



SA Orienteering Championships 2019

21 – 23 September 2019

Sabie – Mpumalanga Province

Bulletin 1

Organised by the Rand Athletic Club Orienteers (RACO)

On behalf of the SA Orienteering Federation

Areas with kind permission York Timbers

and Sybrand van Niekerk HS Sabie



Mapper: Albert Epprecht
Planner: Evan Howell (SA Champs) & Garry Morrison (Relay)
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Website: <http://www.orienteeing.co.za/event-calendar/saoc2019/>

Competition area: The competition area for the Medium and Long distance events is situated in a large valley called Olifantsgeraamte ("Elephant's Skeleton"). It lies about 6km West/Southwest of Sabie just off the old Lydenburg road.

The terrain at Olifantsgeraamte for the Medium and Long distance events consists of a forest that was completely burned in 2007 and then replanted. It is now a 10-12 year old pine forest, with generally good visibility. Expect some varying contours, but reasonably smooth forest running over pine-needle carpeted ground.

Event Centre: Registration will be held at the **Sybrand van Niekerk High School** in Sabie which is also the venue for the **SA Championship Relays** on Day 1. Registration overflow will be available at the Medium and Long Distance event starting areas on Day 2 & 3.

Provisional Programme:

Date:	Time:	Event:	Venue:
Saturday 21 September	11:00	Registration	Sybrand van Niekerk HS (Sabie)
	12:00	SA Relay Champs	Sybrand van Niekerk HS (Sabie)
	15:00	SAOF AGM	Sybrand van Niekerk HS (Sabie)
Sunday 22 September	10:00	Long Distance Champs	Olifantsgeraamte (South East)
	15:00	Social	Klipkraal Dam
Monday 23 September	09:00	Middle Distance Champs	Olifantsgeraamte (West)
	13:00	Prize-giving	Olifantsgeraamte

Entries: **Entries open 1 June and close 1 September 2019**
Entries only available through: www.Orienter.co.za

Entry Fees:

	Seniors:	Juniors (<21):	Groups:
Two Days (Mid & Long)	ZAR320.00	ZAR250.00	
Middle Distance Only	ZAR160.00	ZAR125.00	
Long Distance Only	ZAR160.00	ZAR125.00	
Novice (and on the day)	ZAR100.00	ZAR50.00	ZAR150.00
Emit Card Hire (per day)	ZAR20.00		
Relay	ZAR200.00 per Team		

NOTE: Entries on the day can only compete on the Novice (LN and SN) Courses.

Entry Fees are payable in full before entry deadline

Classes: M/W21(E),M/W12, M/W16, M/W20, M40, M50, M60, M70, M80, W35, W45, W55, W65, W75 and M/W21A (non-championship)
 Novice courses for non-SAOF members will be provided on both days.

Restrictions

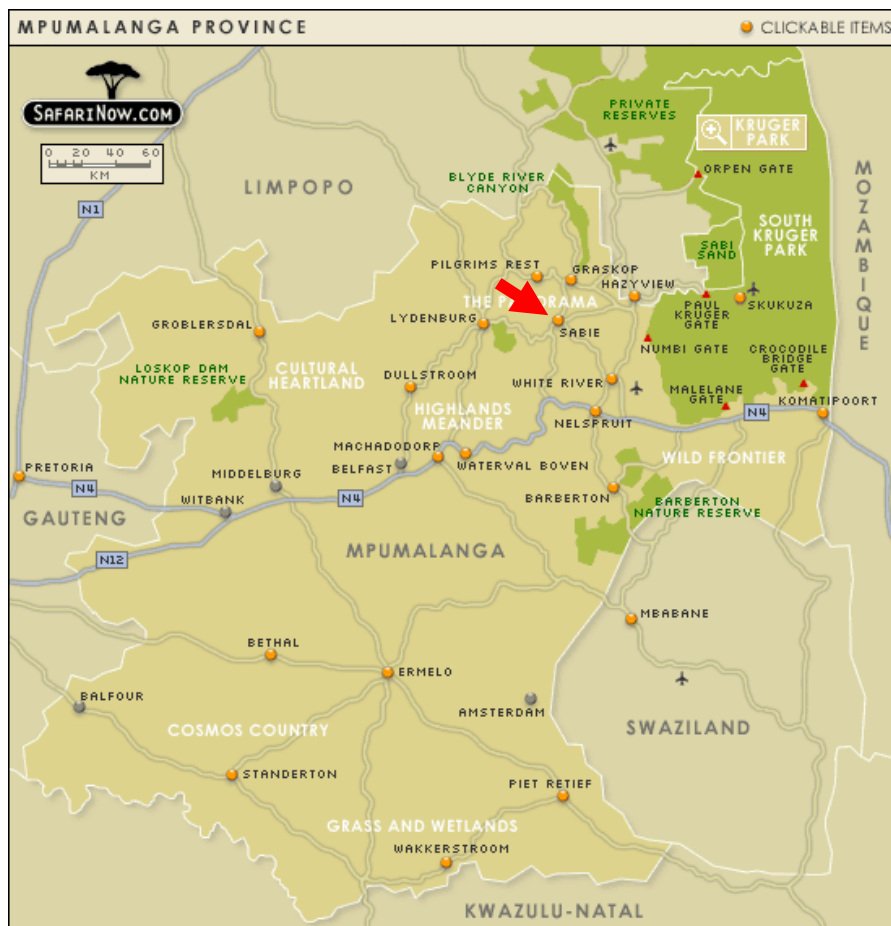
All competitors that are South African Citizens or Residents, competing on the Championship courses at the South African Championships, are eligible for trophies and medals. The one exception is visiting (overseas) orienteers or recent arrivals in South Africa (less than 3 months) who may compete on championship courses, but are not eligible for trophies. SAOF Competition Rule 4.3.

SA Relay Championships

Club Relay Championship: teams of three competitors from the same SAOF affiliated or overseas club (with at least one non-M21A/E); 3 medium legs.

Ad Hoc Relay: teams of any three competitors regardless of age, affiliation or class; 3 medium legs.

General map of the area



Embargoed areas: With immediate effect the whole Olifantsgeraamte forest and Sybrand van Niekerk high school are out of bounds. Failure to comply with this rule will lead to exclusion from the competition .

Climate: The climate is moderate at this time of the year, with average temperature ranging from 9°C at night to 23°C during the day. Average monthly rainfall for this early spring period is between 30 – 80 mm.

Hazards: There are no dangerous animals in the competition area, although competitors may encounter various species of buck, jackals, baboons, monkeys and other small animals. Snakes (including venomous ones) are found in the area but they will usually get out of the runners way. No incidents have been reported due to snakes in similar areas used for Orienteering in South Africa. Ticks are prevalent in the area – appropriate repellent is advised.

Visa Requirements: Most visitors to South Africa are not required to obtain visas in advance. For further information visit : www.southafrica.info/travel/documents/visas.htm

Accommodation:

For detailed accommodation types, please visit the following website, which lists a variety of accommodation with prices etc: <https://www.sabie.co.za/stay/index.html>

- Hotels & Lodges (4)
- Guest Houses / Bed & Breakfast (9)
- Self-Catering (14)
- Camping & Caravanning (4)
- Backpacking / Budget Accommodation (4)

Mbulwa Estate is super luxury accommodation, overlooking the Olifantsgeraamte area <http://www.mbulwa.co.za/>

Social: A social will be organised for the Sunday afternoon (Day 2). Details in the Final Bulletin.

Transport: No official transport will be offered. Overseas competitors are advised to hire a car from one of the recognised car hire companies:

www.avis.co.za www.tempestcarhire.co.za www.hertz.co.za www.budget.co.za

Competition clothing: There is no restriction on competition clothing. However, leg protection is advised for the forest events.

Opportunities for training: There are no opportunities for training near Sabie. However, training opportunities can be made available to overseas competitors in Johannesburg / Pretoria in the weeks prior to the event. Please contact the organisers for further details.

Electronic Timing System: The EMIT timing system will be used. EMIT cards will be available for hire for the entire event. (Indicate requirement on Entry)

Start Lists: Will be published in the Final Bulletin and on the official website a week before the event.

Results: Full results will be available at the Event Centre and on the official website as soon as practicable after each competition closes.

Refreshments: There will be limited catering at the event each day (more information in Final Bulletin).

Toilets: There are toilet facilities at the Event Centre Day 1. There will be a portable toilet available on site for Day 2 & 3.

Medical: There will only be First Aid available at the Event Centres, throughout the competition. The nearest fully equipped hospital is situated in Nelspruit (approximately 60km from the Event Centre). There is also a small Medical Facility in Sabie town.

WE LOOK FORWARD TO YOUR PARTICIPATION AT THE SA CHAMPIONSHIPS IN SABIE !