

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.

COVID-19 Precautions

- Screening questionnaire must be answered on entry and you may also be required to provide additional information on the day
- Masks to be worn at all times except while out running your course
- There will be no prize giving, please leave the area as soon as you have completed your run no gatherings to discuss your course.
- There will be no registration table, proceed directly to the start where you will be checked in by the official on duty.
- <u>https://www.orienteering.co.za/wp-content/uploads/2021/01/SAOF-COVID19-Guidelines_Aug2020-v1.1.pdf</u>

Entries

Go to <u>www.orienter.co.za</u> (on PC or Mobile Device) to enter, create a profile if you don't have one **PRE-ENTRY ONLY and limited to 180 entries**

Entries Close	Thursday 24th February - midnight
Start Times can be selected when	you enter online, if you don't select one, one will be assigned to you

Courses		
Men	+/- 3.2km	Technical Navigation
Women	+/- 2.8km	Technical Navigation
Explorer	+/- 2.0km	Easier Navigation

Times				
Starts	09:00-10:30	NB: Go directly to the start no more than 15 minutes before your start time (which you select when you enter). EMIT cards rented 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 (max 4 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	Ian Bratt - 082-887-6611 ianbratt@global.co.za			
Controller	Deon Sabatta			