

<b>Orienteering - The 25th Annual Sprint Cup</b>	
<b>Sunday 12th November 2023</b>	
<b>The Coves Estate, Hartbeespoort Dam</b>	
<b>Address:</b> The Coves, R512, Broederstroom, Hartbeespoort <b>What3Words:</b> //////////////nerds.sacrificing.milkmaid <b>GPS coordinates :</b> S 25 46.852' E 027 47.688'	

**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.

- Venue**
- The Coves is a private estate on the shores of Hartbeespoort Dam.
  - The area has residential housing with a mixture of bushveld, grassveld, wooded bushveld forest and undeveloped stands.
  - There is a club house at the venue, which will be selling food and drinks.

**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 2017 for the SA Sprint Champs by Brian Gardner (ROC).
Format	The Sprint Cup will consist of two legs, a <b>Prologue</b> , followed by a <b>Final</b> , 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 course for the less competitive (the Explorer) will be available with an option to move to Men/Women for the final at no additional charge.
Kids	A yellow course will be on offer, which is ideal for kids interested in their first orienteering event. Entry for the Yellow course is on-the-day only and is R20. No need to pre-enter.
Water	There are no water points on the course. Please bring your own water if needed.

**Entries**

Go to <a href="http://Orienter.co.za">Orienter.co.za</a> (on PC or Mobile Device) to enter. Create a profile if you don't have one.	
Entries Close	Thursday 9 November at 23h59 (midnight)
Start Times	Can be selected when you enter online. If you don't select one, one will be assigned to you.
Electronic Timing	A Compulsory Emit device can also be hired when you enter online if you don't have your own.

Course	Distance	Navigation	Winning Time per Leg	Slowest Time
Men	± 2.6 + 2.4 km	Technical in places	+/- 17 min	+/- 60 min
Women	± 2.4 + 2.2 km	Technical in places	+/- 18 min	+/- 60 min
Explorer	±2.3 km	Easy, along paths	+/- 20 min	+/- 60 min
Yellow	±1.0 km	Ideal for kids	n/a	n/a

**Times**

Prelim Starts	08:30-09:15	1-minute intervals between start times on each course.
Final Starts	±10:15 onwards	Start time based on prelim finish time.
Prize Giving	±11:45	Prizes to the winners on each course. Spot prize lucky draw!

**Costs**

	SAOF-Club Members	Non-Club Members	Emit Card Hire
Individual	R150.00	R180.00	+R20
Juniors/Students & u25s	R120.00	R150.00	+R20
Groups (max 4 people)	R190.00	R220.00	+R20
Yellow Course	R20.00 per individual or group, entry on the day only (no need to pre-enter)		

**General Info** - For more information about Orienteering or the Rand Orienteering Club visit our website [www.roc.org.za](http://www.roc.org.za)

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