

Bulletin 2

November 13, 2019



International
Rogaining
Federation



Contents

1. INTRODUCTION	4
2. WELCOME	5
3. INVITATION	6
4. ORGANIZERS	7
5. SUPPORTERS AND SPONSORS	8
6. PROGRAM OF EVENTS WRE=WORLD RANKING EVENT NRE=NATIONAL RANKING EVENT WRC= WORLD ROGAINING CHAMPIONSHIPS ...	9
7. MAPS AND TERRAIN	10
<i>Overview of stage locations.....</i>	<i>10</i>
<i>Stage locations and embargoes.....</i>	<i>11</i>
<i>Stage 1 Golden Gate Park Middle NRE July 21</i>	<i>12</i>
<i>Stage 2 Santa Cruz Ancient Redwoods Long NRE July 22</i>	<i>13</i>
<i>Stage 3 San Francisco Presidio Sprint NRE July 23.....</i>	<i>14</i>
<i>Stage 4 Northstar NAOC Sprint WRE July 24</i>	<i>15</i>
<i>Stage 5 Little Truckee Summit NAOC Middle WRE July 25</i>	<i>16</i>
<i>Stage 6 Independence Creek NAOC Long WRE July 26</i>	<i>17</i>
<i>Stage 7 Northstar NAOC Relay July 27</i>	<i>18</i>
<i>Stage 8 State Park, Lake Tahoe Middle NRE July 29.....</i>	<i>19</i>
<i>Stage 9 Sagehen Long NRE July 30.....</i>	<i>20</i>
<i>Stage 10 Northstar World Rogaining Championships August 1-2.....</i>	<i>21</i>
8. EVENT CENTERS.....	23
9. TRAVEL AND LODGING.....	25
10. COMPETITION CLASSES	29
ORIENTEERING CLASSES - WOMEN	29
ORIENTEERING CLASSES - MEN	30
ORIENTEERING CLASSES - RECREATIONAL.....	31
ORIENTEERING CLASSES - ELITE RELAY.....	32
ORIENTEERING CLASSES - CLUB RELAY.....	33
WORLD ROGAINING CHAMPIONSHIPS CLASSES	34
FUN ROGAINE CLASSES.....	35
11. AWARDS.....	36
12. DESCRIPTION OF PUNCHING SYSTEM AND RESULTS DISPLAY	37
13. PRICING	38
14. REGISTRATION	45
15. WEATHER AND CLIMATE CONDITIONS.....	47
16. LIGHTING	49



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17.	TRAINING POSSIBILITIES AND RELATED EVENTS	50
18.	RULES	51
19.	CONTACTS AND ORGANIZERS.....	52
20.	GLOSSARY	53
21.	APPENDIX: SAMPLE LIST OF ACTIVITIES IN THE LAKE TAHOE AREA	54
22.	APPENDIX: TRANSPORTATION AND LODGING INFORMATION	55



1. Introduction

Eureka! Two Weeks of World Class Map Events in the World's Favorite Playground!

Whether uttered by Archimedes in Ancient Greece, miners during the California Gold Rush, or participants of the 2020 Cal-O-Fest (when discovering the awe inspiring orienteering terrain California offers), the term "Eureka!" is a fitting motto for both the State of California (yes, it is the state's official motto) and for this Cal-O-Fest as well.

"Eureka" is Greek for "I found it" and it is a simple, beautiful way to express something that we, as Orienteers and Rogainers, often experience in this sport we know and love. Every time we come upon that orange-and-white control marker, our inner voice erupts "Eureka!" and we are filled with an instant shot of joy, energy and excitement. We know you will be filled with the same joy and excitement over and over during this crazy cool navigation sports party in the woods.

California really is that amazing - come see for yourself.



California Orienteering Festival Steering Team

Erik Blake, Jay Hann, Mats Jansson, Tapio Karras, Stephanie Maclean, Marie-Josée Parayre, Erin Schirm, Sarah Williams, Gavin Wyatt-Mair



2. Welcome



Clare Durand, President of Orienteering USA

Welcome!

As President of Orienteering USA and a Californian, I would like to welcome you to the 2020 California Orienteering Festival. From coastal redwoods to the alpine beauty of Lake Tahoe, you will experience some of the best terrain the west has to offer. Incorporating both the North American Orienteering Championships and the World Rogaining Championships, the festival has races for orienteers of all abilities, all ages, and all interests.

Bay Area Orienteering Club and all of the organizers have a sterling reputation for putting on high quality events. Whether you're attending as an elite competitor, challenging in your age class, or simply enjoying an adventurous orienteering vacation, you won't be disappointed. The festival also affords opportunities to see some of the wonders of California. Spend a day in San Francisco taking in views of the historic Golden Gate Bridge then explore the majesty of Lake Tahoe with paddle boarding or a more leisurely dinner cruise. Wherever you choose to wander, we're happy to have you visiting and hope your adventures are satisfying and your navigation is sharp.

California, here I come!



3. Invitation



Bud Laird, Chairman of the US Rogaining Committee

On behalf of Orienteering USA, and the organizers of the 17th World Rogaining Championships, I invite the world of wilderness sports enthusiasts to this first festival in North America featuring both Orienteering and Rogaining Championship-level events. The Rogaining committee of Orienteering USA has been working together with the International Rogaining Federation to make this an experience worthy of the legacy of many fine World Rogaining Championship events held throughout the world during the past decades.

I would like to share with you some personal reflections about the 17th WRC. As the California Orienteering Festival organizers have stated, this event is to be held in a world famous resort area known for its pristine beauty and outstanding opportunities for recreation and relaxation. I have personally hiked the trails in this locale, rafted its rivers, camped amongst the towering pines, biked its miles of bike paths, canoed in its alpine lakes, and ridden its ski area chairlifts (I don't ski). It is a place that I never tire of visiting, and always enjoy sharing with others coming from far and wide to experience the unique environment of Lake Tahoe – a lake so pure and clean that you can see eighty feet or more into its depths. I live 20 minutes from the grandeur of Yosemite National Park, but North Lake Tahoe will always be my favorite alpine wilderness area. I hope that the world's wilderness sports enthusiasts will find the same enduring sense of wonder and gratitude for this special place, and join us for an adventure into this wilderness realm at the event put on by our experienced team of Rogainers and Rogaining groups. Welcome to you all, stay for a while, compete fairly and well, and take away memories of beauty along with fellowship in sport.

Gavin Wyatt-Mair, Director of California Orienteering Festival 2020

To all Orienteers and Rogainers of the world: We invite you to join us in beautiful California for the 2020 California Orienteering Festival. Our organizers, partners, sponsors and volunteers are working to bring you the biggest Orienteering and Rogaining festival ever held in North America. We have constructed an outstanding program of Championship-quality events for your adventure and entertainment. Our program comprises 10 high-level events spread across two weeks in a wide variety of challenging terrain that is unique to the West Coast of the United States. You will enjoy the eclectic pleasures of the great City of San Francisco, orienteer in an ancient Giant Redwood forest, and be challenged by the high alpine forests around the scenic Lake Tahoe resort area. Our events are designed to appeal to Orienteers and Rogainers of all abilities, ages and genders. Y'all come!



4. Organizers

Organization	Type	Function
 INTERNATIONAL ORIENTEERING FEDERATION	International Federation	Sponsoring partner
 International Rogaining Federation	International Federation	Sponsoring partner
	National Federation	Sponsor
 Bay Area Orienteering Club	Club, based in the San Francisco Bay Area	Primary Host
	Rogaining Club, based in Northern California	Rogaine support
 Gold Country Orienteers	Club, based in the Sacramento area	Midweek event host
	Club, based at Truckee	Midweek event host
	Club, based in the San Francisco East Bay	Midweek event host
 Western Race Services	Company, based in the San Francisco East Bay	Timing and Results
	Club, based in the Seattle area	NAOC starts











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5. Supporters and Sponsors

Organization	Type	Function
	Sport clothing company	Official provider of wearable merchandise, sponsor
	Large resort company, landowners	Event center and logistics, support and access
	Landowner	Support and access
	Landowner	Support and access
	Landowner	Support and access
	Landowner	Support and access
	Landowner	Support and access
	Landowner	Support and access



6. Program of events WRE=World ranking event NRE=National Ranking Event WRC= World Rogaining Championships

Date	Stage	Map and location	Event	Time (first start to course closed)
Tuesday Jul 21	1	Golden Gate Park San Francisco	Middle NRE	11:00 – 16:00
Wednesday Jul 22	2	Ancient Redwoods Park Santa Cruz County	Long NRE	10:00 – 16:00
Thursday Jul 23	3	The Presidio San Francisco	Sprint NRE	9:00 – 13:00
Friday Jul 24		Northstar California Resort Lake Tahoe	Model	9:00 – 18:00
			NAOC Sprint WRE, NRE	14:00 – 18:00
	4		NAOC opening ceremony, Sprint Awards, Banquet and Entertainment	18:30 – 21:00
Saturday July 25	5	Little Truckee Summit Truckee	NAOC Middle WRE, NRE	10:00 – 15:00
Sunday Jul 26	6	Independence Creek Truckee	NAOC Long WRE, NRE	09:30 – 15:30
Monday Jul 27	7	Northstar California Resort Lake Tahoe, California	NAOC relay Club Relay	10:00 – 14:00
			Awards and NAOC closing ceremony	14:00 – 14:30
Tuesday Jul 28		Rest day	Entertainment	
Wednesday Jul 29	8	State Park Lake Tahoe, Nevada	Middle NRE	10:00 – 15:00
		Boreal Ridge / Castle Peak Truckee	WRC Model (also open Thursday and Friday)	10:00 – 16:00
Thursday Jul 30	9	Sagehen Truckee	Long NRE	09:30 – 15:30
		Boreal Ridge / Castle Peak Truckee	WRC Model	10:00 – 16:00
Friday Jul 31		Boreal Ridge / Castle Peak Truckee	WRC Model	09:00 – 16:00
		Northstar California Resort	WRC Opening Ceremony, Dinner and Entertainment	17:30 – 20:00
Saturday Aug 1	10	Northstar Northstar California Resort	World Rogaining Championships	12:00 – 12:00
Sunday Aug 2				Awards at 13:00



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7. Maps and Terrain

Overview of stage locations

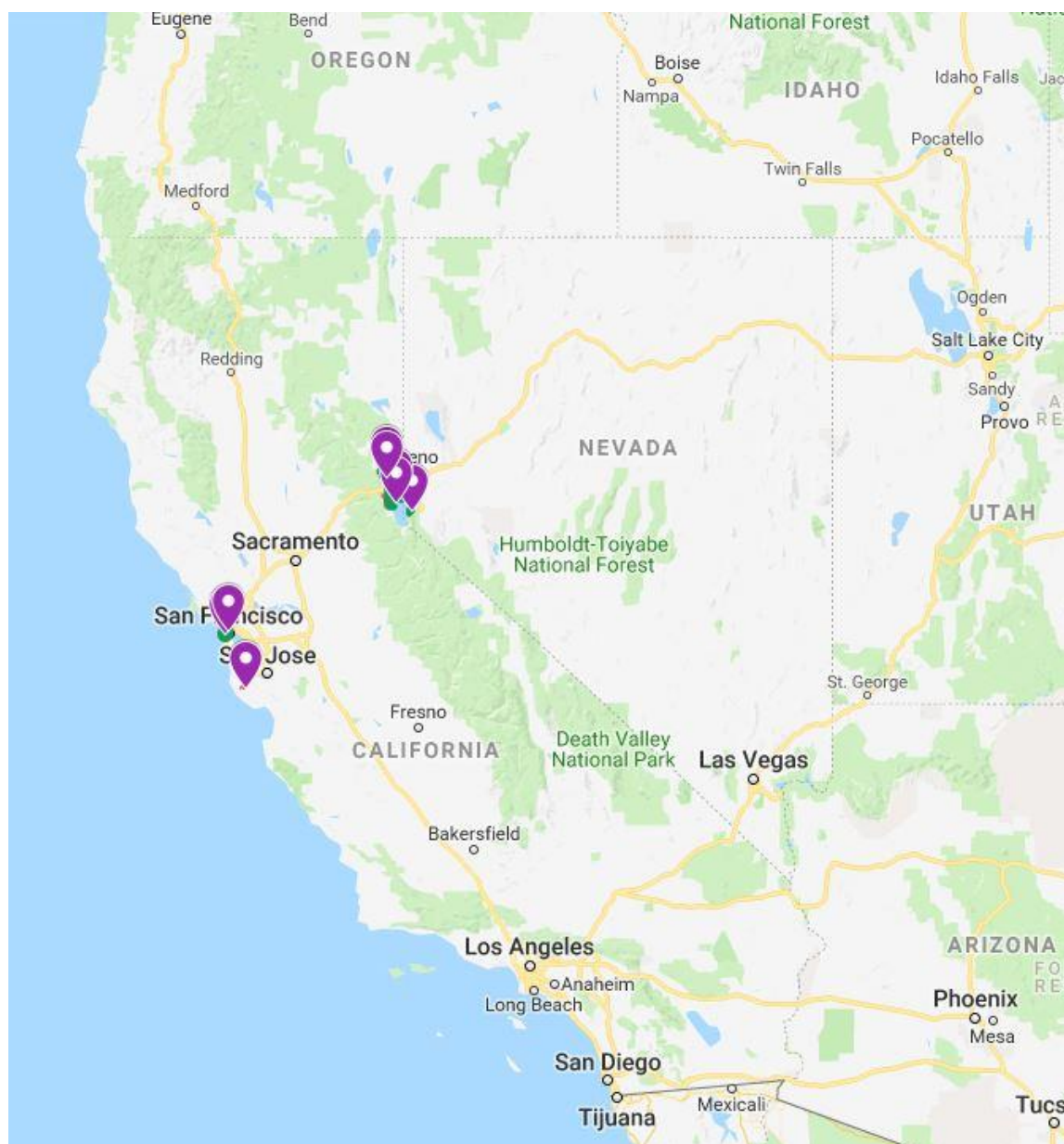




Stage locations and embargoes

Click this link to access an interactive map showing the stage locations and embargoes:

<https://tinyurl.com/y6n55yhg>





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Stage 1 Golden Gate Park Middle NRE July 21

Mappers: Bob Cooley, Vladimir Zherdev

[37.768882, -122.493308](tel:37.768882,-122.493308)

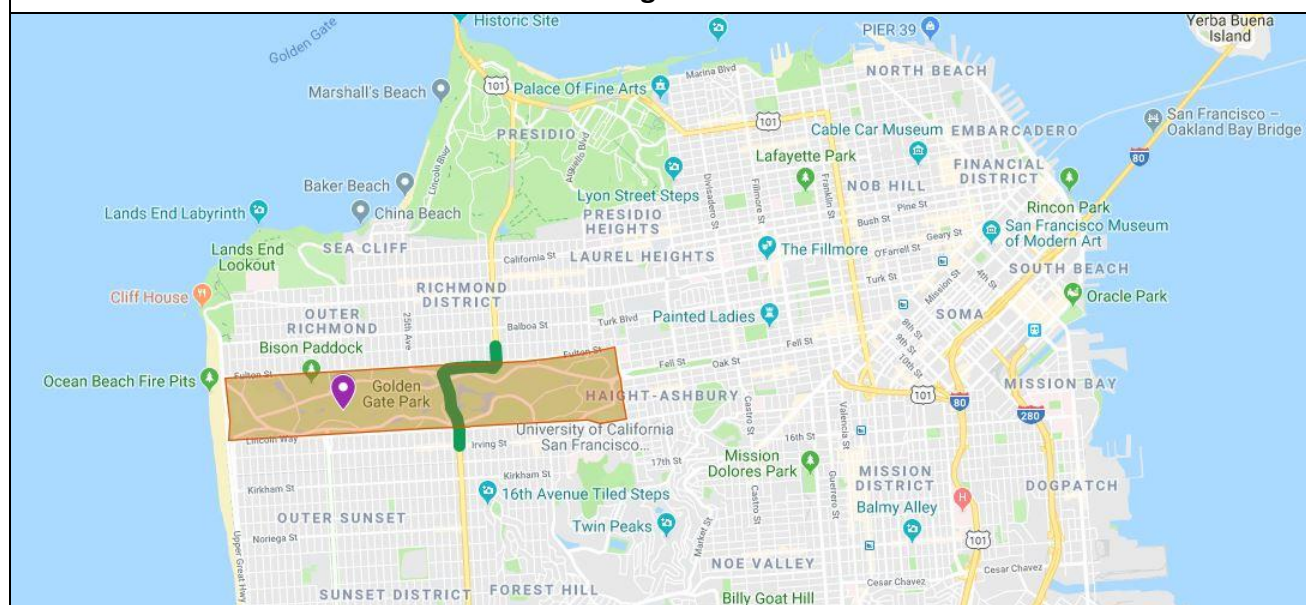
Stage	Map Name	Location	Distance from Event Center	Event	Event Date	Embargo starts	Scale	Contour
1	Golden Gate Park	San Francisco	Not applicable	Middle NRE	Tuesday July 21	January 1, 2020	1:7,500	3 m



Urban park



Embargoed area



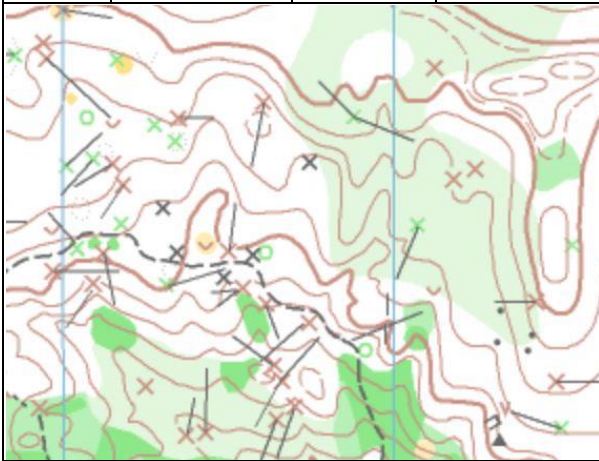


Stage 2 Santa Cruz Ancient Redwoods Long NRE July 22

Mapper: Vladimir Zherdev

[37.172376, -122.221999](https://www.caltopo.com/?lat=37.172376&lon=-122.221999)

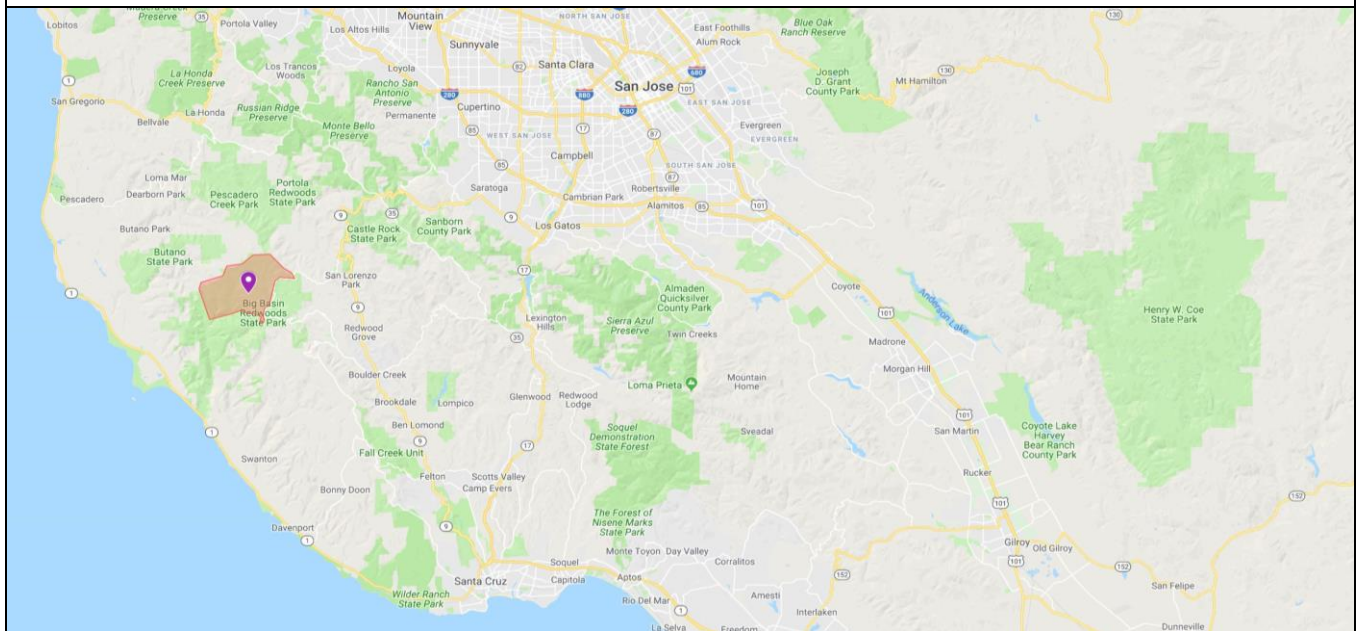
Stage	Map Name	Location	Distance from Event Center	Event	Event Date	Embargo starts	Scale	Contour
2	Ancient Redwoods	Santa Cruz	Not applicable	Long NRE	Wednesday July 22	April 1, 2019	1:7,500 1:10,000	5 m



Red-
woods
Forest



Embargoed area





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Stage 3 San Francisco Presidio Sprint NRE July 23

Mappers: Matej Sebo, Bob Cooley

[37.800394, -122.457353](#)

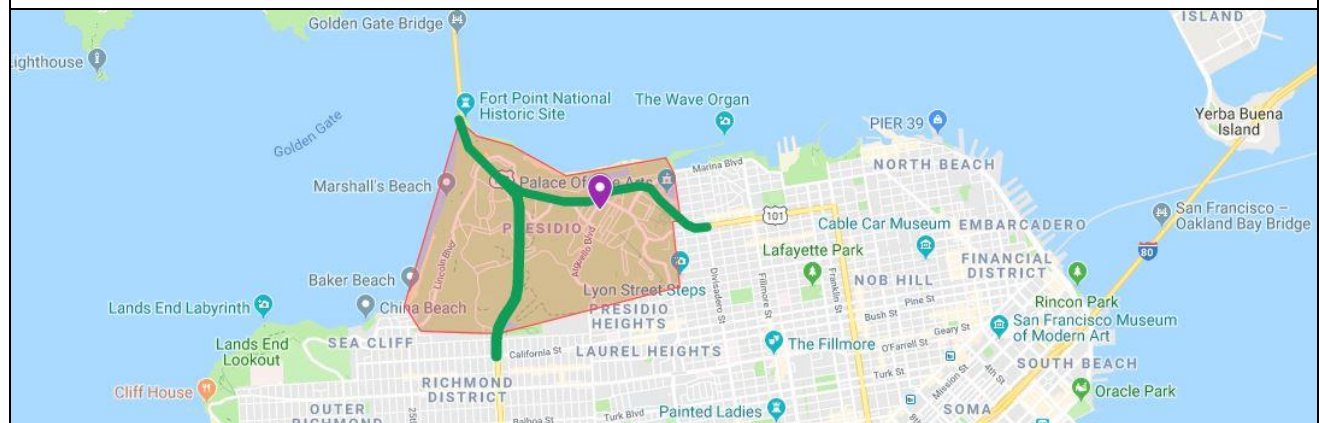
Stage	Map Name	Location	Distance from Event Center	Event	Event Date	Embargo starts	Scale	Contour
3	The Presidio	San Francisco	Not applicable	Sprint NRE	Thursday Morning July 23	January 1, 2020	1:4,000	2.5 m



Urban park



Embargoed area





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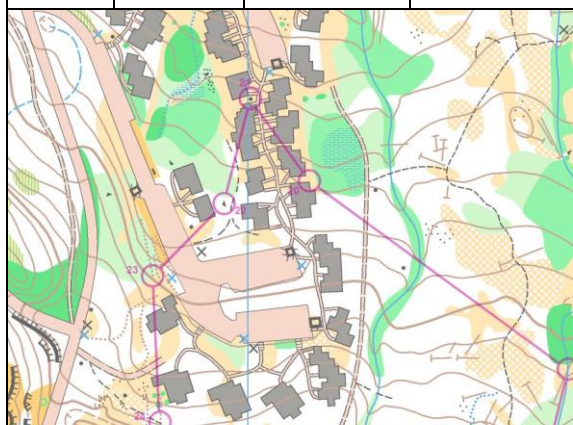
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Stage 4 Northstar NAOC Sprint WRE July 24

Mappers: Bob Cooley, Vladimir Zherdev

[39.276798, -120.121345](#)

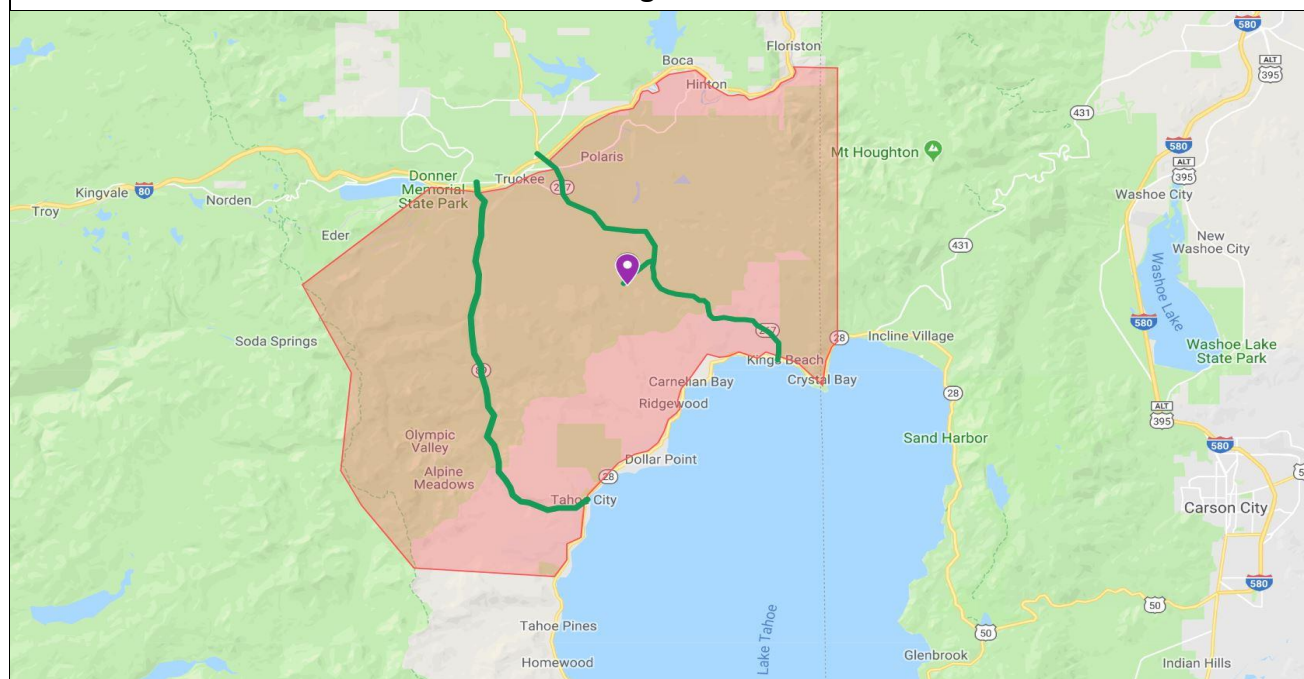
Stage	Map Name	Location	Distance from Event Center	Event	Event Date	Embargo starts	Scale	Contour
4	Northstar	Northstar California Resort	0 km	Sprint WRE	Friday July 24	April 1, 2019	1:4,000	2.5 m



Urban and forested resort;
2000 m altitude



Embargoed area





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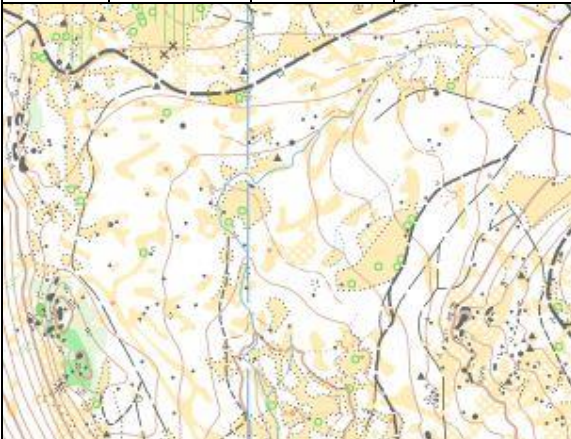

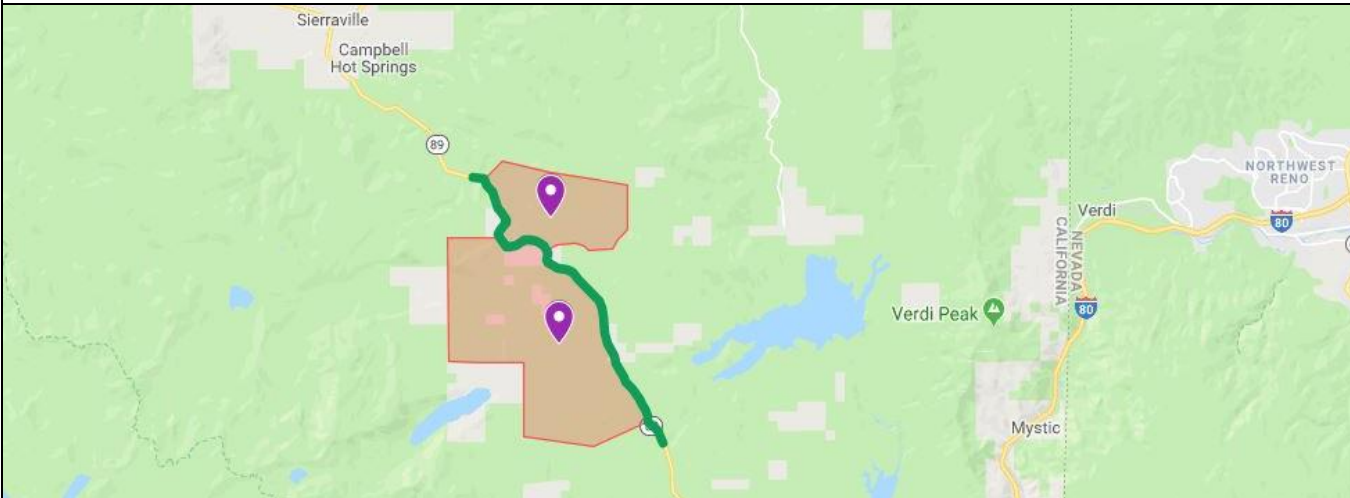
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Stage 5 Little Truckee Summit NAOC Middle WRE July 25

Mappers: Vladimir Zherdev, Ivar Helgesen

[39.276798, -120.121345](#)

Stage	Map Name	Location	Distance from Event Center	Event	Event Date	Embargo starts	Scale	Contour
5	Little Truckee Summit	Truckee	35 km	Middle WRE	Saturday July 25	April 1, 2019	1:7,500 1:10,000	5 m
				Alpine forest; 2000 m altitude				
Embargoed area								
								



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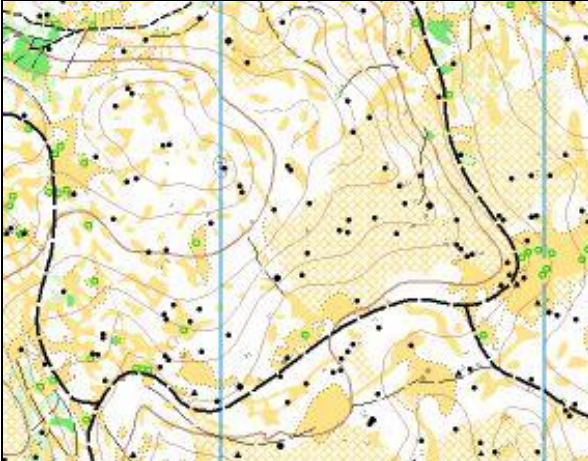

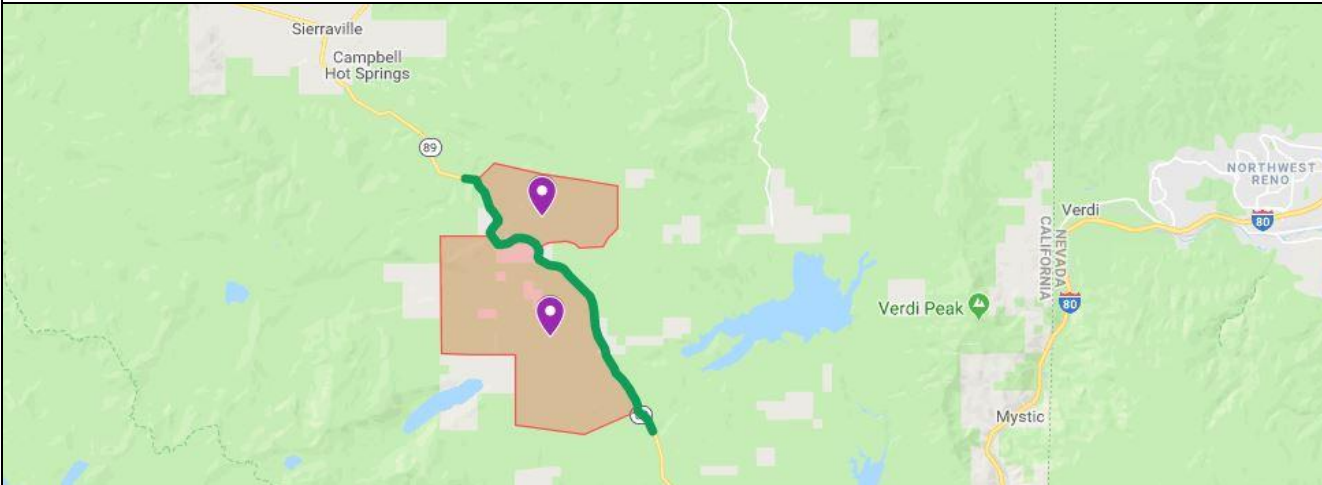
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Stage 6 Independence Creek NAOC Long WRE July 26

Mappers: Vladimir Zherdev, Bob Cooley

[39.276798, -120.121345](#)

Stage	Map Name	Location	Distance from Event Center	Event	Event Date	Embargo starts	Scale	Contour
6	Independence Creek	Truckee	25 km	Long WRE	Sunday July 26	April 1, 2019	1:7,500 1:10,000 1:15,000	5 m
				Alpine forest; 2000 m altitude				
Embargoed area								
								



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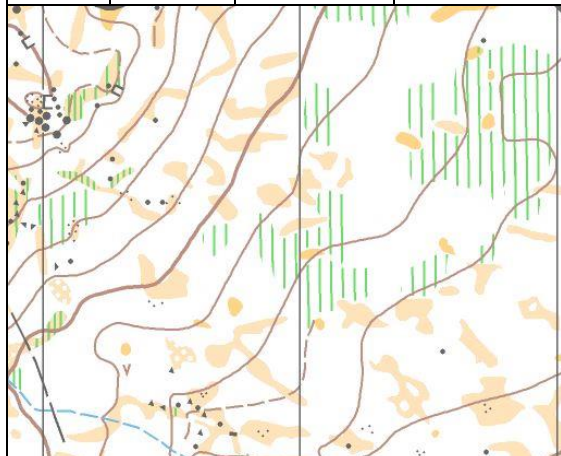
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Stage 7 Northstar NAOC Relay July 27

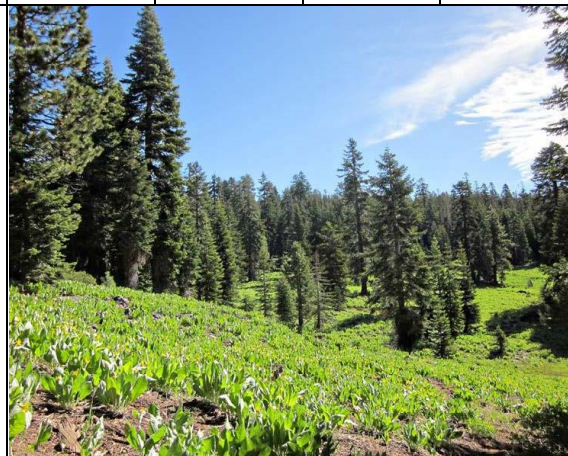
Mappers: Vladimir Zherdev, Bob Cooley

[39.276798, -120.121345](#)

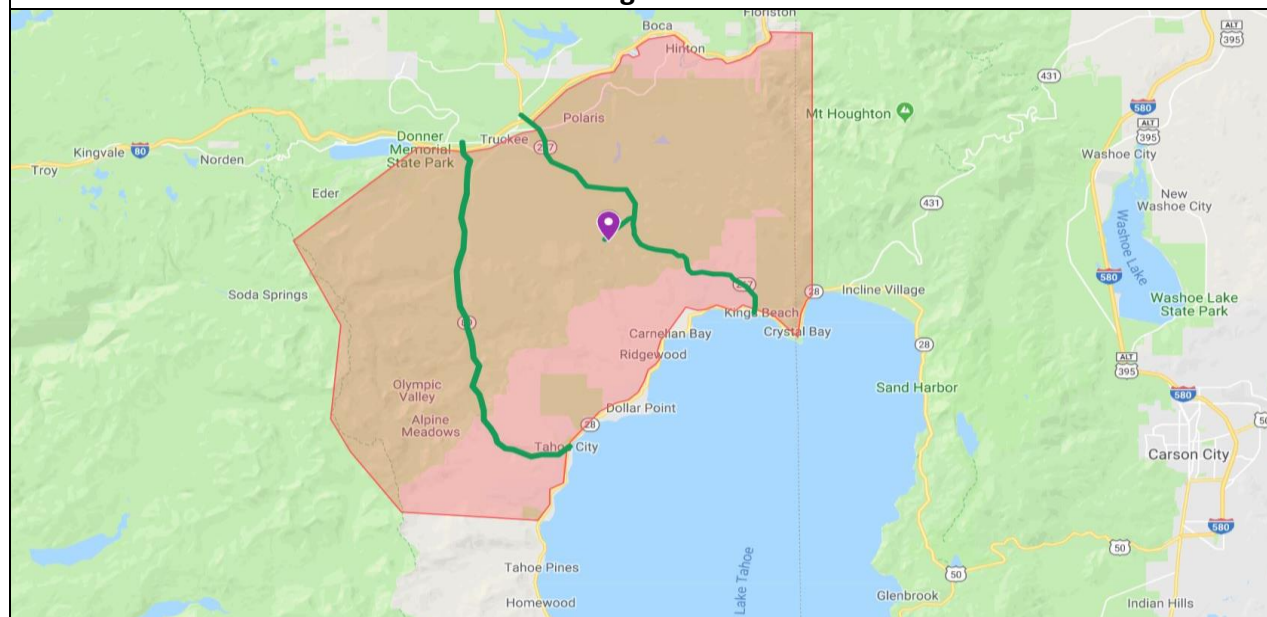
Stage	Map Name	Location	Distance from Event Center	Event	Event Date	Embargo starts	Scale	Contour
7	Northstar	Northstar California Resort	0 km	Relays	Monday July 27	April 1, 2019	1:7,500 1:10,000	5 m



Alpine forest;
2000 m altitude



Embargoed area





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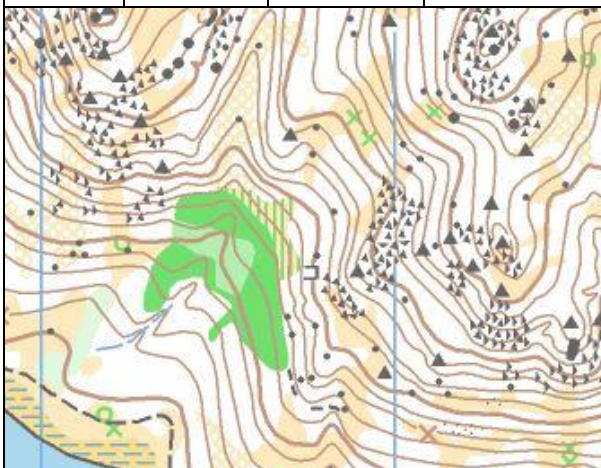

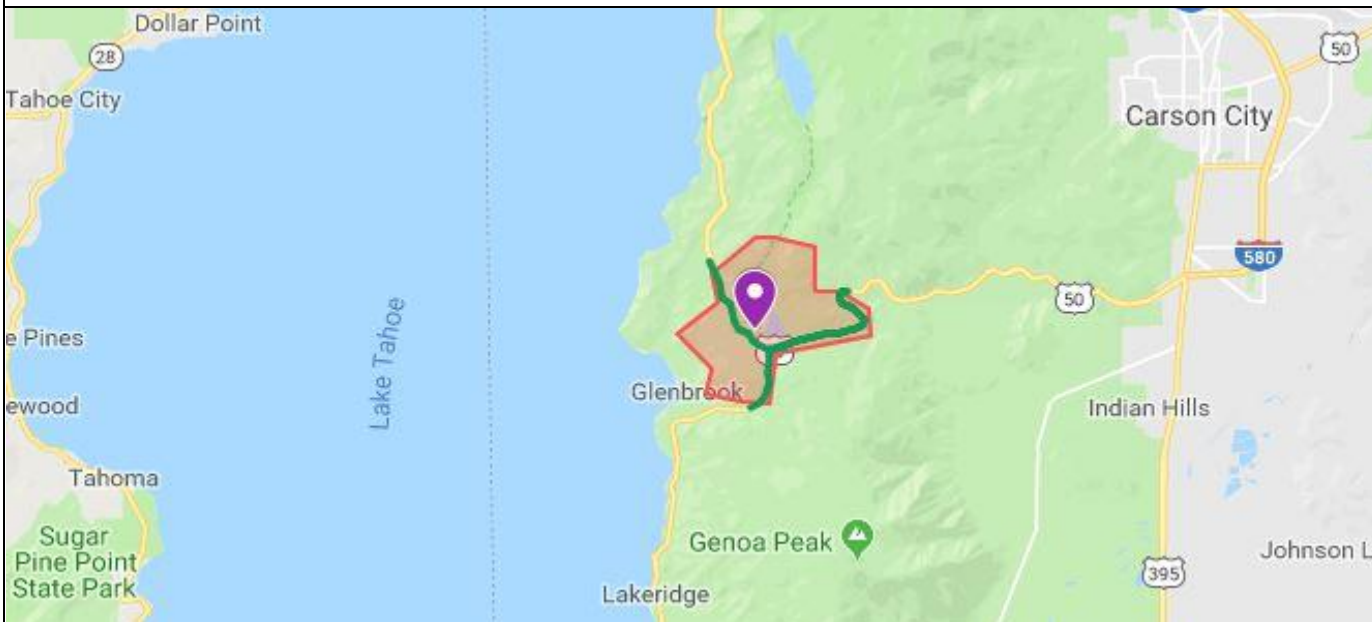
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Stage 8 State Park, Lake Tahoe Middle NRE July 29

Mappers: George Kirkov, Ivar Helgesen, Bob Cooley

[39.276798, -120.121345](#)

Stage	Map Name	Location	Distance from Event Center	Event	Event Date	Embargo starts	Scale	Contour
8	Spooner Lake	East Lake Tahoe, Nevada	40 km	Middle NRE	Wednesday July 29	April 1, 2019	1:7,500 1:10,000	5 m
				Alpine forest; 2000 m altitude				
Embargoed area								
								



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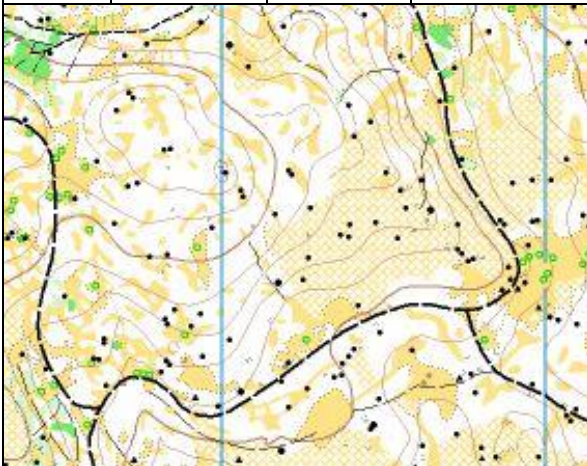

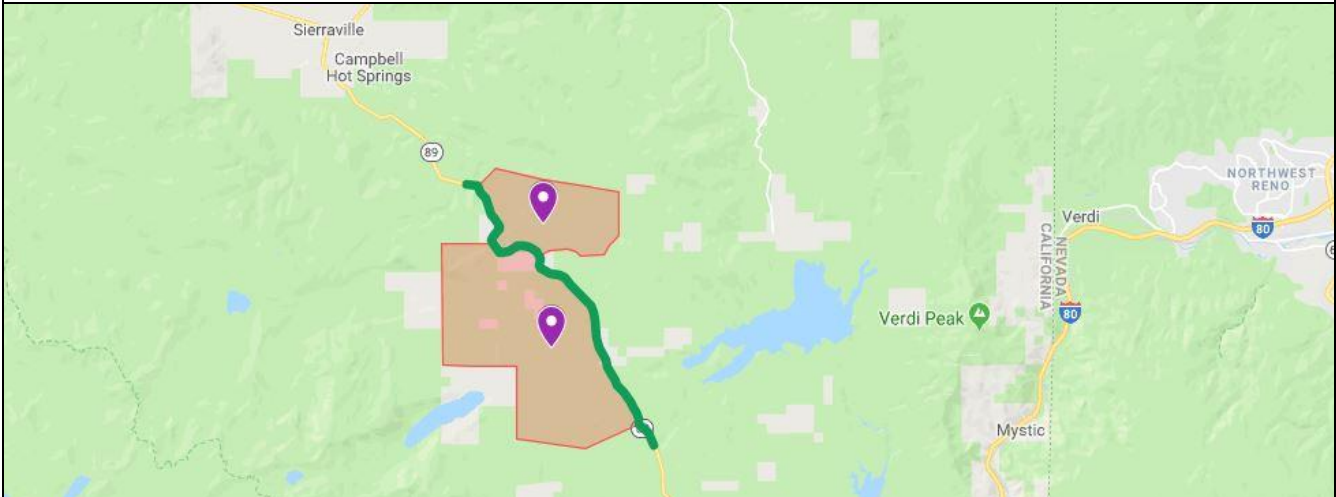
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Stage 9 Sagehen Long NRE July 30

Mappers: Vladimir Zherdev, Bob Cooley

[39.276798, -120.121345](#)

Stage	Map Name	Location	Distance from Event Center	Event	Event Date	Embargo starts	Scale	Contour	
9	Sagehen	Truckee	25 km	Long NRE	Thursday July 30	April 1, 2019	1:7,500 1:10,000	5 m	
				Alpine forest; 2000 m altitude					
Embargoed area									
									



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Stage 10 Northstar World Rogaining Championships August 1-2

Mapper: Bill Cusworth

[39.276798, -120.121345](#)

Stage	Map Name	Location	Distance from Event Center	Event	Event Date	Embargo starts	Scale	Contour
10	Northstar	Northstar California Resort	0 km	World Rogaining Champs WRC	Saturday August 1- Sunday August 2	April 1, 2019	1:25,000	10 m

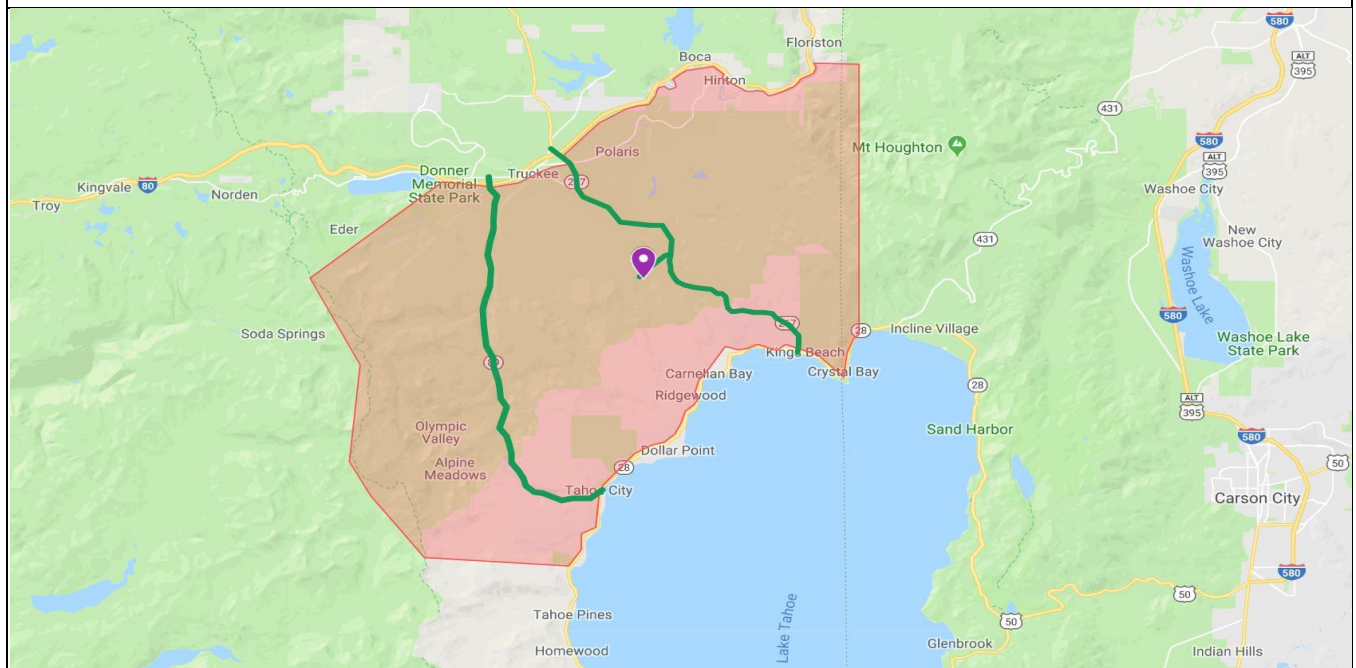


Alpine forest and meadows;

1900 – 2700 m altitude



Embargoed area





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The World Rogaining Championships competition area is about 200 km² in size located in the Sierra Nevada mountain range north of Lake Tahoe, in California. The average altitude in the area is around 2300m, the highest point is 2700m, and the lowest point is about 1900m. Slopes are mostly hilly with some steep areas and deep ravines. Snow covers the area for 7-8 months of the year which contributes to the forest being very open and runnable with just small patches of thick vegetation. The forest ranges from open grassy areas to mainly pine forest and some rocky outcrops. Streams in the area will be mostly low during the summer.





8. Event Centers

The event centers for Stages 1-3 will be at the event arenas.

The event center for Stages 4-10 is Northstar California Resort, an all-weather recreation center in the beautiful Lake Tahoe region of California. It is 300 km north-east of San Francisco, and 60 km south-west of Reno, Nevada, both of which have major airports. The competition area is in the Sierra Nevada mountains, and is readily accessible by major roads.

Tourism and recreation are a major part of the area economy, with so many opportunities for adventure and fun that many participants will choose to schedule significant time before and/or after the events to participate in many activities. The following images give an indication of the appeal of this area to outdoors sports enthusiasts of every kind:



Northstar California Resort Hotel



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Emerald Bay, Lake Tahoe



9. Travel and lodging

Government requirements:

- Passports are needed to enter the United States.
- For visa information, please visit the federal travel website:
<http://travel.state.gov/content/visas/en.html>
- Or visit: <https://www.dhs.gov/how-do-i/visit-united-states>
- If you need visa help or special documentation, such as an “Invitation Letter”, please inform the Registrar when you register.

Airports:

Airport information			
Airport Code	Description of service	Driving distance to Stage 1 Arena	Driving distance to Northstar Event Center
San Francisco SFO	Major international hub airport for the entire San Francisco Bay area; comprehensive World-wide service from many airlines; comprehensive USA service.	15 miles 24 km	206 miles 330 km
Oakland OAK	International service to Europe from Norwegian Airlines; International service to Mexico and central America; major Southwest Airlines hub with comprehensive discount service across the USA.	22 miles 35 km	200 miles 320 km
San Jose SJC	Serves Silicon Valley in the south San Francisco Bay area; International service to Canada (Toronto and Vancouver), Tokyo, Beijing, London, Mexico and central America; comprehensive USA service.	50 miles 80 km	225 miles 360 km
Sacramento SMF	Serves the California State Capital; International service to Mexico; comprehensive USA service, mostly from Southwest Airlines.	100 miles 160 km	115 miles 184 km
Reno RNO	International service to Guadalajara, Mexico; comprehensive USA service, mostly from Southwest Airlines.	225 miles 360 km	41 miles 66 km
Truckee Tahoe KTRK	Regional private air services servicing the San Francisco Bay Area and southern California; private airplanes, helicopters and gliders.	192 miles 307 km	5 miles 8 km



Parking:

Parking information			
Stage	Arena location	Availability	Cost
1	San Francisco Park https://tinyurl.com/ye5swan5	Plentiful	Free on streets. \$5 per hour or \$29 per day in garage
2	Big Basin Redwoods State Park	Limited. Please car-pool if possible.	\$10 per day
3	Presidio of San Francisco	Plentiful	~\$2 per hour
4, 7, 10 and Event center	Northstar California Resort	Plentiful	Free
5, 6, 8, 9	Little Truckee Summit, Independence Creek, Spooner Lake, Sagehen	None	Buses are included in event fees

Stages 1, 2, 3: San Francisco Bay Area

Travel

Stages 1 and 3 are in the city of San Francisco, accessible via public transport from San Francisco Airport, Oakland Airport and city hotels.

Stage 2 is in Big Basin State Park, 78 miles south of San Francisco, 90-120 minutes drive by car.

You may request Cal-O-Fest to help with transportation to Big Basin from San Francisco.

Lodging

San Francisco has a large and varied amount of hotel/motel lodging. Tourist and downtown areas of the city are more expensive and should be booked well in advance. All are available using [Booking.com](https://www.booking.com), [Expedia.com](https://www.expedia.com), [TripAdvisor.com](https://www.tripadvisor.com) and many other online booking options.

For less expensive options try the Lombard Street area, North Beach, and the Marina District. Both Stages 1 and 3 are easily accessible from Lombard Street.

Hostels can also be an inexpensive option: [HostelWorld.com](https://www.hostelworld.com)

For larger groups or single rooms try airbnb.com: [Airbnb](https://www.airbnb.com)

Camping is a wonderful option in Big Basin State Park. Reservations can be made up to six months in advance - and they do fill up quickly in the summer. Tent cabins with equipment rentals are available too, but these require at least two-day reservations. parks.ca.gov



Stages 4-10 event center at Northstar California Resort, North Lake Tahoe, Truckee Area. Includes **NAOC**, **WRC**.

Travel

From Truckee Tahoe airport or Reno-Tahoe International airport, see

<https://www.northstarcalifornia.com/explore-the-resort/about-the-resort/getting-here.aspx>

Car/Auto: this is the easiest way to travel from the San Francisco Bay Area to the North Lake Tahoe region. It takes about 3½ to 4 hours to drive from San Francisco to Northstar, depending on traffic, and much of the drive is quite picturesque.

Bus: Greyhound (5-6 hours): <https://www.greyhound.com/>

Trains: California Zephyr Amtrak Train from Emeryville to Truckee is a beautiful option to get to the Lake Tahoe area. amtrak.com

Travel While in North Lake Tahoe

Car/Auto: This is the easiest way to get around the Truckee - North Lake Tahoe region. There are many rental car agencies (Hertz, Avis, Budget, Enterprise, etc), taxis, as well as Lyft and Uber for private taxis.

Public transit: TART provides a regular local bus service. TahoeTruckeeTransit.com

Lodging

There will be no competitor parking at the event arenas for Stages 5, 6, 8 & 9. Participants will be bussed daily to stages 5, 6, 8 & 9 from the Northstar resort. Free parking is available at Northstar. Please take this into consideration when booking your lodging.

North Lake Tahoe is an extensive recreation area including several cities. There is a large number and range of lodgings but you should book in advance for the most choice.

The Northstar Resort is our event center and is a full-service ski area and summer resort.

Stages 4 and 7 will be held at the Northstar resort in addition to the World Rogaining Championships (Stage 10). Participants in the WRC will be able to camp during the 24hr event.



Direct bookings

For discounted lodging at Northstar California Resort:

Phone number: **1-800-GONORTH (1-800-466-6784)**

Lodging code: **CC1ORNT**

Or direct link:

[Click here for your discounted lodging at Northstar!](#)

Other Northstar Lodging Options

There are many rentals-by-owner available in the large Northstar Resort area ranging from rooms to large homes. These can be found on websites such as <https://www.vrbo.com/> or <https://www.airbnb.com/> and other travel websites. These are often especially well priced for families and groups looking for self-catering lodging.

Other Nearby Lake Tahoe Options

There are inexpensive hotels and motels all around this area. Both Truckee (nice historic town), and Tahoe City (city right at the edge of Lake Tahoe) have a range of lodging with stores, restaurants and supermarkets in walking distance. [Booking.com](#), [Expedia.com](#), [TripAdvisor.com](#) and many other websites show these.

Self Catering

There are large numbers of cabins/homes of all sizes that are available for “rental by owner” - this is an excellent option for families or groups who want to self-cater, and have access to a car. There are often resort amenities included such as swimming. To find these use <https://www.vrbo.com/> or <https://www.airbnb.com/> or Google “tahoe rentals”

Camping

There are several excellent camping areas in the area. Cal-O-Fest will assist in arranging camping at Donner Memorial State Park if requested. You may request camping information at the time of registration.

Rogaine camping will be available at the event center from July 30 until August 3.



10.Competition classes

Orienteering classes - women				
Class (age at 31 Dec 2020)	Technical Difficulty	Winning Time Sprint	Winning Time Middle	Winning Time Long
F-10	■	10-12	20-25	25-30
F-12	■	10-12	20-25	30-35
F-14	■ ■	10-12	20-25	35-45
F-16	■ ■ ■	10-12	20-25	40-50
F-18	■ ■ ■ ■ ■	10-12	25-30	50-60
F-20	■ ■ ■ ■ ■	12-15	25-30	60-70
F-20 Elite	■ ■ ■ ■ ■	12-15	25-30	60-70
F-21+ Elite	■ ■ ■ ■ ■	12-15	30-35	70-80
F-21+	■ ■ ■ ■ ■	12-15	30-35	60-70
F35+	■ ■ ■ ■ ■	12-15	30-35	50-60
F40+	■ ■ ■ ■ ■	12-15	30-35	45-55
F45+	■ ■ ■ ■ ■	12-15	25-30	40-50
F50+	■ ■ ■ ■ ■	12-15	25-30	40-50
F55+	■ ■ ■ ■ ■	12-15	25-30	40-50
F60+	■ ■ ■ ■ ■	12-15	25-30	40-50
F65+	■ ■ ■ ■ ■	12-15	25-30	40-50
F70+	■ ■ ■ ■ ■	12-15	25-30	40-50
F75+	■ ■ ■ ■	12-15	25-30	40-50
F80+	■ ■ ■ ■	12-15	25-30	40-50
F85+	■ ■ ■ ■	12-15	25-30	40-50
F90+	■ ■ ■ ■	12-15	25-30	40-50

F-16 and F-18 are eligible for North American Youth Orienteering Championships

F-20 Elite are eligible for North American Junior Orienteering Championships and World Ranking; IOF ID required

F-21+ Elite are eligible for North American Orienteering Championships and World Ranking; IOF ID required

Women may compete in Men's classes



Orienteering classes - men				
Class (age at 31 Dec 2020)	Technical Difficulty	Winning Time Sprint	Winning Time Middle	Winning Time Long
M-10	■	10-12	20-25	25-30
M-12	■	10-12	20-25	30-35
M-14	■ ■	10-12	20-25	35-45
M-16	■ ■ ■	10-12	20-25	45-55
M-18	■ ■ ■ ■ ■	10-12	25-30	55-65
M-20	■ ■ ■ ■ ■	12-15	30-35	70-80
M-20 Elite	■ ■ ■ ■ ■	12-15	30-35	70-80
M-21+ Elite	■ ■ ■ ■ ■	12-15	30-35	90-100
M-21+	■ ■ ■ ■ ■	12-15	30-35	70-80
M35+	■ ■ ■ ■ ■	12-15	30-35	65-75
M40+	■ ■ ■ ■ ■	12-15	30-35	60-70
M45+	■ ■ ■ ■ ■	12-15	25-30	55-65
M50+	■ ■ ■ ■ ■	12-15	25-30	50-60
M55+	■ ■ ■ ■ ■	12-15	25-30	45-55
M60+	■ ■ ■ ■ ■	12-15	25-30	45-55
M65+	■ ■ ■ ■ ■	12-15	25-30	45-55
M70+	■ ■ ■ ■ ■	12-15	25-30	45-55
M75+	■ ■ ■ ■ ■	12-15	25-30	45-55
M80+	■ ■ ■ ■ ■	12-15	25-30	45-55
M85+	■ ■ ■ ■ ■	12-15	25-30	45-55
M90+	■ ■ ■ ■ ■	12-15	25-30	45-55

M-16 and M-18 are eligible for North American Youth Orienteering Championships

M-20 are eligible for North American Junior Orienteering Championships and World Ranking; IOF ID required

M-21+ Elite are eligible for North American Orienteering Championships and World Ranking; IOF ID required

Women may compete in Men's classes



Orienteering classes - recreational		
Class	Technical Difficulty	Similar to
Rec 1 White	■	M/F-10
Rec 2 Yellow	■ ■	M/F -14
Rec 3 Orange Short	■ ■ ■	F-16
Rec 4 Orange Long	■ ■ ■	M-16
Rec 5 Beige	■ ■ ■ ■	F75+ / M80+
Rec 6 Brown	■ ■ ■ ■ ■	F55+ / M70+
Rec 7 Green	■ ■ ■ ■ ■	F45+ / M60+
Rec 8 Red	■ ■ ■ ■ ■	F35+ / M50+

**Recreational classes are non-competitive and not eligible for awards.
There will be no pre-assigned start times for recreational classes.**



Orienteering classes - Elite relay		
Class	Technical Difficulty	Recommended Winning Time (total)
NA National Youth Women's Team	■ ■ ■ ■ ■	75-85 minutes
NA National Youth Men's Team	■ ■ ■ ■ ■	75-85
NA National Junior Women's Team	■ ■ ■ ■ ■	95-105
NA National Junior Men's Team	■ ■ ■ ■ ■	100-110
NA National Senior Women's Team	■ ■ ■ ■ ■	105-135
NA National Senior Men's Team	■ ■ ■ ■ ■	105-135

NA National relay team members must be from the same Federation in order to be eligible for titles.

Women may compete in the Men's National Team relay.

All Junior Team members' Orienteering age must be 20 or younger.

All Youth Team members' Orienteering age must be 16 or younger.



Orienteering classes – Club relay		
Class	Technical Difficulty	Recommended Winning Time (total)
Club 12+ points team	■■■	35-45 minutes
Open 12+ points team	■■■	35-45
Club 8+ points team	■■■■	35-50
Open 8+ points team	■■■■	35-50
Club 4+ points team	■■■■■	45-65
Open 4+ points team	■■■■■	45-65
Club Select team	■■■■■	65-85
Open Select team	■■■■■	65-85

Club relay team members must be members of the same club in order to be eligible for Club prizes.

Club and Open teams compete based on points class, and can be mixed gender.

Club and Open teams are deemed to compete in all lesser points classes.

Relay teams have 3 runners. Teams with less than 3 runners are not eligible for awards.

Relay teams must be declared by 8 pm on July 25, 2020. The process for declaring teams will be posted on <http://cal-o-fest.com> at a later date.

Relay points						
Age	Women	Men		Age	Women	Men
-12	7	5		75+	7	5
-14	6	4		65+	6	4
-16	5	3		55+	5	3
-18	4	2		45+	4	2
-20	3	1		35+	3	1
-21+	2	0		-21+	2	0



World Rogaining Championships Classes		
Class	Abbreviation	Description and Age on August 1, 2020
Women Open	WO	2 or 3 women, no age restriction
Men Open	MO	2 or 3 men, no age restriction
Mixed Open	XO	At least 1 man and 1 woman, no age restriction
Women Youth	WY	2 or 3 women, all under 23 on August 1, 2020
Men Youth	MY	2 or 3 men, all under 23 on August 1, 2020
Mixed Youth	XY	At least 1 man and 1 woman, all under 23 on August 1
Women Veteran	WV	2 or 3 women, all 40 or over
Men Veteran	MV	2 or 3 men, all 40 or over
Mixed Veteran	XV	At least 1 woman and 1 man, all 40 or over
Women Super Veteran	WSV	2 or 3 women, all 55 or over
Men Super Veteran	MSV	2 or 3 men, all 55 or over
Mixed Super Veteran	XSV	At least 1 woman and 1 man, all 55 or over
Women Ultra Veteran	WUV	2 or 3 women, all 65 or over
Men Ultra Veteran	MUV	2 or 3 men, all 65 or over
Mixed Ultra Veteran	XUV	At least 1 woman and 1 man, all 65 or over

Any team that has a member under 14 years of age shall also have a member 18 years of age or older.

All participants under 18 must have permission from their legal guardian to take part in the competition.

Teams are deemed to compete in every category for which they are eligible.



- There will be a Volunteer- and Youth-oriented Fun Rogaine, 4-hours in duration.
- It will start at 2 pm and finish at 6 pm on August 1.
- It will use the same Start, Finish and Map as the World Rogaining Championships.
- If you volunteer at the World Rogaining Championships for more than 4 hours, you will receive a significant discount for the Fun Rogaine.
- The Fun Rogaine can be used towards the **CORONA** award.
- There will be modest, fun awards for the top three teams in each class.

Fun Rogaine Classes		
Class	Abbreviation	Description and Age on August 1, 2020
Women Open	WA	2 or 3 women, Any age
Men Open	MA	2 or 3 men, Any age
Mixed Open	XA	At least 1 man and 1 woman, Any age
Women Junior	WJ	2 or 3 women, all under 21 on August 1, 2020
Men Junior	MJ	2 or 3 men, all under 21 on August 1, 2020
Mixed Junior	XJ	At least 1 man and 1 woman, all under 21 on August 1
Women Masters	WM	2 or 3 women, all 50 or over on August 1, 2020
Men Masters	MM	2 or 3 men, all 50 or over on August 1, 2020
Mixed Masters	XM	At least 1 woman and 1 man, all 50 or over on Aug 1



11. Awards

North American Orienteering Championships

M/F-21+ Elite, Junior F/M-20, Youth F/M-18, Youth F/M-16

- The top three qualifying elite women and men in each discipline (sprint, middle, long) will receive IOF medals.
- The top six qualifying elite women and men in each discipline (sprint, middle, long) will receive IOF certificates.

All other age classes

- The top three qualifying women and men in class and discipline (sprint, middle, long) will receive Championship awards.

World Ranking Event

- Women and men who participate in and finish any F/M-21+ Elite or F/M-20 Elite course will automatically receive World Ranking points, if they provide an IOF ID.

Relay

- The top three Club and Open Relay Teams in each points category (Select, 4+, 8+ and 12+) will receive an award.

North American Regional Floating Trophies

- The top North American Senior National Team will receive the Bjorn Kjellstrom Cup
- The top North American Junior National Team will receive the Future Champions Cup

World Rogaining Championships

- *The winning team in each class will receive an IRF floating trophy and WRC2020 personal trophies.*
- *Second and third place teams in each class will receive WRC2020 personal trophies.*

California Orienteering Festival

- The top three women and men in each class will receive Festival awards. Points will be computed using the Scottish scoring system, best 5 of 8 individual orienteering stages.

The Coolest Orienteer-Rogainer Of North America (CORONA)

- Everyone who successfully completes all 10 stages (including a Rogaine) of the California Orienteering Festival in their proper age and gender class will forever be known as a CORONA, and will receive a CORONA award.



12. Description of Punching System and Results Display

The SPORTident electronic punching system will be used. Touch-free mode (Air+) will be activated in addition to classic SPORTident punching. Both traditional and SIAC (SI-Air) touchless electronic systems will be supported on all courses.

M/F-21+ Elite, M/F-20, M/F-18 and M/F-16 are required to use SIAC (SI-Air) cards for the North American Orienteering Championship events. Contactless SIAC (SI-Air) cards will be available for rent to all competitors.

The contactless SI-Air system will be set to register within approximately 0.4 meters of the control station. Per IOF and OUSA rules, as always it is the competitor's responsibility to ensure that their punch is recorded, using the audio and visual confirmations of the punching system.

There are two fallback positions if a contactless punch fails to be confirmed:

- a. Insert or re-insert the electronic card into the control unit and check for confirmation.
- b. A manual pin-punch will be provided at each checkpoint in case the electronic system fails to work.

Western Race Services will provide near-real-time display of results on large computer screens, as well as printouts of split times. Results will be available on-line within 48 hours of the end of each event.

Additional considerations for the World Rogaining Championships:

- *Checkpoints will have reflectors.*
- *Each competitor shall wear one SPORTident electronic punch. The SI-Air card will be provided by the organizers, attached to each competitor with a non-removable unique wrist band, and it must be carried by the competitor from start to finish. Proper attachment will be checked when entering the start corral.*
- *For safety and in accordance with the rules, teams must stay together at all times. Team members must punch within 60 seconds of each other. Team members should arrive at checkpoints together and leave immediately after punching so that there is no chance of the SI Air system unexpectedly punching due to proximity and thus violating the 60-second rule.*
- *The manual pin-punch will be used to award points only if there has been a failure of the SI station or SI-Air card, or the SI station was missing.*
- *GPS trackers may be provided as part of team mandatory equipment.*



13. Pricing

a. Competitive Orienteering and World Championship Rogaine

Adults			On-line Pricing [US \$]			Special [US \$]
			Early	Regular	Late	Very Late ^[1]
Stage	Event	Stage Date	Nov-Dec 31, 2019	Jan1 - Mar 31, 2020	Apr 01 - Jun 30, 2020	July 1 - Day of event
1 NRE	Middle	21-Jul	\$33	\$40	\$50	\$70
2 NRE	Long	22-Jul	\$33	\$40	\$50	\$70
3 NRE	Sprint	23-Jul	\$33	\$40	\$50	\$70
4 WRE NAOC	Sprint	24-Jul	\$42	\$50	\$65	\$85
5 WRE NAOC	Middle ^[2]	25-Jul	\$42	\$50	\$65	\$85
6 WRE NAOC	Long ^[2]	26-Jul	\$42	\$50	\$65	\$85
7 NAOC	Relay	27-Jul	\$33	\$40	\$50	\$70
8 NRE	Middle ^[2]	29-Jul	\$33	\$40	\$50	\$70
9 NRE	Long ^[2]	30-Jul	\$33	\$40	\$50	\$70
10 WRC	Rogaine ^[3]	1-2 Aug	\$185	\$220	\$260	\$340
Package	All 10		\$430	\$520	\$650	

Juniors born on or after Jan 1, 2000			On-line Pricing [US \$]			Special [US \$]
			Early	Regular	Late	Very Late ^[1]
Stage	Event	Stage Date	Nov-Dec 31, 2019	Jan1 - Mar 31, 2020	Apr 01 - Jun 30, 2020	July 1 - Day of event
1 NRE	Middle	21-Jul	\$20	\$25	\$30	\$40
2 NRE	Long	22-Jul	\$20	\$25	\$30	\$40
3 NRE	Sprint	23-Jul	\$20	\$25	\$30	\$40
4 WRE NAOC	Sprint	24-Jul	\$25	\$30	\$40	\$60
5 WRE NAOC	Middle ^[2]	25-Jul	\$25	\$30	\$40	\$60
6 WRE NAOC	Long ^[2]	26-Jul	\$25	\$30	\$40	\$60
7 NAOC	Relay	27-Jul	\$20	\$25	\$30	\$40
8 NRE	Middle ^[2]	29-Jul	\$20	\$25	\$30	\$40
9 NRE	Long ^[2]	30-Jul	\$20	\$25	\$30	\$40
10 WRC	Rogaine ^[3]	1-2 Aug	\$150	\$175	\$230	\$285
Package	All 10		\$300	\$360	\$450	

[1] For Very Late entries, send email to Registrar@cal-o-fest.com or register in person at the event.

Special Very Late entries are NOT available for M/F-21+E, M/F-20E, M/F-18 and M/F-16 NAOC Championship classes. Day-of event competitive entry is NOT available after the first start on that day.

[2] Includes bus transportation from Event Center to Arena for Stages 5, 6, 8 and 9.

[3] Includes Buff, Hash House, Sunday lunch, GPS tracker, Si-Air e-punch, Rogaine camping.



b. Fun 4-hour Rogaine entries and Package

- The Fun Rogaine counts towards the **CORONA** award provided that you also enter and complete all 9 Competitive Orienteering stages in your proper age-gender class; recreational entries do not count for the **CORONA** award.
- If you volunteer at the World Rogaining Championships for more than 4 hours, you will receive a significant discount for the Fun Rogaine.

Adults			On-line Pricing [US \$]			Special [US \$]
			Early	Regular	Late	Very Late ^[1]
Stage	Event	Stage Date	Nov-Dec 31, 2019	Jan 1 - Mar 31, 2020	Apr 01 - Jun 30, 2020	July 1 - Day of event
Rogaine	4-hour ^[2]	1-Aug	\$65	\$75	\$85	\$100
Package	Stages 1-9 Competitive events plus 4-hour Rogaine ^[3]		\$360	\$430	\$540	

Juniors born on or after Jan 1, 2000			On-line Pricing [US \$]			Special [US \$]
			Early	Regular	Late	Very Late ^[1]
Stage	Event	Stage Date	Nov-Dec 31, 2019	Jan 1 - Mar 31, 2020	Apr 01 - Jun 30, 2020	July 1 - Day of event
Rogaine	4-hour ^[2]	1-Aug	\$45	\$50	\$60	\$80
Package	Stages 1-9 Competitive events plus 4-hour Rogaine ^[3]		\$220	\$265	\$330	

[1] For Special Very Late entry, please send email to Registrar@cal-o-fest.com . You may enter in person at the event, but note that registration for competitive classes closes before the first competitive start.

[2] Includes Hash House, Sunday lunch, GPS tracker, Si-Air e-punch, Rogaine camping.

[3] Includes bus transportation from Event Center to Arena for Stages 5, 6, 8, 9.



c. Recreational entries

- Recreational orienteering entries are non-competitive, will not receive National ranking points, and are not eligible for orienteering prizes or awards.
- Courses for recreational entries are separate from competitive courses, with separate starts and start procedure.

Adults			On-line Pricing [US \$]			Pricing [US \$]
			Early	Regular	Late	Special
Stage	Event	Stage Date	Nov-Dec 31, 2019	Jan 1 - Mar 31, 2020	Apr 01 - Jun 30, 2020	July 1 - Day of event
1 to 9	Any event*	21-31 Jul	\$25	\$25	\$25	\$30

Juniors born on or after Jan 1, 2000			On-line Pricing [US \$]			Pricing [US \$]
			Early	Regular	Late	Special
Stage	Event	Stage Date	Nov-Dec 31, 2019	Jan 1 - Mar 31, 2020	Apr 01 - Jun 30, 2020	July 1 - Day of event
1 to 9	Any event*	21-31 Jul	\$15	\$15	\$15	\$20

*Includes bus transportation from Event Center to Arena for Stages 5, 6, 8, 9



d. Merchandise and other items

NAOC Dinner, July 24 at 6:30 pm. Includes Opening Ceremony, NAOC Sprint Awards, and Entertainment.					
Item	Description	Availability	Order before	Price [US \$]	Comment
1	Buffet	200	30-Jun	\$ 30.00	Includes bread, salad, pasta, meat, vegetables, dessert
2	Mexican	100	30-Jun	\$ 25.00	Includes salad, burrito/enchilada/chimichanga, dessert
4	Pizza, medium (8 slices, 12 inches/30 cm)	100	30-Jun	\$ 30.00	Thai Chicken/Meat Lovers/Vegetarian, dessert
5	Children's buffet (8 years and under)	100	30-Jun	\$ 15.00	Includes bread, salad, pasta, meat, vegetables, dessert
6	Children's Pizza, small	100	30-Jun	\$ 15.00	Lotsa Cheese please/Pepperoni, dessert

Note: Alcoholic beverages may be purchased from the bar nearby

World Rogaining Championships Dinner on July 31 at 5:30 pm. Includes Opening Ceremonies and Entertainment.					
Item	Description	Availability	Order before	Price [US \$]	Comment
1	Buffet	200	30-Jun	\$ 30.00	Includes bread, salad, pasta, meat, vegetables, dessert
2	Mexican	100	30-Jun	\$ 25.00	Includes salad, burrito/enchilada/chimichanga, dessert
4	Pizza, medium (8 slices, 12 inches/30 cm)	100	30-Jun	\$ 30.00	Thai Chicken/Meat Lovers/Vegetarian, dessert
5	Children's buffet (8 years and under)	100	30-Jun	\$ 15.00	Includes bread, salad, pasta, meat, vegetables, dessert
6	Children's Pizza, small	100	30-Jun	\$ 15.00	Lotsa Cheese please/Pepperoni, dessert

Note: Alcoholic beverages may be purchased from the bar nearby

Merchandise for rent					
Item	Description	Availability	Order before	Price [US \$]	Comment
1	Compass	No limit	Any time	\$1 per stage	baseplate compass
2	SI-Card 10	No limit	Any time	\$5 per stage	60 milliseconds data exchange; 128 punches.
3	SI-Air Active Card (SIAC)	No limit	Any time	\$5 per stage	touchless punching; 60 milliseconds data exchange; 128 punches.

Merchandise for sale during on-line registration					
Item	Description	Availability	Order before	Price [US \$]	Comment
1	Headband	No limit	1-May	\$ 10.00	by Oland, see below for design, one size fits all
2	Cal-O-Fest Zipper Orienteering Shirt	No limit	1-May	\$ 40.00	by Oland, see below for design and sizes
3	Cal-O-Fest V-neck Orienteering Shirt	No limit	1-May	\$ 40.00	by Oland, see below for design and sizes
4	SI-Card 10	No limit	1-May	\$ 60.00	limited supply will be available from the organisers during the festival
5	SI-Air Active Card (SIAC)	No limit	1-May	\$ 80.00	limited supply will be available from the organisers during the festival
6	Maps from prior events	No limit	1-May	\$ 5.00	per map; maps are from most recent event held on the map
7	Printed and bound copy of final Bulletin	No limit	30-Jun	\$ 5.00	limited supply will be purchasable during the festival



Wearable Merchandise

Great orienteering shirts designed in collaboration with OLand specifically for the Cal-O-Fest! These high-performance shirts have been tested by our team and were found to be light, breathable, and extremely comfortable. The design reflects the festival's unique vibe and makes a memorable souvenir of your time in California.

Our Festival design orienteering shirt is offered in 2 styles.

1. Zipper Design: popular shirt style with front zipper and side panels for a contoured fit.
Fabric: Advanced Comfort Jersey
2. V-Neck Design, this shirt is a slightly looser fit with a v-neck style and no side panels.
Fabric: Advanced Ultra Jersey

Zipper Sport Shirt



V-neck Sport Shirt



Headband





NORTH AMERICAN
ORIENTEERING
CHAMPIONSHIPS

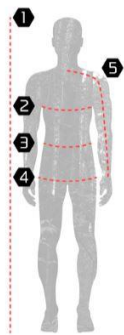
NORTH AMERICAN
JUNIOR AND YOUTH
ORIENTEERING CHAMPS

WORLD
ROGAINING
CHAMPIONSHIPS

21 JULY - 2 AUGUST, 2020
WWW.CAL-O-FEST.COM

Our team recommends selecting 1 size larger for these jerseys compared to usual US sizing. For example, if you are usually a USA-Medium, select a Large.

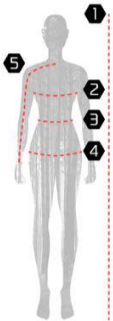
Sizing charts for both shirts:



1
2
3
4
5

Men						
SIZE	S	M	L	XL	XXL	XXXL
1 Height	166-174	174-180	180-186	186-192	192	192
2 Chest	88-94	94-100	100-106	106-112	112-118	118-124
3 Waist	80-84	84-90	92-98	98-104	104-108	108-112
4 Hip	92-96	96-102	102-108	108-114	114-118	118-122
5 Arm length	62-65	65-68	68-71	71-74	74-76	76-80

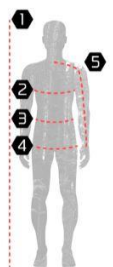
- 1 Your height.
- 2 Wrap a tape measure evenly around the widest area around the chest under your arms.
- 3 Wrap a measure tape around your natural waistline.
- 4 Standing with your feet together, measure around the widest part of your hips.
- 5 Measure from the lowest part of the neck, over the tip of the shoulder and down the outside of the arm, past the elbow and to the wrist. Keep the arm slightly bent.



1
2
3
4
5

Women						
SIZE	XS	S	M	L	XL	XXL
1 Height	158-164	164-168	166-172	172-176	176-180	180-184
2 Chest	76-82	82-88	88-94	94-100	100-106	106-110
3 Waist	62-66	68-72	72-76	76-80	80-86	86-92
4 Hip	86-90	90-94	94-100	100-106	106-112	112-118
5 Arm length	58-60	60-62	62-64	64-66	66-68	68-70

- 1 Your height.
- 2 Wrap a tape measure evenly around the widest area around the chest under your arms.
- 3 Wrap a measure tape around your natural waistline.
- 4 Standing with your feet together, measure around the widest part of your hips.
- 5 Measure from the lowest part of the neck, over the tip of the shoulder and down the outside of the arm, past the elbow and to the wrist. Keep the arm slightly bent.



1
2
3
4
5

Kids				
SIZE	122/128	134/140	148/152	158/164
Age	6/8	8/10	10/12	12/14
1 Height	116-122	128-134	140-146	152-158
2 Chest	60-64	64-68	68-72	72-76
3 Waist	56-59	59-62	62-65	66-70
4 Hip	66-70	70-74	74-78	78-82
5 Arm length	41-44	44-48	48-52	52-56

- 1 Your height.
- 2 Wrap a tape measure evenly around the widest area around the chest under your arms.
- 3 Wrap a measure tape around your natural waistline.
- 4 Standing with your feet together, measure around the widest part of your hips.
- 5 Measure from the lowest part of the neck, over the tip of the shoulder and down the outside of the arm, past the elbow and to the wrist. Keep the arm slightly bent.



e. Cancellation, changes and refund policy

Cancellations must be made in writing, preferably by email, to the Registrar:

registrar@cal-o-fest.com

Cancellations before June 21, 2020 will receive a 90% refund of event fees and banquet fees only.

Cancellations between June 21 and July 20, 2020 will receive a 50% refund of event fees only.

Changes may be made to relay teams until the relay team deadline, without cost.

Changes to entries may be made at any time before registration closes. Note that the cost of any event additions will be calculated based on the current date, not the original registration date.

Participants may request dispensation for special start times by emailing the registrar registrar@cal-o-fest.com before June 30. A valid reason must be given. Examples: Parents with small children who need staggered starts, groups traveling together. Special start times cannot be accommodated for Championship Classes M/F-21+E, M/F-20E, M/F-18 and M/F-16.

Administrative changes may be made at the event using a change form available at the registration desk, and will cost \$2 each. Examples: Name change, e-stick number change.

Class or Start time may be changed at the event at a cost of \$10 per change; however, no start time changes may be made for Championship Classes M/F-21+E, M/F-20E, M/F-18 and M/F-16. Competitive changes for day-of-event must be completed before the first start.

Participants may change to recreational courses at any time with no additional cost over what they already paid.

Preferred payment method is through PayPal <https://www.paypal.com/us/home>



14.Registration

- Registration for all Stages of the Festival is at <https://eventreg.orienteeeringusa.org/>
- Registration is only considered complete upon receipt of payment. Payment must be made within two weeks of registering, in order to avoid entry cancellation. Please contact the Registration Team at registrar@cal-o-fest.com if you need to make special payment arrangements.
- Preferred payment method is through PayPal. Paypal accepts international Credit Cards. <https://www.paypal.com/us/home>
- There is no limit to the number of Orienteering participants for each stage.
- Relay entries will be accepted at registration time. The process for declaring relay teams will be communicated before May, 2020. [The deadline for submitting relay teams is July 25 at 8 pm.](#)
- **World Rogaining Championships entries and entry process:**
 - a. The entry criteria will generally follow the guidelines provided by the International Rogaining Federation. A 2019 example of these guidelines may be found at <https://www.wrc2019.cat/en/criteria/>*
 - b. Team size shall be 2 or 3 people.*
 - c. The number of entries for WRC2020 is limited to 1000 competitors.*
 - d. Teams should be declared at registration time, and can be changed later.*
 - e. Entries will be taken online when registration opens for the Festival. All participants may enter at this time.*
 - f. The list of Pre-Qualified Rogainers can be found here: <https://pqe.rogaining.org/qualified>*
 - g. Automatic Pre-Qualified Entrants will be automatically accepted through November 22.*
 - h. Automatic and Preferred Pre-Qualified Entrants will be automatically accepted through November 29.*
 - i. After November 29, 2019 all entries will be accepted on a first-paid first-accepted basis, subject to the IRF guidelines.*



NORTH AMERICAN
ORIENTEERING
CHAMPIONSHIPS

NORTH AMERICAN
JUNIOR AND YOUTH
ORIENTEERING CHAMPS

WORLD
ROGAINING
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21 JULY - 2 AUGUST, 2020
WWW.CAL-O-FEST.COM

Registration Schedule		
Place	Opens (times are Pacific Daylight Time)	Closes (times are Pacific Daylight Time)
On-line registration	14 Nov, 2019	30 Jun, 2020 at 11:59 pm
Stage 1 Arena, San Francisco	21 Jul, 2020 at 8:00 am	3:00 pm
Stage 2 Arena, Big Basin Redwoods State Park	22 Jul, 2020 at 8:00 am	2:00 pm
Stage 3 Arena, Presidio of San Francisco	23 Jul, 2020 at 7:00 am	Noon
Northstar Event Center	23 Jul, 2020 at 7:00 pm	9:00 pm
Stage 4, Northstar Event Center	24 Jul, 2020 at 9:00 am	5:00 pm
Stage 5 Arena, Little Truckee Summit	25 Jul, 2020 at 8:00 am	1:00 pm
Stage 6 Arena, Independence Creek	26 Jul, 2020 at 8:00 am	11:00 am
Stage 7, Northstar Event Center	27 Jul, 2020 at 8:00 am	10:30 am
Stage 8 Arena, Spooner Lake	29 Jul, 2020 at 8:00 am	1:00 pm
Stage 9 Arena, Sagehen	30 Jul, 2020 at 8:00 am	12:30 pm
Northstar Event Center	31 Jul, 2020 at 9:00 am	6:00 pm
Stage 10, Northstar Event Center	1 Aug, 2020 at 8:00 am	1:00 pm



15. Weather and climate conditions

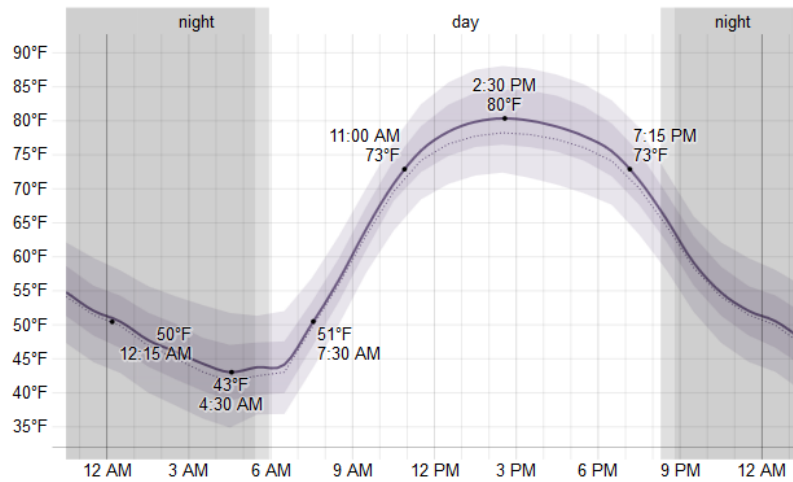
The San Francisco Bay Area has a Mediterranean climate, with winter rainfall and very dry summers. High summer temperatures in the Bay Area increase rapidly with distance from the sea. Renowned author Mark Twain (Samuel Clemens) once said: "The coldest winter I ever saw was the summer I spent in San Francisco." This is because the city of San Francisco experiences a strong cooling effect from the Pacific Ocean during the summer. Average high temperature at Golden Gate Park and the Presidio in July are just 15 degrees Celsius (60 F), although occasionally highs are 37 degrees Celsius (100 F). There is almost no chance of rain, and very little chance of cloud cover. Morning fog is common in the summertime.

The Ancient Redwoods Park is also close to the Pacific Ocean, and is thus also cooled considerably in the summer. The tall trees provide plenty of shade from the sun, and temperatures are usually pleasant, with daytime highs around 24 degrees Celsius (75 F).

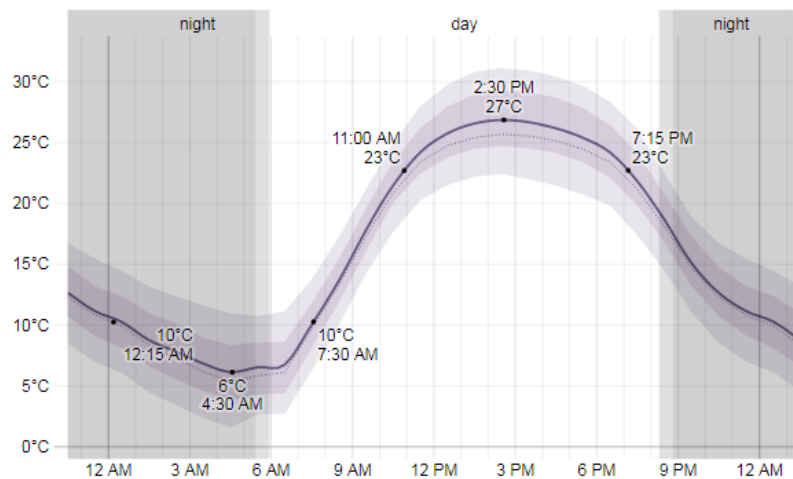
The Lake Tahoe area has typical mountain weather. Precipitation occurs predominantly in the winter, in the form of plenty of snow (the 1960 Winter Olympics were held at Squaw Valley, a few km from the event center at Northstar). The competition areas have warm and typically dry weather in the mornings, with a possibility of afternoon showers. The Arenas are 1950 m (6400 ft) above sea level. For a week starting July 23 at Northstar, there is an average high of 27 Celsius (80 F), with an average low of 6 Celsius (43 F). Temperatures can range (in the extremes) between 37 Celsius (99 F) and -4 Celsius (25 F). For any day in this period, there is 11% chance of cloud cover, and 3% chance of some precipitation. Cumulative rainfall for the entire month of July is 7 mm. Humidity every day is less than 15%. The sunshine, altitude, temperature and humidity make it important for competitors to hydrate well.



Average temperatures and lighting for Northstar, CA: July 23 - 30



The hourly average temperature (purple line), with 25th to 75th and 10th to 90th percentile bands. The thin dotted line is the hourly average perceived temperature. Civil twilight and night are indicated by shaded overlays.



The hourly average temperature (purple line), with 25th to 75th and 10th to 90th percentile bands. The thin dotted line is the hourly average perceived temperature. Civil twilight and night are indicated by shaded overlays.



Average weather Lake Tahoe, CA – August 1-2

Average high temperature:	74.6°F	23.7°C
Average low temperature:	49.6°F	9.8°C
Average temperature:	62.1°F	16.7°C
Average precipitation:	0.67 inch	17 mm
Average snowfall:	0 inch	0 mm
Highest average max temperature:	76°F	24.4°C
Lowest average max temperature:	71.9°F	22.2°C
Highest average min temperature:	51°F	10.6°C
Lowest average min temperature:	48°F	8.9°C

16. Lighting

At Northstar	Saturday, August 1	Sunday, August 2
Civil twilight* starts	5:32 am	5:33 am
Sunrise	6:02 am	6:02 am
Sunset	8:11 pm	8:10 pm
Civil twilight* ends	8:41pm	8:40 pm
Day length	14:09	14:07
Moon	Full	Full
Moonrise	7:14 pm	8:02 pm
Moonset	3:48 am	4:48 am

* the sun is 6° below the horizon; maps can be read without lighting assistance



17. Training Possibilities and Related Events

Date	Event	Type	Location	Contact
April 18-19, 2020	US Nationals Junior Orienteering Championships	Sprint, Middle, Long	Fort Ebey and Fort Casey Parks, Washington	http://cascadeoc.org/
May 2020	2020 North American Rogaining Championships	24-hour Rogaine	Scablands, near Sprague, Washington	http://navraces.com/
July 19, 2020	Map trek	2, 4, 6-hour Rogaines	Donner Summit, California	http://www.navxchallenge.com/
July 20, 2020	Leg Stretcher and 2020 warm-up	Urban park sprint	San Francisco, California	http://www.terraloco.com/



18. Rules

- The North American Orienteering Championships will follow the rules laid out by the IOF, titled **“COMPETITION RULES FOR INTERNATIONAL ORIENTEERING FEDERATION (IOF) FOOT ORIENTEERING EVENTS”** with particular reference to Appendix 12.
www.orienteering.sport/orienteering/competition-rules/

- The World Rogaining Championships will follow the rules laid out by the IRF, titled **“INTERNATIONAL ROGAINING FEDERATION RULES OF ROGAINING”** with particular reference to Part D.
www.rogaining.org/index.php?option=com_content&view=category&id=27&Itemid=172

- **Anti-doping**

Please refer to the IOF anti-doping rules at <http://orienteering.org/anti-doping/>

- **Indemnity**

All participants will be required to sign a release of liability.

- **Insurance**

Participants are expected to provide their own medical insurance.



19. Contacts and Organizers

Events	California Orienteering Festival 2020 North American Orienteering Championships World Rogaining Championships	
Web site	www.cal-o-fest.com	
Information	info@cal-o-fest.com	
Registration	https://eventreg.orienteingusa.org/ registrar@cal-o-fest.com	
Steering Committee	Director:	Gavin Wyatt-Mair
	Coordination:	Sarah Williams
	Technical quality:	Erin Schirm
	Technology:	Jay Hann
	Volunteers:	Marie-Josée Parayre
	Publicity:	Stephanie Maclean
	Consulting:	Tapio Karras
	Consulting:	Mats Jansson
	Treasurer:	Sharon Evans
	IOF advisor:	Erik Blake
	IRF advisor:	Merv Trease
	IRF advisor:	Vic Sedunary
Course design team:	<i>Erik Blake</i>	Bill Cusworth
	Nick Corsano	Heidi Cusworth
	Kevin Culberg	Vic Sedunary
	Riley Culberg	Merv Trease
	Dan Greene	
	Jay Hann	
	Misha Kreslavsky	
	François Léonard	
	Rich Parker	
	Erin Schirm	
	Deron van Hoff	
	Anna Voegele	
	Carol Walker	
	Greg Walker	
	Rex Winterbottom	
	Bruce Wolfe	
	Gavin Wyatt-Mair	



20. Glossary

Cal-O-Fest	California Orienteering Festival
IOF	International Orienteering Federation
IRF	International Rogaining Federation
NA	North America Region
NAOC	North American Orienteering Championships (incorporates NAJOC and NAYOC)
NAJOC	North American Junior Orienteering Championships
NAYOC	North American Youth Orienteering Championships
NRE	National Ranking Event (applies to the United States only)
OUSA	Orienteering USA
USA	United States of America
WRC	World Rogaining Championships
WRE	World Ranking Event



21. Appendix: Sample list of activities in the Lake Tahoe area

Lake Tahoe Boating and Water Sports

<http://www.tahoevacationguide.com/Activities/watersports.html>

Lake Tahoe area hiking trails

<http://www.tahoevacationguide.com/Activities/hiking.html>

Rafting

(easy) <http://www.truckeerriverrafting.com/index.php>

(moderate) <https://whitewatertours.com/lake-tahoe-truckee-river-rafting/>

(Class 3+) <https://whitewaterexcitement.com/?gclid=CNyl-MWxpdlCFRBEfgodNnkKaQ>

Outdoors Theatre Arts

<http://laketahoeshakespeare.com/>

Casinos

<http://newtoreno.com/casinos.htm>

ATV, Jeep, and Hummer rentals and tours

<http://laketahoeadventures.com/>

Bicycle adventures

<https://www.tahoevacationguide.com/Activities/biking.html>

Shopping

<https://www.visitrenotahoe.com/reno-tahoe/what-to-do/shopping>

Alpine Mountain Coaster (you have to watch this video!!) at Heavenly (South Lake Tahoe)

https://www.youtube.com/watch?v=fRR_pZ7WpnQ

Reno Hot August Nights – the biggest classic car festival in the United States

<https://hotaugustnights.net/>

Glider rides

<https://www.soartruckee.org/new-to-soaring.html>

Virginia City, Nevada

<https://visitvirginiacitynv.com/>

Gold Panning (get \$1200/oz. if you find it):

<http://traveltips.usatoday.com/gold-panning-coarsegold-california-40561.html>



22. Appendix: Transportation and lodging information

Reno to Northstar shuttle: <https://www.northlaketahoeexpress.com/routes/>

Reno-Tahoe visitors guide: <https://www.visitrenotahoe.com/>

California visitors guide: <http://www.visitcalifornia.com/visitors-guide-request>

Northstar resort web page: <http://www.northstarcalfornia.com/>

Free guidebook and map: <http://www.visitcalifornia.com/visitors-guide-request>

Representative air fares: At 2019's rates a round-trip flight from St. Petersburg, Russia to Reno, NV is about \$1300, and 20 hours with 2 stops. Non-stops from Scandinavia to Oakland on Norwegian Air can be under \$1,000. From Melbourne, Australia, it is about \$2000, and 16 hours with 1 stop. www.expedia.com

Forest Service: <https://www.fs.usda.gov/main/ltbmu/home>

Area topo map: http://www.mytopo.com/maps/?gclid=CIH_26W2rdICFYmffgodTzkB5Q

Trip Advisor map and guide: <https://www.tripadvisor.com/LocalMaps-g33191-Truckee-Area.html>

Guidebooks: Fodor and Lonely Planet among others have guidebooks on Central and Northern California. Some guides can be downloaded to book readers like Kindle for convenient carrying.

Amtrak train service: <https://www.amtrak.com/find-train-bus-stations-train-routes>