



Welcome to INVOC

Inverness Schools Orienteering League 2024:



The Inverness Schools Orienteering League (ISOL) is organised by Inverness Orienteering Club. The league gives school pupils the opportunity to participate in local, fun and friendly competitions. The competitions are suitable for all levels, with pupils new to the sport able to learn map-reading skills at school before the events.

Dates and Venues for the 3 school events for 2024 are provided below:

DATE	Location	Entry Fee	Basic Event details
Wednesday 1st May	CAWDOR woods	£3/pupil (includes map and dibber)	Parking near Cawdor Castle Starts from 3:45pm to 5pm approx. Finish 5:45pm at latest
Wednesday 15th May	CRAIG PHADRAIG, Inverness	£3/pupil (includes map and dibber)	Parking Kingsview Christian Centre (tbc) Starts from 3:45pm to 5pm approx. Finish 5:45pm at latest
Wednesday 5 th June	Culloden Woods	£3/pupil (includes map and dibber)	Parking Smithton Hall (tbc) Starts from 3:45pm to 5pm approx. Finish 5:45pm at latest

IMPORTANT: All school groups taking part in these events will have to complete a Highland Council EVOLVE form. Orienteering is classified as an adventurous activity and the EVOLVE submissions MUST be submitted to Outdoor Education for approval. It is a busy time for Outdoor Education, the deadline for EVOLVE forms to be submitted is 16th April for the first event and ideally BEFORE the Easter break. It is best to include all 3 events within one EVOLVE submission. Additional details (register of participants and final event details) can be added nearer the time.

Courses available for all levels of ability

Orienteering courses are colour coded by their difficulty. All events will have the following courses on offer:

1. **White** = Easy and short - all on paths, suitable for beginners, approx. 1-1.5km long
2. **Yellow** = A little more complex, all on path - uses simple linear features (paths, walls, streams, etc.), 1.5-2.5km long
3. **Orange** = Not all on paths, longer. Using a compass and making route choice, 2.5-3.5km long.
4. **Light Green** = Navigation skills needed; longer again. Crossing terrain using contours and 'point' features.
5. **Green**= for experienced orienteers only, technically difficult, crossing complex terrain, using a compass

Entry

Before each event we will email out detailed event information and an entry form. School groups must pre-enter the events by emailing Susan Blackwood at schools.invoc@gmail.com . The cost per pupils is £3 per pupil payable to INVOC. Each event must be entered seperately.

The League table

We compile results for each event and for the overall placings after 3 events. There is a team trophy awarded at the end of the series

Best 4 runners in each event will count towards the team for small schools (<50)

Best 8 runners in each event for larger schools (>50).

Schools can have more than 8 runners but only the top 8 placing will count toward their score.

The winner on each colour course will score 100 points. The second placed runner will score 99, third 98 and so on down to a minimum of 10. Runners who miss punch will score 10 for participating.

It is permitted to accompany (shadow) competitors if needed but in the spirit of the competition the supervising adult is expected to walk the course. Similarly beginner orienteers will be allowed to run as a pair.

Any questions please contact Susan Blackwood or
email : schools.invoc@gmail.com