

CANADIAN ORIENTEERING *festival*



featuring

Canadian Orienteering Championships

and

North American Orienteering Championships

Bulletin #2 – Race Notes

v. 2024-07-26



Toronto Orienteering Club

outdoor·active·urban

Organizing Clubs



Supporting Organizations



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Welcome!

Welcome to the 2024 Canadian Orienteering Festival, where the Toronto Orienteering Club and Orienteering Ottawa are hosting the 2024 Canadian Orienteering Championships and the 2024 North American Orienteering Championships. We look forward to sharing our amazing forests at the Mansfield Outdoor Centre and Calabogie Peaks Resort, as well as the sprint terrain of Kingston including Queen’s University and the famous Kingston Penitentiary. We are excited about offering five World Ranking Events; we are excited about having over 600 participants from across North America and visiting from around the world; we are excited that we have folks ranging in age from 7 years to a youthful 91 years.

This event is a high level competitive event with top athletes vying for spots at the World Championships, and age class competitors vying to win their class, and yet it is equally an event for life-time orienteers, for families and for recreational folks just getting started in the orienteering world. We welcome everybody who is coming to Mansfield, Kingston, and Calabogie, to participate at their own level, and we hope we can make this a wonderful week for all of you. We hope you enjoy the races, the extra activities, the socializing and the camaraderie.

Overview

Dates August 3 to 11, 2024

Locations Toronto area (Mansfield), Kingston, Ottawa area (Calabogie)

Organizers Toronto Orienteering Club and Orienteering Ottawa in conjunction with Orienteering Canada

Land Acknowledgement

Dufferin County including the Mansfield Outdoor Centre is located on the traditional territory and ancestral lands of the Tionontati (Petun), Attawandaron (Neutral), Haudenosaunee (Six Nations), and Anishnaabe peoples. The Kingston region is located on the traditional homeland of the Anishnaabe, Haudenosaunee and the Huron-Wendat. The Ottawa region including Calabogie is located on the traditional unceded, unsurrendered territory of the Anishnaabe Algonquin People.

These Indigenous nations have inhabited and cared for these lands for millennia, and their way of life, culture and presence have nurtured and continue to nurture these lands today. We honour these lands and their Indigenous stewards, past and present. We thank them for their stewardship of the land and pledge to be respectful and grateful for the bounty of this land on which we all live, work, play, and study.

Registration Summary

As of the close of registration on July 15 here is a summary of entries for the 2024 Canadian Orienteering Festival

	Festival	Men	Women
Total	632	380	252
14-	71	38	33
15-20	71	39	32
21-34	87	57	30
35-64	295	177	117
65 +	108	68	40

Countries Represented:

Canada
Japan
Sweden

USA
Norway
Switzerland

Hong Kong
Romania

Event Information

Bulletin and Website

You will find all the general information about the Festival at the start of this bulletin. There is a 2 page section for each of the 7 events in the Festival after all the general information. Any new information of importance that becomes available after this bulletin is published will be accessible from the Updates section of the race website (cocnaoc2024.ca). Be sure to keep up to date by checking the website homepage regularly.

For WRE and IOF classes

Sections in the bulletin that apply specifically and only to the WRE and IOF NAOC Regional Championship competitors are boxed in red. Competitors in any of the classes are strongly encouraged to read and understand the information. Age class and Open participants can ignore these boxes.

WRE (World Ranking Event) Classes

COC Middle and Long: M21, F21

COC/NAOC Sprint: M21, F21

NAOC Knock-Out Sprint: Qualifier and Finals

NAOC Middle and Long: M21, F21

IOF NAOC Regional Championship Classes

NAOC Middle and Long: M21, F21, M20-, F20-, M18-, F18-, M16-, F16-

NAOC Knock-Out Sprint: All competitors in the Quarter Final, Semi Final and Final races

NAOC Sprint Relay: National Relay Team (Senior, Junior, and Youth) members

E-mail naoc@ottawaoc.ca

Schedule

Schedule Overview

Area	Date	Competition	Model Maps	Additional Activities
Mansfield, ON	Friday, August 2		COC Middle/Long	<ul style="list-style-type: none"> Race Kit Pick-up
	Saturday, August 3	COC Middle		<ul style="list-style-type: none"> Afternoon Social
	Sunday, August 4	COC Long		<ul style="list-style-type: none"> Sass Peepre Junior Training Camp at Mansfield
Kingston, ON	Monday, August 5		Sprint	<ul style="list-style-type: none"> Sass Peepre Junior Training Camp at Mansfield
	Tuesday, August 6	COC/NAOC Sprint	Sprint	<ul style="list-style-type: none"> Race Kit Pick-up Sass Peepre Junior Training Camp in Kingston
	Wednesday, August 7	NAOC Sprint Relay		<ul style="list-style-type: none"> Kingston Pen Tour Team Canada Talks
	Thursday, August 8	NAOC Knock-Out Sprint		
Calabogie, ON	Friday, August 9		NAOC Middle/Long	<ul style="list-style-type: none"> Race Kit Pick-up
	Saturday, August 10	NAOC Middle		<ul style="list-style-type: none"> Banquet Team Canada Silent Auction
	Sunday, August 11	NAOC Long		

For a detailed schedule of each race day, refer to each Race section in this Bulletin. For details about Model Maps, refer to the Model Maps section, and for details about the additional activities, please refer to the Special Activities section.

Key Personnel

Event Directors

Role	Person(s)
COC Directors	Nevin French / Oliver Tabay
NAOC Meet Director	Anne Teutsch
NAOC Technical Director	Stefan Bergstrom

IOF Event Advisers

Role	Person(s)
COC IOF Event Adviser	Jim Blanchard, CAN

NAOC IOF Senior Event Adviser	Cristina Luis, USA
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Mappers, Course Planners, Controllers

Race	Mapper(s)	Planner	Controller
COC Middle	Marian Cotirta	Andrew Bell	Eugene Mlyncyk
COC Long	Marian Cotirta	Andrew Bell	Eugene Mlyncyk
COC / NAOOC Sprint	Andrew Cornett	Andrew Cornett	Jennifer Anderson
NAOC Sprint Relay	Stefan Bergstrom	Jeff Teutsch	Jennifer Anderson
NAOC Knock-Out Sprint	Andrew Cornett; Jeff Teutsch, Navigation Sports	Andrew Cornett	Stefan Bergstrom
NAOC Middle	Jeff Teutsch, Navigation Sports	Peter Laurich	Marketa Graham
NAOC Long	Jeff Teutsch, Navigation Sports	Stefan Bergstrom	Marketa Graham

Jury / Jury Pool

Event(s)	Persons
COC WRE and non-WRE events	David Cady (USA) Wil Smith (CAN) Marg Ellis (CAN)
NAOC WRE events	Sandy Fillebrown (USA) Forest Pearson (CAN) Pam James (CAN) Alternate – Linda Kohn (USA)
NAOC non-WRE events	Philippe Cote-Jacques (CAN) Sandy Fillebrown (USA) Pam James (CAN) Linda Kohn (USA) Forest Pearson (CAN) Mike Waddington (CAN)

Embargoed Areas

Areas in Mansfield, Kingston and Calabogie are embargoed for all competitors until after the races in each location. A brief description of each area is given below. For full details and accuracy, consult the online Embargoed Areas [Map](#).

Mansfield (COC Middle and Long)

The embargoed area is an area 3 km north of the town of Mansfield, east and west of Airport Road. Northern boundary: 20 Sideroad; Eastern boundary: Concession Road 2; Western boundary: 5 Line E; Southern boundary: angled line as shown on Embargoes Map, just north of Side Road 15.

The embargo remains in effect after Saturday's middle distance race. Competitors and coaches are not permitted back out in the terrain after they finish the middle distance race, prior to the long race.

Kingston (COC/NAOC Sprint, Sprint Relay, and Knock-Out Sprint)

Several areas in the City of Kingston are embargoed for the sprint races. These include Queen's University Main Campus; the area south of King Street West from Lake Ontario Park to the Kingston Penitentiary, including both those sites; and the lakefront area southeast of King Street East from Simcoe Street to Princess Street. Note that Queen's University campus and the Lakefront from Simcoe Street to Princess Street is embargoed until after the Knock-Out Sprint.

Calabogie (NAOC Middle and Long)

The entire Calabogie Peaks Resort, plus the hiking trails nearby are under embargo. Northern boundary: Calabogie Road; Eastern boundary: Barrett Chute Road; West boundary: west of Eagle's Nest Lookout; Southern boundary: south of Red Arrow Rock Lookout. The full extent of the embargoed area can be seen on the [Embargoes Map](#).

The Calabogie embargo remains in effect after Saturday's middle distance race. Competitors and coaches are not permitted back out in the terrain after they finish the middle distance race, prior to the long race.

Note that the arena, including the camping area and the ski lodge, are not part of the embargoed area.

Previously Used Maps

The Mansfield area and the Queen's University Campus have been previously mapped. PDF copies of both are available to download on the Model Maps and Old Maps page of the event website (<https://www.cocnaoc2024.ca/details/model-maps>) or through IOF Eventor.

Quarantine

There will be a mandatory quarantine for all competitors in any of the WRE classes or IOF NAOC Regional Championship classes, with the exception of the Qualifying Round of the Knock-Out Sprint. Note that the 20-, 18- and 16- classes are included in the quarantine requirements for the COC-NAOC Sprint, NAOC Middle and NAOC Long. In addition, for the Sprint Relay all competitors on any of the National Teams, including the Junior teams, will need to be in quarantine.

Instructions to athletes

There is a deadline for all to arrive in the quarantine area (generally just before the first start of the race). This time is listed for each race in the appropriate Race Schedule section. If you are not in the quarantine area by the assigned time you may be disqualified from the race.

Follow signs and directions from officials from the arena to the quarantine area. The distance from arena to quarantine is listed for each race in the Race Schedule section of this bulletin.

On arrival at the quarantine area, sign in on the sign-in sheet provided.

Bring your own food and drink that you wish to have prior to your race. Bring your own water bottle; a water jug will be available to refill your water bottle.

You may not use or carry communications devices that can transmit or receive information to or from a remote source, from the time you enter the quarantine area to the time you finish your race. This includes laptops, tablets, e-book readers, gaming consoles, and other internet devices.

Mobile phones must be turned off and kept in bags at all times. Devices for playing music that are not connected to the internet and cannot be used for communications are permitted.

GPS-enabled sports and smart watches are permitted provided that they are not used for communication or navigation.

Washrooms or portable toilets will be accessible from quarantine.

Before leaving the quarantine area, put your personal items in the vehicle designated. You will be able to retrieve them at the arena after your race.

You will be released from the quarantine by the Quarantine Marshal with plenty of time to get to your start. You must sign out on the sign-out sheet provided when leaving quarantine.

You will not be permitted to re-enter quarantine after leaving.

Starts and Timing

Timing System

The SPORTident timing system will be used for all events in the Canadian Orienteering Festival 2024. All races will be set to accept touchless timing (SIAC timing chips) in addition to regular SI timing chips (finger sticks). Competitors who do not own their own timing chip will be able to rent one from the race organizers. Inquire at the Registration/Information Desk if you need to rent a timing chip.

If the SI control at a control location fails, or if your SI timing chip fails, you will have no electronic record of being at the control. In this case, it is the responsibility of the competitor to use the back-up punch to record being at the control. Punch your map with the back-up punch, and be sure to report to the officials at the Timing tent at the finish line that you have done this.



Back-up Timing Punch

Quiet Zone

The start area for all races will be designated a Quiet Zone. Participants are asked to respect the desire of many athletes to be able to have quiet and focus on their race. Only necessary conversation, and only in whispers near the start chutes please!

Competition Class Start Procedure

The start for all individual-start races will have a 3 minute call-up. At 3 minutes prior to your pre-assigned start time, you will check in with the start team and advance to box 1 of the start area. At 2 minutes prior to your start time, you will advance to box 2, where you will collect a control description sheet for your course. At 1 minute prior to your start time you will proceed to the start line, and follow instructions from the start crew to find your course map and to print your name on the back. At your start time, you will be cleared to proceed. The start triangle will be along the trail or marked route from the start line. There is no start punch; the clock for your race starts at your assigned start time. There will be two clocks in the start area. When the Call Up Clock, in the waiting area, shows your start time, that will be 3 minutes prior to your start. When the Start Clock, at the start line, shows your start time, that will be your actual start. The Start Clock will show real time; the Call Up Clock will be 3 minutes “fast” - it will show 3 minutes later than real time.

Special Start Procedure for 10-, and 12- Classes

Those in the 10- and 12- classes will follow the Competition Class Start Procedures with the following exception. Participants in the 10- and 12- classes will be permitted to pick up and study their map at 1 minute prior to their start time. They are permitted to ask for clarification of map symbols and control descriptions from the start officials.

Recreational Start Procedure

For Open courses, participants will not have a pre-assigned start time. You may arrive at the start area any time within the start window and report to the Chief Starter who will direct you to the appropriate start chute. When given the go-ahead to pick up your map and start, you will punch the start control and head out on course.

For participants in the Open classes who wish to do the course together, we do not have “group” or “team” registration options, but you can go out on the course together simply by starting at the same time. You must, however, both have an SI timing chip.

Note that the Short classes (21S, 20-S, 16-S) will follow competition class procedures.

Shadowing

For some young newcomers to orienteering, parents, or youngsters, feel more comfortable being shadowed. A parent or other person may shadow a child provided the shadower does not go out on course as a competitor after shadowing the child. Anyone in this situation should ask for an early start time for the parent/shadower and a late start time for the child. For the child to be eligible for awards, the shadower may not help the child on course. If the child needs help we ask that the shadower let the timing team at the finish know and we will move the child to the Open class of the same course.

In the start area, shadowers please follow the instructions of the Start crew as to whether you should go through the start chutes with the child or meet them after the start line.

Late Starters

If you arrive late for your start you will be asked to wait until there is a clear interval for you to start your race. You will be asked to punch a start control when you start. However, your pre-assigned start time will remain your official start time, used to calculate your race time. If you believe that it is the fault of organizers that you are late, you may appeal to have the punch start time be your official start time. This you will do **AFTER** you finish your race. It is very important to note that the start crew and the finish line crew **WILL NOT** officially adjust any start times. They have a job to do, and it cannot be interrupted by negotiating official start times with participants. Please do not disrupt their flow! If you wish to appeal to have your start time adjusted, you can complete a “Request for Start Time Adjustment” form at the Information Desk.

For WRE competitors, late start rules will be even more strictly adhered to. WRE competitors are expected to be at the start in time to go through the full 3 minute call-up process. Interfering with the work of the start crew may result in disqualification.

Finish Line Procedures for Mass Starts

For mass start races (Relay and Knock-Out Sprint QF, SF, and Final), times on timing chips will be used for race times, however the placings for close finishes will be determined by a finish line judge. Order of finish will be determined by the chest crossing the finish line.

Map and Control Description Notes

There are a few mapping notes that organizers wanted to remind participants about.

Cliffs

The default for a cliff control description is that the control is at the bottom of the cliff. If the control description does not indicate top or bottom, the control is at the bottom of the cliff.

Rides

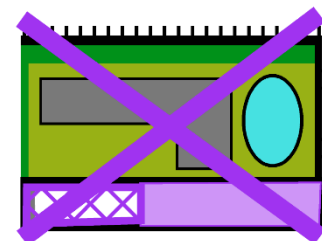
Rides are a map feature that participants may not be familiar with. A ride is a linear clearing in the forest, without a trail, often for hydro lines or similar features. It is marked with a long, thin dashed line. See photo below for a sample of a ride at Calabogie.



Sprint Map Symbols and Fair Play

Some participants in the Kingston Sprint races will be less familiar with sprint mapping symbols and regulations than they are with forest mapping symbols and regulations. Please familiarize yourself with the Fair Play diagram which indicates all the special symbols and regulations for the Individual Sprint, the Sprint Relay and the Knock-Out Sprint. Participants who are observed violating the rules may be disqualified.

FAIR PLAY



Sprint map Do Not Cross symbols

Out of Bounds Areas and Artificial Fences

All sprint, sprint relay, and knock-out sprint courses MAY include 'artificial' fences to block off certain areas of the terrain or add route choice. These artificial fences will be marked with red and white tape (see photo) and mapped as in the map snippet (note map snippet and photo are NOT the same location). Additionally the same red and white tape may be used to block small gaps in hedges and mark the edge of mapped gardens. In these cases the tape is not marked on the map which already shows the impassable feature. In all cases, red and white striped tape is not to be crossed. There will be marshals on course watching to ensure these rules are being followed.



Out-of-Bounds Barrier Tape



*Map Snippet with Sprint
Out-of-Bounds markings*

Map Flips

For the sprint events in Kingston, your map may be two sided. The first part of the course will be on side 1, the remainder on side 2. In this case the map flip symbol (see below) will appear in your control description between two controls telling you to flip you map over. On side 1 of the map, the first part of your course will end at a control. On side 2, you will see the control symbol below (triangle inside a circle) at that same control indicating the start of the second part of the course.



Complaints and Protests

Official complaints must be made in writing by completing a Complaint form found at the Registration/Information Desk. Complaints must be submitted within 15 minutes of the closing of the course, for all races except the Knock-Out

Sprint, for which the time limit is 5 minutes. If the participant is not satisfied with the decision regarding a complaint, they may submit a Protest, by completing the Protest form found at the registration/information desk and paying a \$75 fee. The protest fee will be returned if the protest is upheld. Protests must be submitted within 15 minutes of receipt of the decision on the complaint, for all races except the Knock-Out Sprint, for which the time limit is 3 minutes. Protests will be addressed by the jury, with decisions announced as quickly as is reasonable, after receiving the protest. The jury will be a group of three from the jury pool for COC and NAOOC age class races.

For WRE and IOF NAOOC Regional championship classes the WRE jury, either COC or NAOOC, will be the active jury.

Model Maps

There are Model Maps for Mansfield (COC Middle and Long), Kingston (COC-NAOOC Sprint and NAOOC Sprint Relay and Knock-Out Sprint) and Calabogie (NAOOC Middle and Long). These maps have been purchased in advance, with your Zone4 registration or on the website store. The Kingston and Calabogie model maps will be included in your Race Kit when you pick it up. The Mansfield model map will be available for pick-up on site at the Model area from a volunteer. If you have not signed up in advance, you are welcome to ask at the Registration/Information Desk if there are extra maps available. Purchase price for each map is \$8, or \$20 for all three.

WOC, World Games, Bjorn Kjellstrom Cup and Future Champions Cup

The North American Orienteering Championships provide valuable competitive opportunities to the elite orienteers in North America.

For the World Orienteering Championships, the top North American athletes in the M21 and F21 classes in the NAOOC Middle and Long events will earn a personal spot at the 2025 WOC, in the respective distances. Depending on the timing of the 2026 NAOOCs, the same may hold true for winners of the Sprint and Knock-Out Sprint for the 2027 WOC. For more information: <https://orienteering.sport/orienteering/competition-rules/>

For the World Games, the top North American athlete in each of the NAOOC Sprint and Middle F21 and M21, and the winning team in the Sprint relay will contribute points to determine whether USA or Canada sends a team to the 2025 event in China. For more information: <https://orienteering.sport/orienteering/competition-rules/>

The Bjorn Kjellstrom and Future Champions Cups are a long standing friendly competition between USA and Canada. Points are awarded to the top athletes in the 21-, 20-, 18- and 16- in the individual NAOOC races, and the top senior and junior teams in the relay, using a scoring system agreed to between Canada and USA.

Special Notes

Safety whistles

As per Orienteering Canada regulations, it is mandatory for all participants to carry a safety whistle while on course.

Shoes and Clothing

The three sprint races in Kingston will be run in an urban area. A significant percentage of the races will be on man-made surfaces. Shoes with metal spikes or metal dobs will not be permitted for the sprint races.

For all the forest events, it is recommended to wear leg coverings.

Road Safety

Remember that you are always responsible for your own safety on the roads. During the sprint races you will be crossing active roads – no roads are closed for the races. Be aware of traffic, cross the roads safely!

Hazards

The common hazards in the Eastern Ontario forests are poison ivy, ticks, wild parsnip, and giant hogweed. Athletes should make themselves aware of how to avoid and deal with each of these items. We strongly recommend that you do a “tick check” every day after your race, and before bedtime. If you find a tick on you, the best removal tool is the tick lasso (available at the O-Store). You can find out more information about each of the hazards above, and obtain links for detailed information, [here](#) and [here](#).

Black bears, moose and coyotes may live in the Calabogie area, but wildlife encounters are very rare. If you do happen upon a wild animal, make a lot of noise, back away and find another route.

Special Activities

There are a number of special activities throughout the Canadian Orienteering Festival. This section gives a summary of all of them. For more specific information on any of them, check out the Day by day details in the following sections of this bulletin.

Saturday Afternoon Social at Mansfield

After the COC Middle at Mansfield, there will be an Afternoon Social on site. Everyone is encouraged to stay around and enjoy the beautiful location, a swim in the river and the great company of your fellow orienteers from across North America and around the world.

On Saturday between 4 and 6 pm, after the COC Middle at Mansfield Outdoor Centre, the Ontario Orienteering Association is pleased to invite registrants to a social! Enjoy mingling with fellow orienteers from around the world as you sample some only-in-Canada snacks! We'll meet at the open area adjacent to the Main Building. Just follow the Canadian flags! OOA will supply the salty and sweet snacks, and you can purchase beverages at the Mansfield lodge!

Swimming Opportunities

We are lucky to have swimming opportunities near all our event sites this year. All swim sites are unguarded, so please be sure to supervise youngsters and to stay safe. At Mansfield there is a river on the property, walking distance from the arena, camping and cabins. In Kingston, the Gord Downie Pier on the waterfront is a beautiful spot to visit and to swim. At Calabogie, the Resort has generously given all race participants free access to their private beach, across the road from the arena.

Sass Peepre Junior Training Camp

Each year, the Sass Peepre National Junior Training Camp brings together young orienteers from across the country for technical training, games, and social activities, aiming to cultivate camaraderie among participants and sustain their interest in the sport. This year's training camp will be split between Mansfield and Kingston, and will run from Sunday, August 4 to Tuesday August 6. The camp is for juniors from 10 to 20 years. Registration is officially closed, but if you would still like to attend, please ask at the Registration/Information Desk. <https://www.cocnaoc2024.ca/training-camp>

Kingston Penitentiary Tour

Everyone will be racing through the famous Kingston Penitentiary, as part of the COC-NAOC Sprint on Tuesday, August 6. But hopefully you will be too focused on orienteering to do much sightseeing during the race! There is a guided group tour of the Kingston Penitentiary on Wednesday, August 7 after the relay. Tickets for the tour were purchased in advance, but there may be a few tickets available. Inquire at the Registration/Information Desk if you are interested.

Banquet at Calabogie

The banquet will take place at Calabogie Peaks Resort on Saturday, August 10 after the NAOC Middle event. Tickets were purchased in advance. There may be a few tickets available if you do not have one yet. Inquire at the Registration/Information Desk if you are interested.

Team Canada Silent Auction Fundraiser

The annual Team Canada Silent Auction Fundraiser will take place alongside the COF banquet, on Saturday, August 10, starting at 5:00 pm. Be sure to support Canada's orienteering team by donating to the Silent Auction and bidding on the many exciting items available. Donations can be left with the Registration/Information Desk at any time (the earlier the better!).

Team Canada Talks

On Wednesday evening, August 7, Team Canada athletes will be presenting a series of short talks by Team athletes. This is a fundraising activity for the team; attendance is by donation – please be generous to our team!

Orienteering Canada Learning Summit

Orienteering Canada is hosting a series of workshops, seminars and courses on Monday and Tuesday, August 12 and 13, immediately after the Canadian Orienteering Festival. <https://orienteering.ca/posts/2024learningsummit>

O-Store

The O-Store will be set up at the COC Middle and Long events, the NAOOC Middle and Long events, during Race-Kit Pick-Up at Mansfield on Friday, August 2 and Calabogie on Friday, August 9. Be sure to visit for all your orienteering needs, or just to say hi!

Orienteering Canada Medals Recycling Program

Each year Orienteering Canada provides medals for the Canadian Championships. There are gold, silver, and bronze medals for the first, second, and third Canadian finisher in each age class, from 10 and under to 90 and over, in all three races. It is a very special thing to win a championship medal. Congratulations to everyone who wins a medal this year or has in the past. Some athletes, after a lifetime of orienteering, have collected quite a few medals, and are happy to give some of them back to Orienteering Canada for recycling. If you have medals that you want to recycle, please drop them off at the Medal Recycling Box at the O-Store tent on any of the days they are set up.

Friday, August 2

**Race Kit Pick-Up
COC Mansfield Model Map**

Mansfield

Schedule and Timing

Date	Friday, August 2
Registration / Information Desk	15:00 to 18:00
Model Map	15:00 to 20:00

Pre Race Activities

Race Kit Pick-Up: The Registration/Information Desk will be set up at the arena at Mansfield Outdoor Centre on Friday afternoon for Race Kit Pick-Up, from 15:00 to 18:00. We look forward to meeting and greeting everyone as we all get ready for 9 days of amazing orienteering!

Model Map: The Mansfield Model map will be accessible on Friday afternoon, from 15:00 to 20:00. Parking will be along Side Road 17, just west of Airport Road. You will pick up your map from volunteers at the Model area.

Mansfield Cabins and Camping: Camping and cabins at Mansfield Outdoor Centre were pre-booked. If you are arriving on Friday, the check-in window for camping is 17:00 to 21:00; the check-in window for cabins is 19:00 to 21:00. Please park in one of the designated areas then come to the Main Lodge for accommodation check-in.

Saturday, August 3

**COC Middle
Afternoon Social**

Mansfield

Schedule and Timing

Date	Saturday, August 3
Registration / Information Desk	9:30 to 16:00
Quarantine Entry	10:00 to 11:00
Start Window	11:00 to 13:30
Maximum Time on Course; Courses Closing	2 hours; 15:30
Afternoon Social	16:00 to 18:00

Locations

Coordinates	44.203900, -80.037059
Map Location	Mansfield Outdoor Centre
Parking Location	Mansfield Outdoor Centre
Parking to Arena	100 m
Arena to Start	700 m

Additional Activities

Awards Ceremony	tbc
Afternoon Social (see details in Special Activities section of bulletin)	16:00 to 18:00

Course Information

Course	Technical Difficulty	Championship Classes	Non-Competitive Classes	Course Length (km)	Climb (m)	Number of Controls	Map Scale
1	1	F10-, M10-	Open1	1.8	55	10	1:7,500
2	2	F12-, M12-	Open2	1.9	50	10	1:7,500
3	3	F14-, M14-	Open3, F16-S, M16-S	1.7	55	9	1:10,000
4	3	F16-, M16-	Open4	2.5	110	11	1:10,000
5	4	F75+, F80+, F85+, F90+, M80+, M85+, M90+	Open5	1.9	70	10	1:7,500
6	5	F55+, F65+, M75+	Open6, M20-S, F20-S	2.6	115	11	1:7,500
7	5	F45+, M65+	Open7	2.6	135	11	1:7,500
8	5	F35+, M55+		3.0	160	15	1:10,000
9	5	F18-, M45+	F21S	3.3	180	15	1:10,000
10	5	F20-, F21, M18-, M35+	M21S	3.9	215	14	1:10,000
11	5	M20-, M21		4.7	255	16	1:10,000

Additional Race Information

The contour interval for the map is 5 metres.

The quarantine area is enroute from the arena to the start, approximately 600m from the arena, along a level trail. Follow signs to the start, stopping at the quarantine. All competitors in M21 and F21 classes will be required to sign in at quarantine by 11:00. The quarantine area will open at 10:30. From the quarantine area you will be permitted to sign

out approximately 20 minutes prior to your race start time. From there you will walk approximately 100 metres on a forest trail to the start.

For details on what is and is not permitted in quarantine, please see the Quarantine section earlier in this bulletin.

Please be aware that Mansfield and Dufferin Forest are popular for hikers, mountain bikers and equestrian riders and you may encounter them, especially on the Sunday Long. Please be courteous to others and use common sense and respect. Be especially careful around horses and *pass with great caution*. Horse riders will be primarily on main, wide trails on Sunday. Riders will be concentrated in an open field that will be marked Out of Bounds.

There will be a clothing drop at the start of the COC Middle. Please limit the clothing you leave at the start as it all needs to be carried back to the arena by volunteers. Note that any clothing left at the start will not necessarily be at the finish by the time you finish your race. Be sure to have additional clothing at the arena for post-race. All clothing left at the finish will get to the arena by the end of the race.

Additional Activities

Food: Mansfield Outdoor Centre has a wonderful country restaurant and will have on hand a variety of attractive foods for orienteers after their races, including grilled chicken, hamburgers, veggie burgers, sweets, cold drinks, and beer. Please support our local hosts with your food purchases!

Afternoon Social: The Ontario Orienteering Association is pleased to invite registrants to a social after the Saturday COC Middle, right at the arena at Mansfield Outdoor Centre! Enjoy mingling with fellow orienteers from around the world as you sample some only-in-Canada snacks! We'll meet at the open area adjacent to the Main Building. Just follow the Canadian flags! Bring your own beverages, OOA will supply the salty and sweet!

Mansfield Cabins and Camping: If you are arriving on Saturday, the check-in window is 14:00 to 16:00, in the Main Lodge. If you are checking out on Saturday, you must check out by 14:00. If you are in a cabin, be sure to drop your key off at the check-in desk.

O-Store: The O-Store will be set up in the Mansfield Arena throughout the race.

Sunday, August 4

**COC Long
Sass Peepre Junior Training Camp**

Mansfield

Schedule and Timing

Date	Sunday, August 4
Registration / Information Desk	7:30 to 15:00
Quarantine Entry	8:30 to 9:00
Start Window	9:00 to 11:30
Maximum Time on Course; Course Closing	3 hours; 14:30

Locations

Coordinates	44.203900, -80.037059
Map Location	Mansfield Outdoor Centre
Parking Location	Mansfield Outdoor Centre
Parking to Arena	100 m
Arena to Start	970 m

Additional Activities

Awards Ceremony	15:30
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Course Information

Course	Technical Difficulty	Championship Classes	Non-Competitive Classes	Course Length (km)	Climb (m)	Number of Controls	Map Scale
1	1	F10-, M10-	Open1	2.5	20	13	1:7,500
2	2	F12-, M12-	Open2	3.0	45	11	1:7,500
3	3	F14-, M14-	Open3, F16-S, M16-S	3.3	75	12	1:10,000
4	3	F16-, M16-	Open4	4.1	115	14	1:10,000
5	4	F75+, F80+, F85+, F90+, M80+, M85+, M90+	Open5	3.0	65	11	1:7,500
6	5	F55+, F65+, M75+	Open6, M20-S, F20-S	3.5	80	15	1:7,500
7	5	F45+, M65+	Open7	4.8	95	15	1:7,500
8	5	F18-, F35+, M55+	F21S	5.1	100	17	1:10,000
9	5	F20-, M18-, M45+		7.0	140	18	1:15,000
10	5	F21, M20-, M35+	M21S	9.4	230	21	1:15,000
11	5	M21		11.5	320	24	1:15,000

Map Information:

The contour interval on the map is 5 metres.

The quarantine area is enroute from the arena to the start, approximately 600m from the arena, along a level trail. Follow signs to the start, stopping at the quarantine. All competitors in M21 and F21 classes will be required to sign in at quarantine by 9:00. The quarantine area will open at 8:30. From the quarantine area you will be permitted to sign out approximately 20 minutes prior to your race start time. From there you will walk approximately 350 metres on a forest trail to the start.

For details on what is and is not permitted in quarantine, please see the Quarantine section earlier in this bulletin.

Please be aware that Mansfield and Dufferin Forest are popular for hikers, mountain bikers and equestrian riders and you may encounter them, especially on the Sunday Long. Please be courteous to others and use common sense and respect. Be especially careful around horses and *pass with great caution*. Horse riders will be primarily on main, wide trails on Sunday. Riders will be concentrated in an open field that will be marked Out of Bounds.

There will be a clothing drop at the start of the COC Long. Please limit the clothing you leave at the start as it all needs to be carried back to the arena by volunteers. Note that any clothing left at the start will not necessarily be at the finish by the time you finish your race. Be sure to have additional clothing at the arena for post-race. All clothing left at the finish will get to the arena by the end of the race.

Additional Activities

Food: Mansfield Outdoor Centre has a wonderful country restaurant and will have on hand a variety of attractive foods for orienteers after their races, including grilled chicken, hamburgers, veggie burgers, sweets, cold drinks, and beer. Please support our local hosts with your food purchases!

Sass Peepre Junior Training Camp: The Sass Peepre Junior Training Camp begins on Sunday afternoon, after the COC Long race. Participants will have some fun training and socializing activities on Sunday afternoon, with a camp dinner, followed by camping overnight at Mansfield. Activities will run from 15:00 to 20:00.

Mansfield Cabins and Camping: If you are checking out on Sunday, you must check out by 14:00. If you are in a cabin, be sure to drop your key off at the check-in desk.

O-Store: The O-Store will be set up in the Mansfield Arena throughout the race.

Monday, August 5

**Sass Peepre Junior Training Camp
COC-NAOC Kingston Sprint Model Map**

**Mansfield
Kingston**

Schedule and Timing

Date	Monday, August 5
Rest Day !	All day !

Rest Day Activities

Sass Peepre Junior Training Camp: The Sass Peepre Junior Training Camp will continue at Mansfield on Monday with all the action happening between 9:00 and 13:00. The afternoon will be off, giving people time to drive to Kingston to be ready for more fun times on Tuesday in Kingston.

Mansfield Camping: If you are checking out on Monday, you must check out by 11:00. Tents should be set up near the river on Sunday night to accommodate summer camp participants arriving on Monday morning.

Kingston Model Map: The Kingston Sprint Model map has undergone a few iterations before arriving at the current map. The map is available for use on Monday and on Tuesday morning. It will be included in the race kit for anyone who has pre-ordered it. If you did not purchase a Model Map when you registered on Zone4, but would like to have one, please ask at the Registration/Information desk if there are any still available.

Sprint Relay Registration: Today is the final day to register your relay team for Wednesday’s Sprint Relay Race. Registration deadline is 14:00. You can register your team online for either the Club Relay or the Kids Relay. See the Sprint Relay Section in this bulletin for details of each race. When you register your team, you will need to know the names, clubs, and SI numbers of each runner, and the order you are running in. If you have a full team of 3 people, [use this form](#). If you have one or two people and are looking for teammates [use this form](#).

Queen’s University Accommodation: Queen’s University accommodation awaits anyone who booked it in advance. The parking lot for the Residence was previously marked as being in the embargo area. The [embargo map](#) has been updated to exclude the Tyndall Field Parking Lot. Competitors may use this parking lot.

Tuesday, August 6

**COC-NAOC Sprint
Sass Peepre Junior Camp**

Kingston

Schedule and Timing

Date	Tuesday, August 6
Race Kit Pick-Up at Queen's University	11:00 to 13:00
Registration / Information Desk at Arena	15:30 to 20:30
Quarantine Entry	16:30 to 16:50
Start Window	17:00 to 19:00
Maximum Time on Course; Courses Closing	1 hour; 20:00

Locations

Coordinates	44.219617, -76.522165
Map Location	Kingston
Parking Location	Beechgrove Complex and/or street parking OR take public transportation (buses 1, 2, 3, or 18)
Parking to Arena	20 to 500 m (follow signs)
Arena to Start	1.6 km walk on city sidewalks and paths

Additional Activities

Awards Ceremony	Wednesday at the Relay
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Course Information

Course	Championship Classes	Non-Competitive Classes	Course Length (km)	Climb (m)	Number of Controls
1	F10-, M10-	Open1	1.8	10	14
2	F12-, F14-, M12-, M14-	Open2, F16-S, M16-S	2.0	10	15
3	F75+, F80+, F85+, F90+, M80+, M85+, M90+	Open3	2.4	15	14
4a	F45+, F55+		2.6	15	15
4b	F65+, M65+, M75+	Open4, M20-S, F20-S	2.6	15	15
5a	F16-, F18-, F20-, F21		3.3	20	19
5b	F35+, M16-, M55+	Open5, F21S	3.3	20	18
6a	M18-, M20-, M21		3.8	25	20
6b	M35+, M45+	M21S	3.8	25	20

Note: Course lengths are based on shortest feasible routes.

Additional Race Information

Contour interval is 2.5 metres. Map scale is 1:4,000

Parking is available at the Beechgrove Complex. Please park in the parking lots assigned for our race. Once parking lots are full, participants will be required to find street parking. We ask people to carpool or use public transportation to save on parking spaces and to do our little bit for the environment.

Portable toilets will be available at the arena and approximately 100m before the start area, along the route to the start.

Please refer to the Sprint Map Notes section of this bulletin to familiarize yourself with mapping and regulations specific to Sprint maps and races.

There will be a clothing drop at the start of the Sprint. You will be able to leave extra clothing in a vehicle at the start. Clothing will be returned to the arena once the start window is completed.

The quarantine area is enroute from the Arena to the Start, approximately 1.2km from the arena, along level street sidewalks. Follow signs to the start, stopping at the quarantine. All competitors in the 21-, 20-, 18- and 16- classes will be required to sign in at quarantine between 16:30 and 16:50. From the quarantine area you will be permitted to sign out approximately 10 minutes prior to your race start time. From there you will walk approximately 250 metres on street sidewalks and through parking lots to the start.

For details on what is and is not permitted in quarantine, please see the Quarantine section earlier in this bulletin.

Course Planner's Notes

A unique aspect of this sprint is that the longer courses traverse three distinctly different types of terrain: historic penitentiary; busy marina; and urban park. The terrain is open and level or gently sloping with a mix of short grass and hard surfaces, so running speeds in this race should be high. To do well runners will need to combine fast running with quick map reading and sound decision-making while adapting their technique to the varied terrain.

There is a large sailing regatta taking place at the Portsmouth Olympic Harbour (<https://cork.org/>) on race day and runners passing through this area can expect to encounter a large number of parked vehicles, boat trailers, and smaller sailboats packed into the paved areas and lawns between King St. W. and the marina building. The parked vehicles, trailers and boats are not shown on the map. Although the courses have been designed to skirt around this congested area as much as possible; some navigation through the edges of the congested area may be necessary depending on conditions at race-time.

Some courses include navigation on quiet residential streets that are not closed to traffic. Participants are reminded to check carefully in both directions before crossing any streets. The same applies to crossing entrances and exits from parking areas.

I hope you all enjoy the unique experience of racing along the shore of Lake Ontario and running behind the walls of the historic Kingston Penitentiary, one of Canada's oldest prisons for high-risk offenders!

Additional Activities

Sass Peepre Junior training Camp: The Sass Peepre Junior Training Camp will finish up in Kingston on Tuesday morning with activities running from 9:00 to 14:00. The Tuesday sessions will focus on sprint techniques, given that there are three days of sprint races in Kingston.

Race Kit Pick-Up: The Registration/Information Desk will be set up at Queen's University in the lobby of Endaayaan – Tkanonsote Residence on Tuesday from 11:00 to 13:00 for Race Kit Pick-Up for anyone just arriving for the NAOC Middle and Long races. Drop by to pick up your kit, to say hi, or to chat.

Wednesday, August 7

**NAOC Sprint Relay
Pen Tour & Team Canada Talks**

Kingston

Schedule and Timing

Date	Wednesday, August 7
Registration / Information Desk	8:30 to 14:00
Demo of start, handover, finish procedures	9:30
Quarantine entry for National team athletes	9:45 to 9:55
Mass Starts	Club 10:00; National Team 11:15; Kids 12:15
Courses Closing	13:15

Locations

Coordinates	44.219617, -76.522165
Map Location	Kingston
Parking Location	Beechgrove Complex
Parking to Arena	20 to 500 m (follow signs)
Arena to Start	0 m

Additional Activities

Awards Ceremony	13:15 Race site
Kingston Penitentiary Tour	16:00 Kingston Penitentiary
Team Canada Talk	19:30 Queens University, Kinesiology building

Course Information

The NAOOC Sprint Relay will consist of three races – a club relay, a national team relay and a kids relay.

	Club Relay	National Team Relay	Kids Relay
Number of legs	3 person	4 person	3 person
Eligibility, restrictions	Everyone can participate; multi-club teams are permitted	At least 2 women on a team;	Individuals who are 16 years and under as of end of 2024, are eligible
Classes	Expert (0 to 2 points) Advanced (3 to 5 points) Sport (6+ points)	Youth (18-) Junior (20-) Senior (open)	No classes, but leg 1 and 3 are intermediate level; leg 2 is novice/easy intermediate level
Expected time for each leg (for fastest runners)	15 minutes	12½ to 13 minutes	15 minutes

Course	Gender	Course Length (km)	Climb (m)	Number of controls	Difficulty
National Team Relay					
Legs 1 and 4	Female	2.9	27.5	21	Hard
Legs 2 and 3	Male	3.2	35	23	Hard
Club Relay					
Leg1	Any	3.0 to 3.1	45	20	Hard Intermediate
Leg 2	Any	2.5	27.5	19	Easy Intermediate
Leg 3	Any	3.0 to 3.1	45	20	Hard Intermediate

Kids Relay					
Leg1	Any	2.5	30	17	Intermediate
Leg 2	Any	2.0	25	16	Novice
Leg 3	Any	2.5	30	17	Intermediate

Relay Registration

National Relay Teams will be registered by the Relay Teams coordinator for your country. All Club and Kids teams must register online no later than 14:00 on Monday, August 5. If you have a full team of 3 people, [use this form](#). If you have one or two people and are looking for teammates [use this form](#). You will need the names and clubs of each of the team members, the order you will be running in and the SI number for each athlete.

For Club Relay Participants

Each individual on a Club team is assigned points based on the following table. The class of the team is determined by the total points for the 3 team members.

Age as of 2024-12-31	Male	Female
16 and under	2 points	2 points
17 to 20	1 point	2 points
21 to 35	0 points	1 point
35 to 49	1 point	3 points
50 to 59	2 points	4 points
60 to 60	3 points	5 points
70 and over	5 points	6 points

For National Team Athletes

Demo of start, handover, finish procedures	9:30
Quarantine	Entry 9:45 to 9:55; 50 m from arena
Mass Start	11:15

Teams will be assigned by a national team delegate, appointed by the nation. Each nation may enter up to 16 teams in the National Team Relay, distributed amongst the 3 classes.

Additional Race Information

The contour interval is 2.5 metres; The map scale is 1:4,000.

For the relay, there are no loose control descriptions. As is standard practice for relays, the control descriptions are only on the map.

The quarantine for the sprint relay is immediately adjacent to the arena. National Relay Team athletes may be present for the exchange instructions and demo prior to the start of the Club Relay. After the demo, you will be required to go to the quarantine area until the Club Relay is completed. The first leg runners will be released from quarantine after the Club Relay is completed. Second, third, and fourth leg runners will be released from quarantine to go to the exchange zone with enough time to be ready for their incoming teammate. Please follow the instructions of quarantine officials and the announcers.

For details on what is and is not permitted in quarantine, please see the Quarantine section earlier in this bulletin.

Parking is available at the Beechgrove Complex. Please park in the parking lots assigned for our race. Once parking lots are full, participants will be required to find street parking. We ask people to carpool or use public transportation to save on parking spaces and to do our little bit for the environment.

Additional Activities

Penitentiary Tour: After the relay, a swim at Gord Downie Pier, and a nice lunch along the waterfront (not the part embargoed for the Knock-Out Sprint!) we have a guided group tour scheduled for the Kingston Penitentiary that you ran through as part of the Sprint race on Tuesday evening. Tickets were purchased in advance, but there may be a few to spare. Ask at the Registration/Information Desk if you are interested in learning about the long history, of this maximum-security institution. If you have a ticket, we will be meeting at 16:00 at the main entrance to the Pen on King Street West, where the Tours start. We will be divided into smaller groups of 10 to 20 people, with a group starting their tour every 5 to 10 minutes. The tour lasts approximately 90 minutes.

Team Canada Talks: After the Pen Tour, and a bite to eat, it will be time to head over to Queen's University for a series of short talks by Team Canada Athletes. Plan to be at the Kinesiology and Health Sciences building, at 7:30 for 90 minutes of enlightenment, entertainment and motivation as Team Canada athletes share their experiences with us. The JWOC team will be regaling us with stories of their trip to Czechia recently. Emma Waddington will be sharing her Masters research on orienteering and brain health with us. And more! This is a fundraiser for Team Canada, so please be generous with your donations. The Kin building is at the corner of Division Street and Union. We will be in Room 100. See you there!

Thursday, August 8

NAOC Knock-Out Sprint

Kingston

Schedule and Timing

Date	Thursday, August 8
Registration / Information Desk	8:30 to 17:00
Qualifying Round	9:30 to 11:30
Qualifying Round courses close	12:00
Start Lists posted for Quarter-Final races	12:15
Quarantine entry deadline for Quarter-Final	12:50
Quarter-Final Starts	13:00 to 13:55
Consolation races, first half of heats	14:05 to 14:40
Quarantine entry deadline for Semi-Final	14:40
Semi-Final Starts	14:50 to 15:15
Consolation race, second half of heats	15:25 to 16:00
Quarantine entry deadline for Final	16:05
Finals Starts	16:15 to 16:30

Locations and distances

Coordinates	See instructions in text below
Map Location	Kingston
Parking Location	Stuart Street Garage , 44.224382, -76.495075
Parking to Arena	250 m, following marked route
Arena to Qualifying Round Start	900 m
Qualifying Round Finish to Arena	1.7 km
Arena to all other races	30 m

Additional Activities

Awards Ceremony	16:50 in the arena
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Course Information

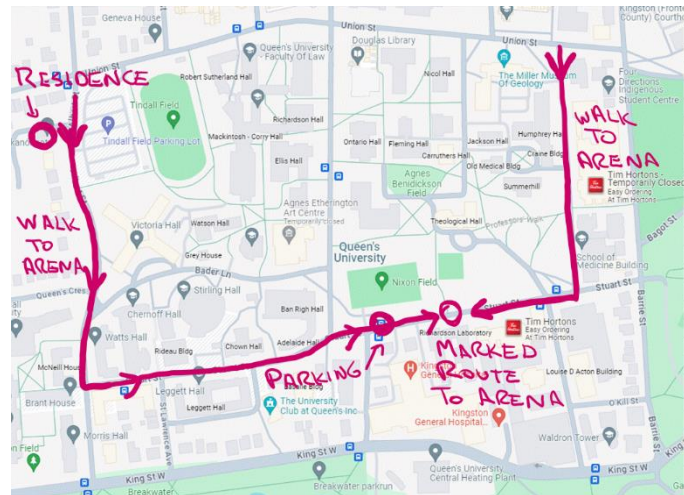
Course	Course Length (km)	Climb (m)	Number of controls
Qualifying Round	2.3	15	16 to 17
Quarter-Finals	1.8	10	9
Consolation Races	2.3	15	11
Semi-Finals	1.9	15	10
Finals	1.8	10	12

Additional Race Information

The contour interval is 2.5 metres. The map scale: 1:4,000.

There will be a clothing drop at the start of the Knock-Out Sprint Qualifier Round . You will be able to leave extra clothing in a vehicle at the start. Clothing will be returned to the arena once the start window is completed. For all other Knock-Out Sprint races, the start and arena are adjacent, so no clothing drop is required.

As the arena is in within the embargoed area for the Knock-Out Sprint, it is important that everyone follow organizers' directions on how to get to the arena. The route will be marked from [Stuart Street](#). Please make your way to Stuart Street, staying west of (or on) Albert Street, or east of Arch Street until you reach Stuart Street. On Stuart Street, head west from Arch or east from Albert, to the marked route, just east of the Stuart Street Garage.



There will be a clothing drop at the start of the Knock-Out Sprint Qualifier Round . You will be able to leave extra clothing in a vehicle at the start. Clothing will be returned to the arena once the start window is completed. For all other Knock-Out Sprint races, the start and arena are adjacent, so no clothing drop is required.

There will **NOT** be a quarantine for the Qualifying Round of the Knock-Out Sprint.

For each of the Quarter-Final, Semi-Final and Final races, athletes will be quarantined prior to their race. Follow the directions of officials and the announcer about when to enter quarantine The quarantine will be within 50 metres of the start. Athletes will be called directly from the quarantine area to the start line for their race.

For details on what is and is not permitted in quarantine, please see the Quarantine section earlier in this bulletin.

Special Notes

The Knock-Out Sprint is open to everyone to participate. There will be two classes - Men's and Women's. Recommended winning times are 8 to 10 minutes for the Qualification and Consolation rounds, and 7 to 8 minutes for the Knock-Out rounds. Each participant will be guaranteed the opportunity to run at least two sprint races on different maps. Finalists will race four times.

As a World Ranking Event, anyone in the race with an IOF ID is eligible for World Ranking points. There is no fee to obtain an IOF ID. If you wish to obtain an IOF ID, go to <https://eventor.orienteering.org/Register>. Prior to August 2, e-mail organizers at naoc@ottawaoc.ca with your new IOF ID number, or from August 2 forward, visit the Registration/Information desk at the races to give them your IOF ID.

Qualifying Round

All participants will run one of three qualification courses, and the top 12 men and 12 women from each course will advance to the Knock-Out rounds on the Queen's main campus in the afternoon. Everyone else will be seeded into a Consolation race to be held following the Quarter-Finals or Semi-Finals of the Knock-Out Sprint event.

Quarter-Finals, Semi-Finals and Finals

The Knock-Out Sprints will follow the format used in recent World Cup events and World Championships. The women's and men's competition will both feature 36 participants and three rounds; 6 quarter-finals, 3 semi-finals and one final. All races are mass-start with 6 runners competing head-to-head. The top 3 finishers in each quarter-final advance to the 3 semi-finals, where the top two in each semi-final advance to the six-person final. Athletes will be seeded into one of 6 quarter finals based on their ranking in the Qualifying Round. Athletes advancing to the semi-finals will be assigned to one of 3 semi-final heats based on their placing in the quarter final races. Any or all courses may include butterfly loops and/or map flips.

Consolation Races

A series of mass-start 10-person Consolation races will be held following the KO Sprint quarter-finals and semi-finals. Participants will be seeded into a Consolation race based on their result in the Qualifier. The first half of the Consolation races will be run between the Quarter-Finals and the Semi-Finals; the remaining Consolation races will be run between the Semi-Finals and the Finals. As for the KO Sprint, the Consolation course may be looped and may include a map flip.

Course Planners Notes

The lakefront terrain for the qualification race can be characterized as scenic and moderately complex urban terrain where certain areas can be busy at times with pedestrians, cyclists and runners. The terrain features a good mix of larger buildings, flower beds, fences, walls, lawns, and various paved areas, including streets, sidewalks, parking areas and a multi-use recreational pathway. The terrain includes several side streets and parking areas that will be open to vehicular traffic, so participants should expect to encounter moving vehicles, pedestrians and cyclists. Please remain vigilant at all times and check carefully in both directions before crossing streets, cycling paths, parking areas, and entrances/exits to/from parking areas. The terrain is level or gently sloping and the footing is either hard surface or short grass, so fast running is expected.

The Queen's University main campus features a medium-density assembly of buildings and lawns disrupted by a complex network of paved lanes, parking areas, paths and sidewalks. There are also many trees, hedges, fences, flower beds and stone walls. The larger tree symbol has been reserved for distinct large trees. The terrain is flat or gently sloping. The main north-south street bisecting the campus (University Ave.) will remain open to vehicular traffic during this event. The east end of a second street, Bader Lane, is closed due to construction; however the western part of Bader Lane remains open to vehicles. The competition area is a public space complete with pedestrians, cyclists and local vehicles. Please exercise prudence and caution at all times to avoid collisions!

Several campus buildings are undergoing renovations and are surrounded by fencing: these areas are indicated on the map using purple hatching with a solid purple border (out of bounds area), while patios with tables and other closed areas are indicated using pink shading (area closed temporarily).

Additional Activities

Calabogie Camping: Anyone who has booked camping at Calabogie for Thursday night can set up tents in the arena area between the two ski lifts and closer to the ski hill than the ski lodge. Anyone in campers or RVs should use the big parking lot. The ski lodge will be open for washrooms all night. Campers will have access to the beach during opening hours.

Friday, August 9

**Race Kit Pick-Up
NAOC Calabogie Model Map**

Calabogie

Schedule and Timing

Date	Friday, August 9
Race Kit-Pick-Up	15:00 to 18:00
Rest Day !	All day!

Rest Day Activities

Race Kit Pick-Up: The Registration/Information Desk will be set up at the arena at Calabogie Peaks Resort on Friday afternoon for Race Kit Pick-Up for anyone just arriving for the NAOOC Middle and Long races. You can park at the ski hill parking lot and find the registration team around the back of the lodge, at the bottom of the ski hill.

Calabogie Camping: Campers can set up tents in the designated area beside the arena, between the two ski lifts and closer to the ski hill than the ski lodge. Please park your car in the parking lot. We ask that camper vans, tent trailers and RVs should use the big parking lot. The cafeteria will be open with food services during the day, and the ski lodge will remain open for washrooms all night. Campers will have access to the beach during opening hours.

Food: The Calabogie Peaks cafeteria will be open throughout the day to feed all hungry orienteers. Please support our local Ski Resort with your food purchases!

Calabogie Model Map: The Calabogie model area will be accessible throughout the day. There will be 8 controls in the forest, marked with 15cm flags. Participants can park at the Eagle's Nest Parking lot, approximately 2km west of Calabogie Peaks Resort. Note that payment is required for parking. Note that the area to the east of the model map is out of bounds. If you have not purchased a model map of Calabogie and would like one, please check with the Registration/Information Desk to see if there are still extra maps available.

O-Store: The O-Store will be set up at Calabogie, during the hours that Race Kit Pick-Up is open.

Calabogie Mapper Notes

The Calabogie map was made through 2023 and into 2024. The most recent updates were done within 3 weeks of the races. Read on for our mapper's notes on the terrain and mapping.

From the Mapper

The full Calabogie map is 6.5 sq km and consists of three distinct sections. To the south and east is the Manitou Mountain which has a mix of oak forest up high and on the north slopes and mixed deciduous forest elsewhere. In the northeast is the Calabogie Peaks Ski Resort. West of Calabogie Peaks is a somewhat flatter area with varied forest types and a network of ATV and hiking trails.

While there is some beautiful open forest the woods are generally nice but a little scrappy due to a combination of younger trees, fallen branches, stone, and juniper all contributing to slowing your running speed at varying times. Depending on the terrain and mapping style you're used to you may feel like the forest is a little greener than is shown on the map. Know however that the vegetation mapping is intentional and consistent. White forest ranges from fast to medium fast (80% runnability) and light green is only introduced when the running speed truly drops below 80%. The nature of the forest is such that there aren't many abrupt changes between slower and faster forest so where there is light green the white in the area will be closer to 80% runnability. The more open forest is distinguishable because there is no green to be seen. Keep this in mind when choosing your routes.

Green slash represents either low juniper bushes or downed trees and branches.

There are a huge number of cliffs on the map and it is important to know how the different symbols are used. Impassable cliffs are very significant and in most cases are dangerous to attempt to cross. Passable cliffs range from 1 to 2.5 meters high. There are also lots of smaller rock ledges that are not on the map but the ones that are, are prominent and reliable.

On the ski hill portion of the map there are a variety of man-made features including ski lifts, snow machines, small buildings, and more. A few specific notes:








There are water pipes running up and down the ski hill. Where these are obvious and will slow runners down if crossing them they are mapped using the prominent linear feature symbol. If they are on the ground or otherwise minor they are not mapped.

There are two types of snow machines as seen in the photos. The ones on the left are mapped with the man-made black circle. The ones on the right are not mapped.

There is lots of beaver activity in the area. Beaver huts and beaver dams are marked with special symbols (see below). Beaver dams are generally crossable. There are also sections of forest around these huts and dams with cut beaver stumps that are very sharp. These are not marked on the map in any special way but do be careful not to trip over these stumps. You can see an example of one of these areas in the following image.



Special symbols list:

Symbol, Description of Feature	Map sample		Symbol, Description of Feature	Map sample
Black X Ruined car, other item			Brown triangle Beaver hut	
Black O Snow machine (see photo above)			Earth wall in water Beaver dam	
Prominent linear feature Water pipe on ski hill			Broken ground with rough open clearing Piled logs (see photo)	
Green X Root stock, 1.8m high or larger				



Ruined car



Piled Logs

Saturday, August 10

**NAOC Middle
Banquet & Silent Auction**

Calabogie

Schedule and Timing

Date	Saturday, August 10
Registration / Information Desk	9:00 to 16:00
Quarantine Entry	9:45 to 11:00
Start Window	11:00 to 13:35
Maximum Time on Course; Courses Closing	2 hours; 15:35

Locations

Coordinates	45.275221,-76.782079
Map Location	Calabogie Peaks Resort
Parking Location	Calabogie Peaks Resort
Parking to Arena	100 m
Arena to Start	5 min shuttle bus ride from Arena (first shuttle at 9:45, buses leave approximately every 15 minutes) followed by 900 m uphill walk, on forest trail (allow 25 minutes at casual walk, 15 minutes at easy jog)

Additional Activities

Awards Ceremony	At Banquet
Festival Banquet	6:00 pm to 8:30 pm at Calabogie Peaks Resort
Team Canada Silent Auction Fundraiser	5:00 pm to 8:00 pm at banquet

Course Information

Course	Technical Difficulty	Championship Classes	Non-Competitive Classes	Course Length (km)	Climb (m)	Number of Controls	Map Scale
1	1	F10-, M10-	Open1	2.2	50	10	1:7,500
2	2	F12-, M12-	Open2	2.1	45	9	1:7,500
3	3	F14-, M14-	Open3, F16-S, M16-S	2.3	80	11	1:10,000
4	3	F16-, M16-	Open4	2.3	80	11	1:10,000
5	4	F75+, F80+, F85+, F90+, M80+, M85+, M90+	Open5	2.2	75	10	1:7,500
6a	5	F65+, M75+		2.5	90	12	1:7,500
6b	5	F55+	Open6, M20-S, F20-S	2.5	65	12	1:7,500
7a	5	M65+		2.8	95	11	1:7,500
7b	5	F45+	Open7	2.9	90	12	1:10,000
8a	5	F35+		3.0	90	12	1:10,000
8b	5	M55+		2.9	100	12	1:10,000
9	5	F18-, M45+	F21S	3.1	110	14	1:10,000
10a	5	F20-, F21,		3.8	135	16	1:10,000
10b	5	M18-, M35+	M21S	3.6	120	16	1:10,000
11	5	M20-, M21		4.1	150	17	1:10,000

Additional Race Notes

The contour interval on the map is 5 metres.

Control descriptions will be on the map. In addition, loose control descriptions will be available in the start chute. Control description size for the longest courses is 14 x 5 cm. All others will be equal sized or shorter.

Water stops are marked on the map with the purple cup symbol. All courses will cross at least one water location, approximately midway through the course.

Note for M10-, F10-, M12-, F12-, Open1 and Open 2 participants: Courses 1 and 2 have a 120 m section of cleared and flagged (with flagging tape) route through the forest on their courses.

There will be a clothing drop at the start of the NAOOC Middle. However, we ask people that if you do not need to bring anything extra to the start, please don't. And if you do, please limit it to a light jacket or extra long sleeve shirt. There is a 1 km hike from the start back to the parking lot. All the dropped clothing needs to be carried down that trail by volunteers. Note that any clothing left at the start will not necessarily be at the finish by the time you finish your race. Be sure to have additional clothing at the arena for post-race. All clothing left at the start will get to the arena by the end of the race.

See Calabogie Mapper Notes in the previous section for information on the terrain and mapping. Also see Map and Control Description Notes earlier in the bulletin for notes about rides and cliffs.

The Middle courses traverse some steep and rough downhill on the ski hill and on trails. Please control your speed running downhill to avoid falling on these rough and steep sections.

There is some wild parsnip growing on some of the ski runs, which athletes may encounter on their courses.

A warm-up map will be available to pick up when you get off the shuttle bus to go to the start.

Quarantine

Applies to: M and F, 21-, 20-, 18-, 16- classes

Location: 700 m from the arena, follow signs

Opens at: 10:00

Deadline for entry: 11:00

Departure: 60 minutes prior to your race start

Shuttle bus stop: 200 m from quarantine

Shuttle bus ride: approximately 3 minutes, with buses leaving approximately every 15 minutes.

Note that you will share a bus to the start with non-quarantined participants. It is your responsibility to remember the principles of Fair Play, which include not conversing with anyone about anything related to the day's maps or courses.

For details on what is and is not permitted in quarantine, please see the Quarantine section earlier in this bulletin.

Additional Activities

Food: The Calabogie Peaks cafeteria will open for breakfast and throughout the morning and early afternoon for lunch. Please support our local Ski Resort with your breakfast and lunch purchases!

Banquet: The Canadian Orienteering Festival Banquet takes place at the Calabogie Peaks Resort Ski Lodge at 18:00, after the day's races. Tickets were purchased in advance.

Silent Auction: The Team Canada Silent Auction Fundraiser takes place from 17:00 to 20:00 at the Ski Lodge, in conjunction with the Banquet. Team Canada would love to have donations for the Silent Auction from Participants. They can be left at the Registration / Information Desk whenever it is open.

Awards: The awards ceremony for the Middle event will take place at the banquet. Anyone who will be receiving a medal but is not at the banquet can ask at the Information desk about the exact timing of the awards ceremony.

Calabogie Camping: Campers can set up tents in the designated area beside the arena, between the two ski lifts and closer to the ski hill than the ski lodge. Please park your car in the parking lot. We ask that camper vans, tent trailers and RVs should use the big parking lot. The cafeteria will be open with food services during the day, and the ski lodge will remain open for washrooms all night. Campers will have access to the beach during opening hours.

O-Store: The O-Store will be set up at the Middle event throughout the day.

Sunday, August 11

NAOC Long

Calabogie

Schedule and Timing

Date	Sunday, August 11
Registration / Information Desk	8:30 to 16:00
Quarantine Entry	8:45 to 10:00
Start Window	10:00 to 13:00
Maximum Time on Course; Courses Closing	3 hours; 16:00

Locations

Coordinates	45.275221, -76.782079
Map Location	Calabogie Peaks Resort
Parking Location	Calabogie Peaks Resort
Parking to Arena	100 m
Arena to Start	8 min shuttle bus ride from Arena (first shuttle at 9:15, buses leave approximately every 15 minutes) followed by 100 m walk, on forest trail

Additional Activities

Awards Ceremony	16:00
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Course Information

Course	Technical Difficulty	Championship Classes	Non-Competitive Classes	Course Length (km)	Climb (m)	Number of Controls	Map Scale
1	1	F10-, M10-	Open1	2.9	105	16	1:7,500
2	2	F12-, M12-	Open2	3.2	115	5	1:7,500
3	3	F14-, M14-	Open3, F16-S, M16-S	3.3	125	11	1:10,000
4	3	F16-, M16-	Open4	4.3	165	14	1:10,000
5	4	F75+, F80+, F85+, F90+, M80+, M85+, M90+	Open5	2.5	75	10	1:7,500
6a	5	F65+, M75+		3.7	110	13	1:7,500
6b	5	F55+	Open6, M20-S, F20-S	3.9	140	12	1:10,000
7a	5	M65+		4.9	165	14	1:7,500
7b	5	F45+	Open7	4.9	165	14	1:10,000
8a	5	F18-, F35+		6.0	215	15	1:15,000
8b	5	M55+	F21S	5.7	205	15	1:10,000
9a	5	F20-, M18-		6.2	230	17	1:15,000
9b	5	M45+	M21S	6.4	22	17	1:10,000
10	5	F21, M20-, M35+		7.9	385	17	1:15,000
11	5	M21		11.6	555	19	1:15,000

Additional Race Notes

The contour interval is 5 metres.

Water stops are marked on the map with the purple cup symbol. In addition, some courses will have water at some control sites. All courses will cross at least one water location, and the longer courses will go by 3 or 4 water stops.

There will be a clothing drop at the start of the NAOC Long. Please limit the clothing you leave at the start as it all needs to be carried back to the arena by volunteers. Note that any clothing left at the start will not necessarily be at the finish by the time you finish your race. Be sure to have additional clothing at the arena for post-race. All clothing left at the finish will get to the arena by the end of the race.

The Long courses traverse some steep and rough downhill on the ski hill and on trails. Please control your speed running downhill to avoid falling on these rough and steep sections.

There is some wild parsnip growing on some of the ski runs, which athletes may encounter on their courses.

See Calabogie Mapper Notes prior to the NAOC Middle section for information on the terrain and mapping. Also see Map and Control Description Notes earlier in the bulletin for notes about rides and cliffs.

Quarantine

Applies to: M and F, 21, 20-, 18-, 16- classes

Location: 700 m from the arena, follow signs

Opens at: 9:00

Deadline for entry: 10:00

Departure: 55 minutes prior to your race start

Shuttle bus stop: 300 m from quarantine

Shuttle bus ride: approximately 10 minutes, with buses leaving approximately every 15 minutes.

Note that you will share a bus to the start with non-quarantined participants. It is your responsibility to remember the principles of Fair Play, which include not conversing with anyone about anything related to the day's maps or courses.

For details on what is and is not permitted in quarantine, please see the Quarantine section earlier in this bulletin.

Additional Activities

Food: The Calabogie Peaks cafeteria will open for breakfast and throughout the morning and afternoon for lunch. Please support our local Ski Resort with your breakfast and lunch purchases!

Awards: The awards ceremony for the Long event will take place as soon after the races as possible. We hope everyone can stay around to pick up their medals at the awards ceremony and to recognize other who receive medals.

Calabogie Camping: Camping is available Sunday night to Monday morning. Enjoy one final night at the hill before heading home from the orienteering festival!

O-Store: The O-Store will be set up at the NAOC Long event throughout the day.