Te Whakataetae Awhe Ararau o Ngā Kura Tuarua o

Te Ika-a-Māui

Auckland 25 – 27 April, 2024

Bulletin 2 - 20 April 2024

Thursday 25 April	Sprint	AUT Akoranga Campus
Friday 26 April	Long	Mairetahi Forest/Farm, South Head, Helensville
Saturday 27 April	Relay	Barlow Road, Riverhead Forest

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Welcome from North West Orienteering Club

We are pleased to welcome all schools across the North Island of New Zealand to take part in the North Island Secondary Schools Orienteering Championships 2024. The past few years have been challenging with Covid 19 and major weather events, however, we hope that 2024 is back to business as usual. We are really pleased to be putting on an event which showcases some beautiful parts of the Auckland region. The organisational team have been busy getting everything prepared and we look forward to delivering 3 days of exciting and enjoyable competitions.

We start off with a visit to AUT campus for the Sprint, set by NZ Elite Renee Beveridge (Sprint planner for NZOC2021) who will set challenging courses. We are then privileged to visit a beautiful private forest, Mairetahi, for the Long event – this offers a great mix of plantation forest, native bush, open areas and scenic small lakes. The Relay sees us return to Riverhead Forest, an area which changes from year to year, with new tracks – this event always promises to showcase school rivalry!

We hope you all have an excellent time.

Jenny Cade & Lisa Mead

Event Directors
North West Orienteering Club

Acknowledgements

North West Orienteering Club is very grateful to the venue landowners for allowing us access.

- Auckland University of Technology, Akoranga Campus
- Mairetahi Forest
- Riverhead Forest & Waitemata Motorcycle Club

We would like to thank all the setters and controllers, as well as all the other volunteers for making these events happen.

General Event Information

NISSOC 2024 is organised and hosted by the North West Orienteering Club (NWOC). The Event website (https://www.oevents.nz/niss2024/) is the main source of information. This Bulletin, all Health and Safety forms, Start times, Results and any late updates can be found on the website.
This Bulletin is a must-read for all competitors, team managers and coaches!

Bulletin and Event Updates

This Bulletin is correct at the date of publication. Any last minute updates will be posted on the North Island Secondary Schools Champs website www.oevents.nz/niss2024/ and on the North West Orienteering Club and NZ Schools Orienteering Facebook pages.

Contact

Please direct all enquiries to North West Orienteering Club:
northwestorienteering@gmail.com

For urgent and important queries during the event please contact one of the Event Directors

- Jenny Cade 0211882468
- Lisa Mead 0211359631

Please note that there will be limited, if any, mobile reception at the Long & Relay Events so we may not be contactable during these events.

Team Managers

Thank you to all the team managers and everybody else involved in the organisation of all the student participants for your efforts, commitment, and support. As a team manager, you have the big job of being responsible for the well-being of all competitors under your care. The team manager can be the school sports coach, a school manager, teacher, or parent who is available at each event.

It is the responsibility of the team manager to make sure all competitors are aware of the information contained on the NISSOC 2024 website and this Bulletin. It gives information on how to get to the venues, important information about starting and finishing procedures and, combined with the start time lists, when to be there.

Each student should be at the competition venue at least 60 minutes before their start time. As team manager, please direct parents to the NISSOC 2024 website for the most up-to-date information. Last minute changes will be uploaded to the website and announced via the NWOC Facebook page. The team manager is responsible for the transport of all the team's competitors to and from each venue.

Event Centres

Each race will have an Event Centre which will incorporate Registration, Toilets, First Aid, the Finish, and a hot drink van. The Sprint and forest Event Centres are uncovered. However, there is room in each Event Centre for schools to put up their own tents or gazebos. Lost property can be handed in to Registration at the Event Centre. If you have lost something, you are welcome to see if it has turned up there at any time.

Registration Packs

Registration packs for schools will only be issued to team managers, rather than to individual students. The pack will include hired SportIdent (SI) cards. The race pack will NOT include a printed copy of this Bulletin or Start Lists. As a precaution in case of limited mobile phone coverage in the forest, we strongly suggest that the team manager has a downloaded version of the Bulletin and/or Start Lists on a device which can be kept charged for long periods of time and/or has a printed version or both, so all information is readily available independent of your location.

Relay Teams

The Relay team entry forms must be collected from registration at the Sprint on Thursday, completed by the Team Manager and returned to registration by 1.30 pm at the Long on Friday. Changes after 1.30 pm Friday will be at the discretion of the organisers (for example, in case of injury or illness). For composite teams, individual students from different schools

who have elected to run in a composite team will be placed in teams of the same grade and gender. If you wish to make your own composite teams, please fill out the Relay team registration form, but please ensure competitors run the grade they have entered, otherwise there may not be enough maps. Relay event rules are provided in Appendix 1.

Public courses

Sprint: There are 2 public courses available with starts from approximately 3.00pm.
Long: There are 2 public courses available with starts from approximately 1.00pm or 30 mins or so after the last start (subject to Controller's discretion on the day).
Relay: No public races.
Entries have now closed for the Public events.

Waste and Green Thinking

The organisers aim to be eco-friendly and reduce waste where possible, and this event will operate under a 'Pack-in, Pack-out' policy (so if you carry it into the venue, please carry it out again).

Water

Please bring your own water to all events. Water will not be provided at the Event Centres.

Catering

A coffee van will be present at each event. Coffee on the Coast/Hey Brew Coffee vans offer hot drinks as well as cold drinks such as smoothies and frappes. Eftpost will be available at the Sprint however please **bring cash** for Friday & Saturday.

Cafes and supermarkets are located a short drive from the Sprint Event Centre in Takapuna and Northcote. There is also a large Countdown/Woolworths Supermarket in nearby Barrys Point Road. Note that most cafes and supermarkets will be closed until 1pm given Thursday is Anzac Day.

There are no shops close to the Long or Relay events. We suggest you purchase any food and drinks in either Kumeu (large supermarket, cafes etc) or Parakai (Long event only) which has a small general store.

Telecommunications and Cell Phone Coverage

There is good cell-phone coverage at the Sprint event, no cell-phone coverage at the Long forest event (except on Wilson Road outside the mapped area) and limited coverage at the Relay.

Prize-Giving

There will be a prize-giving after each event to acknowledge the place-getters. The timing will be as soon as winners can be determined.

Social Media

North West Club has respectively asked secondary school principals to opt in or out of live streaming and publication of photos on social media. Please check with us before publishing media/photos from this Event.

Health and Safety

Personal Responsibility and Safety

Comprehensive Health and Safety plans are kept at Registration in the Event Centres and are available for download from the website (https://www.oevents.nz/niss2024/#healthandsafety).

Competitors should always use common sense to ensure their own and others safety. Check for specific hazards in the event information and on the Hazards Board at the Event Centre.

Competitors are expected to render assistance on their course to anyone who is injured, has blown their whistle, and requires physical assistance. Please render assistance as needed, and make event officials aware of the issue, so they can organise the appropriate response.

To avoid initiating unnecessary searches after the event, all competitors must punch the Finish Control even if they do not complete their course.

Open fires or smoking or vaping is prohibited in all competition areas. Alcohol is prohibited. Dogs are not allowed at any of the events.

Whistles

It is expected that competitors carry a whistle for the Long and Relay events. Individual competitors must bring their own whistle to this event. It is recommended that all competitors name their whistle with a permanent marker. Use your whistle if you need urgent help because of an injury or distress. The recognised distress signal is a series of six short blasts on a whistle. Pause and listen for reply and repeat to allow them to locate you. Do not use your whistle unless it is an emergency.

First Aid

An Event Medic & Safety paramedic will be present at the forest events ie the Long and Relay. Should you require first aid during an event, go to the first aid area near registration. **Schools are also encouraged to bring their own first aid kits to tend to minor injuries such as cuts and grazes.**

Sprint Event

Urgent medical services are located at: Shorecare (09 -486 7777), located at Smales Farm, 74 Taharoto Road. North Shore Hospital is located at 124 Shakespeare Road, Takapuna 0620.

Existing Medical Conditions

Team Managers/Parents of students who have an existing medical condition that the Event Organisers should know about are asked to complete the Medical Conditions Declaration form that will be available at Registration.

COVID or other illness

There are no longer any restrictions for the Sport and Recreation sector under the current Covid-19 Strategy. This means there are no longer any requirements around event numbers, mask wearing or vaccination certificates.

As in non-Covid times, anyone unwell or exhibiting cold or flu-like symptoms should not be attending any sporting event.

In general, please maintain good hygiene practices. All event centres are outdoors. Hand sanitizer will be available at registration and in toilet areas.

Technical Information

Rules

The event will be run under the NZ Foot Orienteering Rules as published by Orienteering NZ on its website (https://www.orienteering.org.nz/resources/rules/), including the Special Rules for New Zealand Secondary Schools Orienteering Championships where they deviate from the standard competition rules.

Embargoed areas

Maps of the embargoed areas leading up to the competition, and old maps where available, may be found at the event website (https://www.oevents.nz/niss2024/#embargoes). AUT Akoranga campus is embargoed except for students who for education, sport or other purposes have a legitimate reason to be on the grounds. Any competitors entering this area with an orienteering map or running timed practice legs prior to the event will be disqualified from competition.

The Sprint area is strictly embargoed to all competitors on the competition day from 6 am until the competition is over.

- Competitors must only access the Sprint Event Centre from the car parking via Gate 3 (lower carpark #7 area).
- Competitors are not allowed to re-enter the competition area after they have finished their race and before the last competitor has finished their race.
  The Long map, Mairetahi Forest, on Wilson Road is embargoed for the Long event. This area is private property, and trespassers could be prosecuted. Any competitors entering this area prior to the event will be disqualified from competition.

Fair Play

All competitors shall behave with fairness and honesty. Attempts to gain any information related to the courses, beyond that provided by the organiser, is prohibited before and during the competition. It is forbidden to bring any previous maps along to the competition arenas. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified.

Competition maps will be collected at the end of each race and distributed after the last start of the day.

Map Legends and Symbols

Legends relative to each map are printed on the maps. Download a complete list/description of orienteering mapping symbols (non-sprint maps) here.
A full Sprint legend can be found here

GPS Equipment

Competitors shall not use or carry telecommunication equipment between entering the pre-start area and reaching the finish of a race, unless the equipment has been approved by the Controller prior to the event. GPS-enabled devices (watches etc) may be carried provided that they have no map display and are not used for navigation purposes.

Punching System

The SportIdent punching system will be used in all three NISSOC events. Please note that SI-Air will NOT be activated for these races. SIAC cards may still be used like a regular SI-card – you will need to physically punch each control station.

At each control, insert your SI-card into the control unit until the unit beeps and flashes. If you punch an incorrect control, ignore it and continue to the correct control; the extra punch will be disregarded by the results software.

SI-cards must be cleared and checked before each race. Stations to clear and check SI-cards will be located in the pre-start.

If an SI unit does not function (there is no beep and no flash) then use the pin punch attached to the control stand and punch on your map in one of the spaces provided. If you have pin punched any controls on your map you must hand the map in at the Problem Desk before leaving the Finish area and explain what you have done.

At the Finish line punch one of the SI units. Your elapsed race time only stops when you punch one of these units. Competitors must punch one of these Finish units even if they do not complete their course.

If you have hired an SI-card for NISS 2024, please make sure you return the card when downloading after the Long event on Friday 26 April.

All Relay teams will be issued with a set of hire Sportidents (no rental fee) for use in the Relay on Saturday 27 April. Competitors will not be able to use their own SI-cards for the Relay.

Lost or broken hired SI-cards will incur a charge of $50 to cover the cost of a replacement

Control Descriptions

Control Descriptions will be printed on all competition maps. See the Sprint, Long and Relay sections for specific details for each event. There will be NO loose control descriptions for the Relay.

There is NO tape or other equipment available to prepare control descriptions at the start; competitors should provide their own control-description holders or other means of carrying them if desired.

Maps will be printed on Teslin waterproof paper.

Start Lists

The latest Start Lists will be available on the NISSOC 2024 website https://www.oevents.nz/niss2024, and on display at each Event Centre.

Start Procedure - Sprint and Long

Each runner is responsible for following the correct marked route to their start area. The competition area is out of bounds until your start time. Distances to the start are specified for each race.

Pre-start – 4 minutes	**-3**	**-2**	**-1**	**0**
Clear & Check	Check	Control descriptions	Maps	→→Start
Clear & Check	Late Start Lane			→Start punch

In the Start area, runners will pass through three consecutive starting pens, and remain one minute in each one.

- **Prestart -4 minutes**: Competitor call-up. SI-card number and the starting time are checked. Runners clear and check their SI-Card
- **-3 minutes:** Each runner inserts their SI-card into a Check box. Runners without an SI-card will not be allowed to start. * Note that SI Air will not be activated for these events.
- **-2 minutes:** Loose control description sheets are available for runners to pick up (optional). Control descriptions will also be printed on the map.
- **-1 minute:** Maps. The runner stands beside the map issue box labelled with his/her correct course and class. The start-countdown will be indicated by a series of 6 beeps at -5 to 0 seconds. At the last beep the competitor's race time begins and the runner can take the map from the map issue box. The runner is responsible for taking the correct map.

As this event is a timed start event, there is no start punch. Runners will follow the marked route to the start point which is indicated by a control with a flag but without an SI punching unit in the terrain, and a triangle on the competition map.

Late Start

Runners who arrive late to the start must report to the late start lane where an official will accompany him/her. Control descriptions and the competition map will be handed over by an official, and the competitor then starts the race when told to do so (ONZ Rule 22.8) using a punch-to-start.

The results of runners who start late will be based on their original start time (with no time compensation). Only if their lateness is the fault of the organiser will their actual race time be used (ONZ Rule 22.9).

Any runner who is late, whether through their own fault or otherwise, should not discuss this with the start officials. Instead, if the competitor believes the organiser is responsible,

he/she should make a complaint after finishing the race at the Downloads Problem Desk before leaving the Finish Area.

Start Procedure - Relay

All runners should listen carefully to the briefing at 10.15am. The Leg 1 mass start will begin promptly after the briefing i.e First leg runners must attend the briefing *ready to run*. There will not be time after the briefing to collect your gear! Be ready to enter the start box as soon as the previous class has started.

All Leg 1 runners will start together. There will be a second mass start for any remaining Leg 2/3 runners whose teams have fallen behind. Timing of this will be announced in the arena during the event.
When you enter the changeover area, ensure you clear and check your SI-card. Please ensure you use the SI-card assigned to the correct competitor on the correct leg. Remember your whistle.

Finish Procedure

All runners, including those runners who do not complete the whole course, are required to punch one of the SI units on the Finish line. Runners who do not register at the Finish line will be considered as missing in the terrain, which may cause a search for the missing person.

Each runner must download their SI-card at one of the manned download stations. Maps will be collected after each event and will be available for pick up after the last start.
After download, runners are free to go for refreshments.

Results

Results will be posted on the NISSOC 2024 website and on WinSplits at the conclusion of each day's racing. At the event, live results will be displayed on screens.

There will be NO live-streaming from any of the Events. If links to livestreams appear on social media posts relating to the Event, please disregard these as they will be scams.

Out of Bounds areas

An 'Out of bounds' area is any area where a competitor is not allowed to be. 'Out of bounds' areas are described in the specific information relating to each day. Generally, any area away from the car park, Event Centre (registration/finish area), start area or the routes between these will be out of bounds unless you are on your course. This out of bounds restriction also applies to Team Managers and supporters.

Complaints and Protests

In accordance with the ONZ and IOF Foot O rules 27 and 28, complaints and protests may be made in writing (in English), using the appropriate forms which are available at the Registration tent in the Event Centres. Complaints should be handed in to the Registration tent within 60 minutes of finishing. The Event Controller will make a decision and notify the complainant as soon as possible. There is no fee for a complaint.
If the complainant is not satisfied with the Controller's decision, a protest may be lodged at the Registration tent. The time frame for this is within the next 60 minutes (ONZ rule 28.3). Protests will be forwarded to the Controller who will convene a jury. After due

consideration, the jury will communicate their decision to the complainant. A fee equal to the entry fee for that day for the class in question shall accompany any protest. This will be returned if the protest is accepted.

The event Controller will convene a jury of 3 ONZ A-grade (or equivalent) Controllers.

NISSOC 2024 Individual Sprint Championship

Date: Thursday 25 April, 2024
Map: AUT Akoranga Campus
Map details: Scale 1:3,000; contour interval 2m. Mapped to ISSprOM 2019-2 specifications.
Planner: Renee Beveridge
Controller: Mike Beveridge

Directions and Parking

From central Auckland take the motorway (SH1) north across the harbour bridge and take the Akoranga exit (Exit 420) onto Akoranga Drive. Entrance to the parking will be signposted; it is just past the traffic lights (if coming from the South, via Gate **3** to the lower level parking area 7. The initial entrance is via a sharp turn and is NOT suitable for buses. Please watch for cars travelling in the opposite direction This is an extensive parking area.
The driving time is approximately 14 minutes from downtown Auckland.

Additional Parking

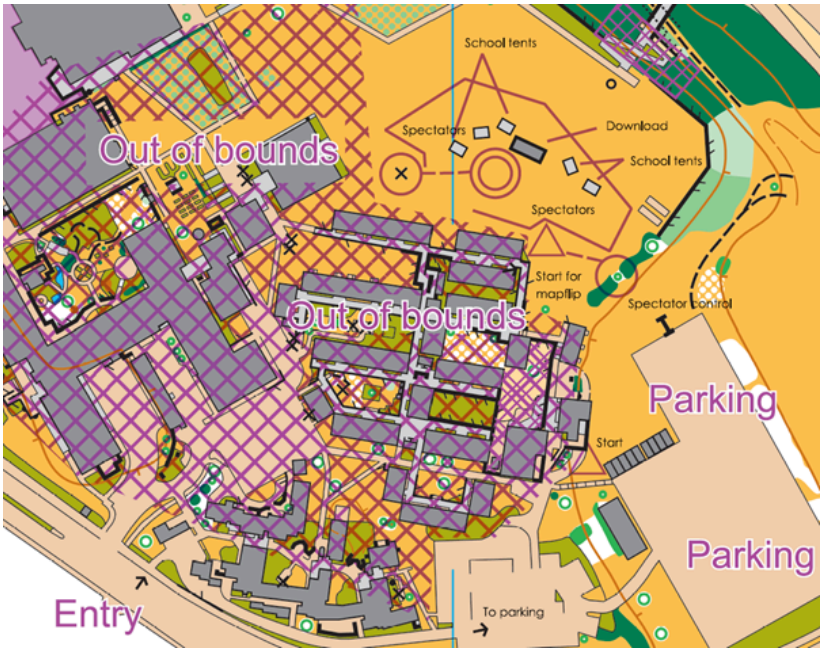
Additional parking may be found on adjacent streets, however, access to the event centre should still ONLY be via Gate **3**, following the route to the car parking.

Event Centre Access

The Sprint area is strictly embargoed to all competitors on the competition day from 6 am until the competition is over.

Competitors must only access the Sprint Event Centre from the car parking via Gate 3 (lower carpark #7 area).

From the lower car park, walk 80-200m up the grass slope onto the large field at the top. All other areas of the campus are out of bounds.



Terrain

AUT Akoranga campus provides an interesting venue for the NISS 2024 Sprint. The terrain is a standard University style campus with an area of large buildings and a smaller complex labyrinth of small classrooms that will require accurate and quick map reading to choose the best routes. There is also a small area of field and bush track running on a slope to the northeast of the campus. There are around 40 controls throughout the competition area so be sure to check your codes.

Starts

The start is a 1 minute walk from the Event Centre, back towards the parking area; this will be visible as you enter the lower car parking area.

To get from the Event Centre to the Start, competitors/spectators will need to cross the mandatory taped spectator run-through. **Runners** have right of way, and people wanting to go between the Event Centre and the Start need to wait for runners to pass through the run-through before crossing. Runners will be focusing on their race, and will not see you crossing, so don't run out in front of them. There will be a marshall controlling this crossing point to ensure people cross at the right spot and give way to the runners.

At the start of your race you will pick up your map. Follow the taped route 40m from here to the start triangle, marked with a control flag. All runners must run within 2m of the start triangle.

First starts are from 1.30pm.

Maps, Map Flip, and Compulsory Routes

The maps (first half of their course for Senior Boys and Girls, and Intermediate Boys) will be face down at the start to stop cheating. However, the athletes will be given the opportunity to check that they have picked up the map for the correct course. It is the responsibility of the runners to check they have the correct map and control descriptions.

There is a mandatory taped route from a spectator control back into the complex classroom labyrinth which will provide interest to spectators. This is shown by a marked route on the map and as a taped route in the terrain. Be warned, competitors need to keep up their concentration as they are cheered on, otherwise they could lose crucial seconds in their race.

All runners will have this spectator control around ⅔ of their course. After punching the spectator control, all runners will follow a mandatory taped spectator run-through for about 30 metres before continuing with their course. ALL competitors must follow the taped route, otherwise they risk disqualification. All taped routes, like the spectator run-through are marked as purple dashed lines.

The following courses have a map flip: **Senior Boys, Senior Girls, Intermediate Boys.**

For Senior Boys and Girls, and Intermediate Boys, the spectator control is the last control on the **first** part of the map. After following the spectator run-through (purple dashed line), runners will need to flip their map over to the second part of their course. The end of the spectator run-through/start of the second part of the course is marked with a start triangle on the map, and a physical control flag in the terrain; runners **do not** need to punch this, it is only to show the starting location for the 2nd part of the course.

At the top of the map, the first side is named “Part 1” and the second part on the other side is named “Part 2”. Control numbers are continuous; i.e if your last control on the first side of your map is “11”, the first control on the 2nd side will be ‘12”. Remember, the start triangle on the second side of your map is not a control.

Course Closure

Course closure will be at 3.30pm. All competitors are required to then return to the finish whether they have completed their course or not.

Hazards

Hazards to be expected are similar to any urban Sprint event. Competitors should take care running around blind corners, especially when trying to read the map, so as not to collide with a runner coming the other way. The terrain has steps and levels changes. If conditions are wet, the paths and fields may be slippery.

Given the Sprint takes place on a public holiday, it is expected the campus will be quiet, but there may be some staff, students or members of the public moving around the competition area. Please be considerate of other users of the space and avoid collisions with them, especially in narrow passageways and on stairs.

There is a possibility of vehicles moving in the campus car parks and driveways. There is construction occurring in the central area of the campus, and work vehicles may be entering and exiting these areas; please be careful when running near the construction areas. These areas are shown with the purple line/shading.

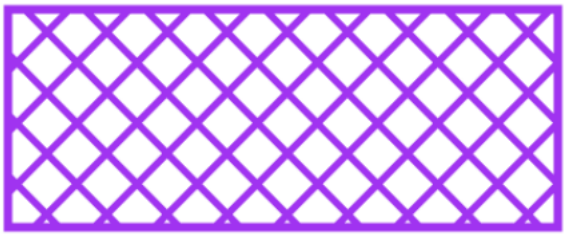
Footwear

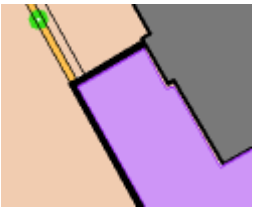
Metal studded shoes are not permitted during the Sprint. If it is wet, flat-soled shoes may not be ideal for all parts of the course.

Uncrossable Barriers / Out of Bounds Areas

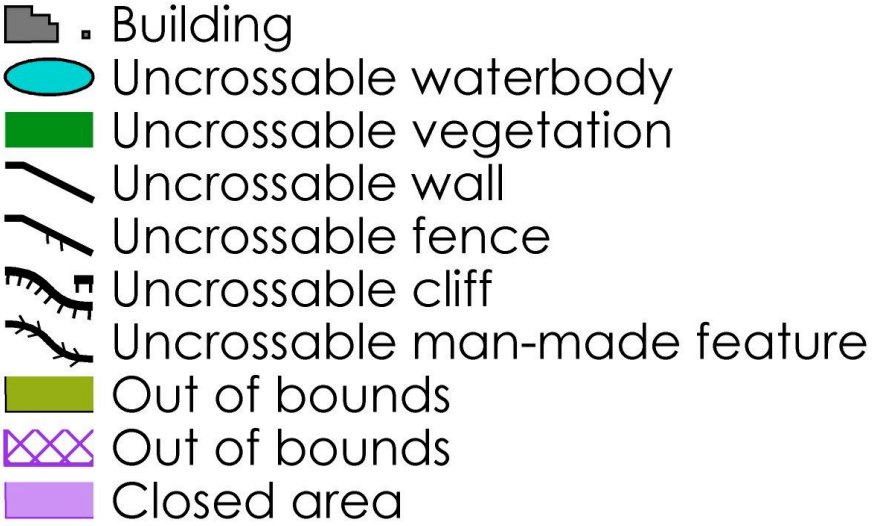
Sprint maps have numerous symbols/features in which it is illegal to cross/climb/pass through. Uncrossable barriers and out-of-bounds areas are mapped for a reason; e.g competitor safety, protection of garden, university property, or private areas, as well as providing route choice during the course. Whilst runners may physically be able to to cross/climb over these barriers or areas, doing so may result in disqualification.

Below are examples of uncrossable barriers/out-of-bounds areas that will be on the map and may affect your route.





Do Not Cross



Examples of uncrossable barriers include tall walls and fences, or fences that will be easily broken if climbed through. Examples of out-of-bounds areas include gardens (olive green), dense vegetation (dark green), and construction zones (purple hatch or shading). The construction zones have large fences around them; these areas are very noticeable and there should be no reason runners end up in these areas.

Many of the gardens or hedges (marked with olive green or dark green), and "uncrossable fences/walls" may be tempting to run across/through or to reach across/through to punch a control. **Do not do this or you may be disqualified**. Marshalls will be positioned in specific areas to prevent runners going through/reaching across these garden/hedge areas.

The out of bounds area (olive green on the map, symbol 520) for gardens has a pictorial control description of . Think of it as a flower in a garden that you are not allowed to walk on.

In the university campus there are many controls in a small area. Take care to check control codes and punch the correct control.

Sprint Course Details

Course	Class	Difficulty	Length (km)	Controls	Map flip	Control Descriptions
1	Senior Boys	Red	2.9	21	Yes	Symbol
2	Senior Girls	Red	2.6	16	Yes	Symbol
3	Intermediate Boys	Orange	2.6	19	Yes	Map: Text Loose: Text & Symbol
4	Intermediate Girls	Orange	2.3	15	No	Map: Text Loose: Text & Symbol
5	Junior Boys	Yellow	2.2	19	No	Text
6	Junior Girls	Yellow	2.0	20	No	Text
7	Year 7/8 Boys	Yellow	1.8	20	No	Text
8	Year 7/8 Girls	Yellow	1.8	21	No	Text

NISSOC 2024 Individual Long Championship

Date: Friday 26 April, 2024
Map: Mairetahi Forest
Map details: Scale 1:7500; contour interval 5m. Mapped to ISOM2017-2 specifications.
Planner: Alex de Beer
Controller: Geoff Mead

Directions

The event will be signposted with orange/white orienteering signs from the South Head Road turnoff (roundabout) from SH16. From Auckland, follow SH16 along the North-Western motorway and on through Kumeu and Waimauku to Parakai, approximately 20 km north of Kumeu. Continue on South Head Road for 15 kilometres (15 minutes) and turn left into Wilson Road (sharp bend, please take care). Drive 2.5 km on a gravel road to the entrance to the event, which will be signposted. Map coordinates: -36.57808, 174.32615.

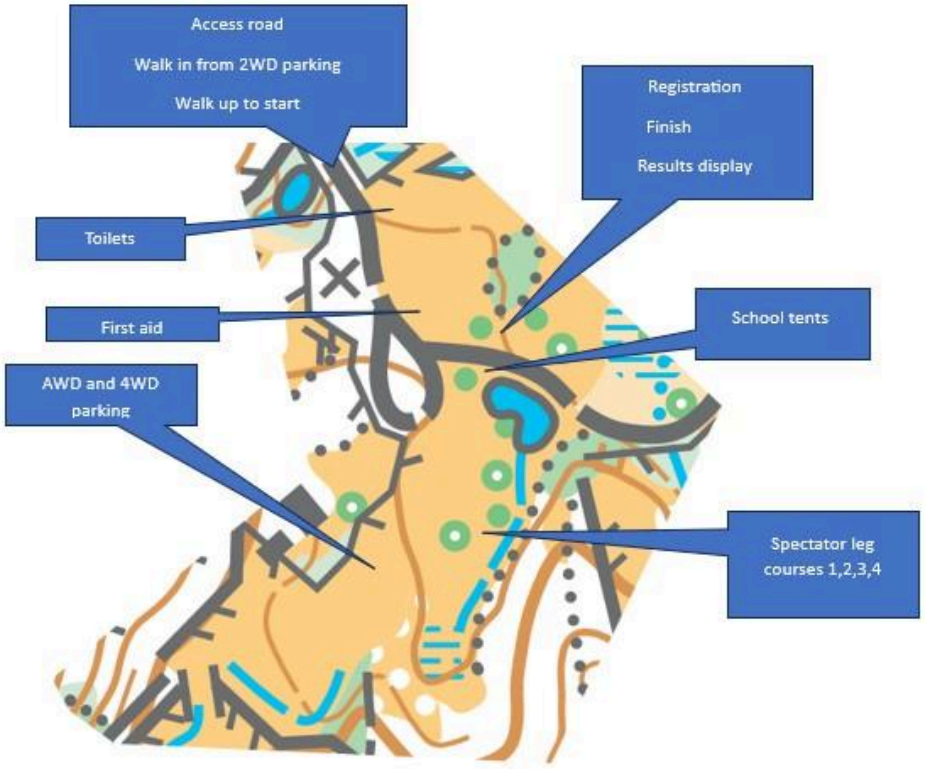
Parking for 2WD drive vehicles is soon after the entrance to the forest; please follow the directions of the parking marshals. The Event Centre is a further walk of approximately 500m down a steep hill. AWD/4WD vehicles can proceed down the steep gravel road to park adjacent to the Event Centre. All vehicles on the access road inside the forest must drive with caution at a walking pace and give way to pedestrians.

We have had a larger than expected number of entries for the Long event. **As car parking space is limited, we very strongly recommend car-pooling where possible**. We suggest people could meet in e.g Parakai (park at the Hot Pools opposite the shops) and leave a car there so all cars coming to the event are full.

Allow approximately 80 mins from central Auckland plus 10 mins walk to the Event Centre (note there is a 10 minute walk back up the hill to the Start).

Event Centre

The finish is adjacent to the Event Centre. The finish control and chute, as well as a mid-course spectator leg for courses 1, 2, 3 and 4 will provide good spectator viewing. There is room for school tents.



Starts

The Start is about 500m back up the hill on the forest access road. Be careful of traffic. Allow 10 minutes to walk. First starts are at 10.00am.
It is the competitors' responsibility to pick up the correct map. With 12 courses and 18 classes it is important that competitors know their class (for example Senior Girls Standard SGS) to avoid confusion in the start process. Team managers could consider writing the class and start time on each competitor's hand.

Out-of-Bounds and Warm-up Area instructions

Apart from the Event Centre and the forest access road, all of the map area is out of bounds to competitors. This includes the forest on both sides of the walk from the parking to the Event Centre. Competitors can warm up on the side of the road leading to the Start.

Terrain

This map has everything. Some classic Woodhill mature pine forest dunes, gully spur terrain, areas of native bush and plantings of feature trees. Several scenic ponds and lakes are scattered throughout a large semi-open area. Some blocks are open with good visibility, while others are slow run / fight with limited visibility. Overall, the map is hilly with some steep slopes. There are some areas of intricate contour detail but also a good network of tracks and many fences.

Map flip and spectator leg courses 1,2, 3 and 4

Courses 1,2,3 and 4 have a map flip part way through their course. The start of the second part of the course is marked with a start triangle on the map. These courses also have a taped mid-course spectator leg adjacent to the finish area.

Mapping notes

Some of the mapped water courses and ponds may be dry; this will depend on the amount of the rain before the event.

The floods and cyclone in January and February of 2023 have caused some damage to the map including fallen trees and landslips. Significant areas of fallen trees have been mapped as dark green fight or green cross hatch. Individual fallen trees have generally not been mapped. There are unmapped land slips. Control sites have been placed away from the damaged areas on the map. The tracks used by the white and yellow courses have been cleared, or tapes used to mark the route over damaged areas.

A black **X** on the map represents a man-made feature; various objects including a seat, a pile of old fencing materials, a bath etc.

In some areas of the map trees have individual fences around them. Generally these fences are not mapped.

Fences

There are many “deer” fences on the map in various states of repair; these are mapped with the “high” fence symbol. Unlike in the sprint event, you **are** allowed to cross (climb over) these fences. Take care as they are high and often unstable. White and yellow course participants should not need to climb any high fences; there are open gates where tracks cross a fence. Red and orange course participants on some route choice options may elect to climb over a high fence.

Hazards

This map has the full range of forest hazards: uneven ground, vegetation, fallen trees and branches, steep slopes, banks and cliffs, high and unstable fences, lakes and swamps, and vehicle traffic on the forest access road.
We recommend lower leg cover – long socks, gaiters or trousers/ tights. Also, possible arm and eye protection (spiky branches at eye level in some blocks) for red and orange courses that will be off track.
Possible wasps and bees.
It is NOT permitted to swim in any of the lakes and ponds on the map.

Fire

If there is a forest fire OR if you hear car horns continuously beeping which is our fire alarm, you should abandon your course and return to the event centre or Wilson Road if the event centre cannot be accessed.

Water

Water will not be provided on the course nor at the Event Centre. However, competitors on the courses 1, 2, 3 and 4 may bring their own labelled water bottles and place them close to the spectator leg for a mid-course drink.

Emergency Safety Bearing

The Event Centre is on the flat valley floor in the middle of the map, with the courses circling around it on the slopes of the valley. Much of the boundary of the map has a high deer fence and then open farm land. Generally, heading back to the valley floor is the safety bearing. Also do not go off the map over a high fence onto grazed farmland.
A last resort safety bearing is to head North to Wilson Road. Please do not go through the private residential properties adjacent to Wilson Road; these areas are marked as olive green (out of bounds) on the map.

Course closure

Course closure will be at 2.30pm. All competitors are required to return to the finish and download, whether they have completed their course or not.

Long Course Details

Course	Class	Difficulty	Length (km)	Controls	Control Descriptions
1	Senior Boys Champs	Red	6.2	24	Symbol
2	Senior Girls Champs	Red	5.6	22	Symbol
3	Intermediate Boys Champs	Orange	4.6	23	Map: Text Loose: Text & Symbol
4	Intermediate Girls Champs	Orange	4.0	21	Map: Text Loose: Text & Symbol
5	Senior Boys Standard	Orange	3.1	16	Text
6	Senior Girls Standard	Orange	3.0	17	Text
7	Junior Boys Championship, Intermediate Boys Standard	Yellow	2.9	16	Text
8	Junior Girls Championship, Intermediate Girls Standard	Yellow	2.9	17	Text
9	Year 7/8 Boys Champs, Senior Boys Novice	Yellow	2.8	17	Text
10	Year 7/8 Girls Champs, Senior Girls Novice	Yellow	2.8	15	Text
11	Junior Boys Standard, Year 7/8 Boys Standard	White	3.3	20	Text
12	Junior Girls Standard, Year 7/8 Girls Standard	White	3.1	19	Text

NISSOC 2024 Relay Championship

Date: Saturday 27 April, 2024
Map: Riverhead Forest (Barlow Road)
Map details: Scale 1:7,500; contour interval 2.5m. Mapped to ISOM2017-2 specifications.
Planner: Andrew Bell
Controller: Dave Middleton

Directions

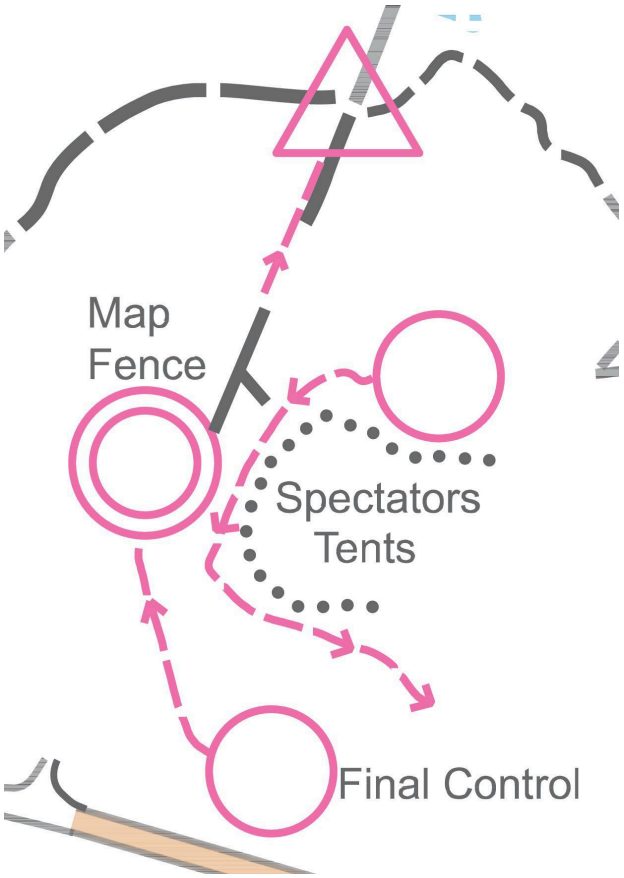
The event will be signposted with orange/white orienteering signs from the junction of Old North Road and Ararimu Valley Road (GR -36.74059, 174.53379)
From Auckland, follow the North-Western motorway to its end then continue on SH16 towards Kumeu. At the next roundabout (after the one at the end of the motorway), turn right into Old North Road (opposite Soljans Winery approx. 2 km before Kumeu). Follow Old North Road towards Riverhead Forest for 7.6km and turn Right into Ararimu Valley Road, which is followed for 4.7 km to the turn-off into Barlow Road.
Allow approximately 45 - 50 mins from central Auckland. Do not underestimate Auckland traffic.

Parking

There is a small gravel car parking area outside the gate that leads to the Event Centre (5-10 minutes walking time). Large vehicles must park here. Everyone else will be directed to park on Barlow Road in the forest on one side of the road only to allow emergency access if required. There will be a section not used as it makes up part of the course. Areas each side of this road are strictly out of bounds.
See OOB notes below.

Event Centre

Registration will be at the large building adjacent to the event centre.



A large grass area is available for tents and also has a spectator control.
Toilets will be nearby.

Terrain

The terrain is typical Riverhead gully spur with some highly detailed areas and some vague areas. Topography ranges from gentle slopes to moderately steep slopes. There is a network of forest roads, foot, mountain-bike and motorbike tracks. Riverhead is known for its understorey vegetation and this map is no different. The map is predominantly plantation pine forest with varying degrees of undergrowth or bushes. There are also pockets of native bush on the map, usually in gullies.

Often a longer route using tracks will prove to be quicker but the extensive track network can be confusing so will require constant map contact.
The Relay is set to be fast and furious using the best open parts of the forest. Courses will have split controls so don't just follow other competitors, and carefully check control codes when punching.

Special Features

All Courses will follow a marked route through a forest block as part of their course. The route is marked with white/red hanging tapes as shown

Rootstocks (mounds of dirt associated with a fallen tree). Represented by a brown triangle on the map.

Relay Team Bibs and Numbers

Bibs will be assigned with a number – the leading 3 digits are the team number; the remaining/ last digit is the leg e.g. 140 -1 = 1st leg on team 140; 367-3 = 3rd leg on team 367.

Team bibs and team sport idents can be collected from Registration from 09.00am. Note that Sportidents will be provided for ALL Relay competitors.

Start

The start is at the Event Centre. There is an event briefing at 10:15 am. This is compulsory for all competitors to attend as it gives details of the Relay changeover procedure.
All leg 1 runners (in all age grades) will start immediately after this briefing.

Relay Procedure

If you are on leg 1, come to the briefing ready to run. There will be no time after the briefing to get changed.
2. Before getting your maps, (leg 1) or before entering the changeover area (legs 2 & 3) you must punch the “Clear”, “Check” boxes.
3. If you are a leg 1 runner, you will be given your map on the start line. The number on the back of your map will be the same as your Bib number.
4. If you are a leg 2 or 3 runner, after tagging your team mate, you will run to the map fence and must take the map that has the same number on it as your bib number. If you take another team’s map, you may be disqualified.

Hazards

The usual forest hazards exist of uneven ground, fallen trees and branches, some cutty grass and vines growing on the ground. While for the most part it is possible to weave your way through or avoid these areas of obstacles, leg covering is recommended. The footing underneath is clay based, steeper in parts and tracks can become very wet and muddy after wet weather, so shoes with good grip are recommended. There are small areas of blackberry which are generally able to be negotiated but slow progress.
The competition area surrounds the parking area. If leaving before the event finishes please drive very slowly as there will be runners using the road also.

Fire

If there is a forest fire OR if you hear car horns continuously beeping which is our fire alarm, you should abandon your course and return to the Event Centre.

Out-of-Bounds and Warm-up Area instructions

Apart from the Event Centre and the route from the parking to the Event Centre, all of the forest areas are out of bounds to competitors. Competitors can warm up between the Event Centre and Ararimu Valley Road (not the eastern section of Barlow Road).

Other Course Information

Some controls have double stands and SI boxes, to help prevent congestion for groups of runners passing through. At these control points competitors only need to punch one of the boxes. As this is a Relay there are no loose control descriptions. Control descriptions will be printed on the maps.

Emergency Safety Bearing

During the first loop of the course South to Barlow Road and after the spectator control North to Barlow Road.

Course closure

Course closure will be at 2pm. All competitors are required to then return to the finish (and download) whether they have completed their course or not.

Water

There will be no water on the courses. Please bring our own water to drink. Water will not be provided at the Event Centre.

Relay Course Details

Course	Class	Difficulty	Length (km)	Control Descriptions (on map only, NO loose descriptions)
SB	Senor Boys	Orange	3.9	Text
SB	Senior Girls	Orange	3.2	Text
IB	Intermediate Boys	Yellow	3.2	Text
IG	Intermediate Girls	Yellow	2.8	Text
JB	Junior Boys	Leg 1 & 3: Yellow Leg 2: White	3.2 3.0	Text
JG	Junior Girls	Leg 1 & 3: Yellow Leg 2: White	2.8 2.7	Text
YB	Year 7/8 Boys	White	3.0	Text
YG	Year 7/8 Girls	White	2.7	Text

Appendix 1 – Relay Team Rules

Refer to Rules in Special Rules for New Zealand Secondary Schools Orienteering Championships.

Official teams

1) The students must be from the same school.

2) Year 7/8 students cannot run up in the secondary school grades in official teams (this would disadvantage Year 9-13 schools).

3) Official teams comprise of 3 different competitors, none of whom have completed a leg for another team in the Relay in the current competition.

4) For mixed schools, girls may run in the equivalent boy's grade. However, boys may not run officially in a girls' team.

5) Within the secondary school competition, students may run up a grade.

6) All other combinations will constitute a non-competitive (NC) entry with regard to points contributing to the Top School competition.

The rules for non-competitive teams from the same school are:

1) Girls can run in the equivalent boys' grade or higher.

2) Boys cannot normally run any girl's courses without Controller approval.

3) Mixed boys' and girls' teams will normally run the 'boys' version' of the highest-grade runner in the team. However, when the competition is not compromised by non-competitive teams running in the girls' grade or in lower grades, this can be permitted at the Controller's discretion.

4) These teams should be entered as a 'Full Team' when completing the initial entry forms. Individual students who have selected to run in a composite team will be placed in teams of the same grade and gender.

5) In official result lists, non-competitive teams should be listed with their times at the end of the results, below the competitive teams but above teams that mispunch.

6) Non-competitive junior teams may be entered in the year 7/8 relay.

Appendix 2 – Interschool Competition Points

Top Secondary School Competition
This is the longest running competition and caters for the broadest spread of students. It is intended that the trophies go to the schools that display the greatest depth of orienteering talent at all levels. There are separate trophies for boys and girls.

1) Only 3 competitors in each age grade will contribute to the school's points for any one race. Therefore, a maximum of 9 competitors (3 at each age group) will be able to earn points for their school for any one race for either the boys' or girls' trophies. Over the full competition, different team members may score on different days meaning many more than 9 athletes may contribute to a school's points. A "no-blocking rule" applies (see below): remaining competitors from the school are removed from the results for the purpose of points allocation only.

2) In the individual Sprint competition, the best three results at each age grade will be counted. Only one level is offered.

3) In the individual Long competition, the best three results at each age grade, whether in the Championship, Standard or Novice event, will be counted. A school can gain points from no more than two athletes from outside the Championship grade, except when the "same points rule" applies (see points calculation notes below).

4) When the points for the third contributing competitor for a school in a grade could come from different grades, the "same points rule" applies (see points calculation notes below).

5) In the Relay, only the highest positioned team from any school in each age grade will count. (Runners in composite teams do not count).

6) When two competitors receiving points tie in any race, they each gain the points appropriate for their placing. For example, if there is a tie for 5th place both get points for 5th place. The next counting athlete gets points for 7th place.

Points for this competition are as follows: Individual Sprint: 1st = 25 pts, 2nd = 24 pts, 3rd = 23 pts, down to 25th = 1 pt
Individual Long Championship: 1st = 25 pts, 2nd = 24 pts, 3rd = 23 pts, down to 25th = 1 pt
Individual Long Standard: 1st = 10 pts, 2nd = 9 pts, 3rd = 8 pts, down to 10th = 1 pt
Individual Long Novice: 1st = 3pts, 2nd = 2pts, 3rd = 1pt.
Relays: 1st team = 60 pts, 2nd = 54 pts, 3rd = 48 pts, down to 10th = 6 pts

Premier School Competition
This competition is for Boys and Girls with a Trophy for each. It is aimed at encouraging schools to support their top performing competitors at national level. The winners are the schools that have the best performance by their top competitors at Championship level only. The results of one competitor from each school in each Championship age grade count, with points from 10 for 1st to 1 for 10th.

Small Teams Competition
This competition is to cater for schools who have insufficient numbers or an inadequate spread of students to compete seriously in the Top School Competition. It is restricted to schools that have entered 5 or fewer competitors, as determined on the day of close of entries. There are separate boys' and girls' Competitions. Mixed schools with more than 5 competitors in total but whose boys, girls, or both teams number fewer than 5 competitors

are eligible for the Small Teams Competition. Certificates are awarded to the winning school and the place getters. This competition will be based on results in the Top School Competition.

Year 7/8 Competition

This competition follows the rules of the Top Schools Competition. There are only 2 grades: Boys and Girls.

Points Calculation Notes:

1. The “no blocking” rule. This means that once a school has scored its best competitors then any further competitors from the same school do not interfere with points. E.g., in the top school competition, if a school has runners at 2, 4, 6 and 7, the school will score 24, 22 and 20. The 7th place getter is then removed from the equation so the runner who is 8th will score 19 points (as though he/she were 7th).

2. The “same points” rule. This relates to the unusual case where a school has two team members on the same points, either of whom could be considered to generate the points for the third counting runner in a grade. This has arisen when two athletes from the same school and same grade, but competing in different classes (championship, standard, or novice) have shared the same points. The points are to be awarded only for the runner from the less technical class (novice -> standard -> championship). This does not affect the school’s points but leaves more points available for distribution to remaining competitors in the more technical grade. An example is where the runner 11th in Championship and 1st in Standard are both at the same school in the long distance. By attributing 15 points from the standard grade, the 15 points for 11th place in the championship grade remain available and now given to the 12th place competitor (as the 11th place championship competitor will be removed from calculations by the no blocking rule). Although points are not allocated to the higher technical grade competitor, their achievement is valued.

Appendix 3 – Previous Winners

Top Schools

Best Overall School - Girls **Donated by Hamilton Orienteering Club**	**Best Overall School - Boys** **Donated by Hamilton Orienteering Club**
1995 Putaruru High School	1995 Putaruru High School
1996 Putaruru High School	1996 St Johns College
1997 Birkenhead College	1997 Birkenhead College
1998 Putaruru High School	1998 Putaruru High School
1999 Birkenhead College	1999 Birkenhead College
2000 Newlands College	2000 Newlands College
2001 Birkenhead College	2001 Napier Boys High School
2002 Birkenhead College	2002 Napier Boys High School
2003 Napier Girls High School	2003 Napier Boys High School
2004 Napier Girls High School	2004 Napier Boys High School
2005 Napier Girls High School	2005 Havelock North High School
2006 Havelock North High School	2006 Havelock North High School
2007 Havelock North High School	2007 Napier Boys High School
2008 Havelock North High School	2008 Napier Boys High School
2009 Havelock North High School	2009 Napier Boys High School
2010 Havelock North High School	2010 Napier Boys High School
2011 Havelock North High School	2011 Havelock North High School
2012 Napier Girls High School	2012 Napier Boys High School
2013 Diocesan School for Girls	2013 Pukekohe High School
2014 Napier Girls High School	2014 Napier Boys High School
2015 Pukekohe High School	2015 Havelock North High School
2016 Napier Girls High School	2016 Napier Boys High School
2017 Baradene College	2017 Mt Albert Grammar School
2018 Diocesan School for Girls	2018 Mt Albert Grammar School
2019 St Cuthbert's College	2019 Havelock North High School & Mt Albert Grammar School
2020 Baradene College	2020 Mt Albert Grammar School
2021 St Cuthbert's College	2021 Mt Albert Grammar School
2022 St Cuthbert's College	2022 Mt Albert Grammar School
2023 Baradene College	2023 Mt Albert Grammar School

Best Overall Year 7/8 School – Girls Donated by Hawkes Bay orienteering Club	**Best Overall Year 7/8 School – Boys** Donated by Hawkes Bay orienteering Club
2016 Diocesan School for Girls	2016 Murrays Bay Intermediate
2017 St Cuthbert's College	2017 Pukekohe Intermediate
2018 Baradene College	2018 Pukekohe Intermediate
2019 St Cuthbert's College	2019 Balmoral Intermediate
2020 St Cuthbert's College	2020 Pukekohe Intermediate
2021 St Cuthbert's College	2021 Havelock North Intermediate
2022 Baradene College	2022 Northcross Intermediate
2023 Baradene College	2023

2023 Grade Winners of North Island Secondary Schools Orienteering Championship.

Grade	**Sprint**	**Long**

Senior Boys	Nicholas Green Hutt Valley	Sam Carryer Mt Albert Grammar school
Senior Girls	Kate Borton St Cuthberts College	Grace Liang St Cuthberts College
Intermediate Boys	Jake McLellan Onslow College	Isaac Steenson Francis Douglas Memorial College
Intermediate Girls	Zara Toes St Cuthberts College	Morag McLellan Onslow College
Junior Boys	Tahi Harris Mt Albert Grammar School	Tahi Harris Mt Albert Grammar School
Junior Girls	Amy Towers Baradene College	Amy Towers Baradene College
Year 7/8 Boys	Cory Faulkner Pukekohe Intermediate School	Hugo Skerman Huntley School
Year 7/8 Girls	Maggie Bauzon Baradene College	Lara Nicol Havelock North Intermediate