips on navigation techniques or any other details about the course - ask an official!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
Name									

AT A CONTROL

When at a control, check that the site and code number on the control match the details on your control description list. There are often controls on other courses that are not on your list.

Always punch your control card within the correct box

FINISHING

Every participant must return to the **Finish** even if they have not



Course closure times are set if you are still out when closure time approaches, please head back to the **Finish** area by the quickest safe route.

necessary for competitors safety and ches for competitors.

RESULTS

Control cards of finishers are checked against a master card to ensure that all the correct controls have been visited . When using SportIdent the times are electronically recorded on the stick and the computer will determine correct codes! At the Finish a print out of the split times is provided. **Results** are displayed in the assembly area.

Results are also published in "O-VIC" newsletter.

Results are available on the website.

www.vicorienteing.asn.au

WHAT ORIENTEERS NEED

Jogging or walking shoes	Plastic bag – keeps map dry
Shorts or long trousers	Compass at bush/ MTBO events
Plastic whistle – bush events	Food and drink
SportIdent stick *	

* SI sticks can be ordered through the VOA Office \$35 each

RANGE OF ORIENTEERING EVENTS

Bush Events

Bendigo Saturday Series Events : events run during the period March to November. They are held on areas around Bendigo with start times between 1pm and 3pm.

Albury/Wodonga Events Monthly Sundays – Alb/ Wod/ Wagga

Club Events are Bush events run on maps that have been used for a number of Championship / SL events. They are normally 5 colour maps. There are 5 or more courses at Club events, including a novice course.

Metro League Events are Bush events in and near Melbourne. They run from April to October on selected Sundays. They can be scatter, cross-country or score events. Ideal events for newcomers.

State League (SL) Orienteering Events: Bush events held in good bush areas with 11 courses available. These are enter on the day events, open to all. Designated by age, distance and navigational difficulty (easy, moderate, hard). Course lengths vary according to terrain from 2 k to 15kms. SL points are awarded to VOA members according to their placing in their eligible class. Orienteers can run whatever course they desire at SL events but to earn points in the series, they must run in classes for which they are eligible. Run on high quality 5 colour maps, with map scales 1:10,000 or 1:15000 with contours shown at 5m intervals. Courses suitable for Newcomers are always available at these events.

State & National Championships.

Official entry to Championship events requires pre-entry and is restricted to members of the Orienteering Association of the State conducting the event and affiliated Orienteering organisations, such as the VOA. In if doubt, contacts are listed in this brochure.

Mountain Bike Events

Events are held on specially produced 1:20,000 or 1:25,000 maps.

Events held approximately one per month.

Visit the exciting website at www.ozmtbo.com

Radio Orienteering

Amateur Radio Direction Finding (ARDF) combined with navigation is an exciting worldwide sport.. Combines the skills of orienteering with the use of hand-held direction finding equipment. Visit the new site at www.ardf.org.au

Park/Street Events

Albury/Wodonga Street events Summer Tuesday start at 6.30pm.

Summer Series Events are run during Daylight Saving in Melbourne Suburbs in the Parks and Street on most Mondays (Northern suburbs), Tuesdays (Western suburbs), Wednesdays & Thursdays (Eastern suburbs) with mass starts at 7pm. Newcomers are welcome.

Saturday Park/Street Series and Wednesday Night Street Series Events are run on Maps of Park/Street areas in Melbourne Suburbs in the non Daylight Saving period. Saturday Series are 2pm mass start events with Night Series mass starts at 7pm on Wednesday evenings.

Ski O Events are held in the winter.

Rogaining Events - organised by Rogaining Association -

Long distance orienteering, Score event. 6, 12 or 24 hrs duration.

WHEN and WHERE are EVENTS HELD?

Coming Events brochures orienteering are mailed out to members all can be accessed on the web or mailed out from the Office.

ORIENTEERING CLUBS

There are 11 Clubs situated throughout Victoria. By joining a Club you get the opportunity to meet people with similar interests, obtain skilled coaching to improve your orienteering, receive instruction in OCAD computer map drawing and the opportunity to take part in all facets of the sport.

Club Contacts:

Albury-Wodonga (AW)	Norm	02 6041 2412
Bayside Kangaroos (BK)	Judy	9803 1925
Bendigo (BG)	John	5447 7250
Central Highlands (CH)	John	5426 1649
Dandenong Ranges (DR)	Susan	9802 2508
Eureka (Ballarat) (EU)	Lesley	5341 2190
Melbourne Forest Racers(MF)	Bruce	9481 8191
Nillumbik EMU (NE)	Carmel	9874 5270
Tuckonie (TK)	Peter	9379 3426
Yarra Valley (YV)	Ruth	9457 1836
Victorian ARDF Group Inc(ARDF)	Bruce	9889 7509

Series Coordinators -

State League statistician
Metro League & Eastern S.Series
Western Summer Series
Night Series
Saturday Park/Street Series
Bendigo Local series
Albury Wodonga Series

Series Scorers

Murray	9889 4349
Wally	9802 2508
Ken	9337 5417
John	9889 2492
Ian	9879 0012
Dianne	5443 9080
Leigh	02 60 254 959

Membership Fees for 2003 include GST

Senior \$52, Family \$72 Junior /Student \$26, School / Group \$80.

Membership provides the following benefits

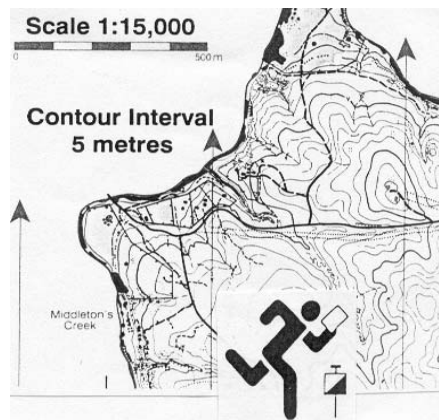
- Receipt of *Orienteering Victoria* newsletters 5 times per year
- Receipt of the *Australian Orienteer* magazine 4 times per year
- \$3 entry fee discount at metropolitan bush events
- \$5 entry fee discount at all other bush and MTBO events
- Discounted Park/Street Summer Series tickets
- Eligibility to win State League awards
- Eligibility to enter Championship Events
- Reciprocal rights Inter-State
- 10% discount at The Wilderness Shop



HOW TO GET STARTED

How to get there
What you will need
Which course to do...and more

Orienteering is finding your way through a series of control points using a map in unfamiliar terrain



Orienteering Victoria

332 Banyule Road, Viewbank 3084

Tel. 9459 0853 Fax 9457 5438

Email voa@netspace.net.au

www.vicorienteeing.asn.au - for information + event results

To access Coming Event Information ring Helen on 9890 3714

Orienteering - a Sport For Life