

# RACE INFORMATION

## FORMAT:

The course is marked as follows. The Start area is shown by a red triangle. The Finish is shown by a double circle. The controls are shown by red circles. On the ground, controls are marked with red and white kites and identified by a number code corresponding to the code on the control descriptions printed on the map. At each control there is also a docking station into which the SI card should be entered to register the competitor's time of arrival at the control. The SI station will 'beep' and a red light will flash, to indicate that the station has registered the SI card. **Runners should ensure this has happened, before continuing to the next control.** After punching the Finish, the competitors should immediately return their SI card to their teacher, otherwise it can easily be lost.

The competition is in the Score format. There will be 30 controls each being allocated a score, ie 10 pts, 30 pts, 50 pts, depending on their difficulty or distance from the Start/Finish. Competitors will have a given Time Limit in which to visit as many controls as they can, accumulating their score as they punch each control. Controls can be visited in any order and there is no requirement as to how many/few controls competitors have to get. They must punch the Start and Finish (which have no score) and any controls after that will add to their score. Competitors will be placed in a descending score order in the results, ie the highest score is the winner. If there is a tie, the competitor with the fastest time will be placed higher. However, there will be a penalty of 10 pts deducted for every minute, or part thereof, that a competitor finishes over the time limit.

The map is the usual six-colour orienteering map and has been newly updated. The maps will be pre-marked with the Score controls and control descriptions. Controls on the map will be marked by their Control Code with their Score marked alongside in brackets, ie 152 (30): the control code on the SI unit is 152 and the score allocated is 30 pts. All competitors will receive an SI card which is pre-allocated to the competitor's name. All runners will also receive their maps before they start, except for championship events.

**TIMING:** SportIdent timing will be used. All pairs or single runners will have an SI card assigned to them, which the teacher-in-charge will be given at Registration. This SI card must be returned to their teacher immediately after the runner finishes. Start times are from 11.00 to 13.00. Courses close at 14.00.

The Teacher-in-Charge for each school will collect all the SI cards from their competitors, when they've finished, and return them, all accounted for, to Registration before they leave the event. Reminder: Any lost SI card will incur a charge of 38 euro, which is the replacement cost.

**CLOTHES:** All runners should wear their school top/tracksuit top, as identification.

**BEFORE START:** All the SI cards will have been 'Cleared' of previous data by the Organiser before the event. Once all your students have received their map and SI card and they are ready to start, the Teacher-in-Charge should obtain an SI station marked 'Start' from Information. The teacher then starts their own students from wherever they are gathered around the Assembly area. Each student inserts their SI card in the 'Start' unit. This registers their Start time and begins their timing. It is the responsibility of each student (and the teacher) to ensure that the 'Start' unit has beeped/flushed. The teacher spreads out their students' starts as they see fit and also preferably starts them off in various directions, so as to discourage students running in groups.

### **BASIC ORIENTEERING GUIDELINES:**

Please make sure that all runners are made aware of and understand:

1. Runners **MUST** punch the '**Start**' unit to begin their timing. If not, they will be allocated a default start time of 09:00am by the software and their finish time will be at least 120mins longer than they took to complete the course.
2. Where North is and how to keep their map orientated to North as they go around the course. (Keep bottom of map pointed towards Sun at all times - for schools events, as its usually around midday and Sun will be roughly in the South.)
3. Runners should insert their SI card through the front hole of the SI unit, ie the side with the control code on it. If punched through the back of the unit, the SI unit will not register their SI card and they will not receive a score for that control.
4. A varied selection of control features is used at this event. Make sure that they each understand what all the control sites on their course look like.

### **RESULTS:**

The Organiser will Download all the competitors' SI cards on arrival home. This will be after school hours, as the Organiser has to collect all the controls and clear up after the event, which all takes a few hours.

Official results will be posted asap on:-

- Leinster Schools Orienteering website: [www.schoolsorienteering.ie](http://www.schoolsorienteering.ie)
- OI (Orienteering Ireland) Results webpage: [www.orienteering.ie/results](http://www.orienteering.ie/results)

### **TRAFFIC:**

There may be occasional cyclists and dogs & dog walkers on the paths in the park, and competitors should be aware of this. Stay within park boundaries as there are busy roads adjoining it. There may also be some parkkeepers' vehicles using the park roads.

**NB: All Adult Helpers must wear a high-vis jacket.** Either they bring their own or they can borrow one from the Organiser. This applies also to any adult patrolling the course.

**INJURIES** - A first aid kit is at the Finish, and a trained first aider is on site. Injured runners should return directly to the finish or, if this is impractical, stop the next passing competitor and send him/her back immediately to report the incident.

**SAFETY CHECK** - Each pair/single runner has a SI card linked to their name/s. The return of this card confirms the return of the competitor/s. It is important that each pair stays together throughout their run, and all competitors running in pairs should be made aware of this.

**IF LOST** - return the way you have come until you return to the start, or until you can once again recognise where you are.

**LITTER** - Please ensure that all litter left by your school is picked up **by the students themselves**, before they leave. Please impress on them the mantra to "Take everything away - Leave nothing behind but footprints".

**RESPONSIBILITY** -The Organisers are organising this schools competition as specialist advisors, and it remains the responsibility of the supervising teachers to ensure discipline, to obtain parental consent forms and to retain responsibility for the safety and well-being of the competitors under their care.

**Orienteering is an adventure sport and can be dangerous. Students take part at their own risk. Please ensure that your students are covered by your School Insurance policy for the day.**

**September 2022**