

# ORIENTEERING

THE MIND AND BODY WORKOUT



South  
Yorkshire  
Orienteers

## 2019 – 20 Saturday Series incorporating the SFSS Schools' League

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 of all ages 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.

<b>Sat 21 Sep</b>	<b>Endcliffe Park</b>
<b>Sat 5 Oct</b>	<b>EIS, Olympic Legacy Park</b>
<b>Sat 23 Nov</b>	<b>Shirebrook Valley</b>
<b>Sat 11 Jan</b>	<b>Whirlowbrook Hall</b>
<b>Sat 8 Feb</b>	<b>Botanical Gardens</b>
<b>Sat 14 Mar</b>	<b>Norfolk Park</b>
<b>Sat 18 Apr</b>	<b>Parkwood Springs</b>
<b>Sat 16 May</b>	<b>Millhouses Park</b>
<b>Sat 6 Jun</b>	<b>Graves Park</b>
<b>Prize-giving event 11th July</b>	

# SATURDAY SERIES SCHOOLS

## LEAGUE 2019 - 20

### League Format

Nine events spread over the academic year 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. There is also a league for adults with the best 5 results counting. The events are held on Saturday afternoons. They are run by South Yorkshire Orienteers and courses are 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 12:30 - 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 £5, £4 for club members

Second runs £1 (£2 if your first run was free)

### Courses

Orienteering courses are graded by colour; this table shows the course pupils should enter to be part of the league. Adults run any course they would like and will be allocated to the newcomer or standard adult league.

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

### 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.