



**Canterbury Schools Orienteering Festival**  
**In Conjunction with South Island Secondary Schools Orienteering Champs**  
**7-8 September 2024.**

**1. What is Orienteering ?**

Orienteering is a sport for everyone, whatever their age or experience. Elite and recreational orienteers, men and women, young children and over 90-year-olds can enjoy the sport together.

Orienteering is in a family of adventure sports (such as adventure racing and rogaining) that requires competitors to use maps to gain advantage by navigating their way round unfamiliar terrain. Usually this involves visiting a number of designated control (or way) points in the order that they appear on the map.

It is easy to learn the basics, but the challenges can be endless. Orienteering provides an outdoor recreational, or competitive activity which is both physical and intellectual in nature; hence its other name – “cunning running”.

The benefits of orienteering are many. From providing a form of cardiovascular exercise because participants are out walking or running to an intellectual challenge and opportunities to socialize around the event centre, the sport strengthens body and mind.

In orienteering participants follow a course on a map looking for orange and white flagged markers called controls. These controls are set in the places that correspond to the points marked on the map. Run in time trial format, the winner of an orienteering competition is the participant who has completed the course by visiting all the control points, in numerical order, in the shortest time. Choosing the best route between control points, running cleanly between them and finding them efficiently is what orienteers aim for.

**2. About the Canterbury Schools Orienteering Festival**

The Canterbury Schools Orienteering Festival is for school students at primary, intermediate and high school or for those that are homeschooled. Peninsula and Plains Orienteering Club (PAPO) offers training opportunities in the month leading up to the event where keen orienteers can learn and practice orienteering skills in parks and reserves around Christchurch.

The two-day festival has something for everyone. Incorporating the Canterbury Schools Orienteering Championships and this year, 2024, also the South Island Secondary Schools Championships. Participants can choose to enter a Championship grade and orienteer on their own if they have sufficient orienteering experience to feel confident doing this; or they can compete down a grade on their own, or with friends and/or family in the Fun category. PAPO welcomes all students, from beginner orienteers to experienced orienteers and those who have never orienteered before.

**Practice events** are available 2-4 times per week in the lead up to the event on school campuses and in parks and reserves around Christchurch. Head along to have a go, \$2 per runner - <https://papo.org.nz/events/view/4177/training-events-for-school-students-6th-aug-5th-sept-2024>

### **2.1. The best course for you?**

Canterbury Schools Orienteering Festival provides two categories. The fun category will provide a simpler navigational challenge suitable to those that are new to the sport. The competitive category requires more complex navigation and is suitable for those with some previous orienteering experience.

- **Fun:** If you are a beginner, want to have fun with friends, want to run in a team, or just want to orienteer for fun on your own. Also for students who prefer a parent to follow them around the course.
- **Competitive:** If you have some orienteering experience and want to be competitive on your own. For each age class, the competitive grade offers a more technical navigation challenge. For years 10 and above, a compass is required.

#### **2.1.1. Fun Grade:**

All the fun courses are suitable for beginners. There are three courses to choose from ranging in navigational difficulty, great for those wanting to choose an easier course than that allocated to their school year.

- **Easy Short.**  
Easiest navigation and shortest distance. No compass is needed. Recommended for primary/intermediate students wanting to navigate as a team or with a parent "shadow".
- **Medium.**  
Moderate navigation difficulty and medium distance. Compass is not necessary but it is recommended. Recommended for school Years 7 and above and older high school students wanting easier navigation than the corresponding competitive course. Also great for high school students who have never orienteered before.
- **Long.**  
Hardest navigation and longest distance. A compass and knowledge of how to use it to keep a map oriented is very useful. Recommended for school Years 10 and above and for older high school students wanting to run as a team or those wanting easier navigation than their corresponding competitive course.

We suggest that all those new to orienteering come to the after school practice events leading up to the Canterbury Schools Orienteering Festival. If you are unsure about which course to enter, ask the coaches at one of the trainings or, alternatively send an email to [PAPOEentries@gmail.com](mailto:PAPOEentries@gmail.com).

### **2.1.2. Competitive Grade:**

The competitive grade is for the Canterbury Schools Orienteering Championships and the South Island Secondary Schools Orienteering Championships.

The Championships are for those that have orienteering experience and are confident about completing a course on their own (there are no team entries or parent "shadows" allowed in the competitive grades).

Competitive grades are according to your year at school (students in years 1-4 are welcome in the fun grades):

- Years 5-6: Beginner (White level)
- Years 7-8: Beyond beginner (Yellow level)
- Year 9: Beyond beginner (longer) (Yellow level)
- Year 10-11: Intermediate (Orange level)
- Year 12-13: Experienced (Red level)

### **3. What Gear is Needed:**

- School sports uniform (if a participant's school has this);
- Clothing suitable for weather conditions on the day (orienteering events are run in the rain);
- Footwear suitable for activity, i.e. running shoes and shoes with off road grip for the forest event if participants have this.
- A compass.

#### **3.1. PAPO Club will provide:**

- A Sport-ident timing stick for use at each control/check point;
- A map with the course marked on;
- Descriptions of the location of all controls/checkpoints on each course.

### **4. How it Works:**

Participants can choose to enter both days of the festival or just one. There are always lots of other activities happening on the side, such as maze orienteering, string courses for pre-schoolers, sausage sizzles, lolly scrambles and more. There is also a prizegiving at the end of each day with certificates for placegetters and spot prizes.

#### **4.1. Canterbury Schools Orienteering Festival – Park/Urban Event:**

Park/Urban orienteering is also known as Sprint orienteering. It is basically defined as rapid decision making on the go!

Park/urban events are fairly simple to navigate when walking or running slowly but can be very demanding at high speed, especially when changing direction all the time and choosing how to get from one control to another, which all requires fast decision making. It generally takes 15-30 minutes to complete a park/urban course.

The Canterbury Schools Festival Park/Urban event takes place on the Saturday afternoon of the festival weekend.

<https://papo.org.nz/events/view/4160/canterbury-and-si-schools-urban-park-event-south-brighton>

#### **4.2. Canterbury Schools Orienteering Festival – Forest Event:**

Forest orienteering, like park/urban orienteering, also involves decision making while on the go. The courses, except the beginner level ones, are generally longer than in park/urban events and being in the forest can make them feel like a great adventure.

Easier courses will use tracks, vegetation boundaries, fences and other such line features in the forest, just like park/urban orienteering, except this time under the trees. Harder courses can expect a component of navigating and running/walking off-track and away from line features like tracks etc under the trees. It generally takes 15-90mins to complete a forest orienteering event.

<https://papo.org.nz/events/view/4161/canterbury-and-si-schools-forest-event-bottle-lake>

### **5. Costs:**

\$10 per participant per day.

This includes hire of a Sport-ident timing stick for use at each control/check point.

Entries and payments need to be done on an individual basis for each student by family/caregivers, unless the school has specifically announced they will do a group entry. Participants are asked to check with schools for clarification if unsure.

Enter here: [Link to be confirmed when entries go live.](#)

Entries close on the Monday prior to the event: Monday 2 September.

Payment:

Via online banking or credit card during the entry process.

PAPO bank account for bank transfers:

03 0823 0425931 00

Peninsula And Plains Orienteers Incorporated (PAPO).

Please reference CSOF and your child's name.

Schools doing a group entry and bulk payment should email [PAP0entries@gmail.com](mailto:PAP0entries@gmail.com) for instructions.

#### **6. Prior to Canterbury Schools Orienteering Festival:**

In the 4-6 weeks leading into the Canterbury Schools Orienteering Festival each year, PAPO Orienteering Club will run practice orienteering events. There are 2-3 practice events per week which take place in parks and school campuses all over Christchurch from Redcliffs to Cashmere, Halswell and Nga Puna Wai as well as QEII and Bottle Lake Forest. These events give everyone an opportunity to give orienteering a go. Would be participants can learn and practice the skills needed to run at the Canterbury Schools Festival in a safe environment with support from club members there to coach and lend a hand.

<https://papo.org.nz/events/view/4177/training-events-for-school-students-6th-aug-5th-sept-2024>

Flyer also attached.

#### **7. When:**

The Canterbury Schools Orienteering Festival is set for the weekend of 7<sup>th</sup> and 8<sup>th</sup> of September 2024.

Practice orienteering events in the lead up will take place from early August right up to the week before Canterbury Schools Festival.

#### **8. Where:**

Canterbury Schools Orienteering Festival is always held close to Christchurch so access is easy for competitors and their families.

The 2024 Canterbury Schools Park event will take place at South Brighton Domain on Saturday 7<sup>th</sup> September:

<https://papo.org.nz/events/view/4160/canterbury-and-si-schools-urban-park-event-south-brighton>

The 2024 Canterbury Schools Forest event will take place at Bottle Lake Forest on Sunday 8<sup>th</sup> September:

<https://papo.org.nz/events/view/4161/canterbury-and-si-schools-forest-event-bottle-lake>

#### **9. Entry:**

[Link to be confirmed](#)

**10. Results and Photos:**

[Link to be confirmed](#)

**11. Key Dates for 2024:**

Schools Orienteering Events:

<b>EVENT:</b>	<b>Date:</b>	<b>Location:</b>
Canterbury Schools Orienteering Champs	7-8 September	Christchurch
SISS Orienteering Champs	7-8 September	Christchurch
NZSS Orienteering Champs	19-21 July	Wellington