

Eating more fruit and vegetables may be the single most important dietary change needed to improve health and reduce the risk of disease.





2023 Champion Primary School: St Brigid's Primary School. Photo by Christine Howitt.

# Important dates and times

Enter and pay before 19 July 2024

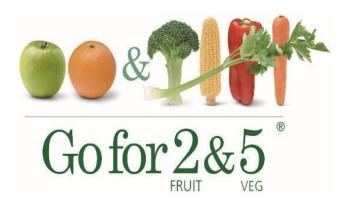
Final Bulletin sent to schools on 2 August 2024

Competition Day 7 August 2024, 9am to around 2pm.

Contact Melinda on 0409 962 300 or <a href="mailto:oawa.schoolschamps@gmail.com">oawa.schoolschamps@gmail.com</a> with any questions.



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# Competition classes (Age as at 31 December 2024)

e.g. 11th<sup>th</sup> birthday is 24 October 2022 (i.e. after the event but before 31 December) – enter 11-12 class

Individual Girls Individual Boys Pairs

Girls 10 & under 2.0km\* Boys 10 & under 2.0km\* Pairs 10 & under 2.0km^
Girls 11-12 3.0km\* Pairs 11-12 3.0km^

(**Note**: These are *approximate* course lengths)

^All pairs classes are score events meaning each control has a point value and the pair can choose which controls to visit. All pairs will have 45 minutes to collect a maximum of 20 controls with the most points. The pair that collects the most points in the shortest time wins.

## **Entry fees**

Individual State S

The entry fee includes \$2 for hire of a Sportident electronic timing chip.

#### WE WILL CHARGE SCHOOLS \$25 FOR EACH LOST/DAMAGED CHIP

Entrants in the individual categories should have significant experience of Easy level courses at OWA events.

We will present medals to the first 3 placegetters in both individual and pairs categories. We will present a trophy to the Champion School. The Champion School is calculated by assigning 6 points to the winner of each of the six classes above, 5 points to second, 4 points to third, 3 points to fourth, 2 points to fifth and one point to sixth.

Deadline for entries and payment is 19 July 2024. Please refer to the online entry form for more information on how to enter and pay.

<sup>\*</sup>All individual classes are line courses meaning students must visit their controls in the order depicted on their map.



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## Frequently asked questions

Our students haven't done much orienteering – I'm not sure they have enough experience in map-reading and navigation. Is this event suitable for them?

Yes, pairs classes are available for those with less experience and confidence. In the individual events, competitors follow a course which goes in a distinct sequence from one control to the next. In the pairs classes, a score style event Is used, where there is no sequence and competitors can go to any of the controls noted on the map in whatever order they like. This provides an opportunity for students to work together to find controls. All pairs will have 45 minutes to collect a maximum of 20 controls with the most points. Garvey Park has many tracks through bushland and you should encourage your students to use the tracks to navigate to their controls. There will be marshals in the course area to ensure that students do not wander beyond the event area.

## What preparation will I need to do?

Your responsibility is to ensure your students are familiar with basic orienteering skills e.g. orientate the map and understand the features depicted on the map. You will also enter your students and organise transport of your students to and from the event. If students are familiar with basic orienteering skills, they should have enough skills to approach the event with confidence and complete their courses.

#### What happens on the day?

On competition day, you will arrive at Garvey Park with your students at about 8.30am. You will:

- Settle your students in the Assembly area.
- Collect electronic timing devices from us and allocate these to your students.
- Take your students to the pre-event briefing at 9.45am.
- Ensure your students arrive at the Start at least 5 minutes before their start time.
- Supervise your students before and after they run their course.

You can expect the individual class students to complete their course in 20 - 60 minutes. Pairs will have 45 minutes to complete their courses. We will award medallions to placegetters and a trophy to the Champion School at about 1.15pm.

### What happens if extreme weather is forecast?

An 'extreme weather event' for orienteering means that the forecast or actual weather conditions pose a danger to the health or safety of officials and/ or participants. For winter events extreme weather could mean thunderstorms and lightning.

If the Bureau of Meteorology forecast extreme weather, please contact Melinda on 0409 962 300 for an update. The event organisers will comply with <u>Orienteering Western Australia's Extreme Weather Events Policy</u>.