

STARTING INSTRUCTIONS

Basic starting procedure:

1. Read about the courses available and decide on which course you want to do
2. Buy a map
3. Collect control descriptions and the right colour clip card
4. Fill out clip card and butt with
 - Name
 - Course
 - Grade (Age group; eg. M50A)
 - Write control descriptions on clip card
5. Check for map corrections especially if older maps are being used
6. Choose a start time from the book and fill it in on both your clip card and the butt
7. Check you have
 - Map
 - Compass
 - Clip card
 - Course descriptions
 - Whistle
8. Go to the start 6 minutes before the start time on your clip card and hand your butt to the starter
9. You will be informed about the start procedure for the day
 - Enjoy your run
 - Legs shall be run in the order shown
 - Take care crossing fences
 - Cross fences at the posts
 - Leave gates as you find them
10. **ALWAYS Hand in your clip card when you return, even if you do not finish.**



THE CLIP CARD

Butt: Rip this off at the start. This must be handed to the starter

Clip Card: carry this with you and clip each control in the right box.

Start time: get this from the start sheet if start times are not allocated

Name of course

Number of course

Day number of event

Grade you are running in for the day

Club

Your name

Control boxes: you must clip inside the box

Finish time: this will be filled in by the officials and your run time calculated. The butt is often put up to show the results.

Hand This Part To Starter			Hand This Part In When You Finish									
ADDRESS Optional.			COURSE NUMBER R.S. 4									
CLUB R.K.			GRADE MSDA									
NAME A. CLARK			Name A. CLARK									
COURSE GRADE NUMBER R.S. MSDA 4			HOURS MINS SECS									
HOURS MINS SECS			HOURS MINS SECS									
TIME START FINISH			TIME START FINISH									
11 45 0			11 45 0									
232			209									
208			205									
203			202									
272			251									
201			201									

If you miss punch one, you can use a spare box to punch the correct control and tell the controller when you get back.

Hand abbreviation of the land feature the control is sited beside/on.

Control flag number: this is the number on the control if you have found the correct one.

Order number: controls must be visited in the order shown.

CLASSES

- Competitors are divided into classes according to their sex and age. Women may compete in men's classes.
- Competitors aged 20 or younger are eligible to run in each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.
- Competitors aged 21 or older are eligible to run in each class from the beginning of the calendar year in which they reach the designated age. They are entitled to compete in younger classes down to and including 21.
- The main competition classes are called W21 and M21, for women and men respectively. All age groups of competitors are eligible to enter the 21 year age class.
- These classes may further be subdivided on skill into E (Elite for 21 age class only), A, B & C categories which indicate degree of difficulty.
- Classes are designated to run certain grades; beginners can run any course they want to, but if they do not qualify for the class running the course they are casual or unofficial runners. Casual or unofficial runners can run in pairs or family groups.

Men	Woman
M-12	W-12
M-14	W-14
M-16	W-16
M-18	W-18
M-20	W-20
M21 (open)	W21 (open)
M 35-	W 35-
M 40-	W 40-
M 45-	W 45-
M 50-	W 50-
M 55-	W 55-
M 60-	W 60-
M 65-	W 65-
M 70-	W 70-
M 75-	W 75-
M 80-	W 80-
M 85-	W 85-

Orienteering Simplified

Orienteer your map: that is align the map so that the north lines on the map are facing north; the ground should now match the features marked on the map.

R: Plan your **R**oute to the attack point: is there a good hand rail (fence line, water course, ridge line etc) you can use to make it easy to find the attack point while running as fast as you can?

A: An **A**ttack point is a point easier to find than the control feature that is near to the control and can be things like track junctions, major hills or ridges, bends in water courses or intersections of two major features.

C: Look at the **C**ontrol description to find out what you are looking for.

E: Plan your **E**xit from the control.

NOTE: NO DOGS ARE ALLOWED AT ANY ORIENTEERING EVENT.