New Zealand Secondary Schools Orienteering Championships

11th – 13th July, 2025

AUCKLAND

Bulletin 2

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Welcome

Auckland Orienteering Club is looking forward to welcoming all year 7-13 orienteers from across New Zealand to Auckland for three days of high-quality orienteering. The event will take place from Friday 11th - Sunday 13th July 2025. This event is sanctioned by School Sport New Zealand and supported by Orienteering New Zealand.

Keep up-to-date on the event at the event website: https://www.oevents.nz/nzss2025

Acknowledgments

Many thanks to the following landowners, for access to their land, and for their cooperation and support in the running of these events. We are indebted to landowners for access to these fantastic areas and are grateful for their support and help.

Sprint

St Cuthbert's College

Long | Relay

Ngati Whatua o Kaipara

KAIPARA

Overall event contact

You can contact the overall event organiser, Joanna Stewart at Auckland Orienteering Club:

- Email auckoc@gmail.com
- Phone: 021 115 3727

Events Overview

Date	Event	Location	Registration opens	Starts from	Course closure
11/07/25	Sprint	St Cuthbert's College Epsom	12.00 noon	1.00 pm	4:00 pm
12/07/25	Long	Mushroom Rd, Woodhill	9.00 am	10.00 am	3:15 pm
13/07/25	Relay	Célèbre, Woodhill	9.30 am	10:30 am	2:00 pm

Event Locations

Start lists

- Start lists for all events are available on the event website: (https://www.oevents.nz/nzssoc2025/).
- Starts will be done in grade blocks so students from the same school will be spread across the start time range

Catering

There will be a coffee cart at each event. EFTPOS will only be available at day one as there will not be cell phone coverage in the forest. Please bring cash.

Day 1 – The coffee cart will have snacks and cold drinks as well as the espresso menu, frappes and smoothies.

Day 2 – The coffee cart will have hot food, snacks, cold drinks and the espresso menu, frappes and smoothies.

Day 3 – The coffee cart will have hot food, snacks, cold drinks and the espresso menu, frappes and smoothies.

Retail Outlet

Trailblaze will be present at the Sprint & Long to support all your orienteering needs! They have everything from compasses to gaiters to all your nutrition needs. They love to have a chat so make sure to pop in and say hello!

Discount at Parakai hot pools

Parakai hot pools have generously offered discounted entry for all those associated with the NZSSOC. **Enter for just $10 a head** after the event on both Saturday and Sunday. Make sure you bring your togs!

Discount at Bakehouse Café, Kumeu

The Bakehouse Café (250 Main Rd, Kumeu) is offering a **10% discount** off purchases of $20 or more! The Bakehouse offers a full range of bakery and café food, from pies, sandwiches, cakes and coffee through to full meals and ice creams for after.

Cell phone coverage

There is good mobile phone coverage at the sprint event, but unlikely to be any coverage at the Woodhill Forest Long event or Relay event.

Public Race

There will be a public race available after the long race on Saturday.

- This is a pre-entry event. Enter via **Enter-O** (https://www.entero.co.nz/evento.php?eventName=nzssp-2025).
- Entries close Tuesday 8th July.
- There will be two red courses, and one orange, yellow, and white available.
- Starts will be from 1.15 – 2.15pm.
- Course closure is 3.30pm (to allow for control collection before dark).

There will be no runs after the sprint, in accordance with our contract with the landowner.

Event cancellation

Cancellation of the event will occur in conditions that are too dangerous for safe competition. Situations that might lead to cancellation include changes to fire risk, extreme weather, loss of access, serious earthquake, or death of a competitor or spectator. Should any of the events need to be cancelled, this information will be posted on the NZSSOC website and Auckland Orienteering Club website and facebook page. An email will also be sent to participants, using the email address provided as part of their entry, as soon as practicable after the decision is taken.

Withdrawals, Refunds & Changes

If you have entered for NZSSOC 2025 and you must withdraw for whatever reason, please notify the organisers as soon as possible by email. Where appropriate, refunds will most likely not be actioned until the week after the event. Providing your bank account details in your cancellation email will speed up the process. Unfortunately, Auckland Orienteering Club cannot take liability for any loss associated with travel or accommodation cancellation.

The following policies will apply to entries and refunds:

- Entry fees are inclusive of GST (New Zealand Goods & Services Tax).
- The entry fee does not include any form of insurance, including any medical or travel insurance.
- Entries cancelled partially or in full up until entries close will receive a refund less a NZ$10 administration fee.
- Refunds will not normally be given for cancellations after entries close.
- Application to the organisers to accept cancellations and consider refunds due to hardship or for some other reason should be made by emailing the organisers.
- Refunds will be paid into the bank account used by the entrant.
- If the event is cancelled due to extreme weather or other factors outside of the event organisers control, the organisers will endeavour to refund as much of the entry fee as possible, taking into account any sunk costs.

Change policies:

- Only changes that are absolutely necessary will be made after entry closure. Should a change have to be made please email auckoc@gmail.com as soon as possible. Or if it is on the day of the event go to registration

General Event Information

Event Centres

Each race will have an Event Centre which will incorporate Registration, Toilets, First Aid, coffee cart and the Finish.

The Sprint event centre is partially in the Rugby clubrooms. There will be limited room for school tents and NO PEGS CAN BE PUT IN THE GROUND. If you wish to erect a tent at the sprint you will need to bring a method to anchor it down. For the forest events schools are encouraged to bring their own tents for shelter.

At Registration, there will be a copy of the most recent Start lists for the event. 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.

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. It is the responsibility of the team manager to make sure all competitors are aware of the information contained on the NZSSOC2025 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. The team manager is responsible for the transport of all the team's competitors to and from each venue.

Each student should be at the competition venue at least 45 minutes before their start time. As team manager, please direct parents to the NZSSOC2025 website for the most up-to-date information. Last minute changes will be uploaded to the website and announced via the Auckland Orienteering Club Facebook page and website.

As there is likely to be no 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, so all information is readily available independent of your location.

Bibs

Every competitor will be issued with a numbered bib which must be worn on their front for the sprint and the long. In addition, for the sprint there will be a second simpler bib with just the competitor number and name which must be worn on the back of the competitor. Bibs will have the competitor's name, school, class entered, and start times for the individual races on them. There will be different relay bibs issued on the day of the relay.

Registration packs

Registration packs for schools will be available at the Registration desk in the Event Centre.

The registration packs will be issued to team managers (or substitute). Individual students should not come for just their bib unless they are the only student from their school. The pack will include hired SportIdent cards and the bibs for each competitor. The pack will not include a printed copy of this Bulletin or Start Lists.

Submission of relay team composition

This year we are asking you to submit your relay teams via an electronic form.

The online form is here:
https://docs.google.com/forms/d/e/1FAIpQLSfGvOyIv6d9VF9uJfC-JKILi-GPNq92VWa7HI9blCvcXYx7hw/viewform?usp=header

Please submit your teams as early as possible. All teams and any last-minute changes must be submitted at the latest **by 4pm on Friday afternoon, the day of the Sprint event.** Changes after this time will only be accepted at the discretion of the organisers (for example, in case of injury or illness).

For composite teams, individual students from different schools that have selected to run in a composite team will be placed in teams of the same class and gender. It is not possible to create your own composite teams after the final time for submission of teams.

Prize giving

There will be a prize giving after each event to acknowledge the place-getters in the Championship grades and the standard grades. The Championship grades will receive medals, the standard grades a certificate The timing will be as early as possible, once the placings are confirmed.

The prize giving for the Overall Schools Competition will be held directly after the Relay's prize giving on the last day of competition.

All participants returning trophies from NZSSOC2024 are asked to drop these off at Registration on Friday morning before the start of Sprint.

There will be a small spot prize draw as part of the prize giving at the sprint and the long Our thanks to The Hug, Canterbury Biltong, GameOn, Nespresso, Elyte Hydration, Pure Sports Nutrition, and Trailblaze for spot prize donations.

ONZ Sponsor Awards

At the Relay prize giving there will also be some sponsor awards presented. These are:

Caltex Good Sport Award

- This is to be awarded to a player, coach or manager for making a positive impact on those around them.
- The prize will be a Caltex bag full of goodies for the trip home

Bayleys Altogether Better Award

- This is to be awarded to a team/school who are altogether better – who have shown amazing teamwork and have overcome adversity.
- The prize will be $200 worth of fuel vouchers to go towards costs of attending the event, or to help cover costs to and from trainings etc.

NZ Carbon Farming Sustainability tip

- Open to anyone attending the event. They just need to comment their favourite sustainability tip from the caption or tell us one of their own sustainability tips
- The prize from this is a $50 Rebel Sport voucher

Watch ONZ social media (https://www.facebook.com/OrienteeringNZ) for information on how to submit a nomination. Nominations close 11am Sunday 13th July.

Media

During NZSSOC2025 photos and moving images will be taken. Auckland Orienteering Club and Orienteering New Zealand adhere to the School Sport Charter on the broadcast and sponsorship of secondary school sport. As part of this charter, schools have the choice to have their students opt-out of being photographed or filmed. Schools wishing to do this should contact the event coordinator directly - ideally with a photograph of any competitors who are opting out.

These media, taken or recorded by or on behalf of Orienteering New Zealand, may be used in promotional, social and advertising material of Orienteering New Zealand or Orienteering New Zealand partners and sponsors, for their reasonable use as they see fit.

Filming for showing on Whakaata Māori will take place at the relay.

Waste

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

Water

There will be water available in the event centre for those finishing their race at all events, and water on course for the long, but everyone should bring their own water for other times

General Competition information

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. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified.

Rules

This competition will be run in accordance with the Competition Rules for New Zealand Foot Orienteering Events (www.orienteering.org.nz/wp-content/uploads/2024/06/ONZ-Rules-May-2024.pdf) and the Special Rules for New Zealand Secondary Schools Orienteering Championships. Please direct any queries regarding rules during the events to the Event Controller.

These rules, updated June 2024, are available on the Orienteering NZ Website at: https://www.orienteering.org.nz/wp-content/uploads/2024/06/NZSS-Special-Rules-20062024.pdf

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 not only applies to competitors, but also to Team Managers, parents and other supporters.

GPS equipment

Competitors shall not use or carry telecommunication equipment between entering the prestart 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.

Compasses and Whistles

It is strongly recommended that all students carry a whistle when competing in the long and the relay. It is expected that students will bring their own compass and whistle.

Maps

Competition maps are digitally printed on synthetic waterproof paper. The maps are produced using the current International Specification for Orienteering Maps (ISOM).
The previous version of the maps being used are available on the event website.

Control descriptions

For all classes, descriptions will be printed on the front of the map and be available loose at the start (Sprint and Long). For those on red difficulty courses, only IOF symbol descriptions will be used. For those on orange difficulty courses, descriptions on the map will be textual (English), while both IOF symbol and textual descriptions will be available at the start. For classes on yellow and white courses, only English textual descriptions will be provided.

Loose control descriptions will be available for the Long and Sprint events. Competitors should provide their own control-description holders or other means of carrying them if desired. Tape, scissors etc. will not be provided at the start.

For the Relays the control descriptions will be on the maps only – loose copies will not be provided.

Map legends

Legends are not printed on the map. You can download a legend / description of orienteering mapping symbols here: https://www.orienteering.org.nz/coaching-resources/ .

Controls

Each control is equipped with:

- One electronic punching station (SI unit). Some control sites with high traffic (e.g. last control before the Finish, the Finish itself) may have two SI units to accommodate the higher amount of traffic and to avoid injuries;
- One backup pin punching device, only to be used if SI unit fails;
- A white / orange control flag.

The control code is located on top of the SI unit, or on the tag on the side – a two- or three-digit number. There are many controls in the competition terrain, so it is important to check the control code when you punch, to make sure you have the right control.

Punching an extra, wrong control by mistake has no consequences for the competitor, provided all the required controls are punched in the correct order.

Radio controls might be used at all three events at the Finish, and potentially also near one or two controls on the course. This makes no difference for competitors but enables the timing system to pick up "interim" times and gives spectators the ability to follow the race, comparing split times of competitors still on the course.

Electronic timing using SportIdent

During NZSSOC2025, the SportIdent (SI) electronic timing system will be used, where the orienteer carries an SI Card (sometimes also known as 'dibber') on their finger to record visits to controls. Each visited station at each control writes the time of the visit to the card. The control times are read out after the finish line to determine total race time, split times, and whether all controls were visited in the correct order. Do not forget to punch the Finish control.

Each SI/SIAC card has a number that is related specifically to a competitor. They must not be loaned to anyone else during the event.

Air will be activated on all controls at all events. Those competitors with a SportIdent Air Card (SIAC) may use contactless punching (see below). The finish will be activated for Air.

Electronic punching

Please read the following instructions carefully:

- SI cards must be cleared and checked before each race at the stations located in front of the start area – this is the responsibility of each competitor. Use the 'clear' box first, to remove data from your chip, and then punch the 'check' box.
- At each control, insert your SI-card into the control unit until the unit beeps and flashes or if using a SIAC card pass the card over the top of the control and ensure it beeps
- If an SI unit does not function (there is no beep and no flash or your SIAC card does not respond) 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 Download before leaving the Finish area and explain what you have done.
- A competitor with a control punch missing or unidentifiable will not receive a result, unless it can be established that the punch missing or unidentifiable is not the competitor's fault. If a competitor punches too fast and fails to receive the feedback signals (beep and/or light flash), the card will not contain the punch record and the competitor will not receive an overall time, even though the control unit may have recorded the competitor's card number as an error punch. Note: SIAC does not record a punch in the control unit.
- Those with SI Air+ contactless SI Cards (or SIAC cards) need to ensure that the card has been written to (SI Card beeps and flashes). Otherwise, insert your SI Card into the control
- Unless you have an SI Air+ card, you must insert your regular SI card into each control.
- If you have hired an SI card for your races, please return it to Registration after your download on your final event. Lost or broken cards will incur a charge of $150 to cover the cost of a replacement.

Start Procedure

The start procedure will be the same for the Sprint and the Long. Each competitor is responsible for following the marked route to the start area. The competition area is out of bounds until your allocated start time. The pre-start area has SI clear and check units in it. In the Start area, competitors will pass through consecutive starting pens, and remain one minute in each one. Report to the start when the pre-start clock shows your start time: this clock is set four minutes before race time.

- -4 minutes: Competitor call-up. Name, SI card number, and starting time are checked. Competitors without an SI card will not be allowed to start.
- -3 minutes: Each competitor inserts their SI into a Check box and will be told any additional safety information.
- -2 minutes: Loose control description sheets are available for competitors to pick up (optional). Control descriptions are also printed on the map.
- -1 minute: The competitor stands beside the map issue box labelled with their correct course and class. They will be asked to check they have the correct map but should not look at the course. The start-countdown will be indicated by a series of 5 beeps at -4 to 0 seconds. At the last beep the competitor's race time begins and the runner can take the map from the map box. The competitor is responsible for taking the correct map.

As this event is a timed start event, there is no start punch. After leaving the Start area, competitors will follow the marked route to the start triangle which is indicated by a flag (without an SI punching unit) in the terrain and represented by a triangle on the competition map.

All competitors must pass within 2m of the start triangle.

Late Starters

Competitors who arrive at the start late must report to the late start lane where an official will accompany her/him. The competitor will start the race when told to do so (IOF Rule 22.9). The results of competitors who start late due to their own fault will be based on their original start time, without time compensation. Competitors who are late

for their start time through no fault of their own will be timed from their new start time, determined by the event controller (IOF Rule 22.10).

Any competitor who is late, whether through their own fault or otherwise, should not debate 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 enquiries desk before leaving the finish area.

Finish Procedure

At the finish line, register your finish at a finish control (punch your SI card or pass your SIAC card over the control. Air will be activated.).

Your elapsed race time only stops when you register at a finish control. Competitors must register at a finish control even if they do not complete their course.

The download will be close to the finish, where you will then receive your time split printout. After the download at your last event, you should return any hired SI Cards. Runners are free to go after the download.

Maps may be collected after each event and will be available for pick up by school team managers after the last Start.

Competitors who do not download will be considered as missing, resulting in a search for this competitor. If you decide not to finish your race, please come back to the finish area, punch the Finish Control and download, so we know you are back safe and sound.

How an Orienteering Relay Works

In an individual orienteering race, every competitor in the same class runs the same course. Individuals start at timed intervals to separate them and prevent following. Relays, in contrast, usually have a mass start for the first leg runners, with “split controls” or “forks” used to create variations and so keep competitors separate.

Each runner may have a few controls in common with another runner in their class, but then a split or fork will result in runners heading to different controls. The key principle is that overall, i.e. after all three runners have completed their courses, every team will have run the same combination of course legs. However, in general, there will be a large number of course combinations through which this can be achieved.

Key Points to Understanding Relay Orienteering

- It is important not to follow the runners around you, as they will have different courses!
- Because of the forking there will be a large number of controls, often close together, so it is important to carefully check your control codes.
- Control descriptions are printed on the maps only, as they need to match the forking assigned to that particular map.
- Teams are numbered and each leg runner is identified separately. For example, runner 101-1 is the first leg runner from Team 101, with 101-2 being the second runner and 101-3 the third runner.
- Maps are numbered corresponding to the bib numbers. It is essential runners take their correctly numbered map. If any runner takes a different map number their team will be disqualified.
- Once you complete your leg of the race you will tag your next leg runner, who will complete a course with a different set of forks than you.
- Each team member must punch the finish control when they complete their leg.

Course Closure

The course closure for each day is noted in that day's event information. Please make sure you have returned to the event centre by course closure time at the latest, even if you have not completed the course.

Results

Provisional live results will be displayed on the results display at the event centre. There will be LIVE RESULTS at the sprint (https://liveresultat.orientering.se). This is unlikely to be possible in the forest because of lack of reception. At the long we are hoping to have local live results operating. Listen to announcements or look for signage about how to access this. This will be a first attempt at a system under development so we cannot guarantee it will function.

Race commentary will provide news and results which may include feed from radio controls, and as such will report on unofficial times.

Official results will be posted on Winsplits at the end of each day of competition and will be posted on the event and AOC websites as soon as possible (http://obasen.orientering.se/winsplits/online/en/default.asp?start=true).

Results will also be available on the O-Zone portal (https://o-zone.nz/). Look out for the o-zone poster at event centres and scan the QR code to find results

Results queries

If there is anything a competitor wishes to clarify about the download, or if a control failed to beep and flash, was missing, or any other problem occurred on the course, please proceed to the download station and ask to speak with the problems official. Officials there, in consultation with the Controller, will assist to resolve the issue as soon as is practical. There is no punch enquiry fee. Complaints and protests will be handled in accordance with the ONZ rules.

Before a protest is made, you are entitled to complain to the controller about an infringement of the rules or organiser's directions. A complaint is made in writing on a form available from Registration, and handed to the controller as soon as possible, but within 60 minutes of the affected competitor finishing. A complaint is adjudicated by the controller. The controller's decision on a complaint shall be advised to the complainant, and displayed on the results board as soon as possible, within no more than 60 minutes of the complaint having been received. If the complainant is not satisfied with the

decision, a protest may be made against the controller's decision. The ONZ Technical Committee will appoint a jury panel of five ONZ A-grade controllers in advance of the event in accordance with the ONZ Rule 29.4. If a protest is received, a jury of three will be selected from the panels shown below. If one of the panel members is unavailable on the day or declares a conflict of interest, a replacement will be appointed from suitably experienced orienteers present at the event.

SPRINT		LONG		RELAY	
NAME	CLUB	NAME	CLUB	NAME	CLUB
Dave Middleton	NWOC	Geoff Mead	NWOC	Dennis De Monchy	OBOP
Rachel Smith	OBOP	Dave Middleton	NWOC	Rachel Smith	OBOP
Guy Cory Wright	AOC	Rachel Smith	OBOP	Scott Vennell	AOC
Martin Crosby (Reserve 1)	AOC	Scott Vennell (reserve 1)	AOC	Alistair Stewart (reserve 1)	AOC
Hayley Smith (Reserve 2)	AOC	Alistair Stewart (Reserve 2)	AOC	Martin Crosby (Reserve 2)	AOC

Health and Safety

Our shared and your personal responsibility for safety

Expectations

It is each participant's responsibility to read this bulletin and all notices concerning hazards, risks, and recommendations to stay safe. Competitors should use common sense at all times, to ensure their own safety as well as those of others. Check for specific hazards for each race: this information is available on the special event website, this bulletin, and on the Hazards Board at each Event Centre. Comprehensive Health and Safety plans are kept at Registration in the respective Event Centres and are available for download from the event website.

Participation is at your own risk. It is the competitor and team manager's responsibility to ensure that a competitor is entered in a grade appropriate for their level of orienteering skill and experience. This particularly applies to the Long Championship courses: the senior boys and girls championship courses are red level (difficult) orienteering.

Whistles

It is strongly recommended you carry a whistle for the Long and Relay events. Use your whistle if you, or someone else, needs urgent help because of an injury or distress.

- The recognised distress signal is a series of six short, sharp blasts on your whistle.
- Pause and listen for reply and repeat to allow people coming to your rescue to locate you.
- Only use your whistle in case of an emergency.

Keeping yourself safe

In addition, all participants and supporters are expected to obey the following sensible guidelines to keep themselves and others safe.

Personal safety:

- Obey all instructions and warnings.
- Keep clear of out-of-bounds, unauthorised areas.
- Be careful around parked cars, especially when fellow participants are arriving / leaving the area.
- Wear clothing suitable for the weather conditions on competition day.
- Have a spare set of suitable warm, dry clothing available to change into after your race.
- Be suitably hydrated. Please bring your own drinking water to the Event Centres.
- Wear a watch and return to the Event Centre by course closure time, or if you have been on the course longer than the advertised maximum time allowed for the event– whichever comes first.
- To avoid initiating unnecessary searches after the event, all competitors MUST return to the finish, punch the finish control and download, even if they did not complete their course.

- Report any damage e.g. to cars, fences, walls, gates etc. to the Event Officials or Controller as soon as possible.
- Open fires or smoking is prohibited in all competition areas.

Personal Health:

- Be fit and well enough to compete.
- Carry personal medication at all times if required for a specific condition.
- Notify Registration of any potentially serious health problems by notifying event staff at Registration before your first start. Registration will notify the First Aid Team and/or the Event Controller.

Everybody's Safety:

- Competitors are expected to offer assistance while competing to anyone who is injured, has blown their whistle, or who requires physical assistance. Please help out as needed and make event officials aware of the circumstances. The Event Controller will organise an appropriate solution, both for the person in distress and the competitor who interrupted their race to help out a fellow orienteer.

Forest evacuation

Competitors are responsible for their own safety. Please use common sense and take action if you smell smoke, experience an earthquake or if there is storm damage occurring.

Action to be taken by event organisers in the event of an emergency:

- Five long blasts from an air horn or car horn, which will be repeated at intervals. Given the scale and remoteness of parts of the forest these blasts may not be audible everywhere.

Actions to be taken by competitors in the event of an emergency:

- If you hear these blasts, abandon your course and evacuate from the forest;
- Help any other competitors to evacuate;
- If it is safe, evacuate to the Event Centre, inform organisers, and download your SportIdent (so we know you are accounted for);

- If you evacuate to somewhere else, contact the overall event coordinator – Joanna Stewart - 021 1153727 if possible
- Call 111 if there is a fire or you require emergency assistance.

First Aid and Medical Facilities

First aid will be available at the event centre during all events. However, we ask that you bring your own first aid kit and tend to minor injuries such as cuts and grazes yourself.

In a medical emergency call 111 for an ambulance. Alternatively, consult one of the nearby medical facilities.

The nearest medical professionals are available as shown below:

- Sprint: Mercy Ascot A&E 90 Greenlane Rd East
- Long and relay: Waitakere Hospital, Lincoln Road, Henderson, Waitakere (30 minute drive)

NZSS Orienteering Sprint Championships

Date: Friday 11 July 2025

Map: St Cuthberts College
Planner: Alison Comer
Controller: Alistair Stewart
Coordinator: Monique Dean
Map Scale: 1:2500
Contour interval: 2m

Directions: The event centre is located at the Carlton Juniors Rugby Club, Puriri Dr, Greenlane (-36.888874, 174.778245).
Puriri Dr is accessed from Greenlane Rd East from the Greenlane motorway exit or from Manukau Rd if coming from the city

Parking: Parking will be in the Carlton Rugby Club car park (or on Puriri Dr once carpark is full). Follow any instructions from a parking marshal.

Event Centre: The event centre will be right beside the car park in the Rugby building and in the car park area itself. Follow signs to registration.

School tents may be on grass in Cornwall Park on the edge of Puriri Dr and a small number in the car park. In both places no pegs can go into the ground (Cornwall Park prohibits the use of pegs). You must use an anchoring method that does not enter the ground. Please ask at registration with whom to discuss the placement of tents. Don't erect a tent before you have been allocated a space.

The grass fields to the north of Puriri Dr are Out-of-Bounds.

Toilets: Toilets will be in the rugby building. Male toilets are through the door at the south end of the building (closest to Puriri Dr). Female toilets are through the entrance into the building towards registration and the north end.

Route to Start: The start will be adjacent to the event centre.

Start Times: Pre-allocated start times from 1:00 pm.

Course closure: Course closure is 4pm.

Maximum time on course: 45 minutes

Map description: The map is a school campus with the usual mix of buildings, fences, walls, paved areas, gardens, grassed areas and trees.

Special Map Symbols:

	533 Area with obstacles. Used to denote playgrounds with pieces of play equipment spread around them.
	530 Prominent man-made feature – o. Used to denote tall poles / floodlights.
	531 Prominent man-made feature – x. Used to denote football goals..
	708 Out-of-bounds boundary. Used to denote temporary artificial barriers that shall not be crossed. Marked in terrain by tape or solid barriers.

Map Flip: All courses have map flips. The map is printed on both sides. Make sure you start on Side 1 which shows the start triangle and the first controls. When you reach the last control on Side 1, flip the map over to Side 2, relocate the control you are at (now marked by a triangle inside a circle), and continue with the remainder of your course. The map flip will be shown on symbolic control descriptions like this:

Water: There will be water in the event centre after download.

Footwear: METAL-STUDDED SHOES MUST NOT BE WORN.

Hazards: Tiled areas and stairs which could be slippery, especially if wet, narrow passageways between buildings with the possibility of people running in the opposite direction, curbs and changes of level. The campus will have other activities happening so there could be people moving around the campus. No cars will be parking within the event area but there is the possibility of a delivery truck so care must be taken

Out of Bounds Areas, Artificial Barriers, and Locked gates: There are many small gardens mapped as olive green which MUST NOT BE CROSSED. Some which are not as obvious on the ground will be taped but it is the competitor's responsibility not to cross any out of bounds area. There will be marshals on course who will record anyone seen to cross any out of bounds area and the competitor will be disqualified. This also applies to any features marked as uncrossable on the map – walls, fences and gates marked with a wide black line. It is the competitor's responsibility to know the mapping symbols used on the sprint map and not to cross anything marked as uncrossable (even if they could physically do so!!). Anyone seen to cross an uncrossable feature will be disqualified.

There are some areas marked on the map with temporary out of bounds symbols, and in the field marked with red and white tape. There will be marshals there and anyone crossing will be disqualified.

There are some places on the map, particularly where there are multiple levels where a solid line is mapped showing what level has been mapped but on the ground it may be open. These areas will have red and white tape on the ground to represent the uncrossable region.

Live Results: There will be live results available at https://liveresultat.orientering.se during the Sprint event.

Course	Grade	Scale	Technical difficulty	Length (km)	Map Flip?	Controls
1	SB	1:2500	Hard	3.1	Yes	25
2	SG	1:2500	Hard	2.7	Yes	20
3	IB	1:2500	Moderate	2.8	Yes	23
4	IG	1:2500	Moderate	2.5	Yes	20
5	JB	1:2500	Easy-Moderate	2.5	Yes	28
6	JG	1:2500	Easy-Moderate	2.4	Yes	27
7	Y78B	1:2500	Easy	2.3	Yes	28
8	Y78G	1:2500	Easy	2.1	Yes	28

NB Climb is less than 20m for all courses.

NZSS Orienteering Long Championships

Date: Saturday 12 July 2025

Map: Mushroom Road, Woodhill
Planner: Dave Crofts
Controller: Martin Crosby
Coordinator: Karen Carter
Map Scale: 1:7500
Contour interval: 5m

Directions: From Auckland, follow SH16 along the North Western motorway (SH16) and on through Kumeu and Waimauku to Restall Road, 5½ km north of Waimauku. Turn left into Restall Road and travel uphill to the forest gate (the gate will be manned by kaitiaki). Travel through the gate, down the hill, turn left into Inland Road and then left again into Mushroom Road to the event centre. Direction signs and traffic cones will mark the way.
The last 6km is along gravel forest roads so please drive carefully. Allow approximately 55-60 mins to travel from central Auckland.

Parking: Parking will be along Mushroom Road each side of the event centre. Please park as directed by the marshals and well off the road to keep the way clear for emergency vehicles. Later arrivals may have a walk of up to 1km to the event centre, so allow an extra 10-15mins in your planning.

Event Centre: The event centre is located within the forest, 200m from Mushroom Road down an easy graded track. There will be a drop-off zone at the entrance to the track where school tents can be unloaded from your vehicle. They can then be carried to the event centre.
The event centre is sheltered from the wind, but also from the sun, so if it is a cold day bring suitable clothing to keep warm.

Distance to Start: There is a walk of 800m from the event centre to the start, back along Mushroom Road – the road you arrived on. Allow 10 mins to walk to the start and watch out for vehicles.

Start Times: Pre-allocated start times from 10:00am.

Course closure: Course closure will be at 3:15pm.

Maximum time on course: The maximum time allowed to record a result is 2½ hours. All competitors are required to then return to the finish whether they have completed their course or not.

Terrain & mapping notes: The terrain is mostly pine forest planted on undulating to moderately steep sand-dune terrain with some areas of more intricate contour detail. The trees are mature pines with predominately good visibility and fast running, but in some places there is an understorey which reduces visibility and running speed. This is mapped using the light green symbol ("slow run"). The comparison is illustrated below:

Fallen trees from storms have affected some areas. A single fallen tree that you can easily run around is not mapped, but where a group of them create an obstruction these are mapped as dark green "fight". There are also some small pockets of native New Zealand bush that are difficult to run. These are mapped using either the medium green ("walk") or dark green ("fight") symbol.

Finally there are some areas where pampas grass ("cutty grass") affects visibility and running speed. These are relatively easy to get through so have been mapped using the light green ("slow run") or medium green ("walk") symbols

Clothing: Normal orienteering clothing. Leg protection is recommended for running through pampas grass.

Water: There is water on course for all courses.

Hazards: Longer courses may cross a road but there is not expected to be any traffic. Watch out for a fence that runs beside this road which is in places broken and hard to see.

There is the possibility of other users in the forest, including horse riders. Give them a friendly greeting if you see them so as not to frighten the horses.

Storms have felled some trees and partially felled others, i.e. blown them over so they are now supported by other trees "leaning trees". Courses have been designed to avoid these hazards but if you see a leaning tree, do not run underneath it – run around instead.

Otherwise the usual forest hazards exist of uneven ground, sticks and branches, pampas grass, which can cut, and vines on the ground that may pose a trip hazard.

Horse park signs: There is a network of horse trails through the forest with signs indicating some trails where the horses aren't allowed, as in the example illustrated below. Note that these signs are for horse riders only – they do not apply to orienteers. You may use any trail unless it is marked as out-of-bounds on your map.

Safety Bearing: Walk south to Mushroom Road, then along the road to the event centre.

Some of the longer courses may cross into forest on the other side of Mushroom Road, in which case the safety bearing is north to Mushroom Road then as above.

Course	Classes	Difficulty	Scale	Length (km)	Climb (m)	Controls
1	SB Championship	Red	1:7,500	5.7	325	17
2	SG Championship	Red	1:7,500	4.5	280	14
3	IB Championship	Orange	1:7,500	4.7	325	15
4	IG Championship	Orange	1:7,500	4.1	275	16
5	SB Standard	Orange	1:7,500	3.5	255	15
6	SG Standard	Orange	1:7,500	2.9	215	12
7	JB Championship IB Standard SB Novice	Yellow	1: 7,500	3.2	210	19
8	JG Championship IG Standard SG Novice	Yellow	1: 7,500	3.0	210	16
9	Y7/8B Championship	Yellow	1: 7,500	3.1	200	19
10	Y7/8G Championship	Yellow	1: 7,500	2.8	200	17
11	JB Standard Y7/8B Standard	White	1: 7,500	2.7	190	16
12	JG Standard Y7/8G Standard	White	1:7,500	2.7	190	16

NZSS Orienteering Relay Championships

Date: Sunday 13 July 2025

Map: Celebre, Woodhill Forest
Planner: Kate Smirnova
Controller: Alina Granger
A grade Controller: Guy Cory-Wright
Coordinator: Mary Wadsworth
Scale: 1:7500 and 1:5000
Contour interval: 5 metres

Directions: From Auckland, follow SH16 along the North Western motorway (SH16) and on through Kumeu and Waimauku to Rimmer Road, 13½ km north from the obvious Waimauku roundabout. Turn left into Rimmer Road and travel 4km to reach the forest gate. Turn left and follow the Orienteering direction signs and traffic cones to the parking area.

The last 6km is along gravel forest roads so please drive carefully. There could be people crossing the forest roads. Allow approximately 55-60 mins to travel from central Auckland.

From Helensville and the immediate surrounding area, head south on SH16 for approximately 4km to Rimmer Road. With care, turn right with care into Rimmer Road and travel a further 4km to reach the forest gate. Follow instructions shown above.

Parking: on forest roads. Park as directed. Walk on the road to event centre and be alert to other road users/vehicles entering or leaving the forest at the same time.

Event centre: the event centre is compact and is located on a forest corner between 2 other Woodhill Forest recreational user groups – a 4WD park and Delta Force paintball operations (read hazards below). There is some shelter from the forest canopy although the event centre is next to an area of felled forest to the north-west where a cold wind can blow.

The spectator arena will be set up to accommodate school tents and areas to spread tarpaulins. Do not cross into any out-of-bounds areas.

Terrain & mapping notes: The Celebre terrain is in mature pine forest and of moderate contour. Visibility is generally good but also varies, where in places tree branches and cutty grass will make it a bit harder to see a decent distance into the forest. In the most part these areas are not so green that it warrants mapping as green. This is only relevant to orange courses. A network of tracks are present on half the map (where white and yellow courses will run) and are noticeably absent in the other half. Strong attack points and catching features are present for all courses.

Specific mapping notes: An area with a line of roughly 1.5 metre deep man-made sandy pits is close by to the start. These have been dug to prevent unauthorised vehicles entering the forest (mainly trail bikes). It's likely only orange course runners will run close to the pits. At first this may look like a track but has not been mapped as such. For legibility purposes the pits are mapped as a line of several knolls and clearings. They are are highly visible and with a sandy bottom and are not a hazard to runners.

Recommended Clothing: full upper and lower body cover is recommended.

Hazards: common forest hazards exist such as uneven ground, low spikey branches, cutty grass, pits and fence wires bordering forest roads. Wild mushrooms, some poisonous, add colour to the forest floor in a few places.

A track network to the west and bordering a large, felled area is wet and slippery especially after recent heavy rains. You might run past or through heavily cut tracks and seasonal ponds which are mapped as tracks but not mapped as any water feature. These cuts have been formed by large 4 wheel-drive vehicles and their users in this area of the park. Any hazardous pond will be marked with yellow/black danger tape and orienteers should run to the side where runners will find plenty of space. The 4 wheel-drive vehicles will not be on our map/terrain on event day.

Another adjacent paintball entertainment area will likely be in operation at the same time as our event. Courses do not go anywhere near this area but you should note that the paintball firing will be audible. There is zero risk to orienteers and spectators. The area is across the road and is marked as out of bounds.

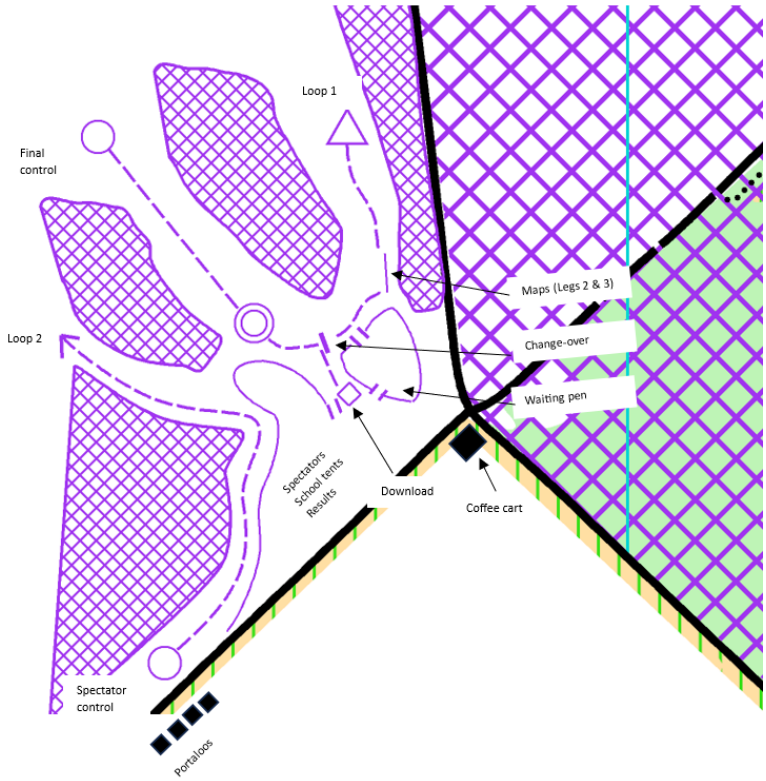
Safety Bearing: East to Selwyn Road. Once on the road walk/run south to the event centre.

Media: parts of the NZSS relay will be filmed, and later broadcast on Maori TV. The film crew are likely to roam the finish, change-over, results and commentary area. The crew may be present in some clearly marked out-of-bounds areas. Details are still being confirmed but they should not at any time be a distraction to your navigation.

Relay procedure: All courses consist of 2 loops. At the end of your first loop is a spectator control. After punching this, follow the mandatory taped run-through next to the event centre to start your second loop.

- For Year 7/8, junior and intermediate classes, the spectator run through is positioned at approximately 80-90% of the total course length depending on your class. If you see your teammate in the run-through you should go to the relay changeover area without delay.
- For senior classes the run through is positioned at approximately 70% of the course distance.
- The event briefing will include a visual description of the relay run-through and changeover

At the end of your course, after punching the last control, follow tapes to the finish. 1st and 2nd leg runners must punch the finish and then proceed 10 metres to the changeover and tag your teammate. For 3rd leg runners, placings will be determined by the order over the finish line.



Forking/splits: There are several forkings/splits that create course variations in your course. Ensure you check your control descriptions and codes and read the course markings on the map carefully.

Taped routes: All yellow and white courses have 1 or 2 taped routes on their course in addition to the run-through between loops. This is a navigation aid to be used if needed. Make sure to read your control descriptions carefully so you know when to follow these.

Team bibs and composite teams: The bibs must be collected prior to the briefing.

Timings:

- 08.45 registration opens for bib collection by team managers or a delegated school rep. Only 1 person per school to pick up.
- 10.00 event opening karakia.
- 10:15 competitor briefing.
- 13.30 approximate timing for prizegiving. This will take place as soon as possible after podium placings are known

Opening karakia: Local iwi will be present to open the event with a karakia at 10am. This is an exceptional opportunity to connect with and acknowledge the iwi landowners and we would appreciate all competitors and supporters lining our start/finish area.

Briefing times: Briefing time is at 10:15am. All competitors must attend the briefing. There will be an explanation of the spectator control, as well as the team change-over process.

Start times: There will be four Leg 1 mass starts and these will be staggered with intervals of 3 minutes:

10.30 Senior Boys and Intermediate Boys
10.33 Senior Girls and Intermediate Girls
10.36 Junior Boys and Year 7 and 8 Boys
10.39 Junior Girls and Year 7 and 8 Girls

All first leg runners should clear and check prior to the briefing to avoid any delays, as the starts will need to occur on time.

Mini mass starts: To keep the event running smoothly, mini-mass starts will be used if some runners are taking longer than expected.

- If not all Leg 1 runners have returned by a set time, all remaining Leg 2 runners will start together.

- If not all Leg 2 runners have returned by a set time, all remaining Leg 3 runners will start together.

The timing for mini-mass starts will be announced on the day once racing has started.

Water: There is no water on any courses

Course closure: 2pm

The rules for official teams in the Relay event are:

1. The students must be from the same school.
2. Year 7/8 students cannot run up in the secondary school classes 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 class. However, boys may not run officially in a girls' team.
5. Within the secondary school competition, students may run up a class.
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 equivalent boys' class 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 class runner in the team. However, when the competition is not compromised by non-competitive teams running in the girls' class or in lower classes, 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, but marked as NC. Individual students that have selected to run in a composite team will be placed in teams of the same class and gender by the organisers.
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.

Course	Difficulty	Class	Scale	Length (km)	Climb (m)
1	Orange	SB	1:7500	3.6km	105m
2	Orange	SG	1:7500	3.0km	95m
3	Yellow	IB	1:7500	2.5km	80m
4	Yellow	IG	1:7500	2.2km	80m
5	Legs 1 & 3 Yellow, Leg 2 White	JB	1:7500	2km yellow 2.2km white	70m yellow 65m white
6	Legs 1 & 3 Yellow, Leg 2 White	JG	1:7500	1.8km yellow 2.0 km white	70m yellow 60m white
7	White	Y7/8B	1:7500	1.8km	65m
8	White	Y7/8G	1:7500	1.7km	70m

Appendix 1 - School Competitions

Top Secondary School Competition

The top secondary school competition 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 class 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 class will be counted. Only one level is offered.
3) In the individual Long competition, the best three results at each age class, 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 class, 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 class could come from different classes, 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 class will count. (Runners in composite or non-competitive 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 = 15 pts, 2nd = 14 pts, 3rd = 13 pts, down to 15th = 1 pt

Individual Long Novice: 1st= 3pts, 2nd = 2pts, 3rd= 1pt.
Relays: 1st team = 60 pts, 2nd = 54, 3rd = 48, 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 class 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 five 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. 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 two classes: 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. Eg 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 class. 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 class. 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 class, the 15 points for 11th place in the championship class 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 class competitor, their achievement is valued.

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Split: 0:48 (+0:11)
31st for leg
Split: 6:46 (+5:24)
23rd for leg
Split: 4:02 (+2:15)
6th for leg
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