

Plymouth Schools Orienteering League 2010



Wed	24th Feb	Devonport Park	Courses open 14.30 – 17.15
Wed	3rd Mar	Marjons	
Wed	10th Mar	Central Park	

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.

If there are too many competitors for one colour, we can put on two courses of the same standard, but we must have a good estimate of numbers in advance.

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 when the team is ready to start.

Several 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.devonorienteeing.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 22nd January 2010 to me at

alansimpson16@blueyonder.co.uk, or

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

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Plymouth Schools League 2010, 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		
					24th Feb	3rd Mar	10th 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.

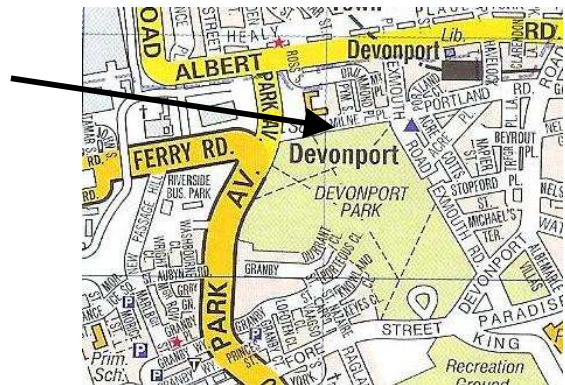
Venues

Devonport Park

Head for the Torpoint Ferry.

Driving down Albert Rd, turn left into Exmouth Rd, and right into Milne Place. Park on the south side of the road.

Parking

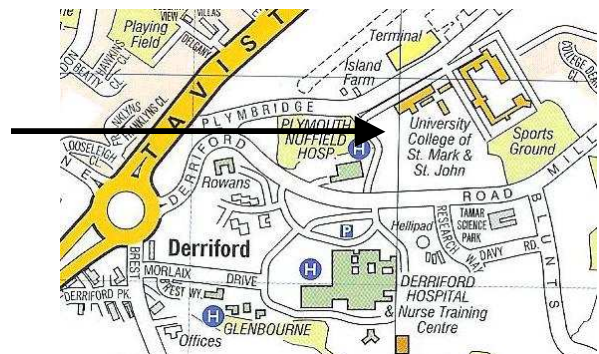


Marjons

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 first right and park near the Sports Hall.

Parking



There is a pay and display parking meter.

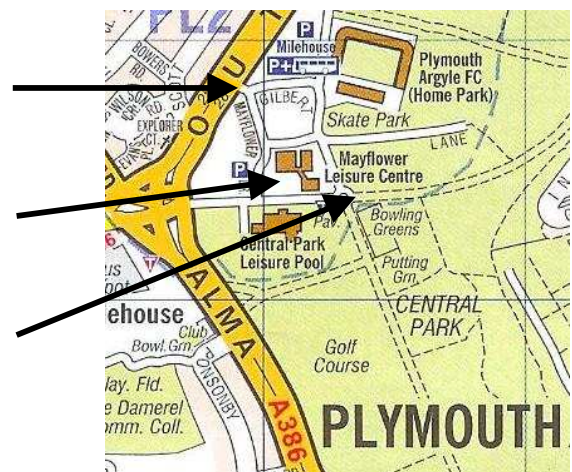
Central Park

The traffic lights on Outland Rd enable you to turn into Central Park from both directions.

Turn in at traffic lights

Parking

Start



The definitive version of this document will be maintained on the Devon OC website. We may use different courses from last year, and possibly different start points.

Entries

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

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

For solo competitors, enter one name in each box.

Year (5 – 11)	Name of Pupil	Colour
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 24th Feb Devonport Park

Please return this page by Friday 19th February 2010 to me at

alansimpson16@blueyonder.co.uk, or

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

Name of School

Name of Teacher

Telephone No

Email

Year (5 – 11)	Name of Pupil	Colour

Wednesday 3rd March Marjons

Please return this page by Friday 26th February 2010 to me at

alansimpson16@blueyonder.co.uk, or

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

Name of School

Name of Teacher

Telephone No

Email

Year (5 – 11)	Name of Pupil	Colour

Wednesday 10th March Central Park

Please return this page by Friday 5th March 2010 to me at

alansimpson16@blueyonder.co.uk, or

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

Name of School

Name of Teacher

Telephone No

Email

Year (5 – 11)	Name of Pupil	Colour

Staffing

Lew Bean	Prepares maps and courses Puts out controls Organises control collection
Su Porter	Brings Marjons students and briefs them on their duties.
Martin Northcott	Prints maps Organisers teachers to provide safety cover on the day
James Howell Anne-Marie Osborne	Initial greeting and coaching for each school group
Alan Simpson	Supervises start and finish timing
Marjons Students	Registration x 2 Give out control cards, and instructions for filling them in
	Start marshal -1 minute, checks control card Start marshal Countdown to the bleeper
	Finish marshal Operates finish timer Finish marshal 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
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
11	12	13	14	15	16	17	18	19	20

At Control 1, punch in Box 1, etc