

## Plymouth Schools Orienteering League 2011



Wed	9th March	Saltram Park	Courses open 14.30 – 17.15
Wed	16th Mar	Marjons	Courses open 14.30 – 17.15
Wed	23rd Mar	Central Park	Courses open 14.30 – 17.15

### What will Happen

A Teacher/Sports Co-ordinator or Parent brings a group of pupils to each event.

Pupils can run singly or in pairs, forming a team of one or two. There is a recommended colour/course for each age group, but no penalty or bonus will be applied for running up or down. The teacher will decide the best colour for each team.

One control card, see page 4, must be completed IN FULL for each team of one or two pupils. The start time will be allocated by the students in the registration tent. When you arrive, please go straight to Registration. The first start time allocated will be about 25 minutes later to fit in the coaching session.

Several orienteering coaches will be present, and will be able to offer a coaching session to each school group before the pupils run.

The timing of the activity, 14.30 – 17.15 enables school groups to arrive about 16.00 after the school day, or earlier if they can get “time off”.

### Scoring System

It is assumed that pupils will run the same course for all three events. But teachers may prefer to move then up a colour between events, if they show promise.

The sum of the best two scores out of three on each course will count. See last year’s results on the Devon OC website. So each pair of pupils needs to run two events on the same colour to achieve a competitive score.

Results will be posted on the Devon OC website, [www.devonorienteering.co.uk](http://www.devonorienteering.co.uk)

Please send me an initial estimate of how many pupils you expect to take part, and on which days. Hopefully you can attend all three, accumulating league points.

Please return this page by Friday 18th February 2011 to me at

[alansimpson16@blueyonder.co.uk](mailto:alansimpson16@blueyonder.co.uk), or

Alan Simpson, 17 Albert Rd, Stoke, Plymouth, PL2 1AB

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### Plymouth Schools League 2011, Initial Entry

**Name of School** .....

**Name of Teacher** .....

**Telephone No** .....

**Email** .....

Year (5 – 11)	Number of Pupils	Colour	Normal Colour	Expected Arrival Time	Attending – please tick		
					9th Mar	16th Mar	23rd Mar
5			White				
6			White				
7			Yellow				
8			Orange *				
9			Orange				
10			Light Green *				
11			Light Green *				

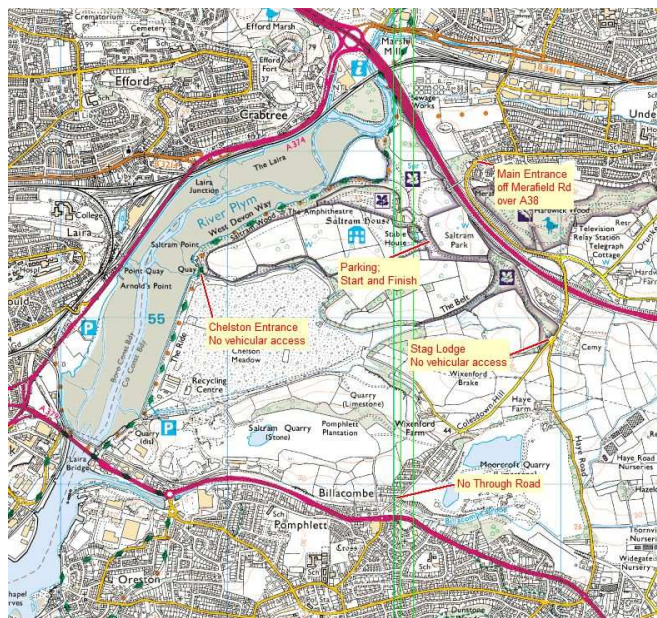
\* For pupils new to orienteering, pupils should “run down”, ie do an easier course. The essential thing is for the youngsters to go away with a sense of achievement. If time permits, they can do a second course.

## Venues

### Saltram Park

There is only one entrance to Saltram House.

Head into Plympton from the Marsh Mills roundabout, and then turn south to get into Merafield Rd. Cross the bridge over the A38, and go to the main car park.



### Marjons

At the Derriford roundabout, head for Derriford Hospital, on Derriford Rd.

At the first traffic lights, turn left then immediately right into Plymbridge Rd. Turn third right opposite the airport at the main entrance. Follow the one-way system to the corner of the PAHC building (red arrow).



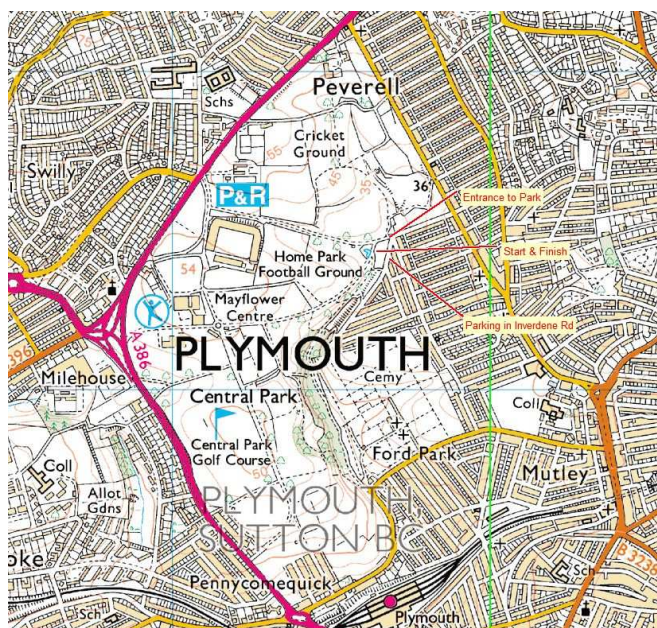
### Central Park

Note that we are starting from the eastern side of the park to avoid the building works.

The park entrance is at the junction of Barn Park Rd and Inverdene Rd, with parking on the west side of Inverdene Rd.

*The definitive version of this document will be maintained on the Devon OC website.*

*Please check to see any late changes.*



**Entries**

Pupils may run singly or in pairs. In the table for each venue (PTO) please enter both names as shown for a pair.

<b>Year (5 – 11)</b>	<b>Name of Pupil</b>	<b>Colour</b>
8	Adam Brown Colin Dickson	Orange

For solo competitors, enter one name in each box.

<b>Year (5 – 11)</b>	<b>Name of Pupil</b>	<b>Colour</b>
8	Adam Brown	Orange

This is the control card we will be using. Fill in the control card as shown, giving:-

Name or names

School

Year Group (5 – 11)

Course

This is the colour, eg orange

The start time will be added by the start official.

Name(s) ..... Time Finish: : :

School: ..... Time Start: : :

Year Group: ..... Course: ..... Time Taken: : :

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

At Control 1, punch in Box 1, etc

The card can be attached to a competitor’s clothing with two safety pins.  
If it is wet, bring a transparent bag to put it in. Punch through the bag.

# Wednesday 9<sup>th</sup> March Saltram Park

Please return this page by Friday 4th March 2011 to me at

[alansimpson16@blueyonder.co.uk](mailto:alansimpson16@blueyonder.co.uk), or

Alan Simpson, 17 Albert Rd, Stoke, Plymouth, PL2 1AB

**Name of School** .....

**Name of Teacher** .....

**Telephone No** .....

**Email** .....

<b>Year (5 – 11)</b>	<b>Name of Pupil</b>	<b>Colour</b>

# Wednesday 16<sup>th</sup> March Marjons

Please return this page by Friday 11th March 2011 to me at

[alansimpson16@blueyonder.co.uk](mailto:alansimpson16@blueyonder.co.uk), or

Alan Simpson, 17 Albert Rd, Stoke, Plymouth, PL2 1AB

**Name of School** .....

**Name of Teacher** .....

**Telephone No** .....

**Email** .....

<b>Year (5 – 11)</b>	<b>Name of Pupil</b>	<b>Colour</b>

## Wednesday 23rd March Central Park

Please return this page by Friday 18th March 2011 to me at

[alansimpson16@blueyonder.co.uk](mailto:alansimpson16@blueyonder.co.uk), or

Alan Simpson, 17 Albert Rd, Stoke, Plymouth, PL2 1AB

**Name of School** .....

**Name of Teacher** .....

**Telephone No** .....

**Email** .....

<b>Year (5 – 11)</b>	<b>Name of Pupil</b>	<b>Colour</b>

## Staffing

<b>Lew Bean</b>	Prepares maps and courses Puts out controls Organises control collection	
<b>Su Porter</b>	Brings Marjons students and briefs them on their duties.	
<b>Martin Northcott</b>	Prints maps Organisers teachers to provide safety cover on the day	
<b>Anne-Marie Osborne</b> <b>Jamie Hayward</b>	Initial greeting and coaching for each school group	
<b>Alan Simpson</b>	Supervises start and finish timing	
<b>Graham Dugdale</b>	Scoring	
<b>Marjons Students</b>	Registration x 2 for filling them in	Give out control cards, and instructions
	Start marshall Start marshall	-1 minute, checks control card Countdown to the bleeper
	Finish marshall Finish marshall	Operates finish timer Staples numbered ticket to card
	Coach	x 5
	Park patrol	x 5

## Equipment

Club shelter  
Two tables  
Four chairs  
Control cards

Start Clock  
Finish Data Recorder  
Tent for Finish

## Control Cards

It is a great help if teachers can come with control cards ready prepared. Leave the start time blank.

It is best if this (PTO) is printed onto card rather than paper, and a plastic bag used to keep it dry in damp conditions.

Name(s) ..... Time Finish: : :  
 School: ..... Time Start: : :  
 Year Group: ..... Course: ..... Time Taken: : :

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

At Control 1, punch in Box 1, etc

Cut \_\_\_\_\_

Name(s) ..... Time Finish: : :  
 School: ..... Time Start: : :  
 Year Group: ..... Course: ..... Time Taken: : :

1	2	3	4	5	6	7	8	9	10
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At Control 1, punch in Box 1, etc

Cut \_\_\_\_\_

Name(s): ..... Time Finish: : :  
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1	2	3	4	5	6	7	8	9	10
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At Control 1, punch in Box 1, etc