



M A S R C



MIG: THE COMEBACK

Technical Package

ORIENTEERING:

DEMONSTRATION SPORT

UPDATED: December 1, 2020

Orienteering:

MIG 2021 Demonstration Sport

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What is Orienteering?

Orienteering involves using a map and compass to find a series of checkpoints. An orange and white marker (called a “control”) is located at each checkpoint, along with a card-punching device or an electronic timing unit. At most events, the objective is to visit all of the controls, in the specified order, in the fastest time.

Orienteering is a great sport because:

- It is easy to learn and requires no special equipment to get started.
- It can be enjoyed as a walk in the outdoors or as a competitive sport.
- Courses of varying length and difficulty are offered so that anyone can compete, regardless of age or experience. This makes it a good sport for families.
- For serious competitors, the sport is challenging both physically and mentally. Elite competitors have to run quickly while navigating through complex terrain.

The Manitoba Orienteering Association is the sport association supporting orienteering and organizing orienteering events in Manitoba. The association also supports schools to start programs and assists teachers in event planning, training and map making.

For any questions relating to Orienteering, and how the Manitoba Orienteering Association can assist in planning your MIG 2021 Orienteering event, please contact them at info@orienteering.mb.ca

Participant Eligibility

Open Event

The MIG 2021 Orienteering event will be a Demonstration Sport. This will be an OPEN EVENT. There will not be any winners selected for this event. This event will be FOR FUN and to introduce a NEW ACTIVITY to our communities!

Event Setup

- This event must be held outdoors
- Create your control map(s):
 - Potentially different maps for each of your age categories (ranging in difficulty, distance)
 - By following the instructions at this link
 - https://www.orienteeringalberta.ca/uploads/1/0/2/2/102233682/how_to_create_google_earth_activity_map_orange_marks_the_spot_final.pdf
 - You may set up your map as a “score-O” event or by finding all control in the correct order
- Create your course:
 - Mark your control points with bright flagging tape (or use a kit provided by the Manitoba Orienteering Association)

- Each control has a marker-stamp/stamp, unique to that control (or a pin punch attached to the flag)
- Create your Home Base and meet there to start the competition
- Prepare/Print punch cards (or use the punch cards provided in the orienteering kit)
 - Example Below

PLEASE NOTE: The Manitoba Orienteering Association can provide guidance for technical details, or advise on course planning.

Pre-Event Recommendations

- Teach participants how to use their compass
 - It is recommended to have an activity ahead of time to teach the students how to properly use their compass
- Some “safety” rules should be discussed, in particular if the event is not taking place in the school yard
 - The students must be careful of the time and finish within the time limit, and must report when they are done)
 - Discuss of a safety bearing, such as which direction they should go if they are not sure of where they are
 - Road safety

Event Participation

Open participation!

Equipment

- Flagging Tape
- Marker-Stamps/Stamps
 - Each control should have a different shape/colour
- Control Map
- Punch Cards
- OR Manitoba Orienteering Association school kit (info below)
- Compass

NOTE: Your school may apply for a Manitoba Orienteering Association school kit. This school kit includes: flags, pin punches, and punch cards.

Flagging Tape = Orienteering Flags

Marker-Stamps = Pin Punches

Equipment Restrictions

- No phones or GPS systems are allowed

Competition Format

- There will be a total of 10 controls
 - A control is marked with an flagging tape and a stamp-marker (or a flag + pin punch)
- Using a control map, compass and punch card, participants must find the controls
 - Score-O Event: Controls may be found in any order
 - Following the Course: Controls must be found in the correct order
- To show that the participant actually went to the control, they must use the marker-stamp at the control to mark their punch card (or the pin punch)

Competition Rules

- May compete as partners
- Must start and end competition at “Home-Base”
- Participants may use a map and a compass **only**
- Each participant/partner group has their own punch card to mark the controls they visited
 - Each control has a different punch, unique to that location
- Everyone must report to the organiser when they are back

Scoring

- N/A for MIG 2021 Orienteering as a demonstration sport
 - If you would like, you may time the participants (for fun)
 - Start time when they leave Home Base, stop time when they get back to Home Base having visited each control

Punch Cards

MIG 2021 Orienteering Punchcard

Control 1	Control 2	Control 3	Control 4	Control 5	Control 6	Control 7	Control 8	Control 9	Control 10

HOW TO USE PUNCHCARD:

1. When the participant/partners arrive at the control, they must mark the punchcard with the “punch” (marker-stamp or pin punch) at the control

- a. Each control must have a different colour/shape, unique to that control
2. When the participants arrive back at Home Base, verify the punch card to make sure they visited each control

Tie Breaking Rule

- N/A for MIG 2021 Orienteering as a demonstration sport

Score Cards

- N/A for MIG 2021 Orienteering as a demonstration sport

Awards

- N/A for MIG 2021 Orienteering as a demonstration sport