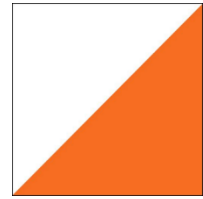


INVERNESS ORIENTEERING CLUB



IINVOC School O League

EVENT SUMMARY



The Inverness Schools Orienteering League (ISOL) is organised by Inverness Orienteering Club with support from Active Schools. 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.

The league will run from May to June 2026 at the following locations:

Date	Venue	Parking Location	Parking arrangements
Wednesday, 6 th May	Culloden Woods, Inverness	NGR: NH 716455 W3W:flies.joyously.navigate Postcode: IV2 7YU	Parking at Smithton Church. 300m walk to assembly.
Wednesday, 20 th May	Cawdor Woods, Cawdor	NGR: NH 848495 W3W: could.signal.rollover Postcode: IV12 5RD	In a field next to main car park at Cawdor Castle, assembly in same field.
Wednesday, 3 rd June	Rosehaugh, Avoch	NGR: NH 678557 W3W:landscape.number.spray Postcode: IV9 8RF	Parking in Rosehaugh Estate, 650m walk to assembly.

Courses

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

Colour	Length	Approximate length
White	Easy and short - all on paths, suitable for beginners	1-1.5km
Yellow	A little more complex, all on path - uses simple linear features (paths, walls, streams, etc.),	1.5-2.5km
Orange	Not all on paths, longer. Using a compass and making route choice.	2.5-3.5km
Light Green	Navigation skills needed; longer again. Crossing terrain using contours and 'point' features.	3.0-4.0km
Green	Technically difficult, crossing complex terrain, using a compass	3.5-5.0km

Entry:

Before each event we will email out detailed event info+entry form. School groups must pre-enter the events by emailing schools.invoc@gmail.com. The cost per pupil is £3.00 payable to INVOC by transfer or online via SI Entries. Entry on the day is £3.50 per pupil. Each event must be entered individually.

Results



Individual results are posted on the INVOC website for each event and there is a league table for participating schools across the series of three events. Prizes will be

awarded at the end of the league series to the top 3 individuals in each of the following categories P4/5, P6/7, S1/2, S3/4 and S4/6 and to the top teams for large primary school (school roll >50), small primary school (school roll <50) and secondary school.

Best 4 runners will count towards the team scores for small schools (<50) best 7 runners for large schools (>50). Best 5 runners for secondary schools. 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.

Competitors may run as a pair, but all competitors will be issued with a dibber and a map and must download their individual dibber in order to get a score for the event. 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.

Transport

Please arrange your own transport to the events. Events will start at approximately 3:45pm. Starts will be a few hundred meters from the assembly.

EVOLVE

Toilets will be available at the event and qualified first aiders are in attendance.

All school groups must complete EVOLVE forms for these off-site excursions and submit them for approval to Outdoor Education in addition to their school EVC. Please remember that Orienteering is classified as an adventurous activity for the purposes of EVOLVE and must be risk assessed accordingly. To help you with registering with EVOLVE, the grid reference for the likely entry point for each event is included in the list of events above. All the events are planned and risk assessed by experienced INVOC members in accordance with British Orienteering Federation guidelines but school leaders will have to do their own group risk assessment with any medical and behavioural needs unique to their group and ensure that they have sufficient staff/adult support to manage the group on the day.

Be aware that April/May is an extremely busy time for EVOLVE submissions, please ensure that they are submitted by the school in plenty of time (ideally before end of March).

We are really looking forward to welcoming your schools and pupils to our events. If you have any queries please do not hesitate to get in touch.

Kind regards,
Inverness Orienteering Club