

What is Orienteering

A competitive or non-competitive recreational activity in which participants use a map and compass to navigate between checkpoints along an unfamiliar route.

NB NB This is a Night Event. You will need to have a headlamp or torch to make your way around the course. NB NB

COVID-19 Precautions

- Please do not attend the event if you are feeling unwell or if you could have been exposed to Covid-19.
- There will be no registration table, proceed directly to the start where you will be checked in by the official on duty.

Entries

Go to www.orienter.co.za (on PC or Mobile Device) to enter. Create a profile if you don't have one.

Entries	Close

Thursday 5th May at 23h59

- Start Times can be selected when you enter online, if you don't select one, one will be assigned to you.
 We will be using the Emit electronic timing system. If you don't have an Emit chip card, you can hire one during
 - the online entry process.

Courses		
Men	+/- 3.3km	Technical Navigation
Women	+/- 2.9km	Technical Navigation
Explorer	+/- 2.1km	Easier Navigation

Times		
Starts	18:30-19:30	NB: Go directly to the start no more than 15 minutes before your start time (which you select when you enter). Rental EMIT cards
Prize Giving	20:45	and control descriptions can be collected at a table at the start.

Costs		
	SAOF Members	Non-SAOF Members
Individual	R100.00	R120.00
Juniors/Students	R80.00 R100.00	
Groups (2 people)	R130.00	R150.00

General Information		
For more information about Orienteering or the Rand Orienteering Club visit our website www.roc.org.za		
Planner and Info Contact	Nicholas Mulder (ROC) – 082-898-7871 nicholas@marquest.co.za	
Controller	Christiaan Marais (ROC)	