

July 29 - 30

Eastern Canadian Championships
Montreal, QC

July 31 - Aug 2

Ottawa O-Fest
Ottawa, ON

August 3 - 7

Canadian Orienteering Championships
Perth, ON

O-Fest 150
Be Present! 

Bulletin #1
Official Invitation

Canada 150 Orienteering Festival

Bulletin #1: Official Invitation



CLUB D'ORIENTATION
RAMBLERS
ORIENTEERING CLUB

You are invited to join us to celebrate Canada's 150th birthday, Orienteering Canada's 50th anniversary and to participate in the 50th annual Canadian Orienteering Championships in Eastern Ontario and Western Quebec this summer. The entire O-Fest 150 will comprise 3 events – the Eastern Canadian Orienteering Championships (ECOCs) in Montreal, Quebec, the Ottawa O-Fest in Gatineau Park and Aylmer, Quebec and the Canadian Orienteering Championships (COCs) in Perth and Westport, Ontario.

World Ranking Events

The sprint, middle, and long events at the Canadian Championships will all be World Ranking Events. We look forward to having top orienteers, not only from Canada but from around the world, join us for these and our other races.

Overview

Dates July 29 to August 7, 2017
Locations Montreal, Gatineau Park, and Aylmer, QC; Ottawa, Perth, and Westport, ON
Organizers Montreal Ramblers and Orienteering Ottawa in conjunction with Orienteering Canada

Information

Website COC2017.ca
E-mail COC2017@ottawaoc.ca
Telephone 613-226-4677



Festival Overview

Schedule

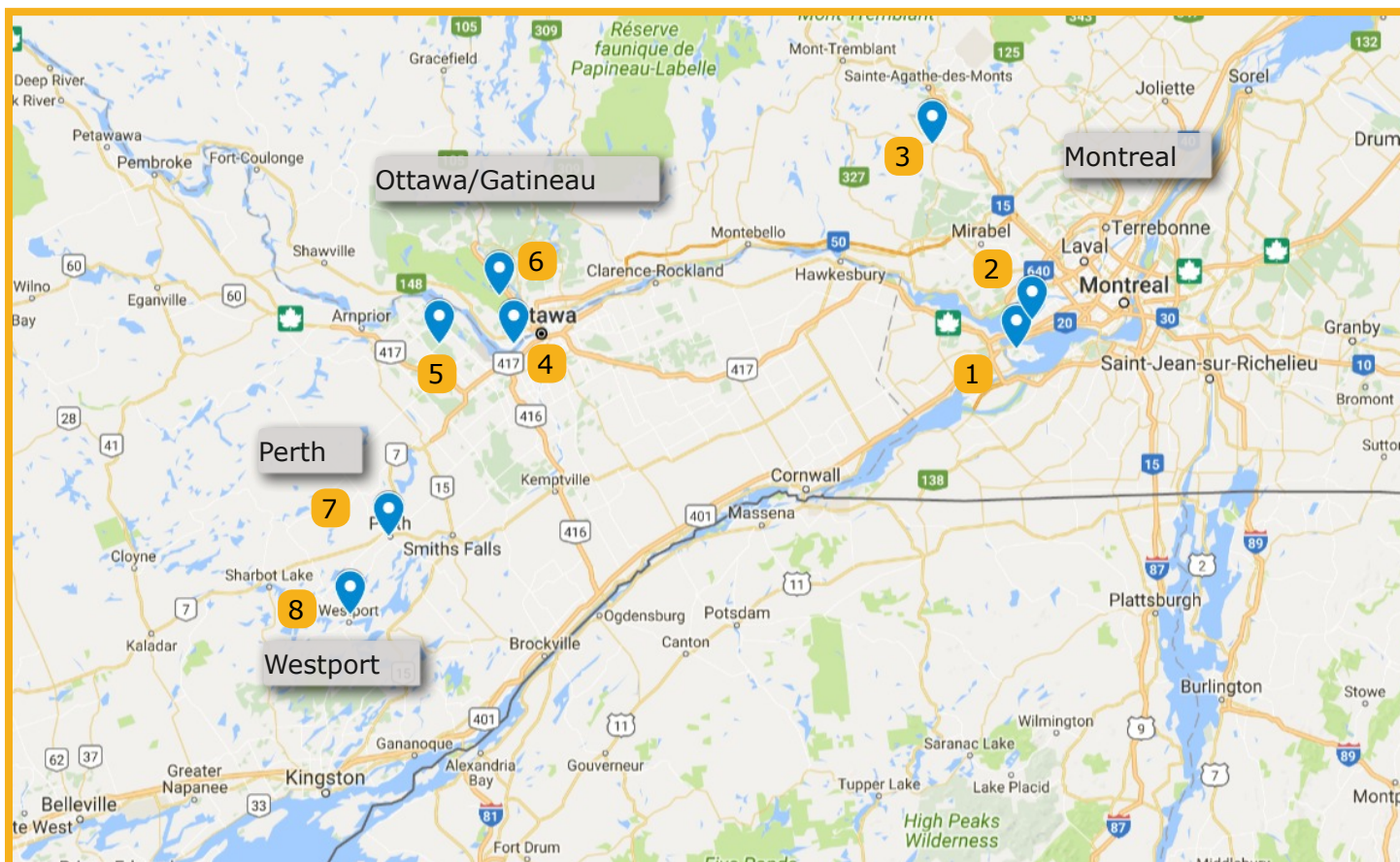


The 10 day Canada 150 Orienteering Festival comprises eight races, one training event, the annual Sass Peepre Junior Training Camp, and Orienteering Canada's Annual Conference. It takes place in six different towns in two of Canada's provinces.

	Date	Event	First Start	Location
Eastern Canadian Championships (ECOC)	Saturday, July 29	ECOC Long	10:00	L'Île-Perrot, Montreal, Quebec
	Sunday, July 30	ECOC Middle	10:00	Pierrefonds, Montreal, Quebec
	Sunday, July 30	Sass Peepre Junior	15:00	Morin Heights, Quebec
	Tuesday, August 1	Camp		
Ottawa O-Fest	Monday, July 31	Canada 150 Night O	20:00	Rivermead Golf Course, Aylmer, Quebec
	Tuesday, August 1	Training at "The Barrens"	9:00 - 18:00 - your timing	Carp, Ontario
	Wednesday, August 2	Canada 150 Retr-O	10:00	Gatineau Park, Quebec
Canadian Orienteering Championships (COC)	Thursday, August 3	COC Sprint	17:00	Perth, Ontario
	Friday, August 4	Orienteering Canada 50th Anniversary Conference		Perth, Ontario
	Saturday, August 5	COC Middle	12:00	Foley Mountain Conservation Area, Ontario
	Sunday, August 6	COC Long	10:00	Foley Mountain Conservation Area, Ontario
	Monday, August 7	National High Performance Program Fundraiser Relay	10:00	Foley Mountain Conservation Area, Ontario

Festival Overview

Locations

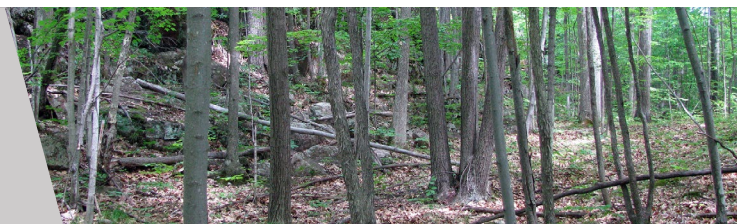


	Pin	Location	Event
Eastern Canadian Championships (ECOC)	1	L'Île-Perrot, Montreal, Quebec	ECOC Long
	2	Pierrefonds, Montreal, Quebec	ECOC Middle
	3	Morin Heights, Quebec	Sass Peepre Junior Camp
Ottawa O-Fest	4	Rivermead Golf Course, Aylmer, Quebec	Canada 150 Night O
	5	Carp, Ontario	Training at "The Barrens"
	6	Gatineau Park, Quebec	Canada 150 Retr-O
Canadian Orienteering Championships (COC)	7	Perth, Ontario	COC Sprint and Orienteering Canada 50th Anniversary Conference
	8	Foley Mountain Conservation Area, Ontario	COC Middle, Long, and National High Performance Program Fundraiser Relay



Embargoed Areas

Canadian Championships



Foley Mountain Conservation Area - Canadian Championships Middle and Long Distance

The Foley Mountain Conservation Area is the location for the COC Middle and Long Championships. The entire Conservation area plus some adjacent forest is embargoed until after the two races. The embargoed area is bounded by Upper Rideau Lake to the south; County Road 10 from Westport to Grady Road to the southwest; Grady Road from County Road 10 to North Shore Road to the west; and North Shore Road from Grady Road to Upper Rideau Lake.



Historic Perth - Canadian Championships Sprint

Downtown Perth, location for the COC Sprint Championships, is embargoed until after the sprint event. The embargoed area is a rectangular area bounded by Harris Street north on the northwest side; Perthmore Street and Irwin Street on the northeast side; South Street on the southeast side; and Rogers Road on the southwest side. Note that some of these streets do not extend for the entire length of the rectangle, but can be used on a map to define the edge of the area. Also note that, although it is not specified on the map, the Last Duel Park Campground and the Perth Arena are not included in the embargo, and participants and coaches are allowed to drive the main streets leading through Perth and to these locations.



L'Île-Perrot and Pierrefonds - Eastern Canadian Events

The following areas are embargoed for the Eastern Canadian Championships. In both areas it is forbidden to enter the forested areas. In the L'Île-Perrot embargo it is forbidden to be in the built up areas with a map. For more information see COC2017.ca.



Technical Information

Maps, Terrain, and Weather



Eastern Canadian Championship Maps and Terrain



The L'Île-Perrot map (ECOC long) is a suburban forest broken up by farmer's fields and developed areas. It features gentle hills and lots of trails, along with many boulders and root stocks.

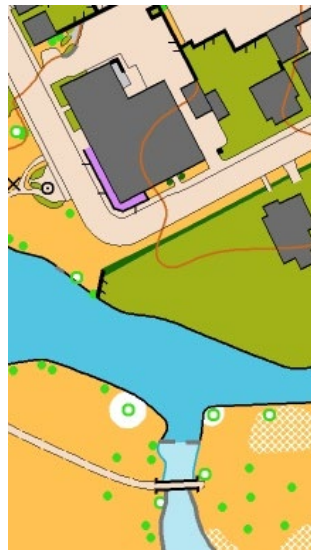
The Pierrefonds map (ECOC middle) is in an open mature forest bordered by residential areas and abandoned fields. It features rolling terrain and an abundant network of trails.



Canadian Championship Maps and Terrain

The Foley Mountain Conservation Area (COC Middle and Long; fundraiser Relay) is mostly hardwood forest atop a granite ridge and sloping down to the Upper Rideau Lake. It is feature rich and home to much rocky ground.

A partial version of the Foley Mountain map was used several years ago for a training camp. That [training map](#) can be seen as a pdf at [COC2017.ca](#).



The Perth sprint (COC sprint) race will be on an urban map in one of Canada's older, historic towns. It features old buildings, interesting passageways, beautiful parks and rocky outcrops, gorgeous waterways and smaller bits of forest.

Map Scales

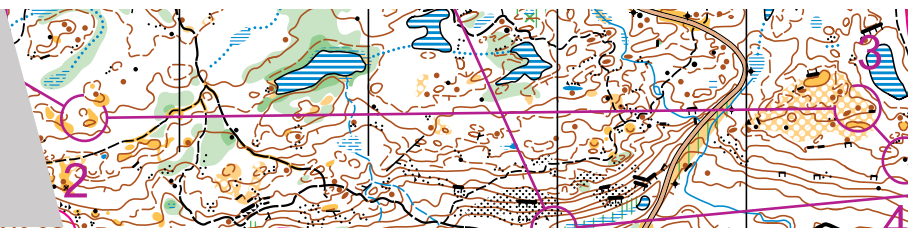
The map scale will be 1:4,000 for the COC Sprint. For the Middle events, the map scales will be 1:10,000 for all ages classes up to 65+, and will be 1:7,500 for 75+ and older age classes. For the Long races, maps will be 1:15,000 for the 21-34E and the 20-E classes, 1:7,500 for 75+ and older classes, and 1:10,000 for all other classes.

Weather

The races will be taking place in the middle of the Canadian summer. Temperatures can be expected to be anywhere between 20 and 30 degrees C. Weather can be dry or wet, it can typically be humid on warmer days. Trees will be in full bloom. Forests are a mixture of broadleaf and conifer (evergreen) trees.

Courses and Classes

COCs and ECOCs



Courses and Classes for the Canadian Championship races are detailed below. Classes for the ECOCs will be the same as for the Canadian Championships; courses will be posted at COC2017.ca. Courses and classes for the Ottawa O-Fest events will be posted at COC2017.ca.

World Ranking Events

The M21-34E and F21-34E classes are World Ranking Events for all three Canadian Championship events. These WRE classes are in bold in the table below. Classes on same course as the WRE classes of the same gender are eligible for World Ranking points for competitors registered with an [IOF ID](#).

Course #	1	2	3	4	5	6	7	8	9	10
Long Classes	F12- M12-	F14- M14-	F16- M16-	F75+ F80+ M80+ F85+ M85+	F55+ F65+ M75+	F20-A F45+ M65+	M45+ M55+	F20-E M20-A F21-34A F35+	M20-E F21-34E M21-34A M35+	M21-34E
Long RWT* (min)	30	30	50	45-50	45-50	45-50	55	55	70-80	90-100
Middle Classes	F12- M12-	F14- M14-	F16- M16-	F75+ F80+ M80+ F85+ M85+	F55+ F65+ M75+	F20-A F45+ M65+	M45+ M55+	F21-34A M20-A F35+	F20-E F21-34E M21-34A M35+	M20-E M21-34E
Middle RWT* (min)	20	20	25	25	25	25	25	30	30-35	30-35
Sprint Classes	F12- M12- F14- M14-	F65+ F75+ M75+ F80+ M80+ F85+ M85+	F45+ F55+ M55+ M65+	F16- M16- F20-E F20-A F21-34E M35+ F21-34A F35+	M20-E M20-A M21-34E M21-34A M35+ M45+					
Sprint RWT* (min)	10-12	12-15	12-15	12-15	12-15					

* Recommended Winning Time. The recommended winning times are set by Orienteering Canada and are targets for the course setters when designing courses.



Registration

Dates and Fees



Registration is open now until July 20. Registration must be done online through the Zone4 system at COC2017.ca.

Final registration and payment deadline is July 20, 2017 midnight Eastern Daylight Time.

Payment is to be made online by credit card with registration or via e-transfer to registrar@ottawaoc.ca.

	ADULT			JUNIOR		
	Early Bird to May 14	Regular Fees May 15 to July 2	Late Fees July 3 to July 20	Early Bird to May 14	Regular Fees May to July 2	Late Fees July 3 to July 20
All Events Package 8 events	\$192	\$228	\$272	\$126	\$143	\$170
ECOC Package Both events	\$55	\$79	\$87	\$33	\$40	\$51
ECOC per event Middle or Long	\$30	\$38	\$48	\$18	\$22	\$28
O-Fest Package Both events	\$36	\$36	\$36	\$27	\$27	\$27
O-Fest per event Night-O or Retr-O	\$20	\$20	\$20	\$15	\$15	\$15
Barrens training	\$8	\$8	\$8	\$8	\$8	\$8
COC package 4 events	\$107	\$129	\$156	\$70	\$80	\$97
COC per event Sprint, Middle or Long	\$32	\$40	\$50	\$20	\$24	\$30
Relay (HPP fundraiser)	\$20	\$20	\$20	\$15	\$15	\$15

There will be a 25% discount for senior athletes in Canada's High Performance Program for the All Events or COC packages. Junior athletes in the High Performance Program can take advantage of the reduced rate for all juniors. We look forward to having Canada's top athletes with us at the Canada 150 Orienteering Festival!

Hospitalities

Transportation, Accommodation, and Food



Transportation

If you are flying to the Canada 150 Orienteering Festival you will want to fly to either Montreal (YUL) or Ottawa (YOW), the closest airport to Perth. Montreal is the centre for the first weekend of races. Ottawa is the centre for the mid-week races. Perth is the centre for the second weekend of races. Driving distances between centres are Montreal-Ottawa 1h45min, Ottawa-Perth 1h15min.

Participants will be responsible for their own transportation to race parking locations. For some events there will be shuttle buses from parking to arenas.

For participants travelling to the Canada 150 Orienteering Festival from out of country, it is your responsibility to ensure you have the necessary documents to legally enter Canada. To check the entry requirements for your country see the [entry requirements page](http://cbsa-asfc.gc.ca/entry-requirements) at cbsa-asfc.gc.ca. For a list of Canadian Embassies, Consulates and High Commissions, see the [offices abroad page](http://international.gc.ca/offices-abroad) at international.gc.ca.

Accommodation and Food

Participants will be required to book their own accommodation in Montreal, Ottawa and Perth.

For the Canadian Championships, organizers have arranged for group accommodation in Perth, which participants can book when they register for the Festival. There are two options: camping at Last Duel Park or dorm-style hard floor accommodation at the Perth Arena. These sites will be available to event participants from Wednesday, August 2 to Monday August 7. The cost is \$15 per person, \$30 per family.

There will be a Canadian Championships banquet on Friday August 4 in Perth. Pre-booking is required and can be done when registering for the Festival.

Organizers are working on plans to have food available at race sites for the Middle and Long Canadian Championship races. More details on food options will be available on the website.

Hospitalities

Transportation, Accommodation, and Food



Date	Travel	Food
Thursday/Friday July 27/28	To Montreal	
Saturday July 29	Local in Montreal	tba
Sunday July 30	Montreal to Ottawa Sunday or Monday; ~2 hours	tba
Monday July 31	Ottawa to Rivermead Golf Club, return; ~20 minutes one way	Evening: Pay-as-you-go food and social after Night-O
Tuesday August 1	Local in Ottawa	
Wednesday August 2	Ottawa to Gatineau Park, return; ~40 minutes one way	tba
Thursday August 3	Ottawa to Perth; ~1 hour	Evening: Pay-as-you-go food and social after sprint race
Friday August 4	no travel required	Lunch: With O Can Conference Evening: COC Banquet and Silent Auction
Saturday August 5	Perth to Foley Mountain, return; ~ 25 minutes one way (car or shuttle bus)	Lunch: Vendors on site at Middle Evening: pay-as-you-go barbecue
Sunday August 6	Perth to Foley Mountain, return; ~ 25 minutes one way (car or shuttle bus)	Lunch: Vendors on site at Long
Monday August 7	Perth to Foley Mountain, return; ~ 25 minutes one way (car or shuttle bus)	

Key Personnel



It takes a great team to organize a big event. Here are some of the key people who are making O-Fest 150 happen.

Directors	Name(s)
Festival Director	Anne Teutsch
Festival Controller	Stefan Bergstrom
Eastern Canadian Champs Director	Dmitri Golovanov
Ottawa O-Fest Director	Gord Hunter
Canadian Champs Director	Anne Teutsch
IOF Event Advisor (Canada Champs)	Jim Blanchard

Race	Planner	Controller
ECOC Middle	Bruce Glen	Randy Kemp
ECOC Long	Bruce Glen	Randy Kemp
Ottawa O-Fest Retr-O	Gord Hunter, Bert Waslander	Bill Meldrum
Ottawa O-Fest Night-O	Nevin French	Gord Hunter
COC Sprint	Jeff Teutsch	Stefan Bergstrom
COC Middle	Andrew Cornett	Richard Guttormson
COC Long	Mark Gibbard	Bruce Brenot
HPP Fundraiser Relay	Stefan Bergstrom	Jeff Teutsch

Role	Name(s)
Online Registration	Kumiko Murasugi, Linda Connell
Website	Lorna Guttormson
Translation	Lise Plouffe-Hunter, Leonid Fichman
Finances	Karen Tippet
Back to the Barrens Training	Francis Kawam
Mapping and Ownership Permissions	Bill Anderson
Start Chief	Karen Tippet
Timing and Results	Eric Teutsch, Rob Haddow
Networking	Steve Buchko
Arena	Mike Raz, Peter Williamson
Food	Karen Rowlandson, Errol Thomson, Marketa Graham
KidZone	Thomas Lindale, Evan Gibbard
Equipment	Oliver Bengtsson, Paul Lefebvre
Volunteers	Lorna Guttormson
Sass Peepre Junior Training Camp	Anna Fichman
Orienteering Canada Conference	Tracy Bradley

Miscellany

Timing, Special Notes, Training Opportunities



Timing

The SPORTident timing system will be used for all events in the Festival. Competitors that do not own their own timing chip will be able to rent one from the race organizers.

Special Notes

Shoes

The sprint will be run in an urban area. A significant percentage of the race will be on man-made surfaces. Metal spikes will not be permitted on shoes.

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. You can find out more information about each of these, and obtain links for detailed information on the [safety and ethics page](#) at OttawaOC.ca

Training Opportunities

There will be a training map available in the Ottawa area for participants to purchase for \$8.00. This can be done online when registering for the Festival on Zone4. There will be flags in the terrain. The map is a favourite among those who have orienteered in Ottawa – “The Barrens”, located west of Ottawa on Thomas Dolan Road. The training course will be available from Monday July 31 to Sunday, August 6.

Additional Activities

Sass Peepre Junior Training Camp and Orienteering Canada Conference



Sass Peepre Junior Training Camp

The annual Sass Peepre Junior Training Camp will be held in Morin Heights, north of Montreal in some beautiful forest surrounding the Morin Heights Ski Resort. The camp will run from Sunday afternoon, July 30, after the ECOC middle event, through to Tuesday August 1. Camp participants will have plenty of time to get to Gatineau Park north of Ottawa, for the Canada 150 Retr-O - a not-to-be-missed part of our 50th anniversary celebrations.

Registration for the Sass Peepre Camp is through the Zone4 system, separate from race registration. Visit the [General Info page](#) at COC2017.ca.

Orienteering Canada 50th Anniversary Conference

The annual Orienteering Canada Conference and AGM, open to everyone, is a full day conference on Friday, August 4 in Perth, culminating with the annual COC Banquet and Silent Auction in the evening. Details on [Orienteering Canada's website](#) at orienteering.ca.

This summer.
Be Present.
Visit COC2017.ca for more.

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