



Event Details		 <p>Rand Orienteering Club</p> <p>www.roc.org.za</p>
Sunday 14th November 2021		
The 23rd Sprint Cup @ Walter Sisulu National Botanical Gardens		
Malcolm Road, Poortview, Roodepoort Link to Google Maps What3Words: ///pylons.hurry.cross	 <p>SANBI Biodiversity for Life</p>	

What is Orienteering

Orienteering is a competitive form of navigation. It is for all ages and degrees of fitness and skill. It provides the suspense and excitement of a treasure hunt. The object of orienteering is to locate control points by using a map to navigate through the area. Run, jog or walk, just make sure you enjoy it!

- COVID-19 Precautions**
- A screening questionnaire must be answered on entry to the Gardens 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 registration table, proceed directly to the start where you will be checked in by the official on duty.
 - No water points will be provided. Please bring along your own water, food, cups, etc.
 - https://www.orienteering.co.za/wp-content/uploads/2021/01/SAOF-COVID19-Guidelines_Aug2020-v1.1.pdf

Entries

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

PRE-ENTRIES ONLY

Entries Close	Midnight on Thursday 11 November 2021
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Start Times can be selected when you enter online, if you don't select one, one will automatically be assigned.

The EMIT Timing System will be used. If you don't own your own Emit tag, this can be rented upon entry.

Courses

The Sprint Cup will consist of two legs, a Prologue, followed by a Final, 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 single course for the less competitive (the Explorer) will be available with an option to move to Men/Women for the final.

Course	Distance	Navigation	Winning Time	Slowest Time	Water Points
Men	2.4 + 2.2 km	Technical in places	+/- 18 min	+/- 60 min	0
Women	2.2 + 2.0 km	Technical in places	+/- 18 min	+/- 60 min	0
Explorer	2.1km	Easier	+/- 15 min	+/- 60 min	0

Times

Prelim Starts:	08:30 - 09:15	NB: No registration table. Go directly to the start no more than 10 minutes before your start time (which you select when you enter). Rented EMIT cards and separate control descriptions can be collected at a table at the start.
Final Starts from:	+/- 10:15	
Prize Giving:	+/- 11:30	

Event Fee (does not include the entry fee into gardens which is payable at the gate)

	Members of a SAOF Club	Non Members	EMIT Timing Chip Hire
Individual	R80.00	R100.00	+ R15
Junior / Student	R60.00	R80.00	+ R15
Group (max. 4 people)	R110.00	R130.00	+ R15
Additional Map for Groups	+ R20.00	+ R20.00	

NBG entry fees (no cash!) into Walter Sisulu Gardens: Adults R65 Students R40 Scholars R20 Children under 6 free

General Information

For more information about Orienteering or joining the Rand Orienteering Club visit our website www.roc.org.za

Course Setter	Nicholas Mulder (ROC)	More Info	082 898 7871 nicholas@marquest.co.za
Controller	Ken Robinson (ROC)		