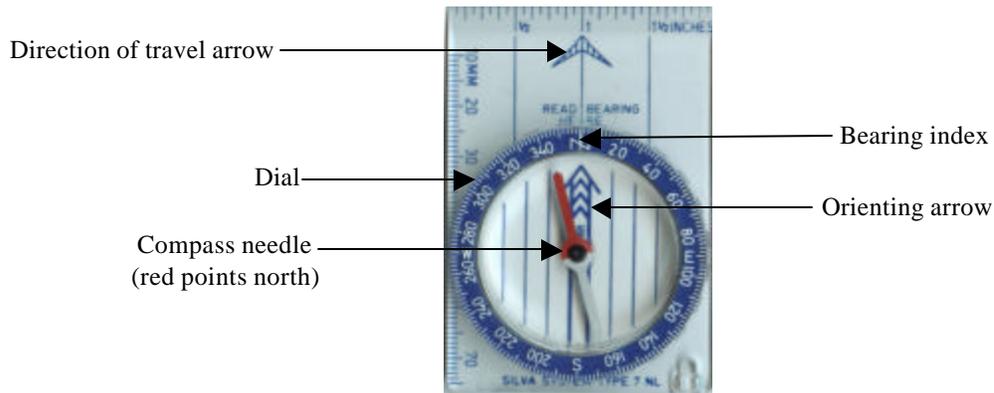


# Orienteering Contest

## Parts of a Compass



## Taking a Bearing

Hold the compass level and firmly against your chest with the direction of travel arrow pointing toward the landmark. Rotate the dial, until the North end (red) of the compass needle is closest to N. Read the bearing on the dial against the direction of travel line.

## Estimating Distance

One way of estimating distance is by pace counting, counting every time your right (or left) foot touches the ground. To estimate the length of your pace, count the number of paces required to travel a known distance. Your average pace equals the distance traveled divided by the number of paces taken.

## Orienteering Course

The orienteering course consists of 5 flagpoles. Begin at the start/finish pole, and estimate the bearing and distance to pole #1. Then while standing at pole #1 estimate the bearing and distance to pole #2. Repeat until you are back to the start/finish pole. Whoever has an closest estimate to the true bearings and distances for the entire course is the winner.

