

BC ORIENTEERING CHAMPIONSHIPS 2018

REVELSTOKE, BC, CANADA – SEPTEMBER 29TH AND 30TH

BULLETIN #1



HOSTED BY THE SAGE ORIENTEERING CLUB IN ASSOCIATION WITH ORIENTEERING BC
WITH SUPPORT FROM NEARBY CLUBS AND THE FOLLOWING SPONSORS/PARTNERS:



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SCHEDULE OVERVIEW:

Date	Time	What	Where
Friday, September 28th	4:00pm – 6:00pm	Model Event	Terra Firma Farms - Mount MacPherson Model Map
	4:00pm – 6:00pm	Event Package Pick-Up	
Saturday, September 29th	8:30am – 10:15am	Event Package Pick-Up	Revelstoke Performing Arts Centre - Sprint Event Arena
	10:00am	BCOC Sprint First Start	
	10:45am	BCOC Sprint Last Start	
	11:45am	BCOC Sprint Course Closure	
	2:00pm	BCOC Middle First Start	Mount MacPherson – Middle Arena
	3:00pm	BCOC Middle Last Start	
	5:00pm	BCOC Middle Course Closure	
	6:30pm	BCOC Banquet	Revelstoke Seniors Centre
	7:30pm	Awards for Sprint and Middle	
Sunday, September 30th	9:00am – 10:00am	Event Package Pick-Up	Mount MacPherson – Long Event Arena
	10:00am	BCOC Long First Start	
	11:30am	BCOC Long Last Start	
	2:30pm	BCOC Long Courses Close	
	2:30am	Awards for Long	



BCOC EVENT LOCATIONS/EMBARGO AREAS:

There is no official embargo for this event however please stay away from the following areas:

Sprint: The Revelstoke Recreational Centre (pool), Centennial Park, QE Park, Begbie View School, Revelstoke Secondary School and the neighborhood south of 4th Avenue are all being used for the sprint event. When driving to the sprint event, please follow the driving directions and signs to avoid spoiling the courses.

Middle/Long: Both the middle and long will be located at the Mt MacPherson trail system on the west side of Highway 23N. Please stay out of this area until the completion of the event (with the exception of the model event). Trails on the east side of the highway are open for use.

PACKAGE PICK-UP:

Packages will be available for pick-up at the model event, prior the sprint, and prior to the long event. In all cases the pick-up location will be at the Event Centre tent in the arena for the event.

Packages include rental SI sticks, bibs, banquet tickets, and waiver sign-in. Competitors are requested to check their packages for accuracy and completeness.

All competitors must pick up their own registration packages. Packages cannot be picked-up on behalf of others. Waivers must be signed by all competitors 19 and over, and by parent/guardians for all competitors under 19. You will not be permitted to race without a signed waiver.

At package pick-up competitor accounts will be settled:

- Any money owing will need to be paid in cash or by cheque drawn on a Canadian bank
- Any refunds will be issued in Canadian cash
- The Event Centre will have a Lost and Found, including competition maps not collected post-race.

CHANGES TO ENTRIES AND FEES:

There may be a fee associated with changes as per the following list:

- Competitor details (Name, club, provincial eligibility) – no fee
- Change SI/SIAC card number – no fee
- Competition class change per event – subject to availability - \$5.00
- Replacement bib - \$5.00
- Lost rental SI sticks - \$50.00
- Lost Rental Compass - \$40.00



COMPETITOR RISK AND RESPONSIBILITY:

- Competitors participate in the event at their own risk and must take their own safety precautions. Use common sense. Competitors must sign the event waiver.
- Competitors are responsible for any injuries that might occur to them during the races as well as for any accidents on the way to and from any event.
- To reduce unnecessary pressure on First Aid services at the events, competitors should bring their own basic first aid kit and sports tape. The sun in Revelstoke is strong, even on cloudy days. Applying sunscreen is recommended. Generally, insects are not very common in late September in Revelstoke, however competitors may still wish to bring insect repellent.
- Open fires and smoking are prohibited in all competition areas.
- Check for event specific hazards in the event specific information below.
- Every competitor must carry a whistle while on course. Whistles will be for sale at the package pickup and the Event Centre for \$2.00 CDN cash. The recognized distress signal is a series of three short blasts on a whistle. Use your whistle if you need urgent help because of an injury or distress. Pause and listen for reply and repeat to allow helpers to locate you. If you are injured, but still mobile, an alternative might be to make your way to the nearest control so that it is easier to locate you. Competitors are expected to render assistance to anyone who is injured, has blown their whistle, and requires physical assistance. Please give help as needed, and make event officials aware of the issue.
- All maps/control descriptions have a “safety bearing” printed on them. In the event of becoming lost, head in that direction, ideally to a major trail, road or the arena site.
- To avoid initiating unnecessary searches after the event, competitors MUST download at the download station even if they do not complete their course.
- In the event of an emergency, competitors are required to follow the directions of the Emergency Response personnel.

CLOTHING AND SHOES:

There are no special clothing regulations. Full leg cover is recommended for the middle and long events. Protective eye-wear can be advantageous, but is not required.

It is forbidden to use shoes with metal-tipped studs in the BCOC Sprint competition, but permitted for all other events. Spiked shoes are forbidden in all competitions.

All competitors must carry a whistle for safety purposes. The start crews will check that you have a whistle with you. You will not be allowed to start the middle or long events unless you have a whistle.



DOGS:

Dogs are prohibited from the arena and on-course. Only working dogs are permitted in the arena and on course.

MEDICAL AND EMERGENCY:

911 is the Canadian emergency number for ambulance, fire and the Royal Canadian Mounted Police (RCMP). Contact an event organizer before you contact 911 from an event site. Ideally, have an organizer call, to provide directions. Contact Bart Jarmula 250-837-1375 for less urgent items.

The following is the closest medical facilities:

- Queen Victoria Hospital - 1200 Newlands Road Revelstoke
- There is no walk-in clinic available in Revelstoke on the weekend.

If there is a “force majeure” episode prior to the event (e.g. weather, fire, earthquake or dangerous wildlife), details will be posted on www.bcoc2018.ca. If required, the event website will be updated with warnings at:

- 18:00 the day before the event, and
- 06:00 on the day of the event.

A comprehensive Safety and Emergency Plan is kept at the Event Centre at all races.

HAZARDS:

The forest events take place in a wilderness environment, with wild animals such as bears, cougars, wolves, moose and stinging/biting insects. Participants are unlikely to encounter wildlife while orienteering, but it is possible. If a bear is encountered it will likely be a black bear (grizzlies are uncommon at this low elevation). For those unfamiliar with bear encounters, consider reviewing the following webpage (<https://www.pc.gc.ca/en/pn-np/mtn/ours-bears/securite-safety/ours-humains-bears-people>). Carrying bear spray is certainly worth considering if you are concerned. If you are allergic to wasps or bee stings, please bring your necessary medication and carry it with you on course. There are some plants with thorns. There are no poisonous plants in terms of skin contact, but there are plants or mushrooms that can be poisonous if ingested. There are no poisonous snakes.

COMPETITION RULES:

Orienteering Canada rules apply for all BCOC events.



FAIR PLAY:

All competitors shall behave with fairness and honesty. Attempts to gain any information related to the courses, beyond that provided by the organizer, is prohibited before and during the competition.

It is not permitted to bring previous orienteering maps of the competition area to the event.

Spectators are not allowed to enter the competition terrain before and during the competition.

Everyone must follow the routes specified by the organizers to reach the parking, event arena, and start.

Competitors are not allowed to re-enter the competition area after they have finished their race and before course closure without the permission of the controller.

At all times, respect local people, private property, fences and walls.

A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

QUARANTINE:

There is no quarantine at this event. When warming up, please stay on warm-up maps and out of the competition terrain.

START INTERVALS AND MAXIMUM TIME ON COURSE FOR ALL CLASSES:

Event	Start Interval	Max Time on Course
Sprint	1 min	50 Minutes
Middle	2 min	2 Hours
Long	3 min	3 Hours
Banquet	As Per Announcer – Table by Table	Until the Food is Gone or the Lights Go Out

If the maximum time limit is exceeded, the competitor will be disqualified and recorded as overtime in the results.



PUNCHING AND TIME-KEEPING:

SI punching and time-keeping will be used for all events. Competitors provide their own SI or can rent an SI from the Event Centre. The SI card number that you provided on your entry form has been entered into the computer system, and appears on your number bib. If for any reason you will be using a different SI-card from that shown on your entry, you must notify the organizers of the new number by completing a change form at the Event Centre (there is no charge for this change).

All rental sticks must be returned to the Event Centre after the last competition, or you must pay the fee for lost sticks.

Each control is equipped with a control flag, one or more SportIdent (SI) electronic control units and possibly a radio unit on radio controls.

The control code is located on top of the SI unit. Where a control has more than one SI unit, the competitor may punch either unit.

Time keeping will be recorded to the whole second for all competitions.

BIBS:

Competitors are assigned one bib for all events which will be included in the registration package. Information on the bibs will consist of the competitor's name, class, start times, club, and SI number.

All competitors must wear their bibs on their shirt front during all competitions. Bibs must be visible in their entirety and not folded or cut. Competitors are encouraged to bring their own safety pins. Safety pins will be available at the Event Centre for those who do not bring them.

Replacement bibs can be obtained from the Event Centre at a cost of \$5.00.

Huge shout out to the O-Store for supplying the amazing bibs for this event!

START LISTS:

Start lists will be available on the bcoc2018.ca website and posted daily at the Event Centre and at each start area.

For all classes and all events, starting times are drawn randomly within each class. Organizers may take into consideration requests for split start times and start volunteer requirements.

Competitors in the open classes do not have assigned start times. They can proceed to the start area and follow the directions of the start crew.

A competitor may only shadow another competitor after they have completed their own course.



RESULTS:

Live provisional results will be on display at each Event Arena. Competitors may view results on their own devices such as smart phones using a data connection or using the local WiFi network in the arena.

A Beta version of a new system for radio controls will also be in use for the middle and long competitions – which may or may not function in the live results.

Paper copies of the provisional results will be printed and posted in the Event Arena regularly.

Official results will be posted to bcoc2018.ca as soon as possible after each event, as well as full split times on Attackpoint (by course) and Winsplits (by class).

There is no arena commentary at BCOC 2018.

BCOC ELIGIBILITY:

The top three finishers in each category will receive prizes. The BC Champion will also be acknowledged.

AWARDS:

Sprint and middle awards will be presented at the banquet on Saturday evening at approximately 7:30pm. Long awards will be presented in the long arena as soon as possible after the race, approximately 2:15pm.

Awards will be comprised of local, functional items such as soap, coffee, chocolate, and honey. No medals will be used.

START PROCEDURE:

Every event has a silent start process. Competitors are requested to respect the quiet zone throughout the start grid, starting at the T-3 (start time minus 3 minutes) pre-call-up. It is the competitor's responsibility to watch for their assigned start time and be on time. The start crew will not call out for late/missing starters.

Competitors are responsible for clearing and checking their SI-card. Clear and Check will be located just before the T-3 minute pre-call-up line.

The clock at the pre-call-up line will display T-3 minutes. An official will check off the competitor name, verify the SI number and confirm that each competitor has a whistle. Competitors without a bib, SI stick, or whistle will not be permitted to start. A check unit will be punched by the competitor to ensure the SI has been cleared.

At T-2 minutes, competitors can pick-up the appropriate loose control description sheet. The sheets will be clearly labelled by Class. No clear tape is provided.



NEW – At T-1 minute competitors will be sectioned by course – those on courses 1, 2 or 3 will proceed in a separate chute to their labelled map boxes with maps facing down. They will write their name on the back of their map and be permitted to flip their map over and review their course. All other Classes will proceed to their appropriate map boxes, write their name on the back of their map, but leave their map face-down in the box (as usual).

The start clock will beep once at T-10 seconds. At this point the competitor may take their map from the bin, but may not yet look at it. The start-countdown will be indicated by a series of 6 beeps at -5 to 0 seconds. At the last (long) beep the competitor's race time begins and the competitor may cross the start line and look at their map.

The competitor is responsible for ensuring that they have the correct map for their Class. All competitors must follow the marked route to the start point which is indicated by a triangle on the competition map, and by a control stand and flag in the terrain. There is no SI unit at the start flag.

Competitors in the Open categories do not have assigned start times, but must start within the start window listed in this bulletin. When an open category competitor wishes to start they should talk to a volunteer at the T-3 pre-start call-up line. The volunteer will slot the Open competitor into the next available start slot on the course. The open competitor then follows the start procedure as described above.

LATE START PROCEDURE:

Competitors arriving at the pre-call-up line more than 2 minutes late must report to a volunteer at the T-3 call-up line.

If upon arrival at the late start line the competitor is less than half the start interval after their assigned start time, they will be allowed to start immediately. If the competitor arrives more than half the start interval after their assigned start time, they will have to wait until the half start interval after the next starter. This is to ensure that a late-starter does not interfere with, or start too close to, someone on the same course.

The results of competitors who start late will be based on their original, assigned start time (with no time compensation). Only if their lateness is the fault of the organizer will their actual race time be used.

Any competitor who starts late, whether through their own fault or otherwise, should not discuss this with the start officials. Instead, if the competitor believes the organizer is responsible, they should make a complaint at the Event Centre/Download tent within 30 minutes of finishing the race.



FINISH PROCEDURE:

The competitor's time ends when they punch a finish unit at the end of the finish chute.

Upon finishing, competitors hand in their maps and proceed directly to the download station, receive a printout with splits, and confirmation that all of the controls have been visited in the correct order. If there are any missing punches, the competitor will be directed to the results area for resolution.

Refreshments (drinks and snacks) are available for finishers after the download.

All competitors, whether they finish their course or not, must download. This is a safety procedure so that we can be certain that all competitors are off the course. If a competitor misses one or more controls, does not visit the controls in the correct order, or exceeds the maximum time on course, they will be disqualified.

Cool down is possible within the Arena limits for each event.

MAP RETURN:

An announcement will be made when maps are available for pick-up in the Arena. Please take your own map. Maps not picked up will be available the following day at the Event Centre.

CONTROL DESCRIPTIONS:

Control descriptions are in accordance with the 2018 IOF International Specification for Control Descriptions. This includes the distance from the start line to the start control.

Control descriptions will be printed on the map. Loose control descriptions will be available in the start grid at the T-2 minute line for all events. Loose control descriptions will be on plain (non-waterproof) paper: competitors are encouraged to bring control description holders. There will NOT be clear tape available for those without a control description holder.

Competitors in Classes F10, M 10, and Open1 will have both English language control descriptions and IOF symbol control descriptions printed on the map.



MODEL EVENT – FRIDAY, SEPTEMBER 28TH

Course Planner: Brian May

First Start: 4:00pm

Course Closure: The course is supervised until 6:00pm at which time the event center closes.

Parking Location: 50.98504, -118.22595 for Terra Firma Farms, 50.98802, -118.22717 for Tantrum Lot

Parking Description: On the Friday official model times – parking at Terra Firma Farms. Otherwise, parking at Tantrum Parking lot (very small, only about 5 cars).

Mapping: ISOM2017 standard, made in 2018 by David Bakker (same mapper as other BCOC 2018 maps)

Non-Standard Symbols: None

Control Descriptions: Printed on map only. No separate control descriptions

Terrain Description: Generally white forest with scattered deadfall and cliffs of various sizes. A few trails. Applicable for large sections of the long event as well as parts of the middle event.

Directions: Travel south on Highway 23 from Revelstoke. Terra Firma farms is well signed on the right only a few minutes out of Revelstoke. Orienteering signs will also be posted.

Walk to Model Map: There is a roughly 1km walk to the model map from the official parking, and a roughly 600m walk from the unofficial parking.

Event Package Pick Up: Pick up your event package and sign your waiver at the official parking lot between 4:00 and 6:00pm.



SPRINT EVENT - SATURDAY, SEPTEMBER 29TH

Course Planner: Alan Vyse (Sage)

Course Controller: Marion Owen (FWOC)

Canada Cup Event: Yes

First Start: 10:00am

Last Start: 10:45am

Start Interval: 1 minute

Course Closure: 11:45am

Maximum Time on Course: 1 Hour

Parking Location: 50.9904 -118.1982 (see below for direction details)

Arena Location: 50.9904 -118.1982 (immediately adjacent to parking)

General Information: See above (first 10 pages or so)

Hazards: There is a steep, large sidehill on this map which has thick vegetation and loose woody debris. We recommend taking the trails up and down it. As with any urban sprint, there is limited vehicle traffic on small residential streets and potentially animals such as dogs. Competitors must use caution when crossing roads. Courses have been planned to avoid roads with high levels of traffic.

Terrain Description: A mixture of city blocks, park and school terrain, a bit of forest, and a steep side hill. You get it all in one quick race!

Warm-Up Area: A warm-up map will be provided.

Start: Is located within view of the arena.

Finish: Only one finish is used per race at BCOC. The finish is in the arena.

Clothing Drop: Due to the proximity of the start to the finish and parking, no clothing drop will be provided.

Water on Course: No water is provided on course. Water and light refreshments are available at the finish.

Mapping and Course Setting Notes: To ISSOM2007 standards at 1:4000 scale and 2 meter contours by David Bakker in 2017-2018.

The map is bordered by the Columbia River which fluctuates massively in terms of water flow and height. Expect the mapped water level to be slightly above the actual water level, although water level on the day depends on discharge from the dam just 10km upstream from the map.



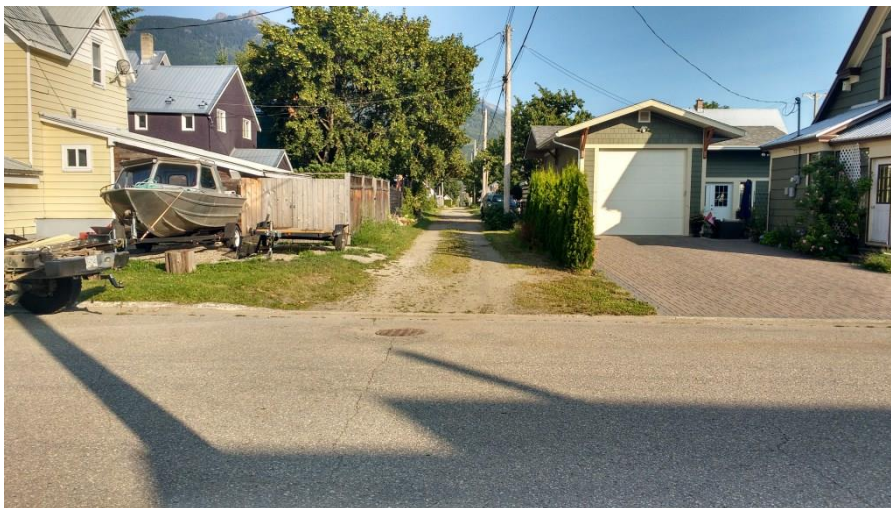
Boulders placed in a long line where they would fail to meet ISSOM spacing guidelines are mapped using ISSOM symbol #519.0 passable stone wall (black line with dots along it, a relatively uncommon symbol in North America). This is a slight deviation from standard.

All chain link fences on the map are mapped as impassable, no matter the height. There are some relatively low chain link fences around 3ft (1m) tall which are nonetheless mapped as impassable using symbol #524 (impassable fence) and are forbidden to cross.



1: Showing the two heights of Impassable chain link fence. Both are forbidden to cross. Alan (the course planner) used for scale.

The map contains many back alleys. Unlike larger cities, these back alleys are not paved, and vary from pure grass, to a grass centre with two gravel tire treads, to entirely gravel. These alleys are mapped as either ISSOM symbol #401 smooth open ground (dark yellow), or #529 paved area (tan coloured) depending on the predominant surface material. Nonetheless, these alleys are more a continuum between grass and gravel than the two very different symbols suggest.



2: Sample alleyway in the terrain. This alleyway has been mapped using the paved area symbol, since more gravel is visible than grass.



Non-Standard Symbols:

- Symbol #540 prominent man made feature (black X) represents a bench or picnic table.
- Symbol #539 prominent man made feature (black O) represents playground equipment.

Course Details (As Printed):

Course	1	2	3	4	5	6
Classes	M10 F10 Open 1	M11-12 F11-12 F13-14 M13-14 F15-16S 3 M15-16S 3 Open 2	F75+ M75+ F80+ M80+ F85+ M85+ M90+ F90+ Open 3	F45+ F55+ M65+ F65+ F17-20S 3 M17-20S 3 Open 4	F15-16 M15-16 F17-18 F19-20 F21E F35+ M55+ F21S 3 Open 5	M17-18 M19-20 M21E M35+ M45+ M21S 3 Open 6
Estimated Winning Time	12-15	12-15	12-15	12-15	12-15	12-15 (15+ for M45)
Distance (km)	1.2	1.6	1.5	2.4	2.8	3.4
Climb (m)	15	15	0	20	25	25
Controls	16	18	11	12	16	16

Parking Description: Parking lot outside the Revelstoke Forum and Curling Club. There will be no parking marshal.

Directions to Parking: From highway 1, turn south onto Victoria Road. Cross underneath the railroad underpass, and go straight through the roundabout along the main road (Victoria Road). Continue to follow Victoria Road along the railroad tracks for another three km as it passes the bear statues and then curves to the right. Stay in the right lane and continue driving straight at the 4th St intersection (do not turn left towards the ski hill!). Continue straight for another six blocks and the Forum will be on your right. The main parking is available on the NW and SW sides of the building. Overflow parking will be along 10th St (NE side of the building). The arena/finish is located directly adjacent to the parking near the Revelstoke Performing Arts Centre entrance (which is part of the Revelstoke Secondary School). The start is located 150m from the arena on the south side of the Revelstoke Secondary School.



MIDDLE EVENT – SATURDAY SEPTEMBER 29TH:

Course Planner: Brian May (Sage)

Course Controller: Abbi May (Sage)

Canada Cup Event: No

First Start: 2:00pm

Last Start: 3:00pm

Start Interval: 2 minutes

Course Closure: 5:00pm

Maximum Time on Course: 2 Hours

Parking Location: 50.9430 -118.2226 (see below for direction details)

Arena Location: 50.9495 -118.2277

General Information: Information common to all events is covered in the first part of this bulletin.

Mapping and Course Setting Notes:

The map is compliant with ISOM2017 standards with 5m contours and was created in 2017-2018 by David Bakker. Map scale depends on class. Mapped at a well-generalized 1:15000, your race map will be a strict enlargement to your class's scale (see table below).

Non-Standard Symbols:

No non-standard symbols are used. Root stocks are not mapped.

Hazards:

The competition area is physically rugged with deadfall in the forest. Competitors are encouraged to exercise caution. The map area is all wildland with no major road crossings.

There are numerous mountain biking trails in the competition terrain which will be open to the public during the event. Keep an eye out for riders, they will be warned that you are in the terrain.

There is some spiky devils club on this map, but it is avoidable and is not poisonous (unless you ingest its berries) – it just hurts to run into.

Warm-Up Area: A warm-up map will be provided.

Start: The start is located immediately adjacent to the finish/arena.

Finish: Only one finish is in use during all BCOC 2018 events. The finish is located in the arena.



Clothing Drop: There is no clothing drop for this event due to the proximity of the start to the arena.

Water on Course: Water will be available on course per orienteering Canada rules, as well as at the start/finish.

Course Details:

Middle	1	2	3	4	5	6	7	8
Technical Difficulty	1	2	3-	3+	4	5	5	5
Classes	M10 F10 Open 1	F11-12 M11-12 Open 2	F13-14 M13-14 F15-16S M15-16S Open 3	F15-16 M15-16 Open 4	M75+ F75+ F80+ M80+ F85+ M85+ F90+ M90+ Open 5	F17-18 F45+ F55+ M65+ F65+ F17-20S ³ M17-20S ³ F21S ³ Open 6	M17-18 F19-20 * F21E * F35+ M45+ M55+ M21S ³	M19-20 M21E M35+
EWT for Middle	20-25	20-25	20-25	25-30	30-35 ⁸	30-35	30 for Elite; 35 for others	30 for Elite, 35 for others
Map Scale for Middle	7500	7500	10000	10000	7500	10000	10000	10000
Distance (km)	1.7	2.1	2.2	2.6	1.4	2.2	3.0	3.5
Climb (m)	55	70	75	1.4	45	95	135	145
Controls	9	11	13	15	9	13	17	18

Terrain Description: Low density trail network set among a mix of intricate contours and bland sidehills with cliffs ranging from 1m to 25m in height. Generally open white forest with patches of thicker ferns and devils club in wetter areas. A few sections of thicker vegetation and patchy deadfall.

This map is part of the only inland temperate rainforest in the world, and is a very unique ecosystem. It is very wet (expect some wet feet on most courses), but the forest is surprisingly open for interior BC. The open forest is primarily the result of a forest fire which burned through almost the entire map area some 90 years ago and removed all the deadfall and built up fuel. As a result, most trees on the map are around 90 years old, although a few special areas have some giant cedars with diameters well above 1m in size. These older trees have



shaded out lower vegetation, resulting in beautiful white forest with limited deadfall. To top off the open forest, a few chunks have been used as BC Ministry of Forests demonstration forest, in which all low lying forest fire fuel has been removed.

A few areas of the map, which are barely used in BCOC 2018, were logged around 40 years ago and as a result are thick and green. A couple of small clearcuts and patch logging have been put in in the past 10 years on a few parts of the map, mostly used for spruce beetle control. These recent clearcuts have variable runnability – read your map.

Parking Description:

Mount MacPherson Nordic lodge. Large gravel parking lot just off Highway 23. No parking marshal.

Directions:

From Revelstoke, travel west on Hwy 1 and then turn left on Highway 23S. Parking is at the Revelstoke Nordic Club which is located 7.3km south of the Hwy 1/Hwy 23S intersection. This is well signed and is an obvious large parking lot. The arena/finish and start are located an 800m walk north from the parking lot along a trail. PortaPotties will be available at the parking.



BANQUET – SATURDAY, SEPTEMBER 29TH:

Doors Open: 6:00pm

Dinner is Served: 6.30pm

Parking Location: 50.9974 -118.1996 (see below for direction details)

Venue: Revelstoke Seniors Centre

Catering Company: La Baguette, Revelstoke

Menu:

- Fresh Baked Bread and Butter
- Mixed Green Salad with Balsamic Vinaigrette
- Meat and Ricotta Lasagna
- Basil Pesto and Roasted Vegetable Lasagna
- Assorted desert

Dietary Restrictions: If you have any special dietary restrictions you are welcome to attend the banquet without buying a ticket, but unfortunately, we cannot provide other options beyond that of the menu above.

Awards: Awards for the middle and sprint will be presented at the banquet.

Extra Banquet Tickets: If extra banquet tickets are available, they will be at a first come first serve basis at the event centre.

Directions: From middle parking, turn left out of the parking lot onto Highway 23. Continue along highway 23 North until the first stop light where you turn right onto the Trans Canada Highway. Continue across the Columbia River, and take your first right on the far side of the bridge onto Victoria Road. Continue along Victoria Road towards the sprint parking, but turn right onto Connaught Ave about halfway along to the sprint. The road will dead end in a parking lot after 5 blocks which is where you want to be to get the grub.



LONG EVENT – SUNDAY, SEPTEMBER 30TH:

Course Planner: David Bakker

Course Controller: Chris Bullock

Canada Cup Event: Yes

First Start: 10:00am

Last Start: 11:15am

Start Interval: 3 minutes

Course Closure: 2:15pm

Maximum Time on Course: 3 Hours

Parking Location: 50.9782 -118.2289 (see below for direction details)

Arena Location: 50.9813 -118.2287

General Information: Information common to all events is covered in the first part of this bulletin.

Mapping and Course Setting Notes:

There is a lot of rock on this map. There are a bunch of trails on this map. It is in your best interests to keep them straight. Cliffs with thick lines are impassable (even if they don't have tag lines), and you don't want to try climbing them or falling down them. Cliffs with thin lines are passable(ish) if you are related to a mountain goat (even if the cliffs have tag lines). There are a couple of very large cliffs on this map, but legs are designed so that you won't run off the top of them, although you may see the bottom of a couple of them. Courses 1 and 2 stay away from the tall cliffs completely, and 3, 4, and 5 barely see the cliffs. Come to think of it, it might be a great time to go read through your [ISOM2017 mapping specification](#) (I'd suggest scrolling down to page 15 where the interesting stuff starts).

There is some devil's club (*Oplopanax horridus*) on this map. Devil's club tends to grow on the edges of marshes, not in the sitting water, but where it is wet around the outsides. You may run through some. Do not grab onto it - you will get thorns in your hand and it will hurt. Instead, use your shoe to stomp down the stalk and walk over it. Alternatively, just run around the plant, it tends to come in very small clusters. Devil's club is occasionally in areas marked on the map using ISOM #407 and #419 (undergrowth). Courses have been designed to stay away from devil's club intensive areas. Devil's club berries are poisonous.



Course 4 in particular is difficult for the age class, and is pushing the limit of the technical guidelines of what is acceptable for the M16/F16 categories. If you are in this age class and are not an experienced orienteer, we recommend participating in the M16S/F16S short courses on course 3 which is far easier technically. For those on course 4, we recommend looking for safer around routes, and catching features behind the control.

On courses 7 and 8, there is a (or multiple) steep hill(s) with some deadfall on it(them). It may appear to only be light green slash, but when coupled with a very steep hill it is slow going, both up and down. Take this into account on your longer route choices. Courses 7 and 8 slightly push over the limits on the 4% climb guidelines, all other courses respect this guideline.

On the men's elite course, there is a recent clear-cut on one of the route choices of a long leg. There are large slash piles in the clear-cut, which are not safe to climb over. Please just run around them. Large slash piles have been mapped using ISOM #411 impassable vegetation (very dark green) and bordered with ISOM #415 cultivation boundary (thin black line).



3: You didn't want to run over that anyways.

Non-Standard Symbols: None

Hazards: Same as middle

Terrain Description: Same as middle

Warm-Up Area: No warm up map is provided, however there will be space to warm up on trails both close to the arena and the start, as well as along the 1.2km walk to start.



Start: Remote start for all classes which is approximately 1.2km from the start. Leave at least 15 minutes to get to your start from the arena. Water will be available at the pre-start.

Finish: In the arena.

Clothing Drop: A very limited and very delayed bag drop is available at the start. No more than one article of clothing and one empty water bottle per participant.

Water on Course: Water is available in the pre-start and at the finish. Water will be available on course per orienteering Canada guidelines.

Course Details:

Long	1	2	3	4	5¹	6	7	8
Technical Difficulty	1	2	3-	3+	4	5	5	5
Classes	M10 F10 Open 1	F11-12 M11-12 Open 2	F13-14 M13-14 F15-16S M15-16S Open 3	F15-16 M15-16 Open 4	M75+ F75+ F80+ M80+ F85+ M85+ F90+ M90+ Open 5	F17-18 F45+ F55+ M65+ F65+ F17-20S M17-20S F21S Open 6	M17-18 F19-20 * F21E * F35+ M45+ M55+ M21S	M19-20 M21E M35+
EWT for Long	30-35	30-35	30-35	50-55	45-50	50-55	60-70	80-90
Map Scale for Long	7500	7500	10000	10000	7500	10000	10000 * 15000	15000
Preliminary Distance (km)	1.6	2.4	2.4	3.5	2.2	4.2	6.5	9.0
Preliminary Climb (m)	40	80	95	110	85	160	325	420
Controls	11	10	12	15	9	13	17	19

(1) A shorter version of course 5 will also be available for those who wish which is 2.0km long, 8 controls, with only 25m of climb and is in less physical terrain.

Parking Description:

Along the side of a wide driveway for Eagle Pass Heliskiing. Please respect this private landowner's grounds and their gracious decision to allow us to park on their privately owned access road.



Directions:

From Revelstoke, travel west on Hwy 1 and then turn left on Hwy 23S. Drive south for approximately 3km. You will go past the model map parking and the Flowdown mountain bike trailhead. Turn right onto the driveway of Eagle Pass Heliskiing and follow the instructions of the parking attendant. Parking is fairly limited, so please carpool if possible.

From the parking there is a roughly 400-800m walk to the Arena/Finish.

