

# NAOC 2018 | WHITEHORSE, YUKON, CANADA

## COC 2018 | AUGUST 17-24, 2018



Bulletin #1 - January 2018



NAOC2018.CA

# Officials and Organizing Committee

<b>Event Control</b>	Unni Strand Karlsen - IOF Senior Event Advisor
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<b>Committee</b>	<b>NAOC</b>	<b>COC</b>
<b>Chair</b>	Sabine Schweiger	
<b>Race Director</b>	Afan Jones	Charlotte MacNaughton
<b>Treasurer</b>	Ross Burnett	
<b>Registrar</b>	Erik Blake and Beth Hawkings	
<b>Communications</b>	Wendy Nixon	
<b>Website</b>	Ryan Kelly	
<b>Timing/Finish</b>	Erik Blake and Beth Hawkings	FWOC and GVOC
<b>Start</b>	Wendy Nixon and Grant Abbott	FWOC and GVOC
<b>Equipment and Staging</b>	Bob Sagar and Jim Hawkings	
<b>Arena Set-up</b>	Bob Sagar and Jim Hawkings	FWOC and GVOC
<b>Safety and First Aid</b>	Craig Brooks	
<b>Awards/Race Snacks</b>	Barbara Scheck and Lorna Hutchinson	
<b>Event Planners</b>	Selene Vakharia and Angela Drainville	

<b>Event</b>	<b>Course Setter</b>	<b>Controller</b>
<b>NAOC Long - WRE</b>	Ross Burnett	Philippa McNeil
<b>NAOC Middle - WRE</b>	Barbara Scheck	John Rance
<b>NAOC/COC Sprint - WRE</b>	Brent Langbakk	Erik Blake
<b>NAOC Relay</b>	Forest Pearson	Adrian Zissos
<b>COC Long</b>	Marg Ellis	Adrian Zissos
<b>COC Middle</b>	Marion Owen	Brian Ellis
<b>HPP Fundraiser</b>	Bruce McLean	High Performance Committee
<b>Model Event</b>	Darren Holcombe	



# Schedule August 2018

Join us for seven orienteering races, one training event, a junior training camp and a banquet all within 70 km of Whitehorse, Yukon. The races will include the North American Orienteering Championships (NAOC) and the Canadian Orienteering Championships (COC).

	Date	Event	WRE	Map	Distance from downtown Whitehorse	First Start*	Other Events
	Wednesday August 15 to Thursday August 16	Sass Peepre Jr. Camp		Various	TBD	Times TBD	
NAOC	Friday August 17	Model		Magnusson Trails	4 km	10:00	
	Saturday August 18	Long	✓	Croucher Creek	6 km	10:00	Opening Ceremony Orienteering Canada AGM
	Sunday August 19	Middle	✓	Lewes Lake South	50 km	10:00	
	Monday August 20	Relay		Grey Mountain Biathlon Range	6 km	10:00	Banquet and National High Performance Program Silent Auction
	Tuesday August 21	Sprint (NAOC/ COC)	✓	Carcross	70 km	10:00	Closing Ceremony
		HPP O Event		Carcross Desert	70 km	14:00	
	Wednesday August 22	Rest Day					
COC	Thursday August 23	Long		Chadburn Lake	3 km	10:00	
	Friday August 24	Middle		Hidden Lakes	3 km	10:00	

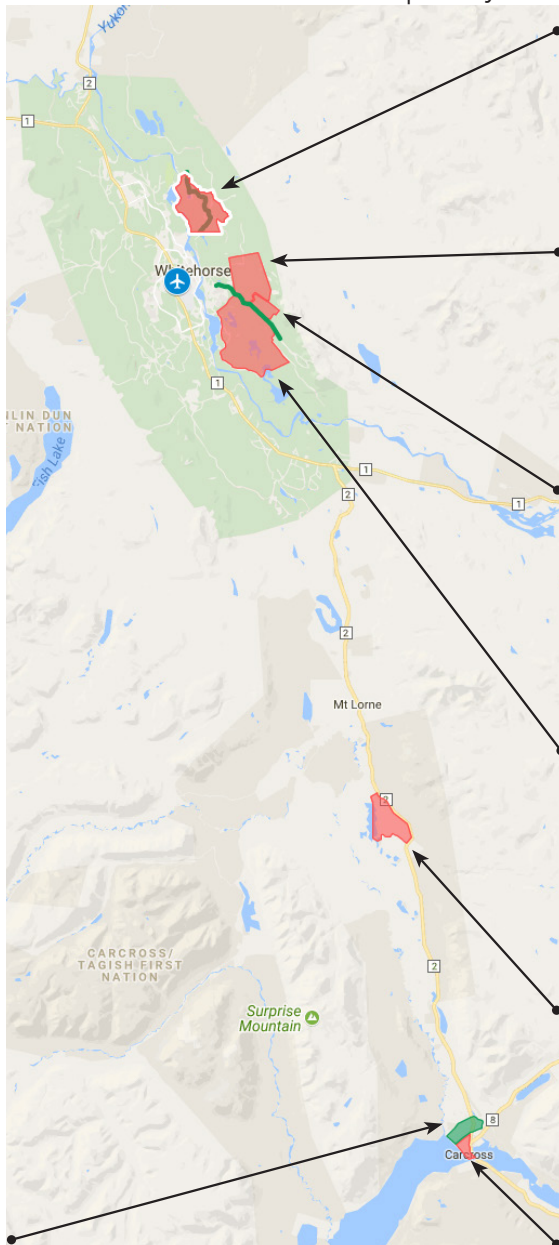
\* First start times are subject to change





# Event Locations and Embargo Areas

These areas are embargoed for runners and team officials until the competition is finished. Any attempt to survey or train in the competition terrain is forbidden, unless written permission is obtained from the organizer. Switching to satellite view on the NAOC website will reveal details of boundaries along trails and creeks. Previous versions of the maps may be found at [www.naoc2018.ca](http://www.naoc2018.ca).



## NAOC Long

Event date: Aug 18, 2018

Map: Croucher Creek

Location: 6km NE of downtown Whitehorse, east side of Yukon River

Access: Driving, biking, and running along the Long Lake Road is permitted

## NAOC Long Reserve

Event date: Aug 18, 2018

Map: Magnusson

Location: 4km SE of downtown Whitehorse, north of the Grey Mt. Road

Access: Driving, biking, and running along the Grey Mt. Road is permitted

## NAOC Relay

Event date: Aug 20, 2018

Map: Grey Mountain Biathlon Range

Location: 6km SE of downtown Whitehorse on the Grey Mt. Road

Access: Driving, biking, and running along the Grey Mt. Road is permitted, as is access to the Whitehorse Rifle and Pistol Range

## COC Middle and Long and NAOC Reserve

Event date: Aug 23 and 24, 2018

Map: Chadburn Lake

Location: 3km S of downtown Whitehorse between Chadburn Lake Rd and Grey Mt. Road

Access: Driving, biking, and running along Grey Mt. Road and Chadburn Lake Road is permitted

## NAOC Middle

Event date: Aug 19, 2018

Map: Lewes Lake South

Location: 50km south of downtown Whitehorse, bordering the South Klondike Highway

Access: Driving, biking, and running along South Klondike highway is permitted, as is travel on the Lewes Lake Road until the White Pass Railway Crossing

## HPP Fundraiser

Event date: Aug 21, 2018

Map: Carcross Desert

Location: 70km south of downtown Whitehorse, bordering the South Klondike Highway

Access: No embargo

## NAOC/COC Sprint

Event date: Aug 21, 2018

Map: Carcross

Location: 70km south of downtown Whitehorse, bordering the South Klondike Highway

Access: Driving, biking, and running along South Klondike highway is permitted

# Maps and Terrain

## **NAOC Long - WRE - Croucher Creek**

Croucher Creek is a mixed area combining areas with very detailed topography (small depressions and ridges), areas with larger less complex depressions, and upland areas with some hills. The forest comprises a mix of pine, aspen and spruce interspersed with natural meadows. There are some areas of deadfall throughout the map area. Scale\* 1:15,000/1:10,000/1:7,500; contour interval 5 m.



## **NAOC Middle - WRE - Lewes Lake Southwest**

The Lewes Lake Southwest map area is very technically challenging with detailed terrain, small and large depressions and complex contours. There is an intricate mix of vegetation (spruce, pine and aspen). The map area has very few trails. Scale\* 1:10,000/1:7,500; contour interval 5 m.



## **NAOC Relay - Grey Mountain Biathlon Range**

The area including and surrounding the biathlon range and convoluted ski trail network is a mix of open pine forest and denser spruce forest. The terrain is relatively hilly, with some small knolls and hills, and cliffs and boulders. There are areas of deadfall, deep moss and Labrador Tea understory. Scale\* 1:10,000/1:7,500; contour interval 5 m.



## **NAOC/COC Sprint WRE - Carcross**

The sprint venue comprises a mixture of forest and urban terrain. The forest is very open, with subtle and intricate negative topography and a dense trail network. Scale\* 1:5,000; contour interval 2 m.



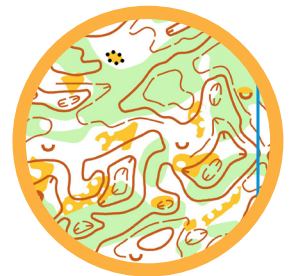
## **COC Long - Chadburn Lake**

The map area primarily comprises negative topography of varying levels of detail. The forest is a mix of pine, aspen and spruce interspersed with natural meadows on south facing slopes. The area features a relatively dense trail network over the more accessible parts of the area. Scale\* 1:15,000/1:10,000/1:7,500; contour interval 5m.



## **COC Middle - Hidden Lakes**

Hidden Lakes features a mixture of both large and small kame and kettle topographic features. The map area comprises a mix of generally open pine and spruce forest with some deadfall. There is a dense network of trails through most of the map area, as well as many lakes. Scale\* 1:10,000/1:7,500; contour interval 5m.



Maps drawn to ISOM 2017 / 2007

\*Map scales for discipline and class to follow IOF rules/Orienteering Canada guidelines.



# Courses, Classes & RWT\*

## Long - Course time limit 3hr

Course #	1	2	3	4	5	6	7	8	9	10	11
Classes	F10 M10  Open 1	F11-12 M11-12  Open 2	F13-14 F15-16B† M13-14 M15-16B†  Open 3	F15-16 M15-16  Open 4	F75+ F80+ F85+ F90+ M90+ Open 5	F55+ F65+ F17-20B† M17-20B†  Open 6	F45+ M65+  Open 7	F35+ F21B† F17-18 M55+  Open 8	F19-20 M45+ M21B† M17-18	F21E M19-20 M35+	M21E
RWT*	30-35	30-35	30-35	50-55	45-50	50-55‡	50-55	55-60	55-60	90-100**	90-100

## Middle - Course time limit 2 hr

Course #	1	2	3	4	5	6	7	8	9	10	11
Classes	F10 M10  Open 1	F11-12 M11-12  Open 2	F13-14 F15-16B† M13-14 M15-16B†  Open 3	F15-16 M15-16  Open 4	F75+ F80+ F85+ F90+ M75+ M80+ M85 M90+ Open 5	F55+ F65+ F17-20B† M17-20B†  Open 6	F45+ M65+  Open 7	F35+ M55+  Open 8	F17-18 F21B† M45+	F19-20 F21E M17-18 M21B† M35+	M19-20 M21E
RWT*	20-25	20-25	20-25	25-30	30-35	30-35‡	30-35	30-35	30-35	30-35	30-35

## Sprint - Course time limit 1 hr

Course #	1	2	3	4	5	6
Classes	F10 M10  Open 1	F11-12 F13-14 F15-16B† M11-12 M13-14 M15-16B†  Open 2	F75+ F80+ F85+ F90+ M75+ M80+ M85+ M90+ Open 3	F17-20B† F45+ F55+ F65+ M17-20B† M65+  Open 4	F15-16 F17-18 F19-20 F21E F21B† F35+ M15-16 M55+ Open 5	M17-18 M19-20 M21E M21B† M35+ M45+
RWT*	12-15	12-15	12-15	12-15	12-15	12-15 (15+ for M45)

\* RWT (Recommended Winning Time) in minutes set by Orienteering Canada - course setters targets.

\*\* For the NAOC long course 10, the IOF RWT of 70-80 minutes will be used rather than the Orienteering Canada RWT.

† Non-competitive age classes and open categories are not awarded medals, but receive public recognition of achievement.

‡ RWT for the veteran age classes - not necessarily for the B classes.



# Registration

Registration and payment via credit card are made through Zone4 ([www.zone4.ca](http://www.zone4.ca)). All fees listed are in Canadian dollars (CAD).

**Changes** for registered participants may be made without a change fee up to June 30, 2018. Thereafter, \$20 will be charged for changes. Changes to SI numbers do not incur a change fee.

**Refunds** prior to March 31, 2018 will be 100% minus a \$20 administrative fee; by June 30, 2018 the refund will be 50% minus a \$20 administrative fee. After June 30, 2018 there will be no refund.

In the unfortunate event that the organizers are forced to cancel a race(s), the organizers reserve the right to determine the level of refund, if any, as the majority of the expenses will have already been incurred.

Registration Deadlines (midnight Pacific Time zone)						
March 31, 2018		June 30, 2018		July 22, 2018		
Junior/ Open	Senior	Junior/ Open	Senior	Junior/ Open	Senior	
<b>NAOC</b>						
Model	5	5	5	5	5	5
Long	25	40	30	48	38	60
Middle	25	40	30	48	38	60
Relay	25	40	30	48	38	60
Sprint	25	40	30	48	38	60
HPP Fundraiser	15	20	15	20	15	20
<b>COC</b>						
Long	25	40	30	48	38	60
Middle	25	40	30	48	38	60
<b>Package: Includes all NAOC and COC events listed above</b>						
Inclusive	145	230	175	275	210	335

Junior - 20 years of age or younger as of December 31, 2018

For insurance purposes, all competitors must be a member of an orienteering club or association (Orienteering Canada, Orienteering USA, or other IOF Federation). Yukon Orienteering Association memberships are available on-site for \$5 per person.





# Logistics and Special Notes A-Z

## Accommodation

Participants are responsible for booking their own accommodation. The Yukon has a range of hotels, B&Bs, cabins, hostels, Air BnB, Vacation Rental by Owner, and camp-sites available for direct booking. August is high tourist season and early booking is **strongly advised**.

The NAOC2018.ca website will list hotels offering special room rates for participants. Each partner hotel has their own conditions and reservation deadline dates.

## Anti-Doping

Doping is strictly forbidden, and the organisers of NAOC2018 are dedicated to supporting the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules as of 1st February 2010 apply.

For the most recent information on anti-doping and the current list of prohibited substances, visit the World Anti-Doping Agency at <https://www.wada-ama.org/>.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

## Banquet

The NAOC/COC banquet will take place in Whitehorse on Monday August 20<sup>th</sup>. Tickets must be purchased in advance through the registration process, and non-participants are welcome. A silent auction will be held during the banquet to raise funds for the Canadian High Performance Program, supporting Team Canada's Junior and Senior Athletes.

## Björn Kjellström Trophy and the Future Champions Cup

The Björn Kjellström Trophy will be awarded to the top North American team based on total points accumulated by the elite men and women from each nation. Points are awarded individually for the sprint, middle and long events, as well as team points in the relay. The North American Juniors will compete for the Future Champions Cup.

To count in the scoring, runners must be members in good standing of the national federation they are representing and have full passport-holding citizenship of the country they are representing prior to the start of a race. In case there is a need for last-minute membership (new or renewal), it will be sufficient to give the necessary paperwork and payment to the event director. Before the competitions begin, any runners who are potentially eligible to represent more than one North American Federation must declare which country they intend to represent. Because this cup is a friendly competition, there will not be a "credentials committee" but any protests will be referred to a jury to determine eligibility.





# Logistics and Special Notes (cont.)

## Climate

Temperatures in August in Whitehorse can range from 7°C to 19°C, with total precipitation of 21.8 mm. The Yukon is a mountainous area, and the weather can change quickly. Snow is possible, particularly at higher elevations.

## Clothing and Shoes

Full leg covering is recommended for all forest events. Shoes with metal spikes are not permitted. Shoes with carbide tips may be used for all forest events.

## Entry Visas

Participants are responsible for obtaining the necessary documents to legally enter Canada. Citizens of most countries (except USA) require an electronic Travel Authorization (eTA) or a visa to visit Canada.

Please see <http://www.cic.gc.ca/english/visit/visas.asp> for more information.

If you require documentation for a visa application, please contact [naoc2018registrar@icefield.yk.ca](mailto:naoc2018registrar@icefield.yk.ca)

## Ground Transportation

A shuttle bus service will operate daily between downtown Whitehorse and the arenas - participants must reserve bus transportation during registration. Bus-seats to the arena will be assigned based on start time; buses returning from the arenas will leave when full. Whitehorse has a transit service from the neighbourhoods to downtown (no service Sunday August 19 nor Monday August 20); transit routes do not service the event arenas. There are several car rental companies in Whitehorse (most only include a limited number of free km per day). Parking at events will be limited and will require walking to the arena (700 m - 2 km). Using the shuttle service or carpooling are recommended. Please indicate the ground transportation you plan to use when you register.

## Getting to the Yukon

**Driving** - The Alaska Highway is paved with connections to Edmonton (~2,000 km), southern British Columbia and mainland Alaska.

**Flying** - Whitehorse has an International Airport (YXY), with direct flights from Vancouver, Kelowna, Victoria, Calgary, Edmonton, and Ottawa (Canada), and Frankfurt (Germany).

Air North, Yukon's airline, offers NAOC participants 10% off the best fare at the time of booking (excluding seat sales) on flights from Calgary, Edmonton, Vancouver, Kelowna and Victoria. Enter the promotion code NAOC2018 when booking on-line.

**Ferry** - The Alaska Marine Highway operates a ferry service up the inside passage between Bellingham, Washington and Skagway, Alaska, with connections at Prince Rupert, B.C. Skagway is a scenic 170 km south of Whitehorse.

## Hazards

The Yukon is a wilderness environment, with wild animals such as bears, foxes, coyotes and wolves, and stinging/biting insects. Participants are unlikely to encounter wildlife while orienteering, but it is possible. Information about being in bear country will be distributed with registration. There are some plants with thorns. In the Whitehorse area, there are no poisonous plants in terms of skin contact, but there are some poisonous plants if ingested. There are no snakes. First Aid will be on-site at each arena. Whitehorse has a modern hospital.



# Logistics and Special Notes (cont.)

## Information

City of Whitehorse - [www.whitehorse.ca](http://www.whitehorse.ca)

City of Whitehorse Transit - <http://www.whitehorse.ca/departments/transit>

Yukon Tourism - [www.travelyukon.com](http://www.travelyukon.com)

Accommodation Whitehorse - [www.whitehorselodging.worldweb.com](http://www.whitehorselodging.worldweb.com)

Air North - [www.flyairnorth.com](http://www.flyairnorth.com)

Condor - [www.condor.com](http://www.condor.com)

Alaska Marine Highway - [www.dot.state.ak.us/amhs](http://www.dot.state.ak.us/amhs)

## NAOC Contacts

NAOC website for the most up-to-date information **NAOC2018.ca**

General inquiries **naoc2018@icefield.yk.ca**

Registration questions, registration changes and visa inquiries **naoc2018registrar@icefield.yk.ca**

Erik Blake Cell Number **+1-867-334-8574** (Please note: Yukon is on Pacific Standard Time (8 hours behind GMT))

## Organizing Committee

Yukon Orienteering Association (YOA) is responsible for the overall organization of the week-long festival, and specifically for the NAO events. Our partners, Greater Vancouver Orienteering Club (GVOC) and Foothills Orienteering (FWOC), are organizing the COC middle and long events in the Yukon.

## O-store

The O-Store will be at both the North American and Canadian Championships. The O-Store carries a full range of orienteering equipment for both individuals and clubs: compasses, SPORTident timing sticks, control description holders, magnifying eye glasses, gaiters, clothing and shoes, books, gifts and knick-knacks. Clubs wanting to purchase equipment and save on shipping can let the O-Store ([o-store.ca](http://o-store.ca)) know in advance, and it will be brought to Whitehorse for you.

## Relay

The Relay will be a traditional forest relay with three-person teams. Two relay races will be run simultaneously; *North American Team Relay* and *Club Relay*.

- Teams for the North American (NA) Team Relay are entered by their respective orienteering federations. Each North American Federation may enter 2 teams in each of the 4 categories: Men, Women, Jr Men, and Jr Women. Estimated winning time will be 135 minutes (Men) and 120 minutes (Jr Women). Canadian and USA Team results contribute to the BK and Future Champions cup scoring.
- Most people will take part in the Club Relay. We encourage you to form a team with members of your club. A points-based system (based on age & gender) will allocate each team to a category: Expert, Advanced or Sport. Estimated winning time will be 80 minutes (expert) and 75 minutes (advanced/sport). The top team per category with all three members from the same NA club will be the Club Champion. All other teams that win their category will be recognized in the awards ceremony (e.g. teams with members from different clubs and/or non-NA clubs). Two point-to-point youth courses are offered as an alternative to the relay.
- Sign-up and pay for the relay with your individual registration. Relay teams can be enrolled on-line, or at the arena, with a deadline a few days before the August 20th event. We will make it easy for everyone who has registered to join a team.



# Logistics and Special Notes (cont.)

## Sass Peepre Junior Camp - Save the dates

The Sass Peepre National Junior Training Camp will be 2 full days and 1 night, August 15-16. It is open to juniors of all abilities aged 11-20. Non-Canadian juniors are welcome. Registration procedure and additional information will be posted on the NAOC2018 website by March 1, 2018.

This camp is run by volunteers, in exchange for free room and board. We'll need coaches for all levels, cooks and drivers to transport juniors in personal vehicles to the various training locations. Please indicate your interest in being a participant or volunteer when you register for the competition.

General inquiries? Please contact the camp coordinator, Kitty Jones - [kittyjones@shaw.ca](mailto:kittyjones@shaw.ca)

## Shirts

NAOC2018 offers a Trimtex technical shirt. Shirts must be pre-ordered through the registration process by May 1, 2018.

## Timing

SPORTident will be used for all events. Rental timing sticks will be available for rent when you register.

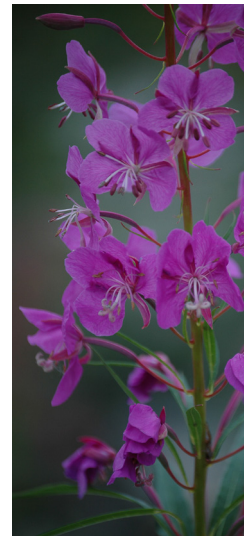
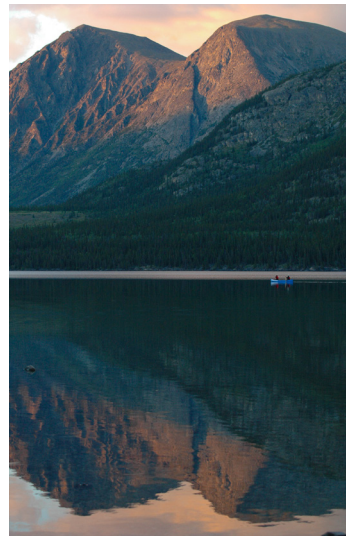
For the sprint, it is mandatory for M/F 21E and M/F 19-20E competitors to use touch-free SIAC. SIAC sticks are optional for other categories. Competitors may use their own SIAC sticks, or must rent them for the event by pre-ordering through the registration process.

## Whistles

For safety reasons, every competitor must carry a whistle while on course. Whistles will be sold at Registration.

## World Ranking events and Points

The NAOC long, middle and sprint races will be world ranking events (WRE). Competitors registered in the M/F 21E classes must have an IOF ID. Competitors in classes M/F 19-20 class in the middle and sprint and with an IOF ID are eligible for World Ranking Points. Visit <https://eventor.orienteering.org/Athletes> to obtain or search for your IOF ID, and enter your IOF ID when you register.







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