

HAWKE'S BAY ORIENTEERING CLUB

PREVIEW 2006

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.

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.

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

HAWKE'S BAY ORIENTEERING CLUB

PREVIEW 2006

MEET YOUR COMMITTEE

President / Publicity	Hamish Goodwin	(06)874 9383
Secretary	Kirsten Hughes	(06)874 9650
Treasurer/Membership	Pamela Morrison	(06)877 4870
<i>Committee -</i>		
Club Captain/Coaching	Geoff Morrison	(06)877 4870
Mapping	Paul Steeds	(06)874 8844
Magazine	Rob McDonald	(06)876 0146
Fixtures	Nigel Field	(06)878 2581
	Amber Morrison	(06)877 8261
	Cara McDonald	(06)876 0146
	Lesley Sceats	(06)879 7674
 <i>OUTSIDE COMMITTEE</i>		
Landowner Liaison	Chris Howell	(06)879 5686
Equipment	Jon & Jo Eames	(06)877 8018
Webmaster	Paul Smith	(06)843 2927

Please send any correspondence to: The Secretary, 3748 State Highway 50, RD 1 Hastings

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

Subscriptions for 2006 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	\$20	\$10	\$40
Full rate	\$25	\$12.50	\$62.50

NOTES:

- i. Junior – age 20, or under, in 2006. 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 \$16.80 (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	\$5	\$13
Non-members	\$8	\$16
Black and white maps	\$3	\$8
Second course using a new map	\$2	

FIXTURES

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

Date	Type	Map
30-Jan	HBOC Junior Camp	
31-Jan	HBOC Junior Camp	
1-Feb	Summer Series	Woodford
2-Feb	HBOC Junior Camp	
8-Feb	Summer Series	Park Island
12-Feb	Club Coaching	
15-Feb	Summer Series	Windsor Park
22-Feb	Summer Series	Stoney Creek
25/26-Feb	Kaweka Challenge	
1-Mar	Summer Series	Whitmore Park
5-Mar	Club event	Rowe Road
8-Mar	Summer Series	Havelock Flats
11-Mar	Katoa Po night relays	Taupo
15-Mar	Summer Series	Frimley Park
19-Mar	Club Coaching	
26-Mar	OY 1	Maraetotara
9-Apr	OY 2	The Slump
14/15/16/17Apr	Nationals	Nelson/Marlborough
23-Apr	Club event	Horseshoe Bend
29/30-Apr	NISSC	OHV
7-May	OY 3	Rochfort
14-May	School Practice	Te Mata Park
21-May	MTBO	
28-May	HB School Champs/Club	Mission
3/4/5-Jun	QB 3 day	NW, Auckland
11-Jun	HB Club Champs/Frank Smith Trophy	Smedley West
25-Jun	HB School Relays/Club	Rochfort North
9-Jul	Club event –Short?Middle distance	Te Aute
14/15-Jul	NZSSC	Auckland
23-Jul	Score Handicap	Pukeora
6-Aug	Score Handicap	Havelock Hills
20- Aug	Score Handicap	Guthrie Smith
3-Sep	Team event + Social activity	Te Mata Park
17-Sep	OY 4	Tangoio
24-Sep	MTBO	
1-Oct	Club event	Over the Hill
15- Oct	HB Score Champs	Rotoma
14/15-Oct	Auckland Champs	
21/22/23-Oct	Wellington Champs	
29-Oct	OY 5	Smedley
4/5-Nov	CD Champs	
12-Nov	OY 6	Te Awanga
18/19-Nov	SI Champs	
26-Nov	Christmas event	Lower TukiTuki

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.

February 1	Woodford
February 8	Park Island
February 15	Windsor Park
February 22	Stoney Creek
March 1	Whitmore Park
March 8	Havelock Flats
March 15	Frimley Park

Start 6.00pm - 7.00pm.

KAWEKA CHALLENGE – February 25 & 26

The Kaweka Challenge is a mountain race, which offers 5 different courses, so there is something for anyone who is looking for a bit of a challenge.

This year is the 17th 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.

Doug Matheson 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)8357082 or matheson@inhb.co.nz.

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

KATOA PO - ALL NIGHT RELAYS – March 11

This year is the 26th annual Katoa Po, hosted by the Taupo club. As in previous years, the relay will be held on Saturday night, followed by a Central Districts event on Sunday. Competitors travel to Taupo on Saturday afternoon, set up camp near the start/finish area, then the relay starts at about 7.30pm.

HB is building up an envious record, not for winning the orienteering, but for supporting our teams. Plans are being made for this years team theme, so look out for entry information in February – the more people we have the easier it is to make lots of noise.

Sunday morning begins with another tradition – bacon & eggs. Don't miss the social highlight of the orienteering year – book the weekend of March 11 & 12 in your diary NOW!!

“ORIENTEER OF THE YEAR” (OY) SERIES

Format

- The OY competition is open to all club members.
- The competition comprises 6 races, of which the best 5 performances count towards a final score.
- The following courses will be offered:

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

- 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.
- 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:

$$(Winners\ time\ x\ 25) / Your\ time$$

- 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 years' OY competition is being held on the following dates:

March 26 Maraetotara
April 9 The Slump
May 7 Rochfort
September 17 Tangoio
October 29 Smedley
November 12 Te Awanga

TAUPO CLUB CHALLENGE – TBA

This year hopefully we will be able to revive our annual inter club challenge. There will be grades available for all ages and abilities.

FRANK SMITH TROPHY – June 11 (to be confirmed)

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. This year it may be held in HB.

HAWKE'S BAY SCHOOL CHAMPS – May 28

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 forest map – “The Mission”. 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 25

This event will be held on the “Rochfort North” map and is open to all HB School students.

RED KIWIS CHALLENGE – TBA

This year is the 26th inter-club challenge.

HAWKE'S BAY CLUB CHAMPS – June 11

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.

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, W40, W50, W60, W18
Orange long	45	M open B, M14
Orange short	40	W open B, W14
Yellow	35	M12, M novice, W12, W novice
White	25	M10, W10

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:

April 14 - 17	NZ Champs – Marlborough/Nelson
June 3 - 5	Queen's Birthday - Auckland
October 14 – 15	AOA Champs
October 21 – 23	WOA Champs
November 4 - 5	CDOA Champs
November 18 – 19	South Island Champs

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:

February 18 & 19	NZ Champs, Wairarapa
October	World Champs, Australia

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 28 & 29	North Island Champs, Hutt Valley
May 28	Hawke's Bay Champs
June 25	Hawke's Bay Relays
July 14 & 15	New Zealand Champs, Auckland

ARE YOU INTERESTED IN ORGANISING A SCHOOL TEAM IN 2006?

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 2006?

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 – Thumb \$65, Base Plate \$38

CLUB O-TOPS

Would you like to purchase one of those distinct HB tops in bright green, black & white? Then contact Richard Lynn (phone (06) 843 7511), with your order. The club will pay for the printing of 'HAWKES BAY ORIENTEERING' on the back.

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.

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 results following events. If you would like to be added to this distribution list, please forward your email address to Hamish Goodwin (hamish.lou@xtra.co.nz).

In the event of bad weather, an event may be cancelled if it is considered unsafe for competitors. Cancellations will be advertised on Classic Hits (89.5FM). Committee members will also attempt to telephone all club members.

TRAINING & COACHING

The year starts off with a Junior Coaching Camp from January 31 – February 3. 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 by 50%.

It is intended that some formal coaching be held for senior members earlier in the year. However, for those who wish to improve their orienteering, the importance of using club events for practicing techniques cannot be under-estimated. If you need assistance, please contact Club Coach, Geoff Morrison.

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

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 the top wireframe drawer 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 top drawer and pens in box under the counter)
3. Put out clipcard board and fill with clipcards (in the high cupboards above the controls) and control descriptions for each course.
4. Set up notice board on hook outside caravan beside the counter. Place Hazards board, to record important points for the days event, on the ground below the notice board.
5. Set clock and synchronise start and finish clocks. (These are kept in separate boxes under the counter). Hang the large clock on the hook above the notice board.
6. You will need a table at the start and finish points with the starter / finish clock, a chair, red and blue pens and bulldog clip to collect clipcards.
7. Place Start and Finish banners above these areas (kept in the bottom cupboard on the right as you enter the caravan).
8. Water containers filled and cups put near finish.
9. Toilet and toilet tent (kept in the bottom cupboard below the drawers) and hand sanitiser (beside the controls). 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 (kept in green plastic box and stakes in a bungy beside the tables).
11. Ensure all controls are restacked in their racks in numerical order.
12. All equipment is held in place by colour coded bungy cords.
13. 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, Jo Eames 8778018.
14. 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.

Once you have completed your course setting a report needs to be emailed to Faye McDonald 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 Jo Eames know at 8778018. This will make accessing equipment so much easier for everybody.

**HAWKE'S BAY ORIENTEERING CLUB
APPLICATION FOR MEMBERSHIP**

CONTACT NAME: _____

ADDRESS: _____

TELEPHONE NO: _____

EMAIL: _____

MEMBERS' NAMES	YEAR OF BIRTH	SUBSCRIPTION (see pg 3 for details)
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
 27 Margaret Avenue
 Havelock North