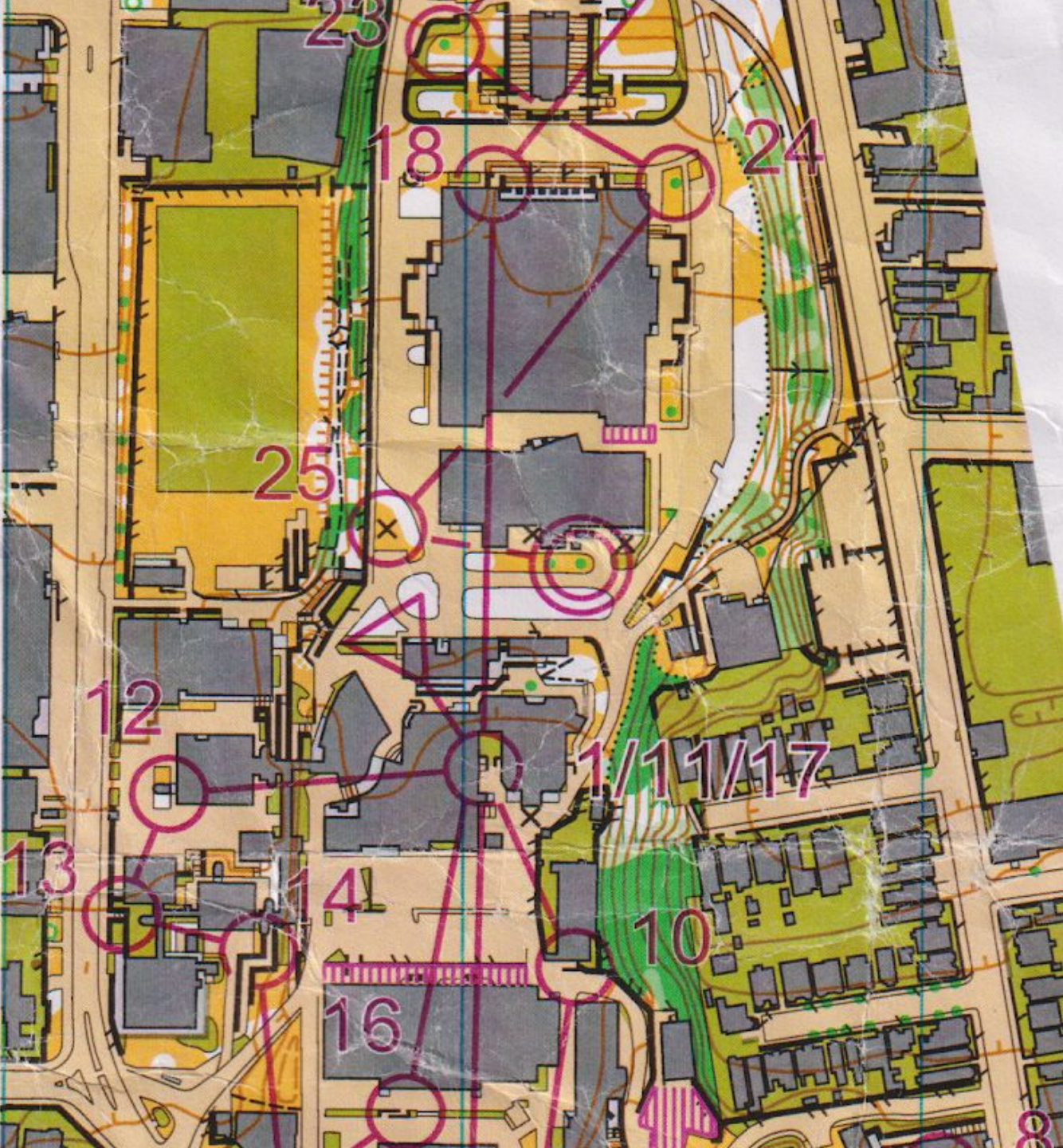




Orienteering
Wellington

Try sprint orienteering at Wellington High School

4 March 2020
6-7pm



What's orienteering?

A sport about navigation.

Use a map and compass to find your way around a series of control points as quickly as possible.

Go it alone or in small groups.

Good navigation beats fast running.

Explore the outdoors in a new way - often in gorgeous spots you can't normally visit.



And sprint orienteering?

It's orienteering, but faster!

Higher speed needs quick thinking.

Easy to get started, hard to get lost.

Shorter courses in urban areas, including your school grounds.

Take advantage of your local knowledge.

Don't get told off for running :)





“I love orienteering for the people you meet and places you get to explore. I love that it’s a lifelong sport – which is lucky as it’s highly addictive!”

Meet Lizzie Ingham

NZ’s top orienteer and proud Wellingtonian.

4x Oceania Champion. (2019)

10x NZ Elite Champion.

Top 3 at World Cup. (2013)

Top 10 at World Championships. (2012)

Still comes to local events and gives great advice.

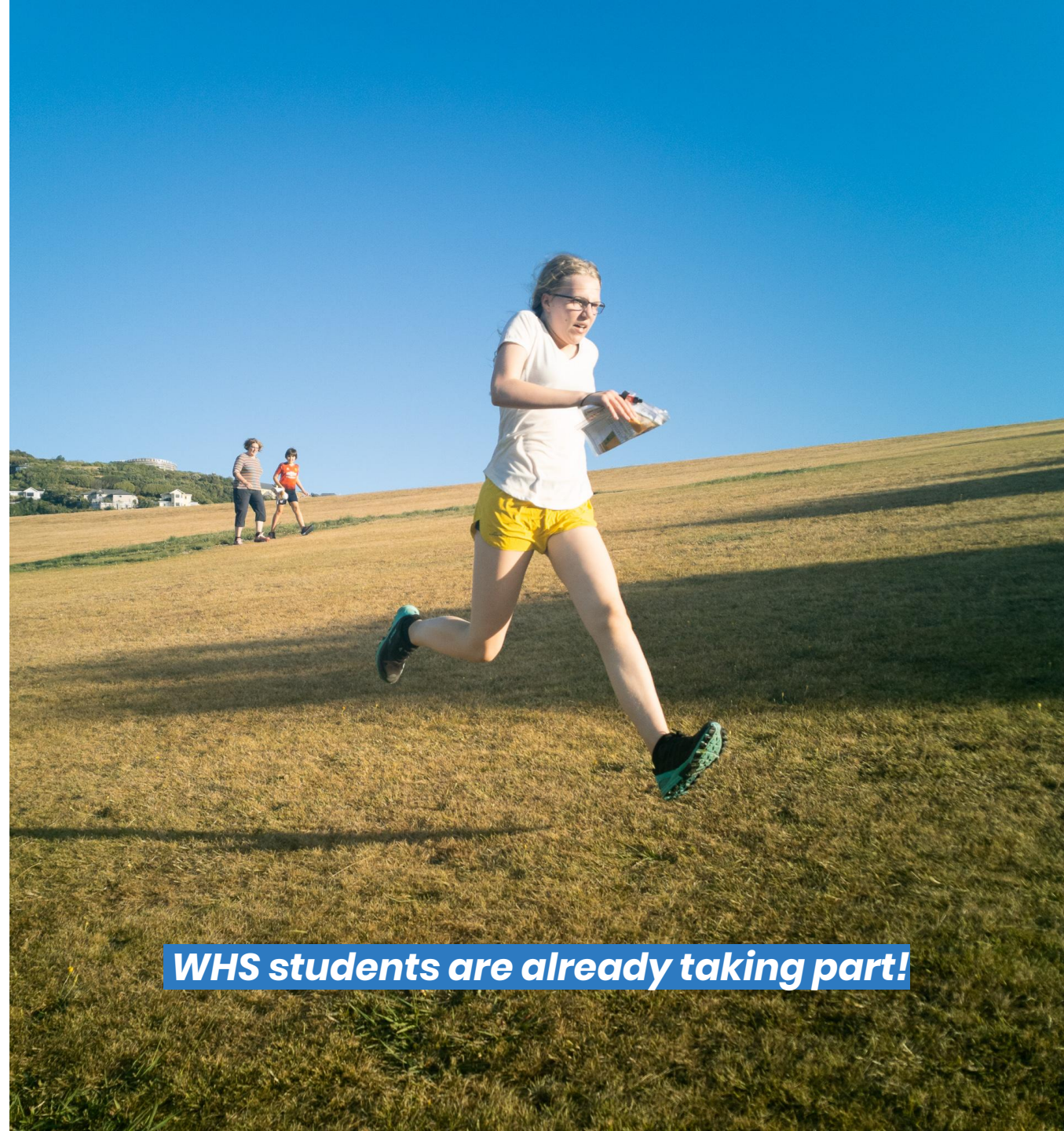
CSW 2020

College Sport Wellington sprint series is underway on Wednesday nights. The main series of Sunday events starts in March.

Your times count for placings at the end of the season.

Turn up for as many as you want, our friendly helpers will get you started.

Look for “CSW” on the [events page](#), and don't miss the chance to [sprint around WHS](#) on 4 March!



WHS students are already taking part!

I'm in, what do I bring?

Cash for entry fee. For school students, most events cost less than \$10 including timing chip hire.

For a bush or park event, trainers with grip and leggings or long trousers are a good idea, plus a change of clothes if it's wet.

For sprints, whatever you can go fast in - normal trainers are fine.

School sports top if you have one.



Who are we?

CSW orienteering is a joint effort between [College Sport Wellington](#), [Orienteering Wellington](#), and [Orienteering Hutt Valley](#).

Orienteering Wellington has about 150 members including loads of school students doing CSW.

We run regular events with courses suitable for all ages, skill and fitness levels.

Anyone can have a go, parents included - turn up and give it a try!



Orienteering
Wellington





Find out more

Orienteering Wellington

wellingtonorienteering.org.nz

facebook.com/orienteeringwellington

instagram.com/orienteering.wellington

Orienteering Hutt Valley

ohv.org.nz

College Sport Wellington

collegesport.org.nz

Orienteering New Zealand

orienteering.org.nz

orienteering.org.nz/events

“I’m Ellie and I organise CSW orienteering.

If you see me at an event come and say hi!”