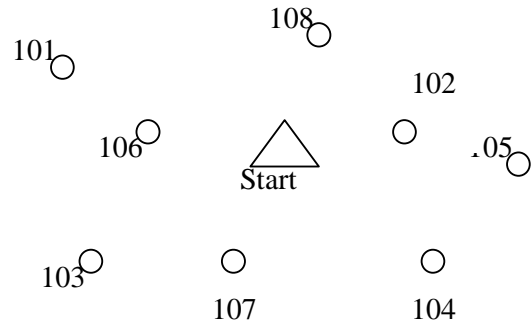


Lesson 13: ALCATRAZ or STAR RELAY ORIENTEERING EVENT

Alcatraz Relay

This requires a holding area such as a tennis court. Pupils are in teams of pairs (or pairs of pairs). Each team has two maps and one control card with numbered boxes. Control points are marked on the map using the same numbers as in the boxes. Control points are visited one at a time.

Name					
107	108	109	110	111	112
101	102	103	104	105	106



The team's first runners assemble outside the holding pen for a mass start. Each team's card will have been pre-marked by officials with a first control to visit, each team having a different control as far as possible and will have a card that visits all the controls but in a different order for each team. When a competitor returns the card is checked that it has been punched correctly and then the competitor enters the holding pen to hand on the map and card.

FURTHER INFORMATION FOR TEACHERS/HELPERS ABOUT THE RELAY

1. Teams can be made up of 2, 3 or 4 pupils. Three is probably the best so that pupils are involved for more of the time.
2. There are 12 relay legs to run and so a team of two should run 6 legs each, a team of 3 will run 4 legs each etc.
3. Teachers/helpers should give one control card per team from the organiser.
4. Pupil names should be written on the control card.
5. Each team will be given two maps with all the controls marked on them.
6. Controls must be visited in the order on the control card. The controls for different teams are the same but they are in different orders on the control cards.
7. At the start, the first runners from each team will all start together taking a map and the control card.
8. The pin punch must be used in the correct square at each control.
9. As each runner finishes a leg, their control card will be checked and marked to ensure that they have only been to one control and that controls are being visited in the correct order.
10. As each runner goes back to his/her team, he/she passes on the control card to the next runner who goes off with a map to the next control
11. The winning team will be the first to get to the finish gate with all control squares on the card punched correctly.