



Event Details	
<b>Sunday 13th November 2022</b>	
<b>The 24th Sprint Cup @ PRETORIA National Botanical Gardens</b>	
2 Cussonia St, Brummeria, Pretoria	 
Google Map: <a href="#">776F+68 Pretoria</a> What3Words: <a href="#">///debate.ruins.cheesy</a>	<a href="http://www.roc.org.za">www.roc.org.za</a>

**What is Orienteering**

Orienteering is a competitive form of navigation. It is for all ages and degrees of fitness and skill. It provides the suspense and excitement of a treasure hunt. The object of orienteering is to locate control points by using a map to navigate through the area. Run, jog or walk, just make sure you enjoy it!

The Event	
Organization	The event is organized by the Rand Orienteering Club ( <a href="http://www.roc.org.za">www.roc.org.za</a> ).
Map	1:5'000 scale, 5m contour interval, A4 size. Map originally surveyed in 2004 and 2012, but last updated and extended 2022 by Nicholas Mulder (ROC).
Terrain	Located on either side of a rocky ridge, the Pretoria Botanical Gardens feature paved walkways, grassy lawns, and various thicknesses of bush. Parts of the area are cultivated and will be shown with out-of-bounds symbols on the map.
Timing System	Emit timing system will be used for punching and timing. Emit cards can be hired at R15.

Entries	
Go to <a href="http://www.orienter.co.za">www.orienter.co.za</a> (on PC or Mobile Device) to enter. Create a profile if you don't have one.	
<b>PRE-ENTRIES ONLY</b>	
Entries Close	Midnight on Thursday 10 November 2022
Start Times can be selected when you enter online, if you don't select one, one will automatically be assigned.	
The EMIT Timing System will be used. If you don't own your own Emit tag, this can be rented upon entry.	

Courses					
The Sprint Cup will consist of two legs, a Prologue, followed by a Final, with the results of the Prologue determining the chasing start order of the Final. Overall results will combine the times of the two courses for participants. In addition, a single course for the less competitive (the Explorer) will be available with an option to move to Men/Women for the final.					
Course	Distance	Navigation	Winning Time	Slowest Time	Water Points
Men	2.4 + 2.2 km	Technical in places	+/- 17 min	+/- 60 min	0
Women	2.2 + 2.0 km	Technical in places	+/- 17 min	+/- 60 min	0
Explorer	2.1km	Easy, along paths	+/- 20 min	+/- 60 min	0

Times		
Prelim Starts:	08:30 - 09:15	NB: Rented emit cards and control descriptions can be collected at registration before the prelim event. Explorer course finishers are also welcome to compete in the Men Final or Women Final at no additional charge if they wish.
Final Starts from:	+/- 10:15	
Prize Giving:	+/- 11:30	

Event Fee (does not include the entry fee into gardens which is payable at the gate)			
	Members of a SAOF Club	Non Members	EMIT Timing Chip Hire
<b>Adult Individual</b>	R90.00	R110.00	+ R15
<b>Junior and u/25 youth</b>	R70.00	R90.00	+ R15
<b>Group (max. 4 people)</b>	R120.00	R140.00	+ R15
<b>NBG entry fees</b> (no cash!) into Pretoria Gardens: Adults R55 Students R35 Scholars R20 Children under 6 free			

General Information			
For more information about Orienteering or joining the Rand Orienteering Club visit our website <a href="http://www.roc.org.za">www.roc.org.za</a>			
Course Planner	Nicholas Mulder (ROC)	More Info	082 898 7871 <a href="mailto:nicholas@marquest.co.za">nicholas@marquest.co.za</a>