

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 #2
Festival Notes

Canada 150 Orienteering Festival

Bulletin #2: Festival Notes



It is with great pleasure that Orienteering Ottawa, the Ramblers, and the Town of Perth welcome you to the Canada 150 Orienteering Festival: the 2017 Eastern Canadian Orienteering Championships, the annual Ottawa O-Fest and the 2017 Canadian Orienteering Championships.

We have 400 entries in O-Fest 150, with participants from 14 different countries, 8 of Canada's provinces and territories, and 17 US states. Participants range in age from 6 years to 91, and represent 55 different orienteering clubs. The three Canadian Championship races are all designated as IOF World Ranking Events for the M21E and W21E classes.

We hope you enjoy all the events, the social activities, and the food and hospitality of our host communities. We hope that once again, the week of the Canadian Championships will be an opportunity to reunite with your orienteering friends from across the country and around the world.

Our thanks to Orienteering Canada for supporting the event, and a special thank you to Jim Blanchard and Adrian Zissos, IOF Event Advisers for our WRE events.

All the best, enjoy the week, stay safe and *Be Present!*

Anne Teutsch
Festival Coordinator



Important Info and Links



Overview

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

O-Fest 150 Contact Info

Website COC2017.ca
E-mail ofest@ottawaoc.ca
Phone Number 613-226-4677
Address 1 Revol Rd, Ottawa ON, Canada, K2G 0B8

Organizations

Orienteering Ottawa OttawaOC.ca
Ramblers Orienteering Club RamblersOC.ca
Orienteering Canada Orienteering.ca
International Orienteering Federation Orienteering.org
Town of Perth Perth.ca
Foley Mountain Conservation Area RVCA.ca/conservation-areas/fee-required/foley-mountain-ca

Race Related Information

Event website COC2017.ca
English waiver <http://coc2017.ca/index.php/register#wavers>
French Waiver <http://coc2017.ca/index.php/fr/inscriptions#wavers>
Start lists COC2017.ca/index.php/race-info#bulletins
Race results COC2017.ca/index.php/results
Race photography

Social Media

OttawaOFest Facebook /OttawaOFest
OttawaOFest Twitter @OttawaOFest
Canadian Orienteering Championships Facebook /CanadianOrienteeringChampionships
Canadian Orienteering Championships Twitter @CanadianOChamps

Festival Overview

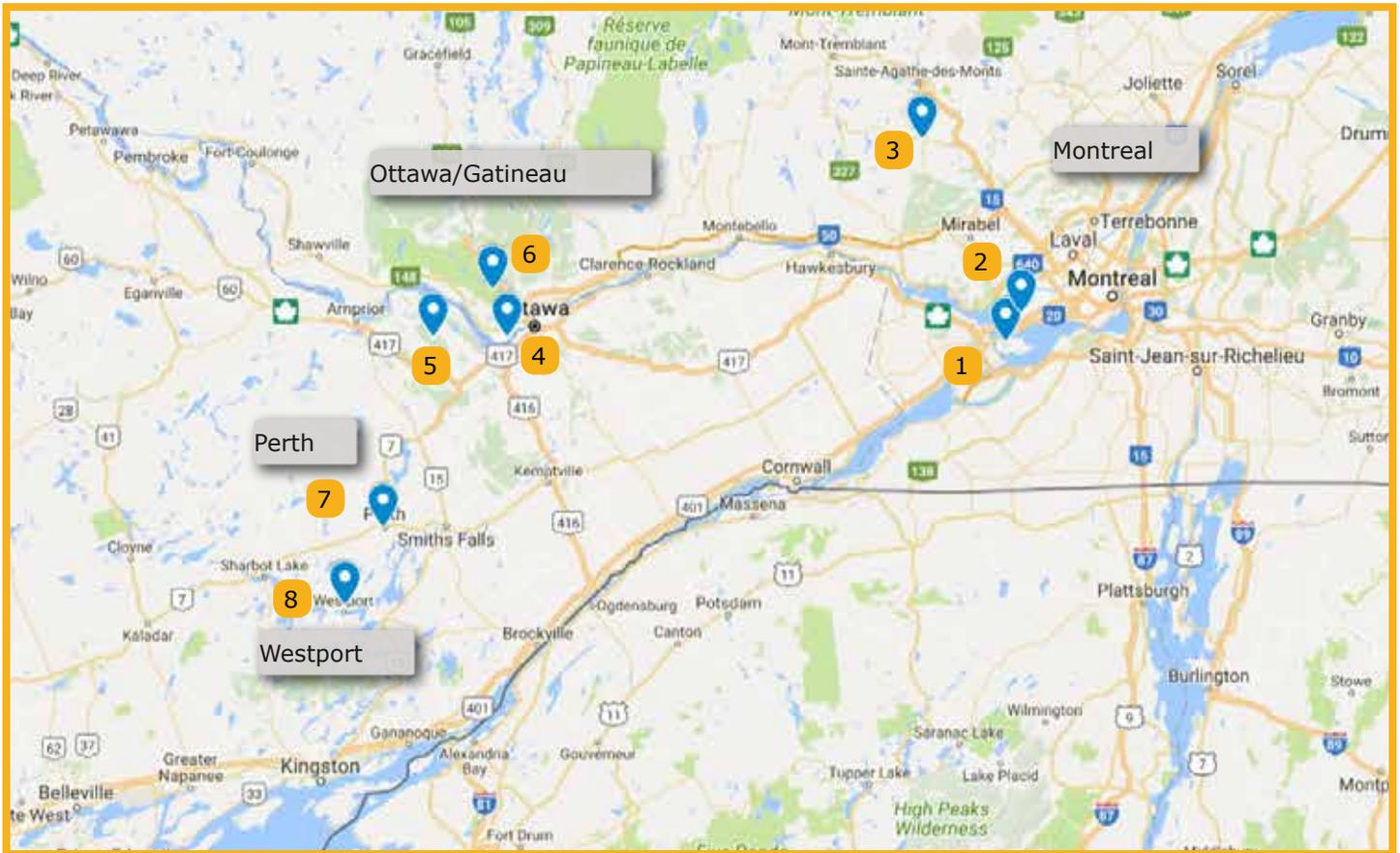
Schedule



	Time	Event	Location
Eastern Canadian Championships (ECOC)			
Friday, July 28	17:00 - 19:00	Registration/Information Desk Open	L'Île-Perrot, Montreal, QC
Saturday, July 29	8:00 - 14:30	Registration/Information Desk Open	L'Île-Perrot, Montreal, QC
	10:00 - 14:30	ECOC Long	
Sunday, July 30	9:00 - 13:00	Registration/Information Desk Open	Pierrefonds, Montreal, QC
	10:00 - 13:00	ECOC Middle	
	16:00	Sass Peepre Camp begins	Morin Heights, QC
Ottawa O-Fest			
Monday, July 31	All Day	Sass Peepre Camp continues	Morin Heights, QC
	19:00 - 21:00	Registration/Information Desk Open	
	19:30	WOC Talk by Eric Kemp	Club de Golf Rivermead, Aylmer, QC
	20:45	Ottawa O-Fest Night-O	
Tuesday, August 1	All Day	Sass Peepre Camp continues	Morin Heights, QC
	9:00 - 18:00	Training at "The Barrens"	Carp, ON
Wednesday, August 2	9:00 - 10:00	Registration/Information Desk Open	Gatineau Park, QC
	10:00 - 14:00	Ottawa O-Fest Retr-O	
Canadian Orienteering Championships (COC)			
Thursday, August 3	15:00 - 21:00	Registration/Information Desk Open	Crystal Palace, Perth, ON
	17:00 - 20:00	COC Sprint	
	18:00 - 21:00	Post-Sprint Food and Social	
Friday, August 4	9:00 - 10:30	Orienteering Canada AGM	Crystal Palace, Perth, ON
	9:00 - 14:30	Orienteering Canada Conference	
	15:00 - 16:00	Yoga in the Park	Stewart Park, Perth, ON
	17:00 - 18:00	Registration/Information Desk Open	Crystal Palace, Perth, ON
	17:00 - 20:00	HPP Silent Auction	
	18:00 - 21:00	COC Banquet	
Saturday, August 5	10:30 - 16:00	Registration/Information Desk Open	Foley Mountain CA, ON
	12:00 - 16:00	COC Middle	
Sunday, August 6	9:00 - 15:00	Registration/Information Desk Open	Foley Mountain CA, ON
	10:00 - 15:00	COC Long	
Monday, August 7	9:00 - 10:00	Registration/Information Desk Open	Foley Mountain CA, ON
	10:00 - 13:00	HPP Fundraiser Relay	

Festival Overview

Locations



	Pin	Event(s)	Location	GPS
Eastern Canadian Championships (ECOC)	1	ECOC Long	L'Île-Perrot, Quebec	45°22'50.4"N 73°56'54.7"W
	2	ECOC Middle	Pierrefonds, Montreal, Quebec	45°26'31.5"N 73°53'30.2"W
	3	Sass Peepre Junior Camp	Morin Heights, Quebec	45°53'58.4"N 74°16'06.6"W
Ottawa O-Fest	4	Canada 150 Night O	Rivermead Golf Course, Aylmer, Quebec	45°23'42.0"N 75°47'30.5"W
	5	Training at "The Barrens"	Carp, Ontario	45°22'26.2"N 76°05'27.3"W
Canadian Orienteering Championships (COC)	6	Canada 150 Retr-O	Gatineau Park, Quebec	45°30'34.7"N 75°51'01.7"W
	7	COC Sprint and Orienteering Canada Conference	Perth, Ontario	44°54'00.4"N 76°14'53.5"W
	8	COC Middle, Long, and National HPP Fundraiser Relay	Foley Mountain CA, Ontario	44°41'43.2"N 76°23'24.9"W

Embargoed Areas

Championship Events



L'Île-Perrot and Pierrefonds - Eastern Canadians Middle and Long Distance

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.



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 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.

Use of FMCA between the Middle and the Long events will be restricted to the Arena area, Swimming Beach 400 m from the arena, the road and the trail from Arena to beach.



Historic Perth - Canadian Championships Sprint

For COC events, the town of Perth is embargoed until the completion of the Sprint race. Please see embargo map. We recognize that participants have accommodations in Perth from the day prior to the Sprint. Within the embargoed area, competitors are permitted to drive (no walking) on Gore Street and Wilson Street only for transportation purposes. The Last Duel Park and the Perth Community Centre are not part of the embargo. There are restaurants in Perth north of the Community Centre dorm accommodation, and also south of the Last Duel Park camping area; both of these areas are outside the embargoed region.



From the Registrar

Race Kits, Registration Info, and Ways to spend money.



Race Kit Pick-Up and Information Desk

Race Kit Pick-Up will be available in the arena at each of the races (not at the Barren's Training Event) at the Registration Information Desk. The Desk will be open from prior to the first starts until everyone has finished the race each day (See schedule under General Information). Our registration/information team will be happy to help you with any questions or requirements you have.

Waivers

Waivers must be signed before picking up race kits. Participants are encouraged to print and sign the waiver (available online in both English at <http://coc2017.ca/index.php/register#wavers> and French at <http://coc2017.ca/index.php/fr/inscriptions#wavers>) in advance and bring it with them to the Registration Desk. Parents must sign waivers for those under 18.

Registration Changes

If there are errors in your registration information – name, gender, class, SI number, etc. – please let the registrar know as early as possible: by e-mail at registrar@ottawaoc.ca prior to July 29; or at the Registration/Information Desk at any of the races from July 29 on.

From now on, changes to registration (changing classes or start times, new entries) will only be permitted at the discretion of the registration and timing teams. Please respect their work and their decisions.

Extras for Purchase

All of the following items are available on a limited basis. To reserve an item for yourself in advance, please e-mail the registrar (registrar@ottawaoc.ca); to purchase one at the events, visit the Registration/Information Desk at any of the races.

Banquet Tickets

The COC banquet is on Friday, August 4 at the Crystal Palace in Perth. There are a limited number of banquet tickets still available. Tickets are \$35 per person for adults, \$17.50 for children 12 and under.

Souvenir Shirts

A limited number of O-Fest 150 Souvenir shirts are available in a variety of sizes for \$30 each. They are crew neck, technical material, men's and women's sizes, XS to XXL.

Camping and Hard Floor Accommodation

It is not too late to book camping at our group campsite at Last Duel Park in Perth or hard-floor dorm-style accommodation at the Perth Arena, if you have not yet done so. Accommodation is \$15 per person per night, or \$30 per family per night.

The Barrens Training Map

A favourite map for many, The Barrens map will this year be available for training. For \$8.00 you can purchase The Barrens map and join orienteers on Tuesday August 1 for a bonus orienteering experience.



Start and Finish Procedures



Start Procedures

Clear and check your SI timing stick at the Arena and/or in the Start area.

When you go to the Start area, remember to have your race bib, your SI timing stick, your whistle and your compass. You will not be permitted to start without a whistle and an SI stick.

Unless you will be quarantined (COC Sprint, WRE and Elite competitors only), proceed from the Arena to the Start, following the marked route. Allow sufficient time to walk to the Start, and to arrive at the Start at least 5 minutes before your start time.

At the Start area, there will be a 3 minute call-up. Three minutes prior to your start time, you will be called to the first line to check in with Start officials. When you are called up, the clock at the call-up line will show your start time (ie. it will be three minutes ahead of the real world time). Officials will check that you have the correct SI timing stick and a whistle.

Two minutes prior to your start time, you will be instructed to proceed to the next line, where you will pick up a control description sheet for your course if you wish an extra copy (there is one printed on the map). Be sure to know what course/category you are registered in (it will be printed on your race bib).

One minute prior to your start time you will be instructed to proceed to the final line, where you will pick up your map (printed side down) from the appropriate bin (again, make sure you get the right course/category!) and write your name or number on the back. You WILL NOT be permitted to look at your map yet!

The final step will be different for the ECOCs and the COCs.

For the ECOCs in Montreal, at your start time the clock beeper will indicate that you can proceed to start the race. Your time will start when you punch the start control. Once you have done so, you are permitted to turn your map over.

For the COCs in Perth and Foley Mountain, at your start time, the clock beeper will indicate your exact start time, at which point you are permitted to turn your map over. Your time will start when the beeper indicates your start time.

After turning over your map, follow the trail or markers to the start triangle indicated on the map. There will be no punch at the start triangle.

Finish Procedures and Timing

All races will be timed using the SPORTident timing system. If you do not own a SPORTident (SI) timing stick, you will be required to rent (at the Registration/Information tent), borrow, or purchase one (at the O-Store).

All controls will have mechanical punches as a back-up. If the SI punch does not work, competitors must use the mechanical punch. Punch along the edge of your map and report this to the timing team at the download station.

All competitors who start the race MUST report to the timing crew at the download tent to download their SI stick. This is IMPERATIVE for safety reasons as it is how officials know who is still out on course. If you complete the race, you will be directed, via a chute, to the download control. You will download twice.

Competitors may be required to leave their maps with officials at the download tent. These will be made available again once there are no more competitors to go out on the map.

Rules and Regulations

Eligibility, safety, and other rules



Championship Eligibility

For the Eastern Canadian Orienteering Championships, to be eligible for awards, competitors must be full members of a club associated with Orienteering Ontario, Orienteering Quebec, Orienteering New Brunswick or the Orienteering Association of Nova Scotia.

For the Canadian Orienteering Championships, to be eligible for awards, competitors must be full members of a provincial or territorial orienteering association (PTOA), in other words they must be a full member of a club associated with a PTOA. In addition, to be eligible for awards, competitors must be Canadian citizens or be permanent residents as defined by Citizenship and Immigration Canada.

Late Starts

If you are late for your start, you must check in with Start officials. You will be permitted by officials to start as soon as it can be done without affecting other competitors. Note that your time will be calculated from your originally assigned start time. Officials will record the actual time you start. If you believe you are late due to a fault of the organizers of the event, you may consult the Event Director AFTER your race. The Event Director will then determine if the actual start time shall be used as your new official start time. If you disagree with the decision of the Event Director, you may file a protest in the approved manner.

GPS

GPS devices are permitted if they do not have a map display and are not used for navigation purposes.

Shadowing

Adults who wish to shadow young children for safety reasons will be permitted to do so, only if they are not competing themselves, or if they have already completed their course. When shadowing a child, any assistance given will disqualify the child from eligibility for official awards. Shadowers are asked to report at the download station if they were required to give assistance. If this is the case, the child's category will be changed from their age group category to the Open category, in which their full results will be included.

Whistles

All competitors are required to carry a whistle with them for safety purposes. Three long blasts of the whistle indicates that there is an orienteer in need of assistance. DO NOT use your whistle unless you truly need to. Remember that using your whistle will mean another orienteer will forfeit their race to come to your assistance.

Reporting to the Timing Crew

It is absolutely imperative that everyone who goes out on course reports to the timing crew in the Arena, whether you finish the race or not. It is through the timing crew that safety officials know who is still out on course. You DO NOT want to be the person on whose behalf officials begin search procedures because you forgot to tell us you are off the course! If you do not finish the course, head immediately to the download tent when you arrive back at the Arena and report in to the timing crew.

Health and Safety

Hazards, First Aid, and Hospitals



Natural Hazards: Ticks, Poison Ivy, Wild Parsnip

There are ticks that can carry Lyme Disease in the region. There can be poison ivy and wild parsnip as well. It is highly recommended that you learn about these flora and fauna that we share the forest with. Learn how to recognize, avoid, and treat them. Orienteering Ottawa has a page on Safety at <http://ottawaoc.ca/index.php/about/safety-and-ethics> with links to relevant websites.



Don't forget to do a full body tick check after each race and give yourself and your clothes a good wash quickly after finishing in any races where you may have gone through poison ivy.

Note that at Foley Mountain Conservation Area there are Rat Snakes in the forest. Although large, these snakes are NOT poisonous and not dangerous. There are NO dangerous snakes in the area.



First Aid

There will be first aid at the Arena for each of the COC events.

Nearest Hospitals

Events	Nearest Hospital	Address
ECOC Events Long at L'Ile Perrot Middle at Pierrefonds	Lakeshore General Hospital	160 Stillview Ave, Pointe-Claire
Ottawa O-Fest Events Rivermead Night-O Retr-O in Gatineau Park	Hopital de Hull	116 Boulevard Lionel-Émond, Gatineau, QC
COC Events Sprint in Perth Middle at Foley Mountain Long at Foley Mountain Relay at Foley Mountain	Perth and Smiths Fall District Hospital	33 Drummond Street West, Perth



Technical Info for the COCs

World Ranking Events and Complaint Procedures



IOF World Ranking Events

The Sprint, Middle and Long Events of the Canadian Championships are all IOF World Ranking Events (WREs). The F21-34E and M21-34E races will be the World Ranking Events. Only those registered in F21-34E and M21-34E, plus women competing on the same course as F21-34E or men competing on the same course as M21-34E and having registered their IOF ID with race officials (either on Zone 4 when registering or at the Registration/Information Desk at Race Kit Pick-Up) will be eligible to receive WRE points.

Complaints and Protests

Complaints shall be made in writing and shall be filed with officials at the Registration/Information Desk, within one hour after the close of courses. Should the Registration/Information Desk be closed, the complaint shall be filed, in writing, directly to the Event Director. Complaints will be given by officials to the Event Director and will be dealt with as quickly as is reasonably possible. Complainants will be informed of the decision immediately.

Protests are made only when a complainant wishes to challenge the decision of the Event Director on a complaint. As per Orienteering Canada rules, a fee of \$40 will be charged for each protest. The protest fee will be refunded if the protest is upheld. Protests must be made in writing no later than 1 hour after the complaint decision has been indicated to the complainant. Protests shall be filed with officials at the Information Desk, who will pass them on to the jury. The jury will render a decision and inform the complainant as quickly as is reasonably possible.

IOF Event Adviser

Our thanks to Jim Blanchard from Nova Scotia for taking on the role of IOF Event Adviser for the IOF World Ranking Events. Unfortunately, two weeks prior to the event, it became evident to Jim that he was going to be unable to continue in this role, due to illness. A very special thank you to Adrian Zissos from Alberta for taking over this role from Jim two weeks prior to the Championships.

Jury Pool

For any protest, the jury will be selected, according to those who are most readily available, and have no conflict of interest in the decision making, from the pool of 6 potential jurors listed below. The jury will consist of three people.

Jury Pool: Carl Childs (USA), Jennifer Hamilton (MB, CAN), Pam James (NS), Marion Owen (AB), John Rance (BC)

Additional Activities

Auction, Banquet, Conference, and Yoga



COC Banquet and Silent Auction

The COC Banquet will take place on Friday, August 4 at 6:00 pm at the Crystal Palace in downtown Perth. Doors will open at 5:00 pm for pre-dinner drinks and the annual HPP Silent Auction.

Tickets are required for the Banquet. If you have not yet purchased a ticket, you may still be able to do so. See page 7.

If you are attending the banquet and you have dietary restrictions place contact Marketa at grahammarketa@gmail.com or 613-733-6836.

The Silent Auction is a major fundraiser for Orienteering Canada's High Performance Program with all proceeds being used to support our national teams. All contributions to the Silent Auction (big or small!) are very much appreciated, and can be dropped off at the Registration/Information Desk at any of the races, prior to the Silent Auction. Please support our High Performance athletes by donating to the Silent Auction and by bidding generously for some of the vast array of clothing, orienteering gear, homemade goodies, homemade crafts, gift certificates and the like.

Orienteering Canada 50th Anniversary Conference and AGM

The Conference and AGM take place at the Crystal Palace in Perth (the same location as the COC Sprint arena) on Friday August 4th. The schedule is as follows. See <http://www.orienteering.ca/2016/12/2017-orienteering-canada-conference/> for full details.

Time	Activity	Details
9:00 - 10:30	AGM	Orienteering Canada's annual general meeting
10:45 - 11:45	What is Orienteering Canada up to?	A series of mini-presentations on some of Orienteering Canada's exciting projects moving our sport forward that you should know about.
12:00 - 13:30	Lunch and "Celebrating 50 Years of Orienteering in Canada"	Panel discussion with orienteers from across the decades. Lunch provided, donations gratefully accepted.
13:45 - 14:30	Junior Programming Round Table Discussion	Our annual get together of junior program leaders and enthusiasts to share ideas and best practices.
13:45 - 14:30	Mapping and ISOM 2017	A discussion with Orienteering Canada's Technical Committee on mapping and mapping standards.
15:00 - 16:00	Yoga in the Park	Everyone welcome. Participation by donation. See next page for details.

Yoga in the Park

On Friday, August 4 at 3:00 pm, after the Conference and just prior to the Silent Auction and Banquet, there is an opportunity for everyone to clear their minds and stretch out their bodies, with a power yoga session in Stewart Park, just a short walk from the Crystal Palace in Perth. All are welcome – young, older, men, women. The session will run, rain or shine; there is a bandstand in the park if needed. While there is no cost for the yoga session, donations to cover the instructor's time and expertise would be appreciated.

Additional Activities

Sass Peepre, Accommodation, and Fun Stuff



Sass Peepre National Junior Training Camp

The annual Sass Peepre National Junior Training Camp takes place this year at the Morin Heights Ski Resort from Sunday, July 30 to Tuesday, August 2. Advance registration is required. The camp is for orienteers of all abilities between the ages of 10 and 20 and is a great way for orienteering youth to improve their orienteering skills, to make long lasting friendships and to establish their belonging within the orienteering community.

Accommodation

Event	Information	Links
Eastern Canadian Championships	Hotels nearby the two arenas are plentiful and can be found online.	https://www.google.ca/maps/search/hotels/@45.4083827,-73.9270966,13z
Eastern Canadian Championships	One of the biggest campgrounds in the area, Camping D'Aoust is only a 20 minute drive from both arenas.	http://www.campingdaoust.com/
Canadian Championships	Camping is available at the Last Duel Park in Perth from Wednesday Aug. 2 to Monday Aug. 7. Walking to Sprint, Conference, and COC Banquet.	See Page 7 for registration information. GPS coordinates: 44°53'59.6"N 76°14'29.5"W
Canadian Championships	Hard floor, dorm-style accommodation is available, at the Perth & District Community Centre.	See Page 7 for registration information GPS coordinates: 44°54'09.4"N 76°14'52.8"W

Perth Trivia Challenge

After the Sprint race, there will be 4 days in which you will have plenty of time to visit, see the sites, learn the history of this 200 year old town, and be tourists.

Orienteering Ottawa, with support from history buffs in Perth, have set up a Heritage Perth Trivia Challenge for you to enjoy as you spend time in Perth. Pick up a map at the Registration/Information Desk after the Sprint race or at the Visitor's Centre at the Matheson House home of the Perth Museum at 11 Gore Street East. Take your time to visit the control locations on the map and to answer accompanying trivia questions. Submit your answers to the Registration/Information Desk by Sunday, August 6th, 10:00 am, for a chance to win a draw prize at the Sunday Awards Ceremony.

KidZone

There will be a KidZone at the three Canadian Championship events. Young people are welcome to try their hand at a variety of orienteering-related activities. Parents and older siblings are welcome also. Please note that the KidZone is not a child-care service. While volunteers will be on hand to help out, children are to be supervised by their guardians.

Course Information

ECOC Long Distance



Date, Location, Times

Date	Saturday, July 29, 2017
Location	Ile Perrot, QC
First Start Time	10:00
Start Window	90 minutes
Course Time Limit	3 hours
Course Closing Time	14:00
Awards	13:00

Directions

Directions to parking	From Hwy 20 exit on Boulevard Don-Quichotte, travel 2.1 km south-east.
Coordinates for parking	45°22'50.4"N 73°56'54.7"W (45.380655, -73.948536)
Parking to Arena	Arena is right next to parking (0m)
Arena to Start	500m, follow the marked route

Map

Scale	Courses 4 and 5 - 1:7,500 Courses 1-3 and 6-8 - 1:10,000 Courses 9 and 10 - 1:15,000
Contour Interval	2.5 metres



Map and Course Notes

The Ile Perrot forest is a new map created in 2015-2016, with minor corrections in 2017. It has a gentle slope along the map, with some small hills. Some areas have many small boulders. Rootstocks are mapped as green X. Some significant fallen tree trunks are indicated with short green lines. This symbol is used for beehives  (which are not on optimal route choices, and only in part of the map of courses 9 and 10). There are high-density vegetation areas shown as dark green, which could be practically non-passable. Many trails exist on the map. There are many indistinct (seasonal) marshes. Due to unusually wet weather, many indistinct marshes are swollen and have more water than usual. Parts of trails crossing the marshes are flooded and it may be slow to run or walk on them. Trails that are on probable route choices, if flooded, are shown as indistinct, or removed from the map. Safety bearing: east to the road going to the arena. The map is surrounded by roads or properties on north and west, and fields on south.

Miscellaneous

- Metal studded shoes are permitted.
- Portable toilets are available at the arena.
- The O-Store will be set up in the arena.
- Light refreshments will be available for participants at the arena after the race. There is a Metro supermarket 600m from the arena, as well as restaurants approximately 1.5 km north along the road.

Course Stats

See table on following page.

Course Stats

ECOC Long and Middle Distances



Course	Classes	Length (km)	Climb (m)	Controls	Water Controls	RWT ** (min)
ECOC Long Distance						
1	F12-, M12-, Open1	2.6	10	13	1	30
2	F14-, M14-, Open2	2.9	10	10	2	30
3	F16-, M16-, Open3	3.3	15	8	2	50
4	F75+, F80+, M80+, F85+, M85+, Open4	1.8	10	7	2	50
5	F55, F65+, M75+, Open5	3.6	15	9	2	50
6	F20-A, F45+, M65+, Open6	5.1	25	10	3	50
7	M20-A, M55+	5.7	25	11	2	55
8	F20-E, F21-34A, F35+, M45+	5.6	25	9	2	55
9A	M21-34A, M35+	8.2	40	13	3	80
9E	M20-E, F21-34E	8.2	40	13	3	80
10	M21-34E	11.5	65	20	2	90
ECOC Middle Distance						
1	F12-, M12-, Open1	2.8	10	15	1	20
2	F14-, M14-, Open2	2.7	10	13	1	20
3	F16-, M16-, Open3	2.6	15	11	3	25
4	F75+, F80+, M80+, F85+, M85+, Open4	1.6	10	9	2	25
5	F55, F65+, M75+, Open5	2.2	15	9	3	25
6	F45+, M65+, Open6	2.6	20	11	2	25
7	M55+	3.1	20	11	1	25
8	F20-A, F21-34A, F35+, M45+	3.5	20	12	1	30
9	F20-E, F21-34E, M20-A, M21-34A, M35+	4.0	45	12	1	35
10	M20-E, M21-34E	4.4	45	14	1	35

**RWT = Recommended Winning Time (as set by Orienteering Canada)

NOTE that even if you are registered in the same class for both the middle and the long you may not be on the same course both days. It is **YOUR** responsibility to make sure you pick up the correct map at the start.

Please note that complete Event Notes for the Eastern Canadian Orienteering Championships Events are in an accompanying document at http://www.ramblersoc.ca/wp-content/uploads/2017/07/2017-ECOC-event-notes_Final.pdf.

Course Information

ECOC Middle Distance



Date, Location, Times

Date	Sunday, July 30, 2017
Location	Parc Nature de l'Anse-a-l'Orme, Pierrefonds, QC
First Start Time	10:00
Start Window	60 minutes
Course Time Limit	2 hours
Course Closing Time	13:00
Awards	12:30

Directions

Directions to parking	From Hwy 40, take exit 49 and enter shopping centre parking lot. Continue to north-west end of parking lot.
Coordinates for parking	45°26'31.5"N 73°53'30.2"W (45.442081, -73.891716)
Parking to Arena	800m, follow the marked route
Arena to Start	800m, follow the marked route from the arena

Map

Scale	Courses 1, 2, 4, and 5 - 1:7,500 Courses 3 and 6-10 - 1:10,000
Contour Interval	2.5 metres



Map and Course Notes

The Middle event map uses the south part of Parc Nature de l'Anse-a-l'Orme. It is a new map that was created in 2016. The forest is mostly open, with many trails and rolling hills. Rootstocks are mapped as dark-green crosses X. Some significant fallen tree trunks are indicated with short green lines. Safety bearing: east to the road going to the arena. The map is surrounded by roads or properties on south and west, and fields (mostly overgrowing with dense bushes) on north.

Miscellaneous

- Metal studded shoes are permitted.
- Portable toilets are available at the arena.
- The O-Store will be set up in the arena.
- Light refreshments will be available for participants at the arena after the race. There are many restaurants at the shopping centre.

Course Stats

See table on previous page.



Course Information

Rivermead Night-O



Date, Location, Times

Date	Monday, July 31, 2017
Location	Club de Golf Rivermead, Aylmer, QC
Day-of Registration	19:00-20:30
Mass Start Times	Course 1 - 20:50 (dusk) Course 2 - 21:00 (nearly dark) Course 3 - 21:10 (just short of full darkness)
Course Time Limit	90 minutes
Course Closing Time	22:45

Directions

Directions to parking	From Ottawa, cross the Champlain Bridge to Quebec, immediately left on Boulevard Lucerne, 2.9 km to Club de Golf Rivermead entrance on right.
Coordinates for parking	45°23'42.0"N 75°47'30.5"W (45.394993, -75.791834)
Parking to Arena	100m - head to the club house (the arena is the club house balcony. Wow!)
Arena to Start	200m, follow the marked route from the arena

Map

Scale	1:5,000
Contour Interval	1 metre
Additional details	Only symbols unique to a golf course will be listed on the legend

Map and Course Notes

What can I say about the terrain: it's a golf course. But it is a beautiful golf course with rolling terrain and pockets of deep woods. Forbidden areas – sand traps and golf greens make route choices important!

There will be three courses with separate mass starts. Course 1 (3.0 km - easy) is one course without variations. Courses 2 (4.2km) and 3 (5.0 km) have sections of split controls, reverse directions and in the dark it will seem as if lights are going every which way. Within the courses there will be multiple variations but the course lengths and difficulties are close enough that we will be confident in declaring overall winners. With all the variations it is very important that you 1) have the correct map and 2) punch the correct controls in the correct order.

Passage on the course over any golf greens or through sand traps is forbidden. The greens are marked on the map in olive and will be overprinted with a purple hatching. If you find yourself in a sand trap, please use one of the nearby rakes to erase your footprints!!

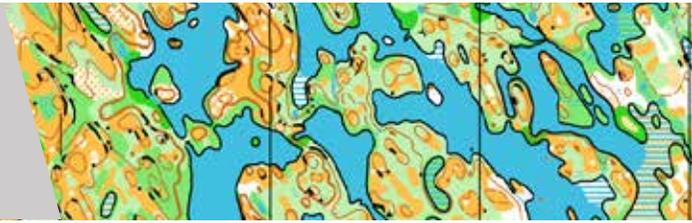
Gord Hunter, Course Setter

Miscellaneous

- Metal studded shoes are **NOT** permitted.
- "Baby it's dark outside!" Participant must carry a working headlamp or flashlight (not just a cellphone).
- There are flush toilet facilities in the golf course club house.
- We will be on a private golf course with its own dress code. Please respect their standards and refrain from wearing tattered jeans, shorts that are too short, tee-shirts, tank tops, etc.
- Clean off or remove your shoes before entering the clubhouse. There are shoe brushes located by most entrances.
- 7:30 pm - Canadian Orienteering Team member Eric Kemp will talk about his experience at the 2017 World Championships complete with routes and tracking replay. All are welcome even if you are not participating in the Night-O.

Course Information

Back to 'The Barrens' Training Day



Date, Location, Times

Date	Tuesday, August 1st, 2017
Location	The Barrens and Eco-Wellness Centre, Carp, ON 2386 Thomas A. Dolan Parkway
Control Sites Open	9:00 - 18:00
Start Time	Pick your time, enjoy the Barrens!
Course Time Limit	None
Course Closing Time	18:00

Directions

Directions to parking	From Highway 417 in Ottawa, west to Carp Road exit (#144), north east 15 km to Thomas A. Dolan Parkway, right 300 metres to entrance to EcoWellness Centre parking lot.
Coordinates for parking Start and Finish	45°22'26.2"N 76°05'27.3"W (45.373931, -76.090916) There are two starts and finishes. One right at the parking and the other 2km along Thomas A. Dolan Parkway. You can walk up the parkway and use the orienteering map to find the start location.

Map

Scale	1:10,000
Contour Interval	5 metres

Map and Course Notes

The Barrens map is dear to the hearts of many Ottawa orienteers, and many who have run on it in the past. This year, the Barrens map is available to train on for those who can't do a day without orienteering.

The map being used is the original 2010 map which is still in great condition. The map has been updated in 2017 to reflect a new mountain biking trail and some changes to some of the ponds due to broken beaver dams.

The map has 31 control sites ranging from novice to advanced level, marked with smaller flags. You may use the controls to set your own course or you can treat it as a Score-O

Miscellaneous

- Long pants are highly recommended.
- There are outhouses available for use at the Eco-Wellness Centre.
- Please note that there will be no drinking water out in the terrain. Please bring your own drinking water.
- If you did not purchase a map when you registered on Zone4, you can purchase one from the Registration/Information Desk for \$8.00 at any time the desk is open.

Course Information

Retr-O in Gatineau Park



Date, Location, Times

Date	Wednesday, August 2, 2017
Location	Camp Fortune, Gatineau Park, QC
Day-of Registration	8:00 - 10:00
First Start Time	9:00
Last Start Time	11:00
Course Time Limit	3 hours
Course Closing Time	14:00

Directions

Directions to parking	From Ottawa Follow signs to Quebec/ Gatineau. Take Highway 5 north to exit 12, Chemin Old Chelsea. West on Old Chelsea, 1km, which becomes Chemin du Lac Meech, 3.8 km then left on Chemin Dunlop, 1.4 km then first left into Camp Fortune Parking lot.
Coordinates for parking	45°30'34.7"N 75°51'01.7"W (45.509641, -75.850477)
Parking to Arena	The arena is right by the parking
Arena to Retr-O Start	Participants on the "Blue", "Red", and "Yellow" Retr-O courses will take a shuttle to the start area 6km away. The shuttle leaves from the arena area.
Arena to non-Retr-O Start	850m up the ski-hill, follow the marked route from the arena

Map

"Blue", "Red", and "Yellow" Retr-O courses

Scale	1:20,000
Contour Interval	6 metres
Colour printing	None - map is in black and white
North lines	North lines are offset 45 degrees to the edge of the paper. (This was done back in the day to fit the shape of the map on the most economical paper.)

Novice, Intermediate, Advanced courses

Scale	1:10,000
Contour Interval	3 metres
Colour printing	Regular colour printing
North lines	North lines are parallel to the edge of the page.

Map and Course Notes

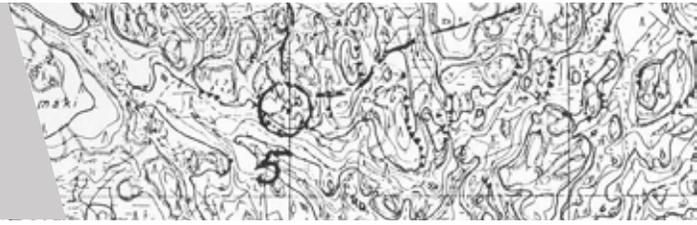
Gatineau Park is hilly, with lots of rock features and water features. The forest is quite runnable in some parts and can get fairly thick in others. There is a trail network, dense in places. Two major ice storms over the past 20 years brought down many trees, still there to climb over, and allowed for a lot of new undergrowth to spring up.

At the Retr-O, we try to recreate the very first Canadian Orienteering Championships, held in Gatineau Park in 1968. The 1968 "Blue" course, was first re-run in 1978 and then again in 1987. Now, after 50 years, we re-run the Blue, Red and Yellow courses (equivalent to Men's Elite, Women's Elite, and Masters courses) from 1968.

These "course setter's notes" are not really the course setter's notes. I'm happy to report that the original course setter from 1968, Chris Skene, is alive and well and living in North Carolina.

Course Information

Retr-O in Gatineau Park



In re-setting the courses a few of the points have had to be moved at the park's request to avoid congregation of foot-steps beside water features. However I am confident the spirit and difficulty of the original courses is being maintained.

I should remind you that the map is 1:20,000 scale with 6 meter contours, is black and white and, as with the original, the magnetic north lines are tilted 45 degrees to the left from vertical. Also as with the original control descriptions are in English on the map but will be available in English and French as separate handouts. There are no symbolic control descriptions as these weren't introduced until the 1980s. Features will be in the centre of the circle, but the feature may not be on the map.

No, there was no SI in 1968, but Yes, we will be using it this year.

Gord Hunter, Course Re-Setter

Miscellaneous

- Long pants are highly recommended.
- Flush toilet facilities are available for use in the Camp Fortune Lodge.
- Day-of registration will be permitted at the Camp Fortune Lodge from 8:00, to 10:00 or until maps run out.
- Camp Fortune has an Aerial Park that is open to the public. If you are looking for a great outdoor activity after the Retr-O this is a fun one! For more information check out their website: <https://campfortune.com/en/explorer-park/>

Course Stats

Course	Blue	Red	Yellow	Novice	Intermediate	Advanced
Length (km)	9.0	6.0	4.2	2.4	2.6	4.1
Course Difficulty	Expert	Expert	Expert	Novice	Intermediate	Advanced

Course Information

COC Sprint



Date, Location, Times

Date	Thursday, August 3, 2017
Location	Perth, ON
First Start Time	17:00
Start Window	2 hours
Course Time Limit	60 minutes
Course Closing Time	20:00
Awards	At the banquet on Friday August 4th
Quarantine Entry	Competitors in the M/F20-E and M/F21-34E (as well as others on those courses with an IOF ID) will be quarantined before the start and will not be allowed to visit the arena before they start their course. The window to sign in to quarantine is from 16:00 and 16:45.

Directions

Directions to parking	From Hwy 7 to parking: Wilson St. W into Perth, left on North St, right on Gore, left on Craig, 800 m to Algonquin College; From Last Duel Park to Start (walking): right on Craig, cross river, follow marked route. Total distance: 400 m From Community Centre to Start (walking): turn right on Beckwith, follow marked route. Total distance: 600 m When walking to start, be sure to stay on the marked route to avoid out-of-bounds areas!
Coordinates for parking	44°54'05.4"N 76°14'21.8"W (44.901488, -76.239386)
Parking to Arena	1250 m, follow the marked route. The marked route takes you by the start. You do not need to go to the arena before you start. There is a bag drop at the parking lot which will take your bags to the arena for you. Quarantined competitors are not permitted to visit the arena before they start.
Arena to Start	850 m, follow the marked route back to the parking / start.
Parking to Start	400 m, follow the marked route to the arena / start.
Parking to Quarantine	50 m, next to parking lot.
Quarantining to Start	400 m, follow the marked route to the arena / start.



Map

Mapping standard	ISSOM 2007
Scale	1:4,000
Contour Interval	2 metres

Map and Course Notes

Perth is a beautiful old town (old by North American standards anyway) with lots of beautiful parkland, waterways, old buildings, and plenty of nooks and crannies. All the



Course Information

COC Sprint



courses will visit these various terrain elements.

Roads are not closed to traffic. We will have course marshals and “runners on road” to alert drivers to our presence but in general we do not have the right to stop traffic.

The busiest street is out of bounds and marked with the purple out-of-bounds symbols. There are two marked crossing points of this street which will feature on all courses. Using these crossing points is mandatory and traffic will be stopped at them.

Competitors should be prepared for the full complement of passable and impassable symbols including (but not limited to) olive green (out of bounds) to represent gardens and private property; pink closed areas (out of bounds patios, etc.); passable (marked in grey) and impassable (forbidden to cross - marked in thick black) walls; and passable (light blue) and impassable (forbidden to pass - darker blue) water. Crossing passable water **will** be a valid route choice on courses 3-5.

The arena is in the middle of the competition map and as such there is a round-about route from the parking to arena via the start. You do not need to visit the arena before you start. Competitors in the M/F20-E and M/F21-34E (as well as others on those courses with an IOF ID) will be quarantined before the start and will not be allowed to visit the arena before they start their course. There will be a bag drop at the quarantine/parking lot for all competitors from which items will be taken to the arena.

All courses have at least one spectator control / arena passage so there will be plenty of reason to get your stuff brought to the arena and stay for the entire race.

Jeff Teutsch, Course Setter

WRE and Quarantine

Anyone with an IOF ID competing on course 4 (for women) or course 5 (for men) is eligible to receive world ranking points based on their performance in the race. To do so, competitors **MUST** follow the following quarantine rules.

1. You must check in to quarantine between 16:00 and 16:45. Anyone who does not check in during this time frame will still be able to race but will not receive world ranking points.
2. You may not visit the arena before you start nor follow the marked route to the arena further than the start location.
3. You may not receive any information about the course or arena from other competitors.
4. Cell phones are not permitted in the quarantine area
5. You may not return to the quarantine area after your race until all starters have finished.

Miscellaneous

- Competitors in the M21E, F21E, M20-E, and F20-E will be quarantined prior to their races. The quarantine area is immediately adjacent to the parking lot.
- There will be a warm-up map covering an area between the parking lot / quarantine area and the Start.
- Metal studded shoes are NOT permitted.
- Shorts are recommended.
- There is a bag / clothing drop at the parking lot from where your bags will be delivered to the arena.

Course Information

COC Sprint



- There WILL NOT be a clothing drop at the start unless there is inclement weather. Announcements will be made on race day if there is to be a clothing drop at the start.
- Flush toilet facilities at the Parking Area, Last Duel Park and the Arena.
- Kick off the COCs in style! During and after the event, the Stone Cellar will be selling amazing short ribs tacos and vegetarian chili, and Perth Brewery beer. Cheer the orienteers, mingle, eat tacos and drink right by the finish at the Crystal Palace. To complement the chili and tacos, Peter's Restaurant and Bakery in Perth has donated baked goods which will be sold as a fund raiser for the High Performance Program. Thank you Peter's Restaurant and Bakery!
- The O-Store will be set up in the Race Arena.

Course Stats

Course	Classes	Length * (km)	Climb (m)	Controls (#)	Refreshment Controls (#)	RWT ** (min)
1	F12-, M12-, F14-, M14-, Open1	1.9	0	21	0	10-12
2	F65+, F75+, M75+, F80+, M80+, F85+, M85+, Open2	2.2	10	20	0	12-15
3	F45+, F55+, M55+, M65+, Open3	2.8	20	19	0	12-15
4	F16-, M16-, F20- E, F20- A, F21-34E, F21-34A, F35+, Open4	3.1	20	21	0	12-15
5	M20- E, M20- A, M21-34E, M21-34A, M35+, M45+	3.7	25	25	0	12-15

*Length is measured via the shortest possible route not the straight line distance.

**RWT = Recommended Winning Time (as set by Orienteering Canada)

Map Notes - Foley Mountain

Map notes for COC Middle and Long Distances



Map Notes

Welcome to Foley Mountain! Foley Mountain Conservation Area lies at the northern edge of the Frontenac Arch Biosphere - an ancient granite bridge from the Canadian Shield to the Adirondack Mountains. The incredibly rich natural environment and history of the FAB was recognized in 2002 when it became a UNESCO World Biosphere Reserve, part of a world-wide network of 610 Biosphere Reserves in 117 countries.

You will be running on a new map prepared for this event. The map and course over-printing is consistent with the ISOM 2000 standard (not the new ISOM 2017).

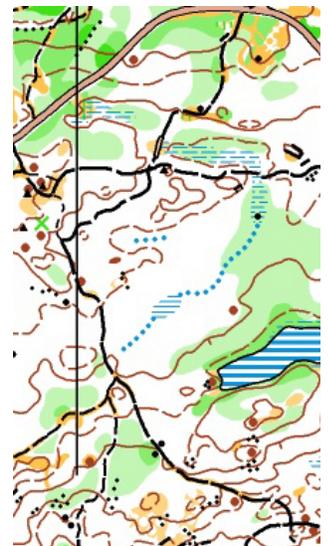
The terrain used for the middle distance courses features an abundance of contour, rock and water features with relatively few trails. Unless there is a sudden drought in the 2 weeks leading up to race day, the indistinct marshes should be wet (or at least damp), thanks to the higher-than-average rainfall received in Eastern Ontario during the first half of the summer. The mappers have applied a consistent standard in selecting which rock features to include on the map. Mapped boulders are all at least 1m tall. Mapped rock faces are vertical and at least 1m tall by 1.5m long. Mapped cliffs are vertical and at least 1.5m tall by 2m long. Runners should expect to encounter smaller boulders, rock faces and cliffs that are not mapped. Dot knolls may be comprised of either earth or rock, or a mixture of both. Some parts of the terrain are open or semi-open land with either bare rock, or rock covered by a thin layer of moss underfoot. These rocky open/semi-open areas are indicated on the map as open or semi-open land (yellow colour) and not as bedrock (grey colour). The runnability and visibility in these rocky open/semi-open areas is generally fast/good. There are also areas where the ground is covered with lots of broken rock, which may slow running speed considerably. The stony ground symbol (small black dots) has been used to indicate this type of slower rocky terrain. The mixed forest is dominated by deciduous trees although conifers are also plentiful in some regions. There are some very nice stands of mature hardwoods with negligible undergrowth that offer good visibility and fast running. On the map, light green is used to indicate the few areas with thicker, scappier woods where the running is slower. Visibility is also reduced in these areas. There are a few remnants of old fences – some with barbed wire – scattered throughout the forest. Most, but perhaps not all of these are mapped. While considerable effort has been made to either remove the unmapped fence remnants or at least mark them with surveyor's ribbon, some fence remnants may have eluded us. For safety reasons, several steep rocky areas are marked as out-of-bounds, and all courses have been designed to avoid this unsafe terrain.

The mappers have used several special symbols to denote unusual or man-made features:

- a black x denotes permanent benches, large signs, or manmade scrap (e.g. old farm equipment);
- a black o denotes a fire pit; and
- a green x denotes a large distinct root stock (however, not all root stocks are mapped).

On the north eastern edge of the map an area is included that is not field checked. Only the base map contours and major ponds and marshes are shown on the map in this area as a help for orienteers that are lost and seriously off course. There are no controls in this area and there is no reason to run into this area unless someone is really lost. The border between the mapped and unmapped area is not marked, either on the map or in the terrain.

Andrew Cornett and Mark Gibbard, Course Setters



Map Notes - Foley Mountain

Notes for COC Middle and Long Distances



Directions

Directions to parking

From Perth: South through Perth on Gore St, right on County Road 10 for approx. 28 km, left on Grady Road (NOT into FMCA) at entrance to Foley Mountain Conservation Area; parking is on right 1 km along Grady Rd
From anywhere else: get to Country Road 10, take it to Foley Mountain CA entrance, turn onto (NOT into FMCA) Grady Road at the entrance to Foley.

Coordinates for parking

44°41'43.2"N 76°23'24.9"W (44.695322, -76.390236)

Parking to Arena

Take the shuttle bus from the parking to the arena. Distance is 4 km, about 8 minutes. Buses will leave approx. every 10 minutes.

Arena to Start

600m for middle and 500m for long, follow the marked route from the arena

Miscellaneous

- Metal studded shoes are permitted.
- Long pants are recommended.
- Portable toilets and limited flush toilet facilities are available at the arena.
- There WILL NOT be a clothing drop at the start unless there is inclement weather. Announcements will be made on race morning if there is to be a clothing drop.
- Competitors on Course 9 and 10 (for both the middle and the long) may leave their own drinks at the spectator control at the southern edge of the arena.
- The O-Store will be set up in the arena.
- Just prior to arriving at the start of the Middle (approximately 400 metres from the Arena) you will pass a nice sandy beach on the shore of Upper Rideau Lake – a great spot for anyone wanting to take a refreshing and rejuvenating dip in the lake before or after their run! Please note that the beach is not lifeguarded.

Course Information

COC Middle Distance



Date, Location, Times

Date	Saturday, August 5, 2017
Location	Foley Mountain Conservation Area, Westport, ON
First Start Time	12:00
Start Window	2 hours
Course Time Limit	2 hours
Course Closing Time	16:00
Awards	After the race in the arena. Exact time to be determined on race day.

Map

Scale	Courses 1 and 4 - 1:7,500 Courses 2, 3, and 5-10 - 1:10,000
Contour Interval	5 metres

Course Notes

The middle distance event places the emphasis on detailed navigation through complex terrain.

Course 1 includes one short leg on a marked route through the forest, but otherwise follows trails. The marked route will be indicated in the terrain by surveyor's ribbon hanging from tree limbs. Courses 1-8, cross the access road leading to the arena - the one used by the buses transporting people from the car park to the arena. Although very little traffic is expected, except for the occasional slow-moving bus, all runners should use caution when crossing the road.

Both courses 9 and 10 have a spectator control 50 m south of the arena, on the water's edge. We encourage folks to come and cheer along our elite runners at this spectator control!

Runners are reminded and encouraged to check the control code before punching, as there will be lots of controls in the woods, including some that are quite close to each other.

It has been a pleasure to set courses in this superb terrain on this great new map. I hope you all enjoy discovering Foley Mountain as much as I have.

Andrew Cornett, Course Setter

Course Stats

See table following Long Distance information.

Course Information

COC Long Distance



Date, Location, Times

Date	Sunday, August 6, 2017
Location	Foley Mountain Conservation Area, Westport, ON
First Start Time	10:00
Start Window	2 hours
Course Time Limit	3 hours
Course Closing Time	15:00
Awards	After the race in the arena. Exact time to be determined on race day.

Map and Terrain

Scale	Courses 1 and 4 - 1:7,500 Courses 2, 3, and 5-7 - 1:10,000 Courses 8-10 - 1:15,000
Contour Interval	5 metres

Course Notes

If you are running both the Middle and the Long Events you will have been introduced to part of the map in the Middle Event. Refer to the Map And Terrain notes of the Middle Event Course Setter's Notes for a general description of the Foley Mountain area, the map and terrain.

The long event will take most courses into new terrain in the northern part of the map. This area is generally flatter with many large man-made rock piles (from former farming activities) scattered amongst open forest. The rock piles are mostly shown on the map as "stony ground" (small black dots); however when a pile is over 0.75m high it is indicated by the rock cairn symbol (black circle around a black dot).

All the long courses cross the access road leading to the arena. Only light traffic is expected, however all runners should use caution before crossing the road.

Both courses 9 and 10 have a spectator control 50 m south of the arena, on the water's edge. We encourage folks to come and cheer along our elite runners at this spectator control!

Runners are reminded and encouraged to check the control code before punching, as there will be lots of controls in the woods, including some that are quite close to each other. Please respect the warden's homestead in the center of the map which is marked as out of bounds.

Mark Gibbard, Course Setter

Course Stats

See table on following page.



Course Stats

COC Middle and Long Distances



Course	Classes	Length (km)	Climb (m)	Controls	Water Controls	RWT ** (min)
COC Middle Distance						
1	F12-, M12-, Open1	2.4	50	14	1	20
2	F14-, M14-, Open2	2.3	50	12	1	20
3	F16-, M16-, Open3	2.4	65	11	1	25
4	F75+, F80+, M80+, F85+, M85+, Open4	1.5	40	10	1	25
5	F55, F65+, M75+, Open5	2.0	55	10	1	25
6	F20- A, F45+, M65+, Open6	2.3	75	11	2	25
7	M45+, M55+	3.0	95	15	2	25
8	F21-34A, M20- A, F35+	2.7	95	13	2	30
9	F20-E, F21-34E, M21-34A, M35+	4.0	140	19	2	30-35
10	M20- E, M21-34E	4.6	165	21	2	30-35
COC Long Distance						
1	F12-, M12-, Open1	3.1	70	15	1	30
2	F14-, M14-, Open2	2.9	50	11	1	30
3	F16-, M16-, Open3	3.7	80	14	1	50
4	F75+, F80+, M80+, F85+, M85+, Open4	2.1	40	9	1	45-50
5	F55, F65+, M75+, Open5	3.9	100	11	1	45-50
6	F20- A, F45+, M65+, Open6	4.6	135	15	1	45-50
7	M45+, M55+	5.9	160	14	2	55
8	F20- E, F21-34A, M20- A, F35+	6.2	170	16	2	55
9	M20- E, F21-34E, M21-34A, M35+	8.8	250	18	3	70-80
10	M21-34E	11.2	250	21	3	90-100

**RWT = Recommended Winning Time (as set by Orienteering Canada)

NOTE that even if you are registered in the same class for both the middle and the long you may not be on the same course both days. It is **YOUR** responsibility to make sure you pick up the correct map at the start.

Course Information

Relay



Date, Location, Times

Date	Monday, August 7, 2017
Location	Foley Mountain Conservation Area, Westport, ON
Mass Start Time	10:00
Course Time Limit	2 hours (for the whole team)
Course Closing Time	12:00
Awards	After the race in the arena. Exact time to be determined on race day.

Directions

Directions to parking From Perth: South through Perth on Gore St, right on County Road 10 for approx. 28 km, left into Foley Mountain CA; follow direction in CA
From anywhere else: get to Country Road 10, take it to Foley Mountain CA entrance, turn into FMCA, follow directions in CA

Coordinates for parking 44°41'09.2"N 76°23'16.8"W (44.685884, -76.388001)
Parking to Arena There is limited parking near the arena. Please carpool. We suggest you drop off passengers at the arena and continue 1.3 km to alternate parking. Please carpool with other drivers back to the arena.

Map and Terrain

Scale 1:10,000
Contour Interval 5 metres

Map and Course Notes

This year's club vs club relay is a fundraiser for the High Performance Program to support our national team athletes. Each relay team will have three runners. Teams must complete a relay registration form and submit it to the Registration/Information Desk by Sunday, August 6 at 3:00 pm. If you can't make up a club team, you are welcome to have a mixed team. Team members must have signed up for the Relay on Zone4 (included in the complete Festival or COC Package) or may sign up at the Registration Desk for \$20 (\$15 for Juniors). Remember the money goes to the HPP!

Special Notes

- Metal studded shoes are permitted.
- Long pants are recommended.
- Portable toilets and limited flush toilet facilities are available at the arena.

Course Stats

Course	Length (km)	Difficulty	Suggested Runner
Leg 1	3.0-3.5	Advanced	HPP member, to get mass start experience, or strong orienteer
Leg 2	1.5-2.0	Easy	Young orienteer, novice orienteer, anyone tired out from all the races!
Leg 3	2.5-3.0	Intermediate	Adult or junior, with orienteering experience

Key Personnel



It takes a great team to organize a big event. Here are 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

Race	Planner	Controller
ECOC Middle	Bruce Glen	Randy Kemp
ECOC Long	Bruce Glen	Randy Kemp
Ottawa O-Fest Night-O	Nevin French	Gord Hunter
Ottawa O-Fest Retr-O	Gord Hunter, Bert Waslander	Bill Meldrum
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)
Registration	Kumiko Murasugi, Linda Connell, Nadine Cybulski
Website	Lorna Guttormson
Translation	Lise Plouffe-Hunter, Leonid Fichman
Finances	Karen Tippett
Back to the Barrens Training	Francis Kawam
Mapping and Ownership Permissions	Bill Anderson, Dmitri Golovanov
Starts	Karen Tippett, Janet Findley
Timing and Results	Eric Teutsch, Rob Haddow
Awards	Luise Sander
Arena	Mike Raz, Peter Williamson
Food	Karen Rowlandson, Errol Thomson, Marketa Graham
KidZone	Thomas Lindale, Evan Gibbard
Parking and Shuttle Buses	Andy Ledger
Equipment	Oliver Bengtsson, Paul Lefebvre
Volunteers	Lorna Guttormson
Sass Peepre Junior Training Camp	Anna Fichman
Orienteering Canada Conference	Tracy Bradley

July 29 - August 7
Be Present.

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O-Fest 150 
Be Present!

Bulletin #2
Festival Notes