

HAWKE'S BAY ORIENTEERING CLUB

PREVIEW 2009

For details of coming events and event results refer to our club website at:
www.hborienteeing.com

WHAT IS ORIENTEERING?

Orienteering is a sport which involves using specially drawn maps and sometimes a compass to navigate around a pre-set course.

It can be either a competitive sport or simply a relaxed walk where you enjoy the countryside.

All ages and abilities are catered for, so this makes orienteering an ideal family sport.

You won't need any special equipment, simply wear shoes suitable for walking or running.

I can't read maps! What better way to learn – there will be someone at an event who can assist and point you in the right direction.

As a club we are very dependent on the goodwill of landowners who allow us access to their properties.

For this reason, dogs and cigarettes are not welcome at our events.

Our Vision Statement

All people in Hawke's Bay will recognise Orienteering as a genuine sport or recreation, and will have the opportunity to experience and enjoy it.

HAWKE'S BAY ORIENTEERING CLUB

PREVIEW 2009

MEET YOUR COMMITTEE

President	Chris Howell	(06)879 5686
Secretary	Phillip Herries	(06)870 9552
Treasurer	Mark Irwin	(06)877 6730
<i>Committee -</i>		
Club Captain	Hamish Goodwin	(06)874 9383
Mapping	Paul Steeds	(06)871 0666
Fixtures	Lesley Sceats	(06)879 7674
Equipment	Murray Harty	(06)873 5182
Publicity	Duncan Morrison	(06)877 8261
Schools Events	Anne Baxter	(06)871 0306
	Tui Craven	(06)877 9848

OUTSIDE COMMITTEE

Landowner Liaison	Rolf Boswell	(06)833 7300
Webmaster	David Fisher	(06)844 8282
Magazine	Steve Armon	(06)878 3128
Membership	Pamela Morrison	(06)877 4870
Coaching	Geoff Morrison	(06)877 4870

Please send any correspondence to: The Secretary, PO Box 13046, Hastings

SUBSCRIPTIONS (see Page 15 for an "Application for Membership" form)

Subscriptions for 2009 are made up as follows -

- HBOC membership - entitles you to: members' rates at local events, receive our 2-monthly magazine "Compass Points", participate in inter-club competitions, widen your orienteering experience with opportunities for coaching, course-setting, mapping and much more!

	Senior	Junior (i)	Family
First year discount	\$28	\$14	\$56
Full rate	\$34	\$17	\$84

NOTES:

- i. Junior – age 20, or under, in 2009. Sub-juniors become members (and pay a subscription) once they are doing courses unassisted.
 - ii. Institutions – pay a subscription based on the 'family' rate.
- 'NZ Orienteering' magazine - the optional subscription for the national magazine is \$23.00 (including direct postage). The magazine is highly recommended for information on the NZ orienteering scene.

MAP FEES

The fees for maps for all local events have been set as follows -

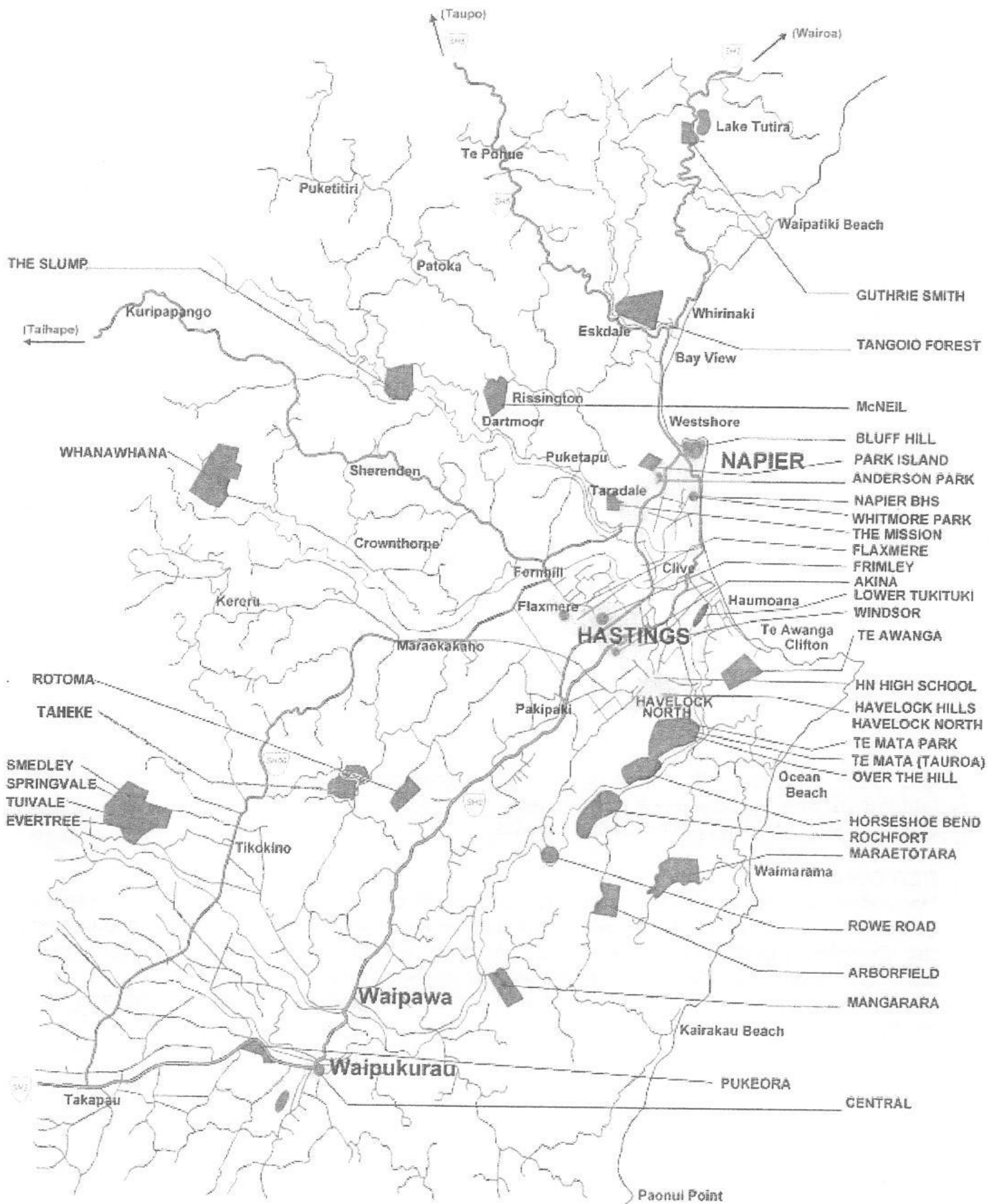
	Per map	Family maximum
HBOC Members	\$6	\$15
Non-members	\$9	\$18
Black and white maps	\$4	\$9
Second course using a new map	\$3	

FIXTURES

This list is subject to change - please refer to our latest club magazine or website for confirmation of these events.

Date	Type	Map
26-Jan	HBOC Junior Camp	
27-Jan	HBOC Junior Camp	
28-Jan	Summer Series	Napier Boys High
29-Jan	HBOC Junior Camp	
4-Feb	Summer Series	Havelock Village
6-8-Feb	Waitangi Weekend	Wairarapa
11-Feb	Summer Series	Tutaekuri
18-Feb	Summer Series	Akina
25-Feb	Summer Series	Windsor
28-Feb/1-Mar	Kaweka Challenge	
4-Mar	Summer Series	Anderson Park
8-Mar	Club Event	Mission
11-Mar	Sprint Champs	Woodford/Iona
14/15-Mar	Katoa Po Events	Taupo
22-Mar	OY 1-Long	Whana Whana
5-Apr	Club Event	Rotoma
10-13-Apr	Nationals	Auckland
19-Apr	Club Event	Rowe Road
24/25-Apr	NISSC	Auckland
3-May	Deborah Turner Rogaine	
17-May	OY 2-Long	Maraetotara
24-May	HB School Champs/Club	Taheke
30/31-May/1-Jun	QB 3 day	
7-Jun	Club Champs	Smedley
21-Jun	Club Event	Havelock Hills
28-Jun	HB School Relays/Club	Tangoio
5-Jul	OY 3-Middle	Rochfort
17/18-Jul	NZSS Champs	Manawatu
26-Jul	Club Event	Napier Hill
9-Aug	OY 4-Sprint	EIT
23-Aug	Club Event	Arataki/Havelock Sch.
6-Sep	OY 5-Score Champs	Tangoio
20-Sep	Club Event	Te Mata Park
4-Oct	Club Event	Tauroa
18-Oct	OY 6-Middle	Te Awanga
24-26-Oct	Labour Weekend	
30/31-Oct/1-Nov	North Island Champs	Auckland
1-Nov	Club Event	Over The Hill
8-Nov	OY 7-Long	The Slump
21/22-Nov	Wellington Champs	Wairarapa
29-Nov	Teams Event	Horseshoe Bend
5-Dec	Xmas Event	

Summer Series events start between 6.00pm and 7.00pm, and all other events you can start anytime between 10.30am and 1.30pm. The courses will close at 3.00pm, which means controls will be removed from this time. If still on your course, please return to the finish.



COURSE DESCRIPTIONS

At all events we offer a range of courses which vary in length and difficulty. The difficulty level is described by a "colour", which is a national standard for that level of course.

What do those "colours" mean?

WHITE COURSE

Courses must follow drawn linear features (tracks, fences, streams, distinct vegetation boundaries, etc.). A control site must be placed at every decision point (eg. a turning point, a track junction or a change in the type of linear feature - from following a track to following a stream). All control markers must be visible from the approach side. Where the course has to deviate from the handrail feature (e.g. to cross through a forest block), the route must be marked all the way until a new handrail feature is reached. The Start Triangle shall be on a linear feature. If no such feature is available, then there must be a taped route all the way from the start to a linear feature (ie. The first control). Compass use is limited to map orientation only. No route choice is offered. Doglegs are permitted.

Used for: M/W-10, M/W-12B

YELLOW COURSE

Control sites must be on or near (<50 m) drawn linear features (tracks, fences, streams, distinct vegetation boundaries, etc) but preferably not at turning points. This gives the opportunity to follow handrails or to cut across country (i.e. limited route choice). Control sites shall be visible from the approach side by any reasonable route. Compass use is limited to rough directional navigation. Contour recognition is not required for navigation but simple contour features may be used for control sites. Doglegs are permitted.

Used for: M/W12-A, M/W-14B, adult C classes

ORANGE COURSE

Course shall have route choice with prominent attack points near the control sites and/or catching features less than 100 m behind. Control sites may be fairly small point features and the control markers need not necessarily be visible from the attack point. Exit from the control shall not be the same as the entry (doglegs are not permitted). Simple navigation by contours and rough compass with limited distance estimation required. Use of a chain of prominent features as "stepping stones" is encouraged.

Used for: M/W14-A, M/W-20B, adult B classes

RED COURSE

Navigation shall be as difficult as possible with small contour and point features as preferred control sites (no obvious attack points, no handrails etc.). Control sites shall be placed in areas rich in detail. Route choice shall be an important element in most legs. Doglegs are not permitted. Note: It may be impossible to set RED courses on some maps.

Used for: all other A classes including and above M/W16-A (includes both long and short courses), Elite classes.

EVENT PREVIEWS

SUMMER SERIES

This is an opportunity for some early season training for experienced members or for newcomers to give orienteering a go. There will be courses for everyone, including a white course.

This series was a lot of fun last year, so come along and give it a try this year.

January 28	Napier Boys High
February 4	Havelock Village
February 11	Tutaekuri
February 18	Akina Park
February 25	Windsor Park
March 4	Anderson Park
March 11	Woodford/Iona

Start 6.00pm - 7.00pm.

KAWEKA CHALLENGE – February 28 & March 1

The Kaweka Challenge is a mountain race, which offers 7 different courses, including a relay and a mountain bike option, so there is something for anyone who is looking for a bit of a challenge.

This year is the 20th running of this event, which is jointly organised by this club and the Heretaunga Tramping Club. Assistance from members of this club is always required, particularly during the running of the event. Because it is a high altitude race, in a rugged area, safety conditions have to be met so personnel are required to man checkpoints, help at the finish, etc.

Tim Anderson is organising personnel from this club - if you are available to assist, whether it be gear-checking on Friday evening or at the base at Kuripapango on Saturday or Sunday - please contact him at (06)8449933 or nztim2000@xtra.co.nz

This event is a major fundraiser for the club - please make yourself available.

KATOA PO - ALL NIGHT RELAYS – March 14 & 15

This year is the 29th annual Katoa Po night relays, hosted by the Taupo club. As in previous years, the relay will be held on Saturday night. Competitors travel to Taupo on Saturday, set up camp near the start/finish area, then the relay starts at about 7.30pm. This year Napier Boys and Girls High Schools are putting on two other events in the Taupo area on Saturday and Sunday. This is part of their fundraising to attend the World Schools Orienteering Champs.

"ORIENTEER OF THE YEAR" (OY) SERIES

Format

- The OY competition is open to all club members.
- The competition comprises 7 races, of which the best 6 performances count towards a final score.
- The following courses will be offered:

Course	EWT (minutes)
Red Long	70
Red Medium	50
Red Short*	40
Orange	45
Yellow	35
White	25

* Competitors on Red Short may omit any control they wish to, but will be penalised 10 minutes for each control not punched which will be added to their running time. They will not be marked DNF provided they have marked their clipcard Red Short V (RSV) before they start their course.

- There will be separate competitions for men and women on each course, except Red Long - the Open Women's competition will be on Red Medium.
- There will be a separate section on Red Short for M40 and W40.
- Club members may compete on whichever course they choose.
- Members are eligible for points once they complete a course, without assistance.
- Once a member has competed in two events on one course, this then becomes the only course for which they can score points.

Scoring

- Points are awarded to each member, based on the following formula and calculated to 2 decimal places: $(Winners\ time \times 25) / Your\ time$ or $(Winners\ points \times 25) / Your\ points$
- Setters and veters receive the equivalent of their best points during the year, for the event that they organise. To be eligible for these points they must be present and assist with the running of the event on the day. In extraordinary circumstances (eg a family bereavement), this requirement will be waived if the setter or vetter has taken full part in the planning of the courses.

Protests

- Protests may proceed in accordance with the club protest rules.
- In cases where a protest is upheld, no points will be awarded for the class which is invalidated. The OY competition for this class will then be decided on the valid races for the year, with the allowance that each competitor is allowed to drop their worst score, to determine their final points.

Review

- The committee will review these rules prior to the commencement of each annual competition.

This year's OY competition is being held on the following dates:

March 22	Whana Whana (Long)
May 17	Maraetotara (Long)
July 5	Rochfort (Middle)
August 9	EIT (Sprint)
September 6	Tangoio (Score)
October 18	Te Awanga (Middle)
November 8	The Slump (Long)

FRANK SMITH TROPHY – TBA

This is an inter-club event involving all clubs in WOA (Wellington Orienteering Association) - Wellington, Hutt Valley, Wairarapa, Kapiti Havoc, Red Kiwis and Hawke's Bay. HB is gaining an enviable record at this event, so once again we require a healthy club turn out to battle for the trophy this year.

The event is hosted by one of the Wellington Orienteering clubs and the club will subsidise a bus to ensure we have maximum attendance. However, if bus travel isn't your thing then feel free to travel to the event independently.

HAWKE'S BAY SCHOOL CHAMPS – May 24

This event is open to all HB school students with grades for primary, intermediate and secondary (junior, intermediate & senior).

This year the event is being held on a farmland map – "Taheke". Entry forms will be available late April and an inter-school competition will again be held – so organise your school mates and bring them along to a few events earlier in the year.

HAWKE'S BAY SCHOOL RELAYS – June 28

This event will be held on the "Tangoio" map and is open to all HB School students.

RED KIWIS CHALLENGE – TBA

This year is the 29th inter-club challenge.

HAWKE'S BAY CLUB CHAMPS – June 7

This is the most important club event of the year and is open to all members. It is the day that, whether you are M18 or W open B, M open or W12, you can win the Championship for your grade. The event will be held on the "Smedley" map.

Courses and grades for this year's Club Championships (to be confirmed) will be -

Course	EWT (minutes)	Grades
Red long	70	M open
Red medium	50	W open, M40, M50, M18
Red short	40	M60, M70, W40, W50, W60, W18
Orange long	45	M open B, M16
Orange short	40	W open B, W16
Yellow	35	M14, M novice, W14, W novice
White	25	M10, W10, M12, W12

HAWKE'S BAY SCORE CHAMPS – September 6

This will be held on the "Tangoio" map. Grades are Men's Open, Women's Open, M16, W16, M55 and W55. The trophies are awarded to the highest men's and women's scores irrespective of grade.

MAJOR EVENTS

These are the quality events on the national calendar which are often run on new maps or on very good older maps. Orienteers come from all over the country to participate in these events so it is an opportunity to pit yourself against some of the best in your grade and to experience orienteering in other parts of the country.

It is necessary to pre-enter and entry forms are always published in the club magazine. Closing dates are normally about 3 weeks prior to an event, although it is possible to enter later by paying a late entry fee. Courses are pre-marked on the maps and your start times are pre-determined.

Major events on the calendar this year are:

February 6 – 8 Waitangi Weekend including JWOC trials – Manawatu / Wairarapa

April 10 - 13 NZ Champs – Auckland

September 19 – 20 Auckland Champs

October 30,31 November 1 North Island Champs – Auckland

November 21 – 22 Wellington Champs - Wairarapa

ROGAINES

For those who are seeking a bit more challenge, then a Rogaine may be the answer. Rogaines are basically long-distance score events – controls have a points value allocated to them and the object is to maximise your score, by collecting as many controls as possible within the allowed time. The events are held on 1:50,000 maps and you are usually guaranteed to view some spectacular scenery during your travels.

Keep an eye out for the following events during the year:

March 7 & 8 NZ Champs, Otago

June 6 Heights of Winter, Canterbury

SECONDARY SCHOOL ORIENTEERING

For all those students in the club, there are a number of events on the Secondary Schools calendar leading up to the nationals in July.

April 24 & 25 North Island Champs, Auckland

May 24 Hawke's Bay Champs

June 28 Hawke's Bay Relays

July 17 & 18 New Zealand Champs, Manawatu

ARE YOU INTERESTED IN ORGANISING A SCHOOL TEAM IN 2009?

Parents, teachers or anybody who is interested in organising a secondary school team are vital people in the development of any sport. Are you interested in organising a secondary school orienteering team in 2009?

Please contact Geoff Morrison, if you are interested or if you have any questions.

CLUB INFORMATION

COMPASSES

Competitors are welcome to borrow a compass for use on their course.

- You are responsible for returning the borrowed compass to the Caravan.
- If the compass you borrow is lost or broken, you will be responsible for replacing the compass or compensating the club for a replacement.
- Replacement values are currently approximately – Thumb \$65, Base Plate \$38

CLUB O-TOPS

Would you like to purchase one of those distinct HB tops in bright green, black & white? Ask a committee member how you can order a new style orienteering shirt.

WEBSITE

For up to date information on coming events, news, international symbols, event organization, course setting and results visit our website on www.hborienteering.com

MAP CARDS

These are available from the caravan subsidising the cost of your maps and reducing the need to carry cash. Cost is \$28 for 5 individual events or \$72 for 5 family events.

SPORTIDENT

We will be introducing the use of electronic timing to most of our events during 2009. With this Sportident system there will be a need for competitors to carry a plastic stick which can be hired at each event for a small charge (\$1) or purchased for \$50. You are responsible for registering your sportident at the computer before your run and downloading your sportident at the computer after your run.

PUBLICITY & CANCELLATIONS

All club events are advertised in the 'Sports Draws' column on the Wednesday night prior to events, in the HB Today. Results are sent to HB Today on the Sunday evening following an event, for publishing.

An email service also operates for club members, advising coming events and other orienteering news. If you would like to be added to this distribution list, please forward your email address to Duncan Morrison (hboc.events.publicity@gmail.com).

In the event of bad weather, an event may be cancelled if it is considered unsafe for competitors. Cancellations will be posted on the website and emails sent to members. Committee members will also attempt to telephone all non computer club members.

TRAINING & COACHING

The year starts off with a Junior Coaching Camp from January 26 – 29. Information and application forms have been sent to all eligible juniors in the club. Also, the club encourages eligible juniors to attend NZOF organised training camps, by subsidising camp fees.

For those who wish to improve their orienteering, the importance of using club events for practising techniques cannot be under-estimated. If you need assistance, please contact Club Coach, Geoff Morrison.

INTERNATIONAL SYMBOLS

These are the symbols which are used to describe control sites. So wherever you orienteer in the world, these symbols will be used and there is no need to know the local language to compete.

Booklets of these symbols and examples of control site descriptions are available at the caravan for \$2. The booklet also contains a glossary of orienteering terms - words like re-entrant, spur, knoll, thicket, etc. which frequently come up in orienteering conversation.

Before you start an event always check out any terms or symbols that you are unsure of, as this vital piece of information may make finding the control a little easier.

LIBRARY

The Club has a good range of books available on all facets of the sport. The library case is stored in the caravan and the books are always available for loan to club members.

COMPLAINTS AND PROTESTS PROCEDURE

The following procedure applies to the Club Championships, the Club Score Championships and events comprising the Club's Orienteer of the Year series.

- 1 A **complaint** may be made regarding infringements of the NZ Orienteering Federation's Competition Rules, so far as they apply to these events.
- 2 A complaint may be made by a competitor only, in respect of his or her course, or by the parent or guardian of a junior competitor.
- 3 A complaint shall be made, either verbally or in writing, to the controller of the event, within 30 minutes of the affected competitor finishing. The controller shall adjudicate on the complaint and the decision shall be advised to the complainant within 30 minutes. Details of the complaint and the controller's decision shall be prominently displayed immediately so that all competitors affected may be aware of the issue giving rise to the complaint and the decision. In the case of a complaint or protest made on behalf of a junior, the time requirements may be relaxed.
- 4 The controller shall deal with complaints in a manner that the controller feels is necessary to ensure the fairest result for competitors.
- 5 If a complaint regarding an element of a course is upheld, only the class containing the protestor(s) shall be invalidated.
- 6 A competitor affected by the controller's decision on a complaint may **protest** that decision. Any protest shall be made in writing to the controller within 30 minutes of the decision being displayed. In the case of a competitor completing or abandoning the course after the decision has been displayed, the time for protest by that competitor shall be extended until 30 minutes after completing or abandoning the course.
- 7 The protest shall be referred to a four-person jury comprising:
 - The event controller, who shall not be entitled to vote.
 - Three NZOF A-grade controllers present at the event but not involved with the class concerned and having no personal association with competitors in that class. If more than three are eligible, they shall themselves determine who shall act.

- Failing the availability of sufficient A-grade controllers as above, such other members of the HBOC committee as may be present but not involved with the class concerned and having no personal association with competitors in that class. The event controller shall select such persons.
- 8 The jury shall make and announce their decision as soon as possible, given the circumstances. Their decision will be final.
- 9 No fee is payable for a complaint or protest.

Complaints and protests after the event.

- 10 Where a competitor does not have a reasonable opportunity to lodge the complaint on the day of the event, a complaint may be made within a reasonable time after the event. This procedure applies to issues that are not apparent until the results have been published. The procedure set out above, modified as necessary, also applies to complaints and protests after the event.

HEALTH AND SAFETY POLICY

Hawke's Bay Orienteering Club is committed to providing an enjoyable and safe environment to all participants at every orienteering event.

Club responsibility:

- Ensure all participants are aware of any significant hazards that they can be expected to encounter while taking part during the event (refer to the Hazard ID form which is displayed on the notice board beside the caravan window)
- Have procedures in place that can be followed in the case of injury and illness (refer Emergency Procedures form displayed in the caravan)
- Have procedures in place that can be followed in the case of a participant becoming lost or missing (refer Search and Rescue form displayed in the caravan)
- Ensure that all Organisers and Controllers are aware of the above procedures

Participant's responsibility:

- Read all notices concerning the special hazards that may be associated with the event
- Obey all instructions and warnings
- Keep clear of any plant or equipment
- Keep clear of any unauthorised areas or farm buildings
- Avoid disturbing livestock and keep away from all work activities
- Not allow children to wander unsupervised
- Carry a whistle
- Notify the organisers of any health problems. eg diabetes, asthma, angina etc

Landowner's responsibility:

Landowners are not responsible for the natural hazards and risks associated with orienteering and attendant activities.

WE ARE DEPENDENT ON THE GOODWILL OF OUR LAND-OWNERS, SO PLEASE TAKE YOUR RESPONSIBILITIES AS A PARTICIPANT SERIOUSLY.

CARAVAN USERS, SETTERS AND ASSISTANTS CHECKLIST

(Caravan Users and course setters please refer to a full set of operating instructions on the website or inside the caravan)

During the year all members will be asked to help run at least one event. To ensure smooth running of your day please use the following checklist as a guide.

1. Please ensure compasses are put out on the compass board before issuing any at an event. You must then record the number of each borrowed beside the persons name on the Registration form. (These are kept in a red clear file).
2. Put out tables beside the caravan with start times sheets, black or blue pens tied to the tables. (Start times sheets are in the red clear file and pens in a plastic container)
3. Put out clipcard board and fill with clipcards (if using clipcards) and control descriptions for each course.
4. Set up notice board beside the counter. Place Hazards board, to record important points for the days event, on the ground below the notice board.
5. Set up Start, Clear and Check and Finish controls.
6. You will need a table at the start and finish points with the starter clock, a chair, red and blue pens and bulldog clip to collect clipcards.
7. Place Start and Finish banners above these areas.
8. Water containers filled and cups placed near finish.
9. Toilet and toilet tent need to be set up and hand sanitiser placed nearby. The toilet needs to be lined with a black rubbish bag with its bottom cut off, once finished with, this bag gets buried.
10. Ensure signs to the start etc are all in place.
11. Ensure all controls are restacked in their racks in numerical order.
12. If anything is out of stock first check the shed at Mardon's (key is on same ring as the caravan). Plastic bags, clipcards, rubbish bags (these double as toilet liners as well), hand sanitiser, toilet paper and paper cups are all in the shed, if anything is low in stock please phone the Equipment Officer, Murray Harty, 8735182.
13. MOST IMPORTANTLY: PLEASE ENSURE EVERYTHING IS RETURNED TO ITS CORRECT PLACE FOR THE NEXT PERSON. LEAVE THE CARAVAN THE WAY YOU HOPE TO FIND IT!
FOLLOW THE MAP WHICH IS ON THE WALL IN THE CARAVAN.

REMINDER TO ALL COURSE SETTERS

One month prior to setting your course you should receive a HB Orienteering Club Course setters checklist. This will give you a reminder of all the things that need to be organised and done when course setting, including a timeline for one month prior to the event. A lot of this information can be found on the website under resources.

Once you have completed your course setting a report needs to be emailed to Steve Armon regarding the day's event for publishing in Compass Points alongside the results.

If anyone is borrowing any equipment from the caravan or Mardon's shed, please let Murray Harty know at 8735182. This will make accessing equipment so much easier for everybody.

HAWKE'S BAY ORIENTEERING CLUB APPLICATION FOR MEMBERSHIP

CONTACT NAME: _____

ADDRESS: _____

_____ POSTCODE: _____

LANDLINE NO: _____ CELLPHONE NO: _____

EMAIL: _____

MEMBERS' NAMES	YEAR OF BIRTH	SUBSCRIPTION (see pg 3 for details)
<i>"NZ Orienteering"</i>		
TOTAL (\$)		

Privacy Act 1993

I acknowledge my right to access and correction of this information. This consent is given in accordance with the Privacy Act 1993.

Signed: _____

Date: _____

Send to: The Treasurer
 HB Orienteering Club
 P.O.Box 2237
 Stortford Lodge
 Hastings 4153

Date paid	
Receipt #	
Membership	
Database	
Letter	
Email	
NZO	

