



Icefields Parkway Orienteering Festival

Including the Canadian and Western Canadian Championships

July 23 - August 1, 2016

BULLETIN 2

The Alberta Orienteering Association, Edmonton Overlanders and Foothills Wanderers orienteering clubs, together with Orienteering Canada welcome you to the 2016 Icefields Parkway Orienteering Festival, including the 2016 Canadian Orienteering Championships and the 2016 Western Canadian orienteering championships.

Events will be held in the outstanding natural beauty of the Canadian Rockies, from one end of the world famous Icefields Parkway to the other on challenging, fun, high quality new and updated maps of some very special terrain.

The Icefields Parkway is considered by many to be the most spectacular drive on the planet. It passes through the UNESCO World Heritage site Canadian Rockies Parks, with their rugged mountain peaks, icefields and glaciers, alpine meadows, lakes, waterfalls, extensive karst cave systems and deeply incised canyons.

The festival begins near Jasper then travels south along the Icefields Parkway, past the Columbia Icefield in Jasper National Park, to the rocky peaks and lush valley of Banff National Park and the historic mountain towns of Canmore and Banff. This journey shows off Canada's unparalleled natural beauty and offers up lots of extra-curricular activities - including hiking, hot springs, biking, and top-tier golf.



Sponsors & Supporters

The Icefields Parkway Orienteering Festival organizers wish to recognize the invaluable support and sponsorship from the following organizations:

Orienteering Canada and its many volunteers



The Alberta Government, Alberta Parks, and the Alberta Sport Connection



The Town of Canmore



Cochrane Search & Rescue



The O-Store



And our various corporate sponsors and supporters: Out There Adventure Centre, Trail Sports, Bear Cozy, Gem Trek maps



Region



Organization and Information

WCOE Event Director: Mary Lou Hogg
COC Event Director: Eduard Spelier
Event website: www.coc2016.ca
Event email: info@coc2016.ca

IOF WRE Event Advisor: John Rance (GVOC, Canada)

Registration Centre

Participants will be required to sign a waiver in the presence of the registrar when they pick up their event package.

Participants must pick up their event package before you go to your first race (you need to sign your waiver in the presence of the registrar, and collect your bib).

Package pickup is available at the following locations / times:

- **Friday July 22: 10am - 8pm** - Royal Canadian Legion Hall, 250 Pembina Avenue, Hinton. Turn south off the Yellowhead (Hwy 16) - between the Shell gas station and the Visitor Information Centre - onto Jasper Street. Drive for one block, then turn right onto Pembina Avenue. The Legion Hall will be on your right.

If you want to buy orienteering equipment, [the O-Store](#) will be on-site from approximately 10:00am at the Legion Hall.

- **Friday July 29: 10am - 5pm** - [Canmore Nordic Centre Day Lodge](#)

If you want to buy orienteering equipment, [the O-Store](#) will be on-site from approximately 10:00am.

- **On race days** - at the Registration tent in the competition area

Program

Date	Time	Event	Location
Fri July 22	10 am - 8 pm	Registration package pickup	Royal Canadian Legion, Hinton
	noon - 6 pm	Model event	William A Switzer Provincial Park
Sat July 23	9 am - noon	Model event	William A Switzer Provincial Park
	2:00 PM	WCOC Middle	
Sun July 24	10:00 AM	WCOC Long	William A Switzer Provincial Park
	6:00 PM	WCOC Banquet	Royal Canadian Legion, Hinton
	7:00 PM	Middle and Long Awards	Royal Canadian Legion, Hinton
	7:45 PM	Orienteering Canada Conference: Pecha Kucha presentations	Royal Canadian Legion, Hinton
Mon July 25	10:00 AM	WCOC Sprint	William A Switzer Provincial Park
Tue-Thu July 26 - 28		Sass Peepre national junior training camp	Cochrane
July 26	7:30 PM	Orienteering Canada Conference: The inside scoop on JWOC 2016	Cochrane
Mid-week		Bonus maps	Banff / Calgary
Fri July 29	10 am - 5 pm	Registration package pickup	Canmore
	9 am - 6 pm	Training event	Canmore
	9 am - 3 pm	Orienteering Canada Conference: Coaching Workshop	Canmore Nordic Centre
	7 pm - 9 pm	Orienteering Canada Annual General Meeting	Canmore Nordic Centre
Sat July 30	10:00 AM	COC Middle distance (WRE)	Rafter Six (20 min east of Canmore)
Sun July 31	10:00 AM	COC Long distance (WRE)	Canmore Nordic Centre
	3:30 PM	Orienteering Canada Conference: Developing Junior Programming	Coast Hotel, Canmore
	4:30 PM	Orienteering Canada Conference: 1967-2017 Celebrating 50 years	Coast Hotel, Canmore
	5:00 PM	COC Banquet & Silent Auction	Coast Hotel, Canmore
Mon Aug 1	10:00 AM	COC Sprint (WRE)	Canmore Nordic Centre
	noon	Sprint Relay (HPP Fundraiser)	Canmore Nordic Centre

Welcome from Orienteering Canada

It is with great pleasure that I welcome everyone, on behalf of Orienteering Canada, to the Icefields Parkway Orienteering Festival and both the 2016 Canadian and the 2016 Western Canadian Orienteering Championships.

One of the things I like most about the Canadian Championships and its accompanying events each year is that the week always serves as a reunion for orienteers from across our vast country. That, and the fact that we all get a chance to orienteer on maps and in forests that are new to us. Great orienteering and great friends!

In my role as President of Orienteering Canada, I get a glimpse of some of the things that go on behind the scenes in preparing for an event of this magnitude. I know that our orienteering friends in Alberta have put in a huge effort to overcome many hurdles along the way. And I imagine I know of only a small percentage of the challenges. I want to thank the volunteers from the Edmonton Overlanders Orienteering Club, the Foothills Wanderers Orienteering Club, and the Alberta Orienteering Association for everything that they have done, all the hard work, all the headaches and worries they have endured in bringing this Festival to us. Your effort and time is so gratefully appreciated!

I look forward, very much, as I am sure we all are, to the many races and to the social times, to catching up with old friends and meeting new ones between July 23 and August 1, 2016.

Happy orienteering everyone, have a wonderful week in Alberta!



Anne Teutsch
President,
Orienteering Canada | Course d'orientation Canada

Social Media

Please engage with us on social media. Use the hashtag #coc2016



www.facebook.com/canadianorienteeringchampionships



twitter.com/CanadianOChamps

Embargoed Areas, Previous Maps

Previous maps exist for all of the competition areas. Copies of the previous maps are available on the event website: coc2016.ca

William Switzer Provincial Park (WCOC races)

The entire Cache Lake map in William A Switzer provincial Park is embargoed for all use. NB the embargoed area includes Cache Lake campground, Graveyard Lake campground, and Beaver Ranch campground. (Participants may, however, register at Jarvis Lake campground, which is west of the highway, and Gregg Lake campground which is north of the map area.)

Canmore Nordic Centre (COC Long Distance & Sprint)

The Nordic Centre is a very busy place and is Canmore's major centre for nordic skiing, mountain biking, and various running races. It will not be realistic to completely restrict access to the orienteering area, however the following embargoes are in effect:

- Until July 1st, 2016: it is not allowed to be in the Canmore Nordic Centre with an orienteering map.
- From July 1st, 2016: **A complete embargo is in effect**, and no access to the area will be allowed with the following exceptions: It will be allowed to access: the Daylodge; TrailSports; the Bill Warren Centre; and the biathlon shooting range.
- In accordance with IOF rule 26.6 the organizers will bar from the competition any competitor who is so well acquainted with the terrain or the map, that the competitor would have a substantial advantage over other competitors.

Rafter 6 / Ti-Jurabi-Chubi (COC Middle Distance)

This is another popular recreational area and so the following embargoes are in effect:

- Until July 1st, 2016: it is allowed to travel on trails through the embargo area, but it is never allowed to have an orienteering map in the area.
- From July 1st, 2016: A complete embargo is in effect, and no access to the embargo area will be allowed.

Training

WCOC Model Event, July 22 - 24

Kelley's Bathtub, William A Switzer Provincial Park

Full details are further on in this bulletin.

COC Training, July 29

Quarry Lake, Canmore

Full details are further on in this bulletin.

Bonus Map Package

The organizers have created a package of maps to help you enjoy your time in the Bow Valley area. These maps will help you make the most of your time between the WCOC and COC events by taking you to a variety of places - for a run, a hike, or for some fun training.

Map 1 - Banff Tourist-O. Trivia O, taking in the highlights of the historic town of Banff

Map 2 - Banff Centre campus. Sprint map, with no flags - set your own course, or just wander through the lovely campus.

Map 3 - Bow Valley Provincial Park. No flags. Use the map for hiking or trail running in this fabulous park with glorious views.

Map 4 - Canmore "Mines & Meadows" scenic course. Control locations marked on the map, ribbons hung in the forest.

Map 5 - Sass Peepre map 1. Control locations marked on the map, ribbons hung in the forest.

Map 6 - Calgary Fish Creek. Control locations marked on the map, ribbons hung in the forest.

COC Warm-up maps

At the COC Middle, Long, an Sprint races there will be a small warm-up map available in the area close to the start. This will give you a chance to experience the mapping style, terrain, and vegetation.

Climate

The competition takes place during the summer with temperatures expected in the range of 20 – 25 degree Celsius. The competitions all take place at between 1,000m and 1,400m above sea level.

Start lists

Starts lists are available on coc2016.ca

Entries & Competition Classes

As of July 16, there are 349 entries.

- *Championship classes:* standard Orienteering Canada age groups are used: M/W 12, M/W13-14, M/W15-16, M/W 17-20, M/W21-34E, M/W35-44, M/W45-54, M/W55-64, M/W65-74, M/W75-79, M/W80-84, M/W85+
- *Open classes:* Beginner, Intermediate, Advanced, Expert, and Sport.

On the day entry is available in the Open Beginner & Sport classes. In addition a very few entries *may be* available at premium cost in other classes.

Prize Giving, Medals and Mementoes

Prize giving for the WCOC Middle and WCOC Long will take place after the Sunday evening banquet. Prize giving for all other events will take place at the end of each race.

Medals will be given to the top three eligible orienteers in each championship age class. The top finisher in each championship age class, regardless of eligibility, will be given a small memento prize.

Eligibility requirements to win the Canadian Orienteering Championships shall be only those who are full members of the provincial/territorial associations and who are: a) Canadian citizens or b) Permanent residents as defined by Citizenship and Immigration Canada

Eligibility requirements to win the Western Canadian Orienteering Championships shall be only those who are full members of the provincial/territorial associations and who are: a) Canadian citizens or b) Permanent residents as defined by Citizenship and Immigration Canada, and normally resident in Western Canada (MB, SK, AB, BC, YT, NWT).

All medal winners must be prepared to submit proof of eligibility.

Whistles

Whistles are compulsory - any kind will do. Or purchase one from the registrar for a small donation to Orienteering Canada's High Performance Program.

Punching System

The SPORTident (SI) electronic punching system will be used for all races. SI cards can be rented when registering.

During the race, in case of SI unit failure (no flash or no beep) it's the runner's responsibility to punch the map with the backup pin-punch, which will be either hanging from the flag or attached to the control stand.

Start Procedure

Be sure to allow enough time to arrive at the start area at least five minutes before your actual start time.

Everyone will require the following at the start line:

- Bib - you must have your correct bib!
- SI punch - you must have your correct SI finger stick
- Whistle - more mandatory gear
- COC races - bear spray ... adults (18 and over) must carry bear spray; it is optional for those under 18. See the [bear spray info page](#) for more details.
- WRE classes - GPS devices are not allowed

Championship Classes – assigned start times.

There will be the usual three-line call up:

- Three minutes prior to your start: Go to the call-up line, and be checked-in. Punch a "Check" control and move into the first "box"
- Two minutes prior to your start: Go into the next "box", and pick up loose control descriptions
- One minute prior to your start: Go into the final "box" and wait beside your map. Write your name on the reverse of the map.
- Start time: begin your race by picking up your map and following the marked route to the start triangle. There is no punch at the start triangle. The distance to the start triangle may be marked on your map, as shown in the example below.

If you are late for your assigned start time through some fault of the organizers then you will be assigned a new start time. If you are late due to your own fault you will be started as soon as practical by the Start Team, but will not use a punching start so that you will be timed from your assigned start time.

Open Classes – no assigned start times.

- Check-in with the Start Crew when you are ready to start.
- The start crew will let you into the "Open Box", where you can pick up loose control descriptions.
- The wait beside your map. Write your name on the reverse of the map.
- The start crew will tell you to start at an appropriate time. Begin your race by punching the "Start" control and then following the marked route to the start triangle. There is no punch

at the start triangle. The distance to the start triangle may be marked on your map, as shown in the example below.

C3	1.9 km	50
----- 65 m -----> Δ		
▶	▲	△
1	163	164

Example of how the distance to the start may be indicated. In this example, there will be a 65m marked route from the start of timing (map pickup) to the start triangle. This route will be marked on the map and in the terrain.

Note that not all races will use this technique. In races that don't use the technique, the distance to the start triangle will be noted at the map pickup.

Clothing Restrictions

There are no clothing restrictions for orienteering in Canada. However, leg protection is recommended for all races.

Transport

No official transport will be offered. Competitors are advised to hire a car. Roads are good and all events are accessible by paved roads.

Accommodation

Accommodation info is available on www.coc2016.ca

Shadowing

- **Shadowing is allowed** on the Open "Beginner" and Open "Sport" classes and in the championship classes M/W12 and M/W13-14. In the championship classes however, all participants who run on their own will be placed ahead those who were shadowed.
- **Here is an example** to help explain how this applies to M/W12 and M/W13-14: If a shadowed kid has the second fastest time of three kids, the results will show the shadowed kid in 3rd place behind the two who were not shadowed – all three will earn a medal, if eligible, in this example.
- **For people who will do the shadowing**, if you are entered in a championship class you must run your race first and then do the shadowing. In addition, regarding shadowing in the COC Long distance race: since the COC Sprint is in the same competition area on the following day, if you are competitive in your Sprint championship class then in the spirit of fair play we encourage you to find someone else to shadow your kids in the Long. The organizers reserve the right to declare shadowers in the Long race ineligible for medals & prizes in the Sprint.

Rules

The competition takes place under the rules of Orienteering Canada and the International Orienteering Federation.

- [International Orienteering Federation rules](#) apply to the WRE classes
- [Orienteering Canada rules](#) apply to all other classes.

GPS devices

A reminder for those competing in the WRE classes that IOF Competition Rules forbid the use of GPS devices unless there is "no display or audible feedback". If you are wearing one of these devices at the start it can be removed and left with the start crew. You will obviously be disqualified if you are found on the course with a forbidden device. Note - there is no such ban for non-WRE classes.

Map Standards

The IOF's mapping standards will apply

- [ISOM](#)
- [ISSOM](#) (sprint standard)

Control descriptions

IOF symbolic control descriptions are printed on all maps, with the following exceptions:

- M/W12 - in addition, English-language control descriptions are printed on the map
- Sport - only English-language descriptions are printed.

Loose control descriptions are available in the pre-start area.

Complaints/Protest Procedure

A competitor may make a complaint about infringements of the applicable rules.

Any competitor wishing to make a complaint should go to the trouble desk where a printed version of the Orienteering Canada and IOF rules will be available. He/she will be able to discuss their issue with an event official.

If the issue is not resolved by discussion, the competitor will be given a complaint form, which must be completed and submitted to the Event Director as soon as possible and no later than 15 minutes after final results are posted. Complaints received after this time limit will only be considered if there are valid exceptional circumstances (which must be explained in the complaint). The Event Director will take the complaint to the Event Committee, which usually consists of the Event Director, the Course Planner and the Controller, but any experienced orienteer can be included, to reach a decision, which is given to the complainant.

A protest can be made against the event committee's decision about a complaint. The protest shall be made on a protest form within 15 minutes of receiving the decision about the complaint. The protest will be taken to the Jury for resolution. The Controller or IOF Event Advisor will chair the Jury, but may not vote. The Event Director can attend the Jury's deliberations, but may not vote.

There is a no cost for making a complaint. There is no cost for making a protest on a WRE class. A protest on any other class must be accompanied by a fee of \$30 which shall be returned if the protest is upheld.

Jury

If a jury is required it will be made up of three individuals from the jury pool consisting of the following, plus other qualified officials if required:

WCOC: Dave Graupner (Manitoba), Jennifer Hamilton (Manitoba), Ted Finch (GBR)

COC: Anne Teutsch (Ontario), Dave Graupner (Manitoba), David Ross (New Brunswick), Erik Blake (Yukon), Meghan Rance (BC/Ontario), Stefan Bergstrom (Ontario), Ted Finch (GBR)

Doping control for Canadian HPP athletes

Doping control *may* be in effect.

Canadian athletes in the HPP are subject to doping control under the Canadian Anti-Doping Program (CADP). Coaches and other athlete support personnel are also subject to the rules of the CADP.

Athletes are strongly encouraged to:

- Visit www.cces.ca/athletezone for helpful information and resources;
- Know their rights and responsibilities as athletes with regards to anti-doping;
- Understand the sample collection procedures;
- Check all medications and products before taking them to ensure they do not contain banned substances;
- Avoid taking supplements (but if they choose to, learn how to minimize their risk);
- Verify medical exemption requirements; and
- Contact the CCES directly should they have any questions or would like additional information (call 1-800-672-7775 or email info@cces.ca).

Athletes who test positive risk being sanctioned in accordance to the rules of the CADP. Athletes are responsible for reviewing this information prior to competition. Athlete support personnel are also encouraged to become familiar with anti-doping rules and regulations.

Social Events

WCOC Banquet

The WCOC banquet will take place in Hinton on Sunday July 24
Doors open 5pm, cash bar from 5pm, meal served at 6pm.
Awards for Middle and Long at approximately 7pm
PechaKucha* presentations sessions starting around 7:45 pm

It will be at the **Royal Canadian Legion Hall** 250 Pembina Avenue, Hinton.
Turn south off the Yellowhead (Hwy 16) - between the Shell gas station and the Visitor Information Centre - onto Jasper Street. Drive for one block, then turn right onto Pembina Avenue. The Legion Hall will be on your right. Parking is after the building.

*PechaKucha - orienteering style

Have you heard of PechaKucha? It's a [presentation methodology](#) in which 20 slides are shown for 20 seconds each for a max of 6 minutes, 40 seconds/presenter. There will be different presenters on a wide range of orienteering related topics. Each presentation will be short and sweet. We have done this a few times and it is lots of fun! Are you interested in doing a presentation? If so, contact Anne Teutsch (president AT orienteering DOT ca).

COC Banquet And Silent Auction

The COC Banquet and Silent Auction will take place Sunday July 31st in Canmore at the Coast Hotel (511 Bow Valley Trail). Doors open at 5 pm with dinner at 6 pm. Tickets are available for sale at the registration table up until end of day on Sunday July 24.

During the Banquet will be the always fun silent auction that raises funds for Orienteering Canada's High Performance Program (HPP) which helps to develop Canada's elite orienteers. Please consider donating something to the silent auction, a handmade goodie from your kitchen, a gift certificate from a local running shop, an event entry from one of your club's upcoming events, a personal guided tour of an interesting place (maybe even of your workplace?)... For any questions related to the auction, please email hpp AT orienteering DOT ca.

You can **come to the Coast Hotel early and participate in a couple conference sessions** as well. We'll be talking about junior programming at 3:30 and Orienteering Canada's 50th anniversary at 4:30. More details [here](#).

Here's the menu for the Banquet:

- Barbeque Roasted Chicken
- Roast Potatoes
- Seasonal Vegetables
- Braised Lentil Ragout (Vegan)
- Classic Caesar Salad (ingredients will be separate for those with sensitivities/allergies)
- Tomato & Cucumber Salad (dressing on the side)
- Chef's choice dessert and fruit
- Coffee & Tea
- Cash bar

Orienteering Canada Conference

The Orienteering Canada conference is held in conjunction with the Canadian Orienteering Championships. It's an ideal opportunity for Canadian orienteers to share information and ideas and to learn from interesting, topical speakers. It's also a great time to learn about and get involved with the priority projects of Orienteering Canada and to contribute your ideas and energy.

PechaKucha - orienteering style

Have you heard of PechaKucha? It's a [presentation methodology](#) in which 20 slides are shown for 20 seconds each for a max of 6 minutes, 40 seconds/presenter. There will be different presenters on a wide range of orienteering related topics. Each presentation will be short and sweet. We have done this a few times and it is lots of fun! Are you interested in doing a presentation? If so, contact Anne Teutsch (president AT orienteering DOT ca).

Where: [Royal Canadian Legion Hall](#) - 250 Pembina Avenue - Hinton

When: Sunday July 24 around 7:45 pm (immediately following the WCOC awards at the WCOC banquet)

The inside scoop on JWOC 2016

Athletes who competed at the [Junior World Orienteering Championships in Switzerland](#) just a few weeks earlier will describe their experiences competing for Canada. They will also be talking about the process to make the JWOC team. This presentation is part of the Sass Peepre Jr Training Camp, and is open to all.

Where: Camp Jubilee = Girl Guide facility on South edge of Cochrane. Directions: Camp Jubilee is a 30 minute drive from the west edge of Calgary. From the TransCanada Highway, take Highway 22 north towards the south edge of Cochrane. The Camp property has Highway 22 along its west boundary and the Bow River along its north boundary. Look for an orienteering sign on Highway 22 directing you onto the dirt road leading into camp.

When: Tuesday July 26 at 7:30-8:30pm

Coaching Workshop:

We will be offering the Coaching Association of Canada's Multi-Sport [Teaching and Learning](#) module (6.5 hours). Get in touch with Bill Anderson at: [bill](#) at wgacarto dot ca if you are interested in this workshop.

Where: Day lodge (Banquet Room, 2nd floor), Canmore Nordic Centre, Canmore AB

When: Friday July 29, 9 am - 3 pm

The Orienteering Canada Annual General Meeting

The AGM is the one time of year when representatives of the Provincial and Territorial Associations gather to discuss and decide on the business tasks of Orienteering Canada (such as electing board members, making changes to the by-laws, reviewing the financial statements, etc). All are welcome to attend, though only the Associations' confirmed representatives will be able to vote. All the details are [here](#).

Where: Day lodge (Banquet Room, 2nd floor), Canmore Nordic Centre, Canmore AB

When: Friday July 29, 7 - 9 pm

Developing Junior Programming – a roundtable discussion

At last year's conference at the COCs in the Maritimes, an enthusiastic group met to talk about jr programming in Canada. One of the key outcomes of that discussion was a desire for Orienteering Canada to develop resources to enhance jr. programming. We had good progress creating an [Athlete Development Matrix](#) to help determine what skills to teach at which level (and in which

order) and we developed some lesson plans as well. Come and join us to discuss this project and give your input on the next directions.

Where: [Coast Hotel](#), Wolverine Room, 511 Bow Valley Trail, Canmore AB

When: Sunday, July 31 at 3:30 - 4:30 pm

Orienteering Canada's 50th anniversary in 2017

Orienteering Canada turns 50 in 2017! We have been having a lot of fun brainstorming ideas for how to celebrate. Come learn about Orienteering Canada's plans, and provide your ideas too. This is an opportunity for young and old to celebrate orienteering in Canada - please come talk to us about how you want to celebrate this great milestone.

Where: [Coast Hotel](#), Wolverine Room, 511 Bow Valley Trail, Canmore AB

When: Sunday, July 31 at 4:30 - 5:30 pm

Silent Auction

Join us Sunday evening at the Banquet for the always fun silent auction. This is a key fundraiser for Orienteering Canada's High Performance Program. Please consider donating an item to the auction - and have fun bidding on the great items!

Where: [Coast Hotel](#), 511 Bow Valley Trail, Canmore AB

When: Sunday, July 31, doors open at 5:00 pm

Sass Peepre Junior Training Camp

For many years, the Sass Peepre Junior Development Committee has organized an annual training camp for juniors from across Canada. Junior athletes of all abilities from 11 to 20 years of age are invited to participate in the 3 day camp, which always has amazing volunteer coaches coming from the ranks of the Senior National Team, High Performance Programme athletes, ex-national team members, and parents wanting to help their kids.

Our 2016 National Junior Training Camp will be held at Camp Jubilee, which is near the south edge of Cochrane, Alberta (a half hour drive west of Calgary).

For whom

Juniors ages 11 – 20. Participants age 10 and under are welcome only if a parent volunteers at camp full time and only after obtaining permission from Kitty to attend. Non-Canadian juniors are welcome.

Schedule

Coaches' Meeting: probably Tuesday morning July 26. Details TBA.

Start Tuesday, July 26 (approx. midday)

Finish Thursday, July 28 (approx. early afternoon)

Maps

Training will be on maps in the Elbow Valley (south of Cochrane) and possibly on maps north of Sundre (north of Cochrane). Transport to the maps will be in coaches' cars and possibly a rental van.

Accommodation

Camp Jubilee is a Girl Guide facility with several buildings of different sizes

Camp Coordinator: Kitty Jones (Calgary)

For information: Contact spc.organizer@gmail.com

Environmental Impact

Orienteering relies fundamentally on being able to access wilderness terrain. Therefore issues of environmental impact have been subject to various studies and the [International Orienteering Federation's Environment Commission](#) maintains a record of these studies and provides event organizers around the world with information regarding the environmental impact of the sport and best practises in planning and executing events to further reduce the impact. Of particular interest are two reports by Brian Henry Parker, Chairman of the IOF Environment Commission:

1. ["Orienteering, A nature sport with low ecological impact" \(2010\).](#)

Summary: A view expressed by some ecologists is that orienteering, by its off-track nature and often with large numbers of competitors, has the potential for damaging flora and fauna. This potential appears not to be realised in practice. In the many thousands of orienteering events that are held worldwide each year ecological incidents resulting in unacceptable damage are extremely rare, close to zero. This document gives reasons why this is so and tests the expectation that orienteering has low ecological impact against a summary of reported scientific studies.

2. ["Review of Research into the Ecological impact of orienteering" \(2005\)](#)

Summary (excerpt): Research has been conducted in the three main areas of environmental concern: the trampling of vegetation, the disturbance of large mammals and the disturbance of birds. Some studies are reported in refereed journals but most of the others are only available in documentation with very limited circulation. Those studies which have come to the notice of the IOF are critically reviewed and, for each of the three areas of concern, are used to test the hypothesis that orienteering does cause significant long-term ecological damage. The conclusion to be drawn from the general vegetation impact studies is that orienteering has low to very low impact with generally rapid recovery. With respect to sensitive vegetation, the sport takes precautionary measures and no evidence of significant long-term damage has been reported. The hypothesis is rejected. With respect to the disturbance of large mammals the sport takes precautionary action and no evidence of long-term detriment has been reported. The hypothesis is rejected. In general these studies show that there is minimal impact on the environment. To give some of the highlights from the 2010 report, this is due to several factors including:

- * Dispersal in space. A wide range of courses are offered to accommodate different ages and abilities (the youngest age group is under 10 and the oldest is over 80). The combination of many control points, different courses, and the individual inter-control route choice results in competitors being spread out in the terrain and not concentrated as in a cross country race or a marathon.

- * Dispersal in time. Most orienteering races are a "time trial" format which uses a staggered start with intervals between competitors on the same course of at least one minute or more. This disperses the athletes in time so that there are never large groups of runners travelling together.

* Low competitor density. The dispersal in time and space results in a low competitor density at any point in the competition terrain, far less than might be envisaged by those not familiar with the conduct of the sport.

* Episodic, short period activity. Orienteering is episodic, it is infrequent. It is also short in duration, an event completing in a few hours.

* Refuges for large mammals. Guidelines are followed during the course planning stages as follows: i. If the terrain covered by the various courses is large, then refuge areas should be provided for animals. Ideally these will be areas of thick forest. These will be marked as out of bounds on the maps and courses will be designed so all sensible route choices will stay away from these areas. Courses that go past these refuge areas will be designed to circulate around them in the same direction. ii. If the terrain covered by the various courses is relatively small (perhaps 2-3 sq km or less) then no refuge areas are required as animal flight distances will take them outside of the competition terrain.

* Sensitive areas. If sensitive areas are notified to the planners, they will place controls not only outside the notified areas but also in such positions that the logical route choices do not pass through them.

2016 Environmental Impact Study on the Icefields Parkway Orienteering Festival

Alberta Parks requires that we perform an Environmental Impact Study of the effect of the COC Middle Distance event on wildlife in the area. The results of this study will be used by Alberta Parks to guide their decision making about future orienteering events. The study is quite expensive, involving acquiring motion-sensitive cameras and a lot of manpower to design and implement the study. For this reason a \$10 surcharge has been applied to this event which will cover a small portion of the cost of the study.

The study will add to the growing body of research on the impact of orienteering on the environment. Previous studies have shown that orienteering event have minimal impact on the environment.

2002 Environmental Impact Study

A study on the Environmental Impact of the 2002 Asia Pacific Championships in the Bow Valley concluded that:

"This study concludes that the impacts of APOC 2002 on the BVWP are negligible in the long term, in spite of having been mildly significant in the short term. The impacts were mitigated naturally, localized, and fully reversible. However, it should be emphasized that the vegetation recovery time was a key factor. There should be enough time left for the vegetation to recover before the same sites (for controls, start and finish) are used in another event of similar magnitude."

Bear Spray Requirement at COC 2016 races



IMPORTANT!

Due to our land access permissions, carrying bear spray is mandatory for all adults at the COC 2016 events July 29th - August 1st in the Canmore area

All COC 2016 participants should read [this document](#) which explains the rationale for the bear spray requirement, and includes a detailed FAQ section.

Here is some more information that we hope will be useful for you.

The requirement is for the COC 2016 races (Middle, Long, Sprint, and Sprint Relay).

Background: The COC 2016 events will take place in Alberta's Bow Valley corridor in the Canadian Rockies. This is an area known for its beauty and wildlife, but it is also experiencing rapid change in the natural landscape as a result of human settlement and large increases in human use. This has increased the possibility of encounters with large wild animals such as bears. COC 2016 organizers have been working with Alberta Parks ecologists to minimise negative encounters during our COC 2016 events. Research shows that one of the most effective strategies for avoiding a negative encounter with the larger wildlife, especially bears, is carrying bear spray and knowing how to use it. **Alberta Parks requires all adult participants in COC 2016 events to carry bear spray.** This has been their policy for all non-winter events at the Canmore Nordic Centre since spring of 2014.

As a COC 2016 participant 18 years of age or older, you will be required to carry bear spray while you are on your course, despite the small likelihood of an encounter with a large animal. You will not be permitted to start your race without your canister of bear spray. You will be disqualified without it.

If you are younger than 18 years old, you will not be required to carry bear spray unless you choose to **and** if your parent or guardian agrees. Alternate measures will be taken at the event to ensure your safety on the course. More details about this will be sent to your parents by email in July. This includes:

1. Younger participants will start later in the start window, after a significant number of adults have started.
2. Marshals will be stationed along the two shortest courses to monitor the safety of all minors on those courses. The marshals will carry bear spray and know how to use it.
3. Volunteers, including members of a Search and Rescue team, will spread out in the competition area to monitor the safety of older minors and adults running Course 3 and up. These volunteers will be in radio/cellphone contact and they will carry bear spray and will know how to use it. It is important to understand that competitors on Courses 3 and higher may be alone on their course a lot of the time.
4. The child, with their parent or guardian, will be required to sign an "Informed Consent and Assumption of Risk Agreement" when the child's package is collected at Registration.

It is very important that you know how to use bear spray. Information about how to use bear spray can be found online at this Parks Canada website <http://www.pc.gc.ca/eng/pn-np/mtn/ours-bears/securite-safety/gaz-spray.aspx>. You are expected to watch this 2-minute video AND attend one of the 20-minute Bear Safety demonstrations in the Registration area before your first COC race (presentation schedule will be announced shortly).

How to carry bear spray during your race: We recommend two options:

- *Bear Cozy* – a bear spray holder that fits directly into the water bottle holder on your waist-belt (or back pack or water bottle holder on your mountain bike). Available for purchase with your online registration for a special COC price of \$10. <http://www.bearcozy.com/>
- *Scat Belt* – a special waist belt designed to carry bear spray. Available for purchase with your online registration. <http://www.scatbelt.com/>

Bear Spray Purchase: Bear spray canisters can be purchased with your registration. These are to be picked up in person from Trail Sports (at the Canmore Nordic Centre) - in addition they can be purchased at most outdoor stores.

Bear Spray Rentals: a limited number of bear spray rentals (scatBelt & bear spray canister combo) are available through Trail Sports (at the Canmore Nordic Centre). These can be booked with your online registration and picked up in person from Trail Sports.

If you are coming from outside Canada, you are strongly advised to **obtain your bear spray in Canada.** Transport Canada prohibits passengers from carrying animal repellent sprays on all flights (TP 14628 E - Prohibited Items List). If you are crossing the border between USA and Canada, note that it is legal to carry animal repellent sprays (but NOT legal to carry pepper spray which is intended for use on humans). However, you must declare it and you could encounter difficulties with customs officials.

How to transport bear spray in your vehicle: In hot weather, avoid leaving a canister of bear spray in your car. Do not store or transport a canister of bear spray in a passenger compartment. If you do have to carry it in a passenger compartment, then store it in many layers of plastic bags/Ziploc bags or in a closed container.

Thank you for your understanding and cooperation with this mandated safety practice for COC 2016.

"Carrying bear spray is like wearing a bike helmet - you probably won't fall off your bike, but if you do fall it is good to be wearing a helmet. Likewise, you probably won't run into a bear, but if you do it will be really good to have bear spray",

Alaric Fish,
Canmore resident
and former national team member

"Personally, I would never ride/run in Canmore area without it [bear spray], so I guess it makes sense... they do have some resident bears."

Dave Roberts,
former Canmore resident

"After decades of research on bears and the efficacy of bear spray, evidence shows that carrying bear spray while participating in orienteering competitions in the Bow Valley Corridor should be the best way to minimize the chances of a negative encounter with bears. It is my belief that widespread use of bear spray will promote human safety and bear conservation."

Steve Herrero,
Professor Emeritus of Environmental Science,
University of Calgary – Jan 15, 2016

Course Stats

WCOC Middle Distance						
Course	Classes	Start #	Length km	Climb m	Controls	Map scale
1	M12, W12, Beginner	1	1.8	55	9	1:7,500
2	M13-14, W13-14	1	2.2	80	16	1:7,500
3	M15-16, W15-16, Intermediate	1	2	75	12	1:7,500
4	M80, M85, W75, W80, W85	2	1.4	40	9	1:7,500
5	M75, W55, W65	1	1.6	60	10	1:7,500
6	M65, W45, Advanced	1	2	75	11	1:7,500
7	M45, M55	1	2.2	85	14	1:7,500
8	W35, Expert	1	2.3	90	15	1:7,500
9	M35, W17-20, W21	1	3.5	130	14	1:10,000
10	M17-20, M21	1	4.3	170	19	1:10,000
Sport	Sport score O	1			21	1:7,500
WCOC Long Distance						
Course	Classes	Start #	Length km	Climb m	Controls	Map scale
1	M12, W12, Beginner	1	3.3	70	17	1:7,500
2	M13-14, W13-14	1	2.6	70	17	1:7,500
3	M15-16, W15-16, Intermediate	1	3.7	125	9	1:10,000
4	M80, M85, W75, W80, W85	2	2.7	105	9	1:7,500
5	M75, W55, W65, Advanced	2	3.1	100	8	1:7,500
6	M65, W45	2	3.5	125	13	1:10,000
7	M45, M55, Expert	1	4.4	150	13	1:10,000
8	W35, W17-20	1	5.1	185	16	1:10,000
9	M35	1	7.8	285	23	1:10,000
9	M17-20, W21	1	7.8	285	23	1:15,000
10	M21	1	10.2	370	29	1:15,000
Sport	Sport score O	1			22	1:7,500
WCOC Sprint Distance						
Course	Classes	Length km	Climb m	Controls	Map scale	
1	M12, M13-14, W12, W13-14, Beginner	1.2	10	12	1:4,000	
2	M75, M80, M85, W65, W75, W80, W85	1.3	25	16	1:4,000	
3	M55, M65, W45, W55, Adv. Int.	1.5	20	17	1:4,000	
4	M15-16, W15-16, W17-20, W21, W35, Exp.	2.2	40	23	1:4,000	
5	M17-20, M21, M35, M45	2.8	65	24	1:4,000	
Sport	Sport score O			26	1:4,000	

COC Middle Distance						
Course	Classes	Length km	Climb m	Controls	Map scale	
1	M12, W12	2.6	30	10	1:7,500	
2	M13-14, W13-14, Beginner	2.6	45	10	1:7,500	
3	M15-16, W15-16, Intermediate	1.8	40	8	1:7,500	
4	M80, M85, W75, W80, W85	1.2	30	8	1:7,500	
5	M75, W55, W65	2.1	34	9	1:10,000	
6	M65, W45, Advanced	2.3	44	9	1:10,000	
7	M55, Expert	3	50	10	1:10,000	
8	M45, W35	3.4	65	10	1:10,000	
9	M35, W17-20, W21	3.8	80	13	1:10,000	
10	M17-20, M21	4.3	110	14	1:10,000	
Sport	Sport score O			16	1:7,500	
COC Long Distance						
Course	Classes	Start #	Length km	Climb m	Controls	Map scale
1	M12, W12, Beginner	1	2.7	40	13	1:10,000
2	M13-14, W13-14	1	3.2	100	12	1:10,000
3	M15-16, W15-16, Intermediate	1	3.9	115	11	1:10,000
4	M80, M85, W75, W80, W85	2	2.2	70	9	1:7,500
5	M75, W55, W65, Advanced	1	4.1	140	12	1:10,000
6	M65, W45	1	4.3	140	11	1:10,000
7	M45, M55, W35, W17-20, Expert	1	6.1	235	12	1:10,000
8	-none-	1	5.9	245	11	1:10,000
9	M35	1	7.8	310	18	1:10,000
9	M17-20, W21	1	7.8	310	18	1:15,000
10	M21	1	12	505	25	1:15,000
Sport	Sport score O	1			25	1:10,000
COC Sprint Distance						
Course	Classes	Length km	Climb m	Controls	Map scale	
1	M12, M13-14, W12, W13-14, Beginner	1.5	20	15	1:4,000	
2	M75, M80, M85, W65, W75, W80, W85	1.5	30	12	1:4,000	
3	M55, M65, W45, W55, Adv. Int.	1.9	50	14	1:4,000	
4	M15-16, W15-16, W17-20, W21, W35, Exp.	2.3	55	19	1:4,000	
5	M17-20, M21, M35, M45	2.8	85	20	1:4,000	
Sport	Sport score O			20	1:4,000	

Western Canadians

All three WESTERN CANADIAN CHAMPIONSHIP EVENTS are in the area covered by the old [Cache Lake map](#).

Carrying a **WHISTLE is mandatory** (Orienteering Canada Rule)

THE MAPS

The area was completely re-mapped in 2015 by Ales Hejna and Martin Poklop, using contours developed from LiDAR. The areas for the middle and long distance events were drawn to ISOM at a scale of 1:10,000 with 5 m contour interval. The Sprint map was drawn to ISSOM at a scale of 1:5000 with 2.5 m contour interval.

THE TERRAIN

As can be seen on the [old map](#), there are areas with many small contour features, other areas with deep depressions separated by narrow ridges as well as some areas with very little contour detail. Approximately 70% of the area is mapped as white forest, 20% as slow run, either light green or wide spaced green lines and 8% as rough open. The forest is largely coniferous but with some deciduous mixed in. Varying height of ground covering shrubs from very low, up to about knee high will affect running speed. There are very few trails marked on the middle and long distance map areas, but many small indistinct game trails can help running speed, particularly where ground cover is relatively deep. The sprint map covers an area with a better developed trail network. ([video](#))

PARKING

Parking for the Model map is at Kelley's Bathtub, William A Switzer Provincial Park Visitor Centre, off Hwy 40 approximately 20 km north of Hwy 16 (Yellowhead Hwy).

Parking for all three competitions is at the old Blue Lake Centre parking lot. (GPS coordinates: N53 28.965, W117 48.264), off Hwy 40 approximately 21km north of Hwy 16 (Yellowhead Hwy). NB: the Blue Lake Centre is no longer operational.

START procedures

Clear and check punches will be at the starts, before the call-up line.

- **For competitive age-based classes**, standard 3 line start; competitors called up 3 minutes before the time on their bib.
 - 3 - call up, check SI number, check for mandatory whistle,
 - 2 - loose control descriptions available
 - 1 - competitor will print name on back of map
 - 0 - GO! on long beep, no start punch used, each competitor will proceed to Start triangle, marked with a stand and flag but no punch (distance to start shown on a sign at map pick- up)
- **For open classes** (beginner, intermediate, advance, expert, sport) - no pre-assigned start times given. Proceed to start during the start window at a time convenient to you. The start crew will find you a suitable vacant spot. You will have a punching start, then follow the flagging to the start triangle marked with a stand and flag (but no punch). Distance to start shown on a sign at map pick- up.

WCOC Model Event, July 22 - 24

Kelley's Bathtub, William A Switzer Provincial Park

The model map is an opportunity for participants to see what the terrain is like, and how the mappers have mapped it. Fifteen controls will be hung. Electronic timing will NOT be available at the model event, but there will be samples of the type of stand and units used.

Schedule

Open during daylight hours from Friday July 22 12:00 noon until Sunday July 24 12:00 noon.

There will be an official on site at the following times:

- Friday July 22 from 12:00 noon until 6:00pm
- Saturday July 23 from 9:00am until 12:00 noon

The model map will be included in participants' packages if they ordered the WCOC package or if they ordered a separate model map. Participants may purchase additional model maps from the on-site official for \$10 each, or from the registrar at other times.

WCOC Middle, Saturday July 23rd

Cache Lake North

Schedule

IMPORTANT: A shuttle bus will take competitors from Parking to the Starts only, spectators to the Finish, and everybody from the Finish back to Parking. Competitors' gear can be left near Registration/Info tent for transport to the Finish area. No clothing return from the starts.

Registration desk open: from 11:00am

First bus to starts: 12:45pm and then approximately every 15 minutes.

Buses to take spectators to the finish will leave later. More info below.

Start times: from 2:00pm - 4:00pm

Max time allowed: 2 hours

Buses finish to parking from approx 3pm then every 15 minutes or sooner if full. More info below.

Course closes: 6 pm

Awards: after the Sunday evening banquet (approx 7pm)

MAP INFO

Cache Lake North

ISOM

Scale: 1:7,500 for most categories, 1:10,000 for M21+ and W21+.

Contours: 5m

Remapped: 2015 by Martin Poklop

Elevation: 1,170m (approx)

Last used: 2005 for a club event

TERRAIN DESCRIPTION

As can be seen on the [old map](#), there are areas with many small contour features, other areas with deep depressions separated by narrow ridges as well as some areas with very little contour detail. Approximately 70% of the area is mapped as white forest, 20% as slow run, either light green or wide spaced green lines and 8% as rough open. The forest is largely coniferous but with some deciduous mixed in. Varying height of ground covering shrubs from very low, up to about

knee high will affect running speed. There are very few trails marked, but many small indistinct game trails can help running speed, particularly where ground cover is relatively deep

OFFICIALS

Course planner: Geraint Edmunds
Controller: Sheldon Friesen (MOA)

DIRECTIONS TO START & FINISH

For the middle distance only, a shuttle bus will be provided to take participants to drop off points near the starts (3.5km - 10 minutes bus ride)

First bus to the starts at 12:45pm, then about every 15 minutes.

Buses will take spectators to the finish much later.

Another vehicle will deliver items such as chairs, kit bags etc. to the finish if left at a designated point close to the registration/info tent at the parking area. *No clothing return from the starts.*

First drop off point: is for most categories. Walking distance from the first drop-off point to the start 450m . Toilets at the first drop off.

Second drop off point: For W75, W80, M80, W85, M85, Walking distance from the second drop-off point to their start is 20m.

It is about 300m between starts.

Finish pick-up point: Walking distance from the finish to the pick-up point: 100m. 15 minute service back to parking starting at 3:00pm.

For those adults who need to return to the start to shadow a junior after doing their own course, alternative arrangements will be made.

FACILITIES

TOILETS: Portable toilets will be located at the parking/registration area. An additional portable toilets will be at the **first** start drop off point, and at the finish pick-up area.

WATER at the starts and finish. There will also be water at one control on every course except those for M/W-12 and M/W 13-14.

REFRESHMENTS: Near the finish. Sorry, no food trucks.

OTHER NOTES

Carrying a **WHISTLE is mandatory.**

Carrying bear spray is **NOT** mandatory in this event, but you may carry some if you wish. (NB if you ordered some with your registration you will not be able to pick it up until you get to Canmore)

WCOC Long, Sunday July 24th

Cache Lake

SCHEDULE

Registration desk open: from 8:30am

Start times: 10:00 - 12:00

Max time allowed: 3 hours

Course closes: 4:00pm

Awards: at the end of the Sunday evening banquet (at approx 7pm)

MAP INFO

Cache Lake

ISOM

Scale:

1:15,000 for M21+, W21+, M17-20
1:10,000 for M35+, M45+, M55+, M65, W35+, W45, W17-20, M15/16, W15/16, Open intermediate, Open expert
1:7,500: M12, W12, M13-14, W13-14, M75+, M80+, M85+, W55+, W65+, W75+, W80+, W85+ Open Beginner, Open sport
Contours: 5m
Remapped: 2015 by Martin Poklop and Ales Hejna
Elevation: 1,170m (approx)
Last used: 2005 for a club event

TERRAIN DESCRIPTION

As can be seen on the [old map](#), there are areas with many small contour features, other areas with deep depressions separated by narrow ridges as well as some areas with very little contour detail. Approximately 70% of the area is mapped as white forest, 20% as slow run, either light green or wide spaced green lines and 8% as rough open. The forest is largely coniferous but with some deciduous mixed in. Varying height of ground covering shrubs from very low, up to about knee high will affect running speed. There are very few trails marked, but many small indistinct game trails can help running speed, particularly where ground cover is relatively deep

OFFICIALS

Course planner: Greg Yarkie
Controller: Sheldon Friesen (MOA)

DIRECTIONS TO START & FINISH

Start 2 for W45, W55, W65, W75, W80, W85, M65, M75, M80, M85 and Open Advanced classes is a 2km walk from the parking lot along the highway with a very wide grassy verge for safe walking. A shuttle can be provided for participants M/W 75/80/85 if requested in advance.

Start 1 for all other categories will be at the north end of the parking lot.

The Finish is close to the parking. Everyone must check in at the finish and download their SI cards, whether or not they have completed the course.

FACILITIES

TOILETS: Portable toilets will be located at the parking/registration area. An additional one or two portable toilets will be near **start 2**.

WATER near the starts and at the finish, as well as water at controls on the course.

O STORE will be in the parking lot during this event.

REFRESHMENTS at the finish. Sorry, no food trucks.

OTHER NOTES

Carrying a **WHISTLE is mandatory**.

Carrying bear spray is **NOT** mandatory in this event, but you may carry some if you wish. (NB if you ordered some with your registration you will not be able to pick it up until you get to Canmore)

WCOC Sprint, Monday July 25th

Blue Lake

SCHEDULE

Registration desk open: from 9:00am

Start times: 10:00am - 12:00 noon

Max time allowed: 1 hour

Courses close: 1:00pm
Awards: approximately 12:30pm

MAP INFO

Blue Lake
ISSOM
Scale: 1:4,000
Contours: 2.5m
Remapped: 2015 by Ales Hejna
Elevation: 1,170m (approx)
Last used: 2005 for a club event

TERRAIN DESCRIPTION

As can be seen on the [old map](#), there is a grouping of old buildings (unoccupied) in the centre of the map, suitable for urban-type sprinting, surrounded by open forest with a reasonable network of trails. The extreme north and south ends of the map have more limited trail network and the ground cover of moss and kinnikinnik (bearberry) can reduce running speed.

OFFICIALS

Course planner: Greg Yarkie
Controller: Sheldon Friesen (MOA)

DIRECTIONS TO START & FINISH

Starts for all classes are 450m along a roadway from the parking lot.
The finish is close to the parking lot (same place as the previous day)

FACILITIES

TOILETS: Portable toilets will be located at the parking/registration area.
WATER: available at the start and finish
REFRESHMENTS: at the finish. Sorry, no food trucks.

OTHER NOTES

Carrying a **WHISTLE is mandatory**.
Carrying bear spray is **NOT** mandatory in this event, but you may carry some if you wish. (NB if you ordered some with your registration you will not be able to pick it up until you get to Canmore)

COC Training, July 29

Quarry Lake, Canmore

The training map is adjacent to the Canmore Nordic Centre which is the venue for the COC Long & Sprint. The training event is an opportunity to become familiar with the local vegetation, and to practice technique. However the terrain is considerably different than the Nordic Centre – much flatter, fewer trails, and more open areas. Also the area was mapped by a different mapper.

The lake itself is very scenic and we recommend a picnic!

Schedule

The training area will be available Friday July 29 from 10am – 6pm. There will not be any officials on site.

The training map will be included in participants' packages if the ordered it with their registration. Additional training maps are available for \$10 from the registration desk.

COC Middle, Saturday July 30th

World Ranking Event

[Rafter Six Map](#)



SCHEDULE

Registration desk open: 9:00am - 1:00pm
Start times: 10:00am - 11:30am
Max time allowed: 2 hours
Course closes: 1:30pm
Awards: 1:00pm, approx

MAP INFO

Rafter Six (aka Bow Valley Provincial Park South)

ISOM

Scale:

- 1:7,500: M/W12, M/W13-14, M/W15-16, W75+, M/W80+, M/W85+, Beginner, intermediate, Sport
- 1:10,000: all other classes



Contours: 5m

Updated: Remo Madella, 2015

Elevation: 1,300m (approx)

Last major events: 2011 Alberta Champs, Middle distance.

Click here to view [courses & routes](#).

OFFICIALS

Course planner: Don Bayly, FWO

Controller: Bill Jarvis, FWO

IOF Event Advisor: John Rance, GVOC

TERRAIN DESCRIPTION

- The terrain at Bow Valley Provincial Park South has gentle to moderate slopes. Some areas are flat and others have more detailed contours. Part of the navigational challenge will be to cross the flat areas and either accurately hit your target, or be able to relocate on the subtle contour detail.
- Forest is a mix of pine, spruce and poplar. On average the runnability and visibility are good. Patches of deadfall and spruce saplings can be avoided with minor course deviations.
- There are a few boulders up to about 2 metres in size.
- For simplicity, no rootstocks are marked on the map.
- There are a few marshes but no significant streams or ponds in the competition area. Courses have been designed to avoid wet ground in one of the deeper re-entrants

ARENA INFORMATION

There is a remote arena today with limited facilities. From the parking there is a relatively easy 2km walk along flat terrain. We encourage you to bring all your gear to the arena and enjoying the atmosphere of the scenic location. Things to bring include: drinks, food & snacks, change of clothing, shade (tent or tarp for example), bug spray (just in case).

Vendors: there will be no vendors at this event. If you need orienteering gear please visit the O-Store on Friday at the registration pickup.

Food: please bring your own.

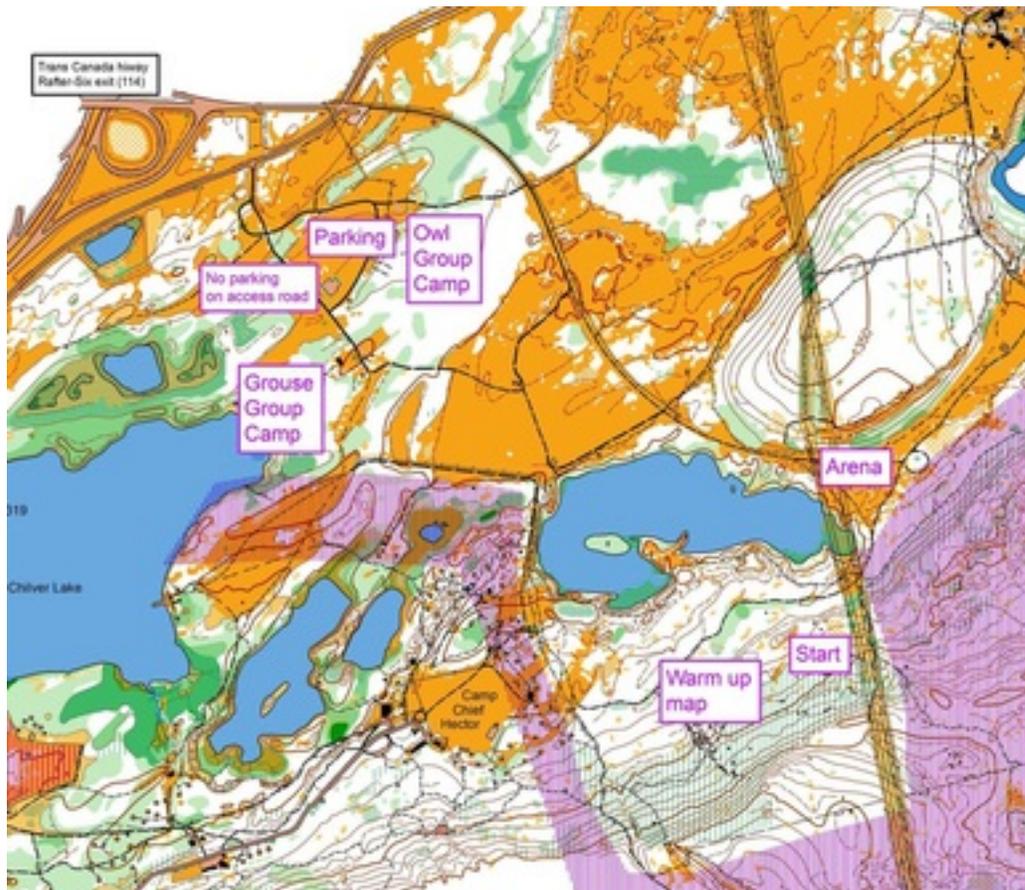
Water: very limited water available for finishers only. Please bring your own drinks.

Toilets: There are toilets at the Owl and Grouse Group Camps (permanent facilities), which are at the parking area. We were not allowed to have portable toilets at the Start or Finish areas.

Distance from Parking to Arena: 1.5km (approx), flat walk on smooth trail / meadow.

Distance from Arena to Start: approx 500m, with some steep climb.

Be sure to budget enough time for walking from the parking to the arena & on to the start. You can leave extra clothing at the arena.



WARM-UP MAP

There will be a small warm-up map available in the area close to the start. This will give you a chance to experience the mapping style, terrain, and vegetation. The warm up area is all to the west side of the major power line. The east side of the major power line is out of bounds except during your race. Pick up your copy of the warm-up map at registration desk.

RACE NOTES

See the site map for out of bounds areas. These include Camp Chief Hector and the large pond that is west of the Finish. You should not go on Rafter Six Ranch property before or during the event (but might want to check out horseback riding there another time).

Note that there will be additional safety marshals on the courses. They will have bear spray and noise makers. You may hear more noise than typical during the event.

DIRECTIONS TO PARKING

Parking is at the Owl Group Campsite. Please do not park along the campground access road - it needs to be clear in case of emergencies.

- From Canmore - drive east on the Trans Canada highway and take the "Rafter Six" turn off (approx. 25 minutes in normal traffic conditions).
- From Calgary - drive west on the Trans Canada highway and take the "Rafter Six" turn off.

COC Long, Sunday July 31st

World Ranking Event

[Canmore Nordic Centre](#)



SCHEDULE

Registration desk open: 9:00am - 1:00pm
Start times: 10:00am - 12:00pm
Max time allowed: 3 hours
Course closes: 3:00pm
Awards: 2:00pm, approx.

MAP INFO

Canmore Nordic Centre
ISOM
Scale: 1:15,000 / 1:10,000 / 1:7,500

- 1:15,000 M/W21
- 1:7,500 - W75, M/W80, M/W85
- 1:10,000 - all other classes

Contours: 5m

Updated: Remo Madella, 2015

Elevation: 1,400m (approx)

Last major events: [2012 Barebones - click to see map & courses](#)



TERRAIN DESCRIPTION

The Canmore Nordic Center is a world class nordic ski area located below Mount Rundle. There is a plethora of both contours and trails. There are several small creeks that drain the hillside, creating deep re-entrants.

Historically, Canmore grew as a mining town. There are features in the terrain that are a consequence of this. A large open meadow once active with coal mining now allows for fast

running. There are also pits, cut lines, ruined foundations, and even spilled coal in some places.

The forest is categorized mostly as white or pale green. In recent years wind storms have caused blow down: both the wider and narrow vertical green lines are used to reflect this. Mountain bikers enjoy this terrain too. In addition to the wider ski trails there are many narrow winding bike trails. In fact there is very active work in building more small mountain bike trails and in June alone we have added six more to the map. Almost certainly there will be new sections of trails built between the final map updates and race day. Picnic benches and garbage bins are not marked but larger ski shelters are. There are a number of boulders. Small game trails and old bike paths which have been reclaimed are generally not marked.

The trail network is very dense and it can be very challenging to interpret which trail is which.

OFFICIALS

Course planner: Jane Rowlands, FWO

Controller: Alan Vyse, Sage

IOF Event Advisor: John Rance, GVO

ARENA INFORMATION

Vendors: the O-Store will be at the arena.

Food: bring your own. There is a small cafe in the day lodge.

Water: bring your own. There are water fountains in the day lodge.

Toilets & showers: toilets with running water are available in the wax building and the team building. The bathrooms in the Wax Building have a coin-operated shower. NOTE: On Sunday during the Long distance race the Men's bathroom in the Wax Building will be closed as it will be used for Doping Control (instead use the washrooms in the Team Building)

Distance from Parking to Arena: approximately 500m easy.

Distance from Arena to Start 1: 1km, 80m climb along good trails

Distance from Arena to Start 2: 450m, 10m climb along good trails



STARTS

There are two start locations, a higher start (Start 1) for most classes and a lower start (Start 2) for older age groups.

Start 1

Follow the marked route through the warm-up map. Allow plenty of time for the big climb, and think how wonderful it is to do the climb before starting the race!

Start 2 - M80, M85+, W75, W80, W85+

Meet at the Registration Desk at the "Wax Building" at 10:15. Everyone will be escorted together to the Start 2 location. Your assigned times will not apply, instead you will be started on a Start Punch by the Start Crew volunteer. Think how wonderful it is to not have to do the climb at all!

WARM-UP MAP

There will be a small warm-up map available covering the area close to Start 1. This will give you a chance to experience the mapping style, terrain, and vegetation. Pick up a copy at the Registration desk.

RACE NOTES

We share CNC with other outdoor enthusiasts. There will be mountain bikers using the trails. Be alert and respect them, and realize that they may not be able to stop as fast as you can. The paved trails have been closed for roller skiing during our event and so there should not be any roller skiers, but if there are remember these folks do not have brakes. On the more advanced courses please take care around the cliffs.

There are three out of bounds areas: the biathlon range; the bike park which is under construction; and Frozen Thunder snow storage – you must not cross this mound of sawdust-covered snow even where there is no fence. We also share the terrain with wildlife, stay alert at all times.

Note that there will be additional safety marshals and search & rescue personnel on the course. They will have bear spray and noise makers. You may hear more noise than typical during the event.

OTHER NOTES

Carrying bear spray is mandatory in this event. Please see the [Bear Spray page](#) for more information.

DIRECTIONS

The Canmore Nordic Centre is a short (5 minute) drive from downtown Canmore. Jump to the [Canmore Nordic Centre page](#) for a map.

Note: There is often photo radar on the bridge over the Bow River where the speed limit is 30km/hr. Take this speed zone very seriously to avoid a ticket!

Please respect our contract with the Canmore Nordic Centre and park only in the area designated for the Canadian Orienteering Champs.

COC Sprint, Monday August 1st

World Ranking Event

[Canmore Nordic Centre](#)



SCHEDULE

Registration desk open: 9:00am - 1:00pm (at the Arena)

Quarantine closes: 9:50am - all competitors must be in the quarantine area by this time

Start times: 10:00am - 11:00am

Max time allowed: 60 minutes

Course closes: 12:30pm

Awards: 2:00pm, approx (after Sprint relay)

MAP INFO

Canmore Nordic Centre

ISSOM

Scale: 1:5,000

Contours: 2.5m

New: Remo Madella, 2015 from ISOM map

Updates: 2016: Marion Owen, Don Bayly, Alan Vyse

Elevation: 1,400m (approx)

TERRAIN DESCRIPTION

As the name suggests, the Canmore Nordic Centre has a dense trail network, both cross country ski trails and mountain bike trails. The trails vary from the wide asphalt roller ski trails to narrow twisty mountain bike trails, and everything in between. The surface also varies – from asphalt, to rocky, to gravel, to grassy. Shoes with an aggressive tread would be recommended. Off trail, much of the forest is white, but there are rose bushes and areas of deadfall, so leg cover is recommended. Some deadfall is covered in moss (yes, really, in Alberta!) so can be harder to see. CNC is generally on a north facing slope which is steep in places



Snippet of the ISSOM map showing how the asphalt roller ski trail is mapped with solid black edge line while natural-surfaced trails have dashed edges..

OFFICIALS

Course planner: Marion Owen, FWOC

Controller: Alan Vyse, Sage

IOF Event Advisor: John Rance, GVOG

ARENA INFORMATION

Vendors: the O-Store will be at the arena.

Food: bring your own. There is a small cafe in the day lodge.

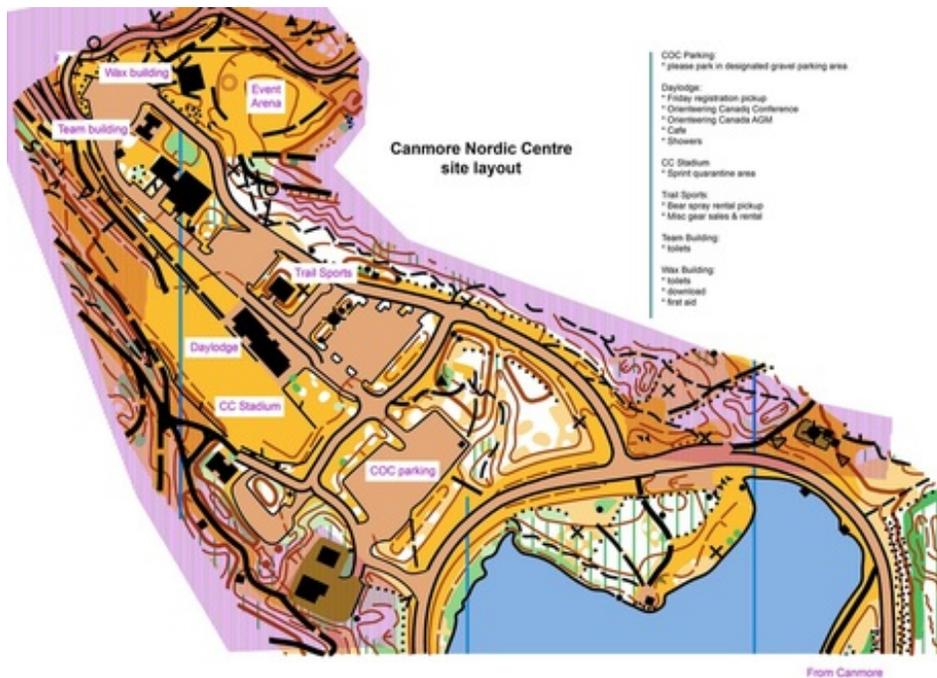
Water: bring your own. There are water fountains in the day lodge.

Toilets & showers: toilets with running water are available in the wax building and the team building. The bathrooms in the Wax Building have a coin-operated shower. Additional showers & toilets are in the Day Lodge.

Distance from Parking to Arena: approximately 500m easy.

Distance from Arena to Quarantine: approximately 300m easy walk.

Distance from Quarantine to Start: 800m, with 50m climb



QUARANTINE

All competitors must enter the quarantine area by 9:50am.

No one is allowed to enter quarantine after 9:50am, including runners who have finished their course.

The quarantine area includes:

- * the south-eastern part of the Cross Country (CC) Stadium (plenty of room for warming up & stretching);
- * the Daylodge (toilets are available in the daylodge);
- * the Warm-up map / route to the start.

Before entering quarantine you are allowed to go to the arena to drop off clothing/snacks/etc and to check out the last control and the finish chute - just be sure to leave enough time.

After finishing your race you are only allowed to be in the arena or in the parking lots until everyone has begun their race. So, for example, you are not allowed back into the quarantine area, including the Day Lodge, nor into the forest anywhere in the Canmore Nordic Centre.

When can I leave the stadium area to go to the start?

There is quite a long way from the stadium to the start. You can leave the stadium holding area at any time after 9:30am. When you leave the stadium area you will be given a small warm-up map covering the area to the start. This will give you a chance to experience the mapping style, terrain, and vegetation.

Why have quarantine?

In the spirit of fair competition it is necessary to keep early finishers separated from runners waiting to start. Generally, in Long & Middle distance races, this is not a big issue because most runners have started their race before the first finishers arrive. But in Sprint races where winning times are very short and route choices are more significant it is necessary to make a quarantine area. We hope you enjoy the experience - it is quite fun.

RACE NOTES

The ISSOM map of the Canmore Nordic Centre (CNC) was converted from the ISOM map by Remo Madella remotely, field checked by your course planning team and updates drawn by Don Bayly.

There are many different sizes and types of trails, ranging from the **asphalt roller ski trails** (see snippet above) which are shown as a narrow road with a solid black edge, to smaller gravel trails, which are shown with a dashed black edge, to the smaller single track bike trails which are shown as a dashed line. There are also rides, both wide and narrow. There are a couple of bridges with very old orange snow fencing at their ends - these are not out-of-bounds, you can cross them.

The white forest is open with good visibility but there is scattered deadfall. The green vertical hatching almost always indicates a heavier accumulation of deadfall.

The sprint occurs in a relatively small area – so many runners, and many controls! In the finish arena there are several controls. Spectators are allowed but make sure not to obstruct runners or obstruct/give away controls.

There are three Out-Of-Bounds areas at CNC and are shown with the purple over-printing.

1. The biathlon range
2. The area close to the finish where a Bike Skills Park is under construction
3. 'Frozen Thunder' – this is a long pile of stock-piled snow, covered in a deep layer of sawdust. It will be used in October to make the first ski trails for next winter

The Canmore Nordic Centre hosts many sports. During our two days of competition the trails will be open to **Mountain Bikers**. So you need to be very alert especially when crossing the twisty narrow bike trails. The **Roller Ski Trails** around the biathlon area will be closed during competition, but there may be roller skiers on the trails further out during the Long Distance race. Roller skis do not have brakes so please be aware and avoid collisions! There is a **Disc Golf Course** on a subset of trails around the arena and the "golf holes" are small towers with a basket for catching discs. They are marked as man-made objects with a circle. The course is closed to disc golfers for the 2 days of competition.

Note that there will be additional safety marshals and search & rescue personnel on the course. They will have bear spray and noise makers. You may hear more noise than typical during the event.

OTHER NOTES

Carrying bear spray is mandatory in this event. Please see the [Bear Spray page](#) for more information.

DIRECTIONS

The Canmore Nordic Centre is a short (5 minute) drive from downtown Canmore. Jump to the [Canmore Nordic Centre page](#) for a map.

Note: There is often photo radar on the bridge over the Bow River where the speed limit is 30km/hr. Take this speed zone very seriously to avoid a ticket!

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COC Sprint Relay, Monday August 1st

[Canmore Nordic Centre](#)

The sprint-relay will take place immediately following the individual Sprint race.

SCHEDULE

Registration desk open: 9:00am - 1:00pm

Sprint distance race: 10:00am - first start; 12:30pm - course closing.

Kids race mass start: 12:30pm (approx)

Sprint relay start: Mass Start at 1:00pm (approx)

Max time allowed: 90 minutes

Course closes: 2:30pm

Awards: 2:15pm - (approx, or sooner if possible) we'll give out awards for both the individual Sprint race and the Sprint Relay.

MAP INFO

Canmore Nordic Centre

ISSOM

Scale: 1:5,000

Contours: 2.5m

New: Remo Madella, 2015 from ISOM map

Updates: 2016: Marion Owen, Don Bayly, Alan Vyse

Elevation: 1,400m (approx)

TERRAIN

Some steep hillsides with some relatively flat areas. Detailed ski & bike trail network with several man-made features. Forest is generally either quite open or quite slow - not much in-between. All courses require steep climbs and descents.

OFFICIALS

Course planners: Adrian Zissos.

Assistance: Forest Pearson, YOA; Tori Owen, Marion Owen, FWOC

RELAY FORMAT

- Four runners per team, each runner runs one leg.
- Approx leg lengths / navigational difficulty / expected fastest time (subject to change)
 - Leg 1 – 2.5km / medium / 13 minutes
 - Leg 2 – 2.0km / easier / 12 minutes
 - Leg 3 – 3.0km / medium / 15 minutes
 - Leg 4 – 2.5km / medium / 13 minutes

All legs might have significant climb

TEAM COMPOSITION

- You should make teams if possible from your club. Orienteers from far away should make teams from your region, or your country
- Each runner is assigned a score based on their gender and their age (on December 31st).
- The four individual scores are added up to create a team score, which determines the team's class.

CLASSES

- Open Classes
 - 0-3 points, 4-7 points, 8-11 points, 12+ point
 - Award to top team in each category
- Club Championship
 - All teams are eligible (regardless of their 'score'), so long as they meet the following requirements:
 - All team members from the same club
 - At least two females
 - Woman to run Leg 1 and Leg 4
 - Awards to top three club teams overall, regardless of their team's "score".

Age	Male	Female
Under 15	3	3
15-16	2	2
17-20	1	2
21-34	0	1
35-49	1	3
50-59	2	4
60-69	3	5
70 & over	5	6

REGISTERING YOUR TEAM

Fill in the Sprint Relay Registration form and submit to the Registration Desk as early as possible (to allow time for volunteers to transfer data to the timing system) and no later than 2pm on Sunday (this is very late for the volunteers, so please be earlier than that!). Copies of the form will be available at the Registration desk or you can [download the registration form here](#).

LEG CHANGE OVER

The leg change over will be described on-site (that gives us more time to figure it out). Probably the incoming runner will pick up the next runner's map and hand it off.

CATCH-UP MASS START

In order to ensure the event finishes early, we will have a mass start of all remaining runners at about one hour after the mass start. Times will be counted normally, even if you are in the catch up mass start.

KIDS' RACE

This relay is not suitable for children 12 years old and under. For these young stars we will hold a mass-start race before the Sprint Relay. There will be two courses based on the regular age groups. The courses will be in the vicinity of the arena and will allow for lots of cheering.

NON-RELAY OPTION

For adults who really, absolutely, positively, definitely don't want to take part in the relay (which would be a tragic decision ;-)) we will have a number of extra Leg 1 maps prepared. You will be part of the mass start - to make a big spectacle!

OTHER NOTES

Carrying bear spray is mandatory in this event. Please see the [Bear Spray page](#) for more information.

Orienteering Canada High Performance Program

The Sprint Relay is a fundraiser for the Canadian High Performance Program. The athletes, coaches, officials, and other volunteers thank you for your support and hope you will enjoy this team race format. The format was introduced at the World Championships a few years ago and has quickly become one of the most exciting and fun races at the World Champs. We hope you enjoy this taste of this increasingly popular race format.