



# Orienteering

A competitive or noncompetitive **recreational activity** in which participants use a **map** and **compass** to navigate between **checkpoints** along an unfamiliar course.



## The Big Red Barn - 8 December 2019 22<sup>nd</sup> Annual Sprint Cup

Directions: The event centre will be the Big Red Barn near Olifantsfontein. The venue is located on the M18 between Irene and Olifantsfontein in the Centurion / Midrand area.

[Link to Google Maps](#) (7 Nelson Rd, Olifantsfontein)

### Technical Info

#### Courses:

Explorer/Novice  
Men  
Women  
Kiddies/String

#### Distance:

+/- 2.2 km Fun Course  
2.7 km + 2.6 km  
2.4 km + 2.2 km  
600 m

#### Terrain:

Eucalyptus plantation with many bike tracks.

#### Map:

1:10'000 with 5m contours. Drawn to ISOM2000. Minor updates in 2019.

#### Timing:

Electronic punching and timing system (EMIT)

### Times

Registration:

8h00 to 9h00

Starts:

Prologue 8h45 to 9h30, final from 10h30

Prize giving:

+/- 12h00



### Entry fees

Individual  
Juniors/Students  
Groups (max 4)  
- 2nd Map included

#### SAOF Club Members

R100  
R80  
R140

#### Non-Club Member

R110  
R90  
R150

All **on the day entries** will be R120 per person

**EMIT Hire** is an additional R15

Please **do not** pay directly into the ROC bank account

### Contact us for more info

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

Or contact our organiser - **Alex Pope**  
078 344 8470 – popeaj@gmail.com

Pre-enter **online** for events at

[www.orienter.co.za](http://www.orienter.co.za)

Entries are **closing** at

Midnight 4 December 2019