

ORIENTEERING

THE MIND AND BODY WORKOUT



2016 –17 Schools League and Newcomer Events in Sheffield

Orienteering is a challenging outdoor adventure sport. The aim is to navigate between control points marked on an orienteering map and decide the best route to complete the course in the quickest time.



It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace.

These events are specifically aimed to introduce people to the sport and also incorporate the schools' league. However all our events have courses suitable for all abilities - see the website for more details. Start Times from 1 - 3pm from close to the park cafes.

Sat 10 Sep	Endcliffe Park
Sat 1 Oct	Millhouses Park
Sat 26 Nov	Botanical Gardens
Sat 14 Jan	Whirlowbrook Hall
Sat 11 Feb	Ecclesall Woods
Sat 18 Mar	Norfolk Park
Sat 1 Apr	Shirebrook
Sat 29 Apr	Parkwood Springs
Sat 20 May	Graves Park
Sat 17 Jun	Forge Dam (Prize Giving)

LEAGUE 2016 - 17

League Format

9 events spread over the school league for pupils from Y3/4 up followed by a fun event and prize-giving. Dates and venues are listed overleaf. Overall positions for competitors and schools will be calculated from their best 5 results.

The events are held on Saturday afternoons with start times between 1 - 3pm. They are run by South Yorkshire Orienteers and courses will be open to the general public, so parents and younger children are encouraged to give it a go!

Registration & Start Procedure

Course registration is open from 13:00 - 15:00 most are based near to the park cafes. Competitors will need to complete a registration form. They will receive a map with the course printed on and an electronic timing chip.

Competitors on each course will start at 1 minute intervals.

Parents / Teachers can talk through the course and can shadow (follow) competitors around the course but please let children navigate themselves.

Costs

Children £2. **Pupils, whose school is a member of the SFSS, are free.**

Adults £4, £3 for club members

Second runs £1

Courses

Orienteering courses are graded by colour; this table shows the course that you should enter.

Course	Year
White	Y3/4, Y5
Yellow	Y6, Y7
Orange	Y8, Y9
Long Orange	Y10+

About SYO

South Yorkshire Orienteering club is one of the most successful clubs in the country at both Junior and Senior level.

We organise regular orienteering events and training throughout the year.

We can also arrange introductory sessions for Running Clubs, Schools, Scouts, Guides, Youth Groups etc.