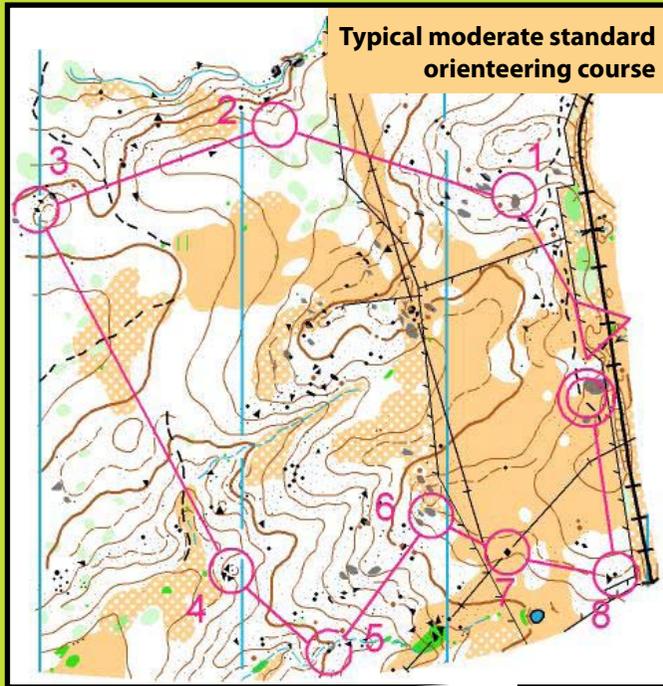


The orienteering map

An orienteering map is a specially produced topographic map that shows a lot of detail and allows for precise bush navigation. Such maps depict natural features such as contours, watercourses, rock detail and vegetation as well as constructed features such as roads, buildings and power lines.

Most orienteering maps are produced at a scale of 1:10,000 (ie. 1cm on the map equals 100m on the ground). For park and school maps of small areas, the scale may be even larger eg. 1:5,000 enabling a lot of detail to be shown. Maps produced for orienteering are printed in colour, allowing a variety of features to be clearly shown.



Competitive orienteering

Throughout the year, a variety of events are offered to cater for competitive orienteers. There are local club and state standard events as well as a State Championships. The annual Australian 3 Day and National Championships are organised on a rotational basis around the states. These events cater for orienteers of all ages and levels of skill.

Keen junior orienteers in Queensland have the opportunity to develop and improve their skills by joining one of our training squads:

- Ultra Mini Cyclones 9 - 11 years
- Mini Cyclones 12 - 14 years
- Junior Cyclones 15 - 19 years
- Cyclones Elite orienteers representing Qld at National Orienteering League events

There is an annual Queensland Schools Championships, generally held in July, and a state team selected to compete in the Australian Schools Championships in September. Queensland teams are regular winners of this national competition.

Talented junior competitors can also strive to be selected to represent Australia in the Australian Schools Orienteering team that competes regularly against New Zealand students. Being selected in the Australian team to compete at the annual Junior World Orienteering Championships is a goal for many junior orienteers who may then go on to pursue representation in the national senior team.

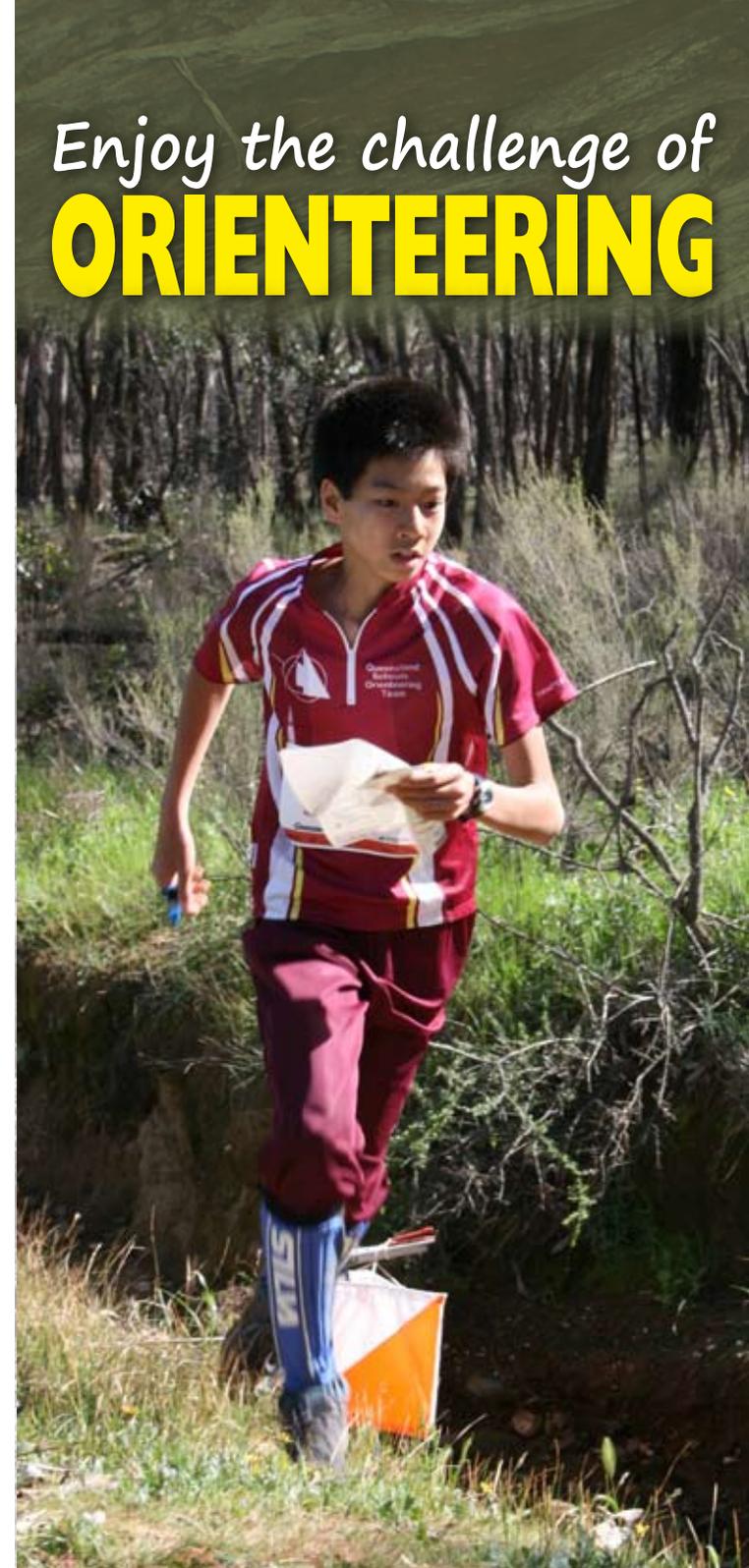


For more information:

Go to www.oq.asn.au

Email: juniordesvelopment@oq.asn.au

Enjoy the challenge of **ORIENTEERING**



What is orienteering?

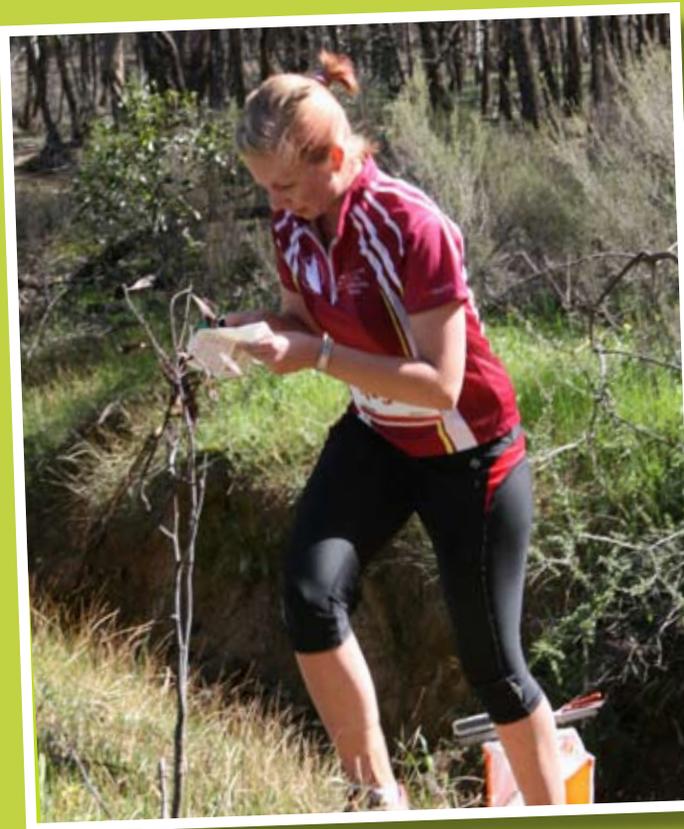
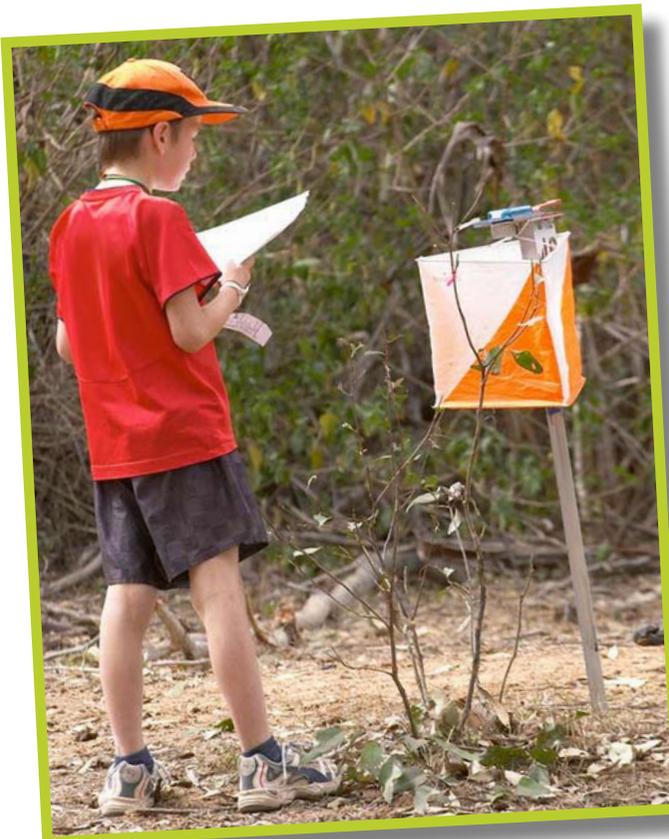
Orienteering is a challenging and enjoyable sport which combines active outdoor recreation with map reading and navigational skills.

It involves navigating through the bush with the aid of a specially produced map and orienteering compass, with the aim being to locate checkpoints (controls) on various natural and man-made features along the way, such as a boulder or track junction.

You can walk, jog or run, depending on your level of fitness and how competitive you wish to be. In competitive orienteering, the person successfully completing their course in the quickest time is the winner.

Because a variety of courses are offered to suit all ages, levels of fitness and ability, it is a sport the whole family can participate in and enjoy - from beginners through to the elite competitor. The basic map reading and navigational skills are easily learnt with instruction available for beginners at all orienteering events.

Orienteering is truly a sport for life with people from the under 10's to the over 80's regularly competing.



Where does orienteering take place?

Areas used for orienteering include parks and forest reserves as well as private grazing land and bushland. In urban areas, orienteering also takes place in parks, university campuses and school grounds.

Most orienteering events are held near Brisbane but clubs in Townsville, Bundaberg, Maryborough, the Sunshine Coast, Toowoomba, the Southern Downs and Granite Belt also organise regular activities. The list of coming events and directions to them may be obtained from Orienteering Queensland's web site: www.oq.asn.au or by contacting the club in your area.

You do not have to contact the organiser in advance (unless it is a pre-enter event) - simply turn up on the day. You also do not have to be a member to participate at most orienteering events but if you intend coming along regularly, there are many benefits in becoming a member.

Orienteering events are held regularly, generally on Sunday mornings from March through to the end of October. Around Brisbane, there is usually an orienteering activity every weekend while the country clubs tend to have an event once a month.

What do I need to bring along?

Comfortable, outdoor clothes and sturdy footwear such as joggers are adequate for those beginning orienteering. Remember to bring a hat and wear sunscreen if it is likely to be hot. Compasses may be borrowed at the event.

Orienteering courses

Orienteering events generally offer a range of courses (hard, moderate, easy and very easy) to suit all ages and levels of skill. As you learn the basic navigational and map reading skills and gain confidence, you can progress to the next standard of course.

Don't worry if you have never used a map and compass before - the basic skills are easily learned and experienced orienteers will be able to assist you at events.

Orienteering is an adventure sport

Adventure sports are growing in popularity with young people as they combine a variety of outdoor challenges such as running, kayaking and mountain biking with navigational exercises. Orienteering can help you improve your navigational skill for these sports.

Orienteering uses information technology

As a smart sport for people who like a mental challenge, orienteering makes significant use of a range of IT applications for map making, course setting, event management and timing systems as well as GPS tracking of competitors during races.

