

Tips for Orienteering Score Events



Score events are very different to normal orienteering races, with a fixed time to visit as many controls as you can and penalties for finishing late. This means you need some different thinking to do well.

The next Score-format race is for Secondary School runners at Headless Hill on October 5th. Note that only Secondary runners can earn ASO League points. Primary runners must run White/Yellow to do so.

Here are some tips:

- 1. ALWAYS take a watch (with stopwatch) with you**
- 2. Remember to start your stopwatch when you start!**
- 3. Work out beforehand roughly how far you can orienteer in 45 minutes**
- 4. When you start, take a minute to plan what you'll do, before you race off to the first control**
- 5. Plan to do only what question 3 says is achievable**
- 6. Have options to add or drop 2 or 3 controls near the end of your course, depending how things are going**
- 7. Check progress after 20-25 minutes to see how close to halfway you are**
- 8. Don't be late finishing – the penalties for taking extra time are quite severe!**

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