



Canadian Orienteering Championships

Yukon

2011

Including

Western Canadian Orienteering Championships
Canadian Orienteering Federation Conference
World Ranking Events
Sass Peepre Junior Training Camp

Event Locations

WCOC Events

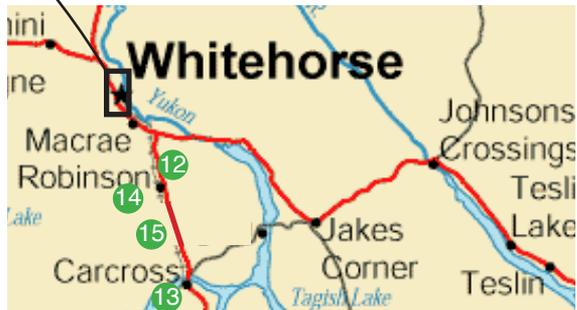
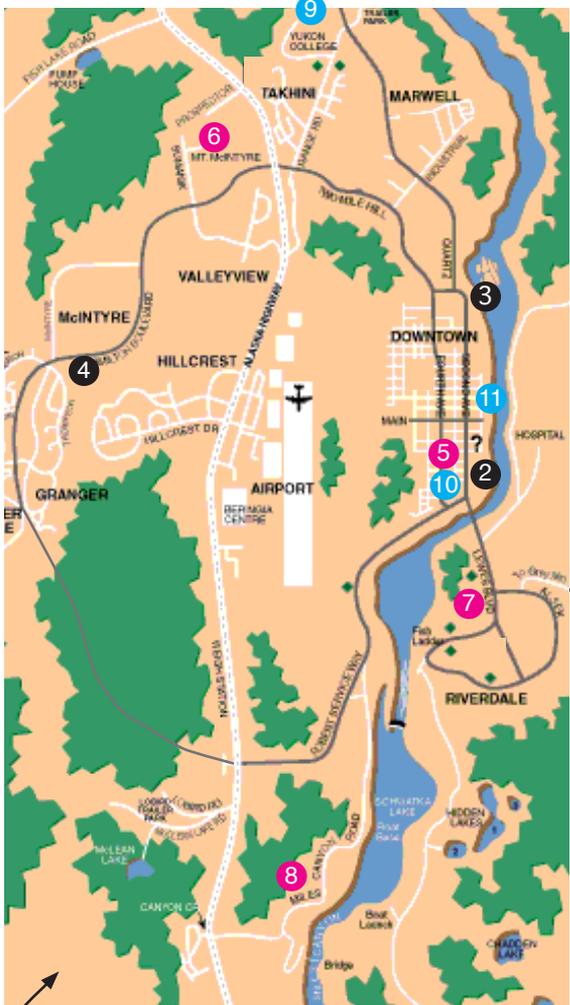
- 1 July 16 - Middle - Grey Mt. Rd.
- 2 July 17 - Long/WRE - Rotary Park
- 3 July 17 - Potluck - Shipyards Park
- 4 July 18 - Sprint - Elijah Smith School
- 5 July 14/15 - Registration - Sport Yukon
- 6 July 19-21 - Sass Peepre -Mt. Mac
- 7 July 20 - HPP - Selkirk School
- 8 July 16-23 -Training Map - Miles Canyon Lookout

COF Events

- 3 July 17 - Jr. Training - Shipyards Park
- 6 July 19 - JWOC - Mt. Mac
- 9 July 20 - Conference Yukon College
- 10 July 21 - Group of 7 - High Country
- 11 July 21 - Techies - Baked Cafe
- 9 July 22 - AGM - Yukon College
- July 22 - Marketing - Yukon College

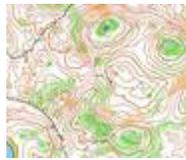
COC Events

- 12 July 22 - Sprint/WRE - Robinson
- 13 July 23 - Long - Carcross
- 14 July 23 - Banquet - Lorne Mt. CC
- 15 July 24 - Middle/WRE - Lewes Lake





Saturday July

16

Sunday July

17

Monday July

18

Tuesday July

19

Western Canadian Orienteering Championships

Event**Middle****Long/WRE****Sprint**

Map

Hidden Lakes

Long Lake

Hillcrest

Year

2009/11

2009/11

2009/11

Scale

1:10,000

1:15,000 &
1:10,000

1:5,000

Contour

5m

5m

2.5m

Meet Directors

Afan Jones

Afan Jones

Afan Jones

Barbara Scheck

Barbara Scheck

Barbara Scheck

Course Planner

Erik Blake

Forest Pearson

Philippa

Controller

Ross Burnett

Mark

Pam James

IOF Advisor

N/A

John Rance

N/A

First Start

10:00

10:00

10:00

Max. Time

2 hr.

3 hr.

1 hr.

Course Closure

13:45

15:15

12:15

Awards

Monday 13:00

Monday 13:00

13:00 on-site

~Driving time

15 min.

5 min.

10 min.

Parking ➤ arena

50 metres

100 metres

100 metres

Arena ➤ start

1300 metres

1000 metres

0 metres

Feasts

Potluck -
Shipyards Park
17:00-21:00

COF

Conference

Jr.
Programming
Shipyards Park
16:00-17:00JWOC
Highlights
Mt. Mac
19:30-21:00

Sass Peepre

09:00



Wednesday July
20

HPP Fun

Riverdale
2009
1:10,000

5 m

HPP athletes

18:00
1 hr.
20:30
21:00 on-site

5 min.

Mini-
Conference
Yukon College
13:00-16:00

Thursday July
21

Calling all "O"
Techies
Baked Cafe
17:00-18:00
Group of Seven
High Country
19:30-21:00



Friday July
22

Sprint/WRE

Robinson
2009
1:5,000

2.5 m

Barbara Scheck
Afan Jones
Ross Burnett

Mark
McMillan
Alex Kerr

18:00
1 hr.
20:15
at Banquet

45 min.
100 metres
0 metres

AGM
10:00-12:00
Marketing and
Promotion
12:30-13:30
Yukon College



Saturday July
23

Long

Carcross Desert
2010
1:10,000

2.5 m

Barbara Scheck
Afan Jones
Ross Burnett

John Rance

N/A

10:00
3 hr.
15:00
at Banquet

75 min.
200 metres
250 metres

Banquet &
Silent Auction
Lorne Mt. CC
17:00-appies
18:00-dinner



Sunday July
24

Middle/WRE

Lewes Lake
2010
1:10,000

5 m

Barbara Scheck
Afan Jones
Charlotte
MacNaughton
John Rance

Alex Kerr

10:00
2 hr.
14:00
14:30 on-site

60 min.
400 metres
350 metres

Canadian Orienteering Championships

● 16:00



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FROM THE OFFICE OF THE CHIEF

KWANLIN DÜN FIRST NATION

P.O. Box 1217

Whitehorse, Yukon

Y1A 5A5

Phone: (867) 633-7800

Fax: (867) 668-5057

June 15, 2011

To: Yukon Orienteering Association

Re: Canadian Championship 2011

On behalf of Kwanlin Dun First Nation, I would like to welcome participants of the 2011 Canadian Orienteering Championship to our Traditional Territory.

The spirit and intention of this sport compliments our own goals and of health, wellness and family and we are glad to see it happening here.

Best of luck to all participants,

A handwritten signature in black ink, appearing to read 'Rick O'Brien', with a long, sweeping horizontal stroke extending to the right.

Rick O'Brien, Chief
KDFN

CARCROSS/TAGISH FIRST NATION



Office of the Khá Sháde Héni
BOX 130
CARCROSS, YUKON Y0B 1B0
Phone: 867-821-4251
Fax: 867-821-4802
Email: donna.geddes@ctfn.ca



June 24th 2011

Afan Jones
Yukon Orienteering Association
4061 4th Avenue
Whitehorse, Yukon Y1A 1H1
Email: info@yukonorienteeing.ca

RE: Canadian Championship 2011

On Behalf of the Carcross/Tagish First Nation, I would like to welcome the participants of the 2011 Canadian Orienteering Championship to our Traditional Territory.

The spirit and intention of this sport compliments our own goals and of health, wellness and family and we are glad to see the events happening here in Carcross and within the C/TFN area.

We encourage the safe practice of your events, and to thank the future efforts of keeping our environment clean and respectful.

In Unity,



Khá Sháde Héni
Carcross/Tagish First Nations



July 15, 2011

Dear Orienteers:



As Minister responsible for sport and recreation in Yukon, I am honoured to welcome you to the 2011 Western Canadian Orienteering Championships and to the 2011 Canadian Orienteering Championships to be held in the Whitehorse and Yukon Southern Lakes area.

Whether you have travelled across Canada or around the world to be here, thank you for coming – I am sure that you will be well looked after.

I have watched with great interest the growth of orienteering in Yukon. Our dedicated volunteers, challenging terrain, committed map makers and accomplished athletes of all ages have contributed to the sport's surge in Yukon. Blessed by stunning landscapes and both challenging and accessible topography, Yukon has emerged as one of Canada's premier orienteering destinations.

I am sure you will enjoy the world-class orienteering competitions, the challenging courses, the friendly Yukon athletes and hosts, and the great recreational and entertainment offerings of the Whitehorse area.

I hope that you will take time to enjoy other recreational opportunities in Yukon while you are here. Whether you hike in awe-inspiring Tombstone Territorial Park, explore historic gold rush era Dawson, camp in the stunning Kluane National Park, immerse yourself in the rich cultural tradition of the Tlingit people in Teslin, or ride the superb mountain bike trails at Carcross, I think you will be impressed.

I wish you good luck in your competitions. As you successfully navigate your courses, do your very best and enjoy yourselves!

A handwritten signature in black ink, appearing to read "A. Lang". The signature is fluid and cursive.

Hon. Archie Lang
Minister of Community Services
Government of Yukon



City of Whitehorse



Welcome to the Western Canadian Orienteering Championships and the Canadian Orienteering Championships

It is my sincere pleasure to welcome all participants, organizers, sponsors and of course the amazing volunteers to this prestigious event. It is exciting to see that people have come from all over the world to take part and I wish everyone great success in their events. We are very proud that Whitehorse was chosen as the host city in 2011.

For many of you I imagine this will be your first trip to Yukon's Capital and hope you will make time to do a little exploring of all that our city has to offer; and perhaps, even venture out and enjoy our surrounding wilderness as well.

Once again, welcome to Whitehorse and congratulations to everyone who will be participating and those who worked tirelessly to make this event such a success.

Good luck to everyone!

Bev Buckway
Mayor



Ryan Leef, MP Yukon

It is my distinct pleasure to welcome guests and participants to the Western Canadian and Canadian Championships! Yukon provides an excellent venue sure to challenge participants and inspire excellence.

It is our honor to host orienteering athletes from not just Canada but from across the globe, to these Championships. This is a true testament to the competitive level orienteering has achieved. A test of mind and body, orienteering represents the true meaning of brain sport.

As a former National Team Member in distance running, I shared a great deal of training time with local orienteering stars. Watching the speed and thought put into this sport provided me the confirmation that I would be out of my league attempting to compete with them. I also gained a profound respect for this sport.

I would like to wish all athletes the best of health so your skills and training can be demonstrated to their fullest at this important competition.

Thank you to the coaches, families and sponsors who are behind the scenes playing a vital role in seeing the athletes participate in these and future events.

Congratulations to the organizers for making these Western and Canadian Championships possible.

As I close in welcoming everyone to these Championships, I would like to extend a warm welcome back to explore the entire Territory be it for a holiday or a great training opportunity!

You won't find the winner standing at the start line: a winner is exhausted, having provided their all in effort and sportsmanship, at the finish line.

Let's motor!

Ryan Leef

Member of Parliament

Yukon



ORIENTEERING C A N A D A

July, 2011

Hello orienteers,

On behalf of the Canadian Orienteering Federation, I welcome you to Whitehorse and the 2011 Western and Canadian Orienteering Championships. The organizing committee has put together a fantastic selection of races, training opportunities and social events. I wish you all great races and hope that you have a chance to participate in many of the other activities.

The COF conference continues to grow and provide an avenue for orienteers to share ideas and information. We look forward to seeing you at the various conference sessions this year.

On behalf of the Board of Directors of the Canadian Orienteering Federation, I would like to thank the Yukon Orienteering Association for their work in organizing the 2011 WCOCs and COCs. Officials from GVOC and FWOC have also lent organizational assistance. An enormous amount of volunteer effort is making these orienteering events happen. Please go out of your way to thank as many volunteers as possible this week.

Yours in sport,

Charlotte MacNaughton
Past President and Executive Director
Canadian Orienteering Federation / Fédération Canadienne de
Course d'Orientation

General Information

Awards and Eligibility

Canadian Orienteering Championships: For each competitive class, medals will be awarded to the top three eligible Canadian competitors. Prizes will also be given to the top three overall competitors. To be eligible for the COC medals you must be a full member if a provincial/territorial organization affiliated with the Canadian Orienteering Federation and either a Canadian Citizen or a Permanent Resident as defined by the Department of Citizenship and Immigration.

Western Canadian Orienteering Championships: For each competitive class, medals will be awarded to the top three eligible Western Canadian competitors. Prizes will also be given to the top three overall competitors. To be eligible for the WCOOC medals you must be a full member of a provincial/territorial organization affiliated with the Canadian Orienteering Federation and either a Canadian Citizen or a Permanent Resident as defined by the Department of Citizenship and Immigration residing in Yukon Territory, BC, Alberta, Saskatchewan or Manitoba.

If you win an award but are not present at the awards ceremony, you can pick it up at the registration table later in the week.

Camping

Camping is available at Lorne Mt. Community Centre. You must pre-register and purchase a camping pass by July 21 from the registration desk. Coin operated showers are for registered campers only - cost is one loonie (dollar coin).

Carpooling

Need a ride? Can you offer a ride? Leave your particulars on the notice board at the registration table. Parking is very limited for most events and particularly the WCOOC Sprint Monday July 19 and for the COC/WRE Middle Sunday July 24. Carpooling is encouraged.

Cell Phones

Only Bell and Telus cell phones are supported in the Yukon - reception will most likely be good for the WCOOC meets, but for the COC's, reception will be marginal. Rogers and GSM phones will not work at all.

Clothing

There are no special clothing or footwear restrictions.

Complaints and Protest Procedure:

Organizing an orienteering race is an extraordinarily complex matter and things may go wrong. Our goal is to create a fair competition – and we may fail in this despite our best intentions and all of our long hours of volunteer work.

If you are unhappy about some aspect of the organization of the race there are two levels at which you can express your concern – the first is the Complaint; the second is the Protest. These processes are guided by the COF rules, and, in the case of the

World Ranking Events, the IOF rules. There is no fee to lodge a Complaint. There is a \$20 fee to file a Protest (refundable if the protest is upheld). WRE competitors do not have to pay for a protest (IOF rules). For detailed information on the complaints and protest procedure, please speak directly with a member of the applicable event committee. Complaints must be filed within 30 minutes of finishing your course. In the event that the complaint leads to a protest, the Jury will be drawn from the COC Jury pool, and chaired by the appropriate IOF Event Advisor.

COC Jury Pool		IOF Event Advisors
Dave Graupner (Manitoba)	Gord Hunter (Ontario)	John Rance
Adrian Zissos (Alberta)	Marion Owen (Alberta)	Alex Kerr
Jim Webster (BC)	Geraint Edmunds (Alberta)	

Control Descriptions

Control descriptions will be printed on the front of all competitive maps: Course 1 will use descriptive English language control descriptions; Courses 2 and up will use only IOF symbols. Loose control descriptions will be available in the start chute.

Controls

All controls will be marked with the standard orange and white control flags. All controls, except the start control, will have one or more SI units. The unit will beep and flash to indicate a successful punch. In the event of a Sport ident unit not functioning (does not beep/flash) competitors must manually punch in the reserve box printed on the map. The competitor is responsible to ensure that their SI card or map shows that they have visited the control.

Where there is more than one SI unit at a control, you only need to insert your SI card into one of the units.

Course Closure Times

All competitors must report back to the download area prior to course closure listed for each event.

Disqualifications

A competitor with one or more missing punches will be disqualified and the results listed as “mp” (missed punch). This will also be the case for a competitor using a different SI card than is listed in the registration – Ensure the organizers have your correct SI card number.

A competitor out on the course beyond the maximum time will be recorded as “OT” (over-time).

A competitor will have “DSQ” listed in the results for all other disqualifications.

Dogs

Due to the large number of participants, and in accordance with COF rule #8.1.7, dogs and other pets are prohibited at the meets, including the parking, assembly, start and finish areas.

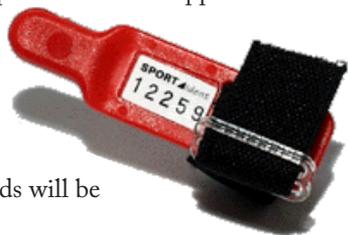
Electronic Punching and Timing System

The SPORTident electronic punching system will be used at all competitive events and should be compatible with all SI cards; however SI-pCards are not supported. All controls have a back-up pin punch.

If you ordered a rental SI card, it will be in your registration package. Additional SI cards can be rented from the registration desk for \$2,50/day. Please return your rental card to the download station after your last event. Competitors who do not return their rental SI cards will be charged a \$60 replacement fee.

It is absolutely vital for safety reasons that you download your SI card at the finish following every event – whether or not you have completed your course. This is the only record we have of who is safely out of the woods.

For COC long course 10 (M21-34), competitors are advised not to use SI card models SI-5 or SI-8 as the memory capacity may not be sufficient in the event you mistakenly punch an extra control or two. If your card is such a model, you may borrow a SI-6 card from the organizers at no charge. Please identify yourself at the Registration tent or Timing van before 17:00 on Friday, July 22. We will issue a replacement card and enter the new number in our timing system.

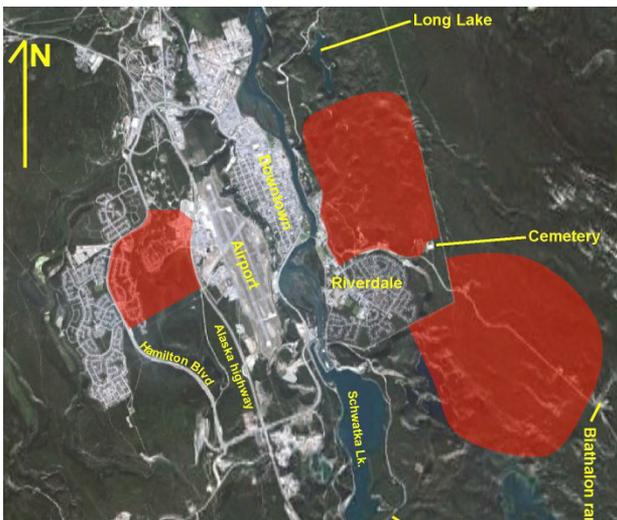


Embargoed areas

Please see the maps for areas embargoed until after the WCOC events. For areas out of bounds for the COC, refer to the individual event information.

Finish Procedure

All competitors are required to cross the finish line and report directly to the download station, even if the entire course has not been completed. This is a safety feature. The organizers must be certain that all competitors have safely returned, otherwise a search party may be initiated.



First Aid

St. John's Ambulance will be on site at the finish area at all WCOG and COG events. For the HPP Fund raiser, please visit the hospital located (almost) directly across the street.

Food

Water and light snacks will be provided at the finish line for competitors. A local vendor will have baked goods for sale at the WCOG middle (16th) and sprint (18th) and the COG/WRE sprint (22nd).

GPS Tracking Analysis

WRE Competitors may not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser. GPS data loggers with no display or audible feedback can be used.

Hazards

There is a small possibility that competitors may see bears. Mosquitoes are likely to be present. Heat exhaustion and dehydration are not likely to be common - longer courses all have water stations.

Hospital

911 is the number to call all for emergencies in the Whitehorse Area (police, fire, ambulance). The 911 calling area does not extend all the way to Carcross for the COG events - in the case of an emergency, please seek the assistance of the St. John's ambulance in the finish arena.

Whitehorse General Hospital – open 24 hours a day

5 Hospital Rd.

☎393-8700

Internet Access

Public Internet access and wireless is available free of charge at all Yukon Public Libraries. Time limits and other restrictions are in effect. Whitehorse Public Library is located at 2071 2nd Avenue, and is open M-F 10:00-21:00; Sat 10:00-18:00 and Sun 13:00-21:00. The Carcross public Library is open Mon and Tues 13:00-18:00; We 12:00-18:00 and 29:00-21:00; Thurs 15:00-20:00; Closed Fri-Sun.

Lost and Found

Located at the registration desk

Map Legend and Symbols

There are no legends on the competition maps. Any special symbols used on the maps are included on the specific maps and are also noted in the specific event details. The training map, Ear Lake, has a legend.

Maximum Times

For safety reasons, each person is allowed a maximum amount of time on each event, after which time a competition is recorded as OT (over-time).

- Middle 120 minutes
- Long Event 180 minutes
- Sprint 60 minutes

Marked routes

The route to the start will be marked with signs and flagging tape. The finish chute will be marked with coloured-continuous bunting.

Marked routes through the event arena will be marked with continuous rope or flagging tape.

Out of bounds near staging areas are marked with signs and flagging tape.

Race bibs

Competitors must wear the assigned bib for all competitions.

Registration Desk and Package Pick-up

The registration desk prior to start of competitions will be held at:

Sport Yukon, 4061-4th Avenue, Whitehorse

Thursday July 14th and Friday July 15th from 16:00-19:00

During the week of competition, the registration desk will be located at each meet site arena and open 09:00-11:00 for all WCOG events and COG middle and long. For the COG sprint, the registration desk will be open 17:00-19:00. All competitors must visit the registration desk prior to their first event to ensure the waiver has been signed.

Results

These will be posted at the meet site as they become available and on the website www.coc2011.ca.

Safety Bearing

Printed on each map at the bottom of the control description.

Sass Peepre Junior Training Camp

The Sass Peepre is held in conjunction with the COG every year, and offers training and coaching for young orienteers 10-21 years old. Seasoned coaches, senior athletes, Sass Peepre Graduates and parents work together to provide a great experience with

new tips and tricks.

This year it will be held July 19 to July 21. All of the details have been sent to the registered participants. If you require additional information, please contact the registration desk.

Silent Auction

The Silent Auction is a fund raising opportunity for the high performance program that supports elite orienteering in Canada. Bring some cash or your cheque book to the banquet and please bid generously. Items are gratefully accepted for the auction. They can be dropped off at the registration desk, given to Marion Owen anytime during the week, brought to the Sprint on Friday, or you can bring them directly to the auction. If possible, the organizers would appreciate getting the items ahead of time to assist with set-up. Contact Marion Owen with any questions.

Social Events

Pot Luck: Sunday July 17th in Shipyards Park 17:00-21:00 on the Yukon River. Please bring your own plate, cup and cutlery, along with a salad, main course or dessert that will be shared with other orienteers. Alcohol is not permitted in this park. Don't forget to bring your maps from the first two days of the Westerns!

Banquet: Saturday July 23rd at Lorne Mountain Community Centre. Appetizers will be served at 17:00 followed by dinner at 18:00. Please remember to bring your tickets from your registration package with you. Awards for the COC sprint and long will be presented at the banquet. The Silent Auction will follow the awards, along with HPP member and musician Graham Ereaux performing some tunes. It'll be great fun!

Sponsors

We are very grateful for the sponsorship and funding we have received for this week of orienteering. They are featured throughout this booklet - they appreciate your patronage and thanks.

Start Lists

Lists will be posted on the web and at event sites. Individual start times are printed on competitor race envelopes and bibs.

Start Area

The pre-start and call up areas are identified as a "Quiet Zone". Participants are requested to observe this in respect for competitors that are focusing on their start preparations.

Out of bound areas will be clearly marked and must be respected.

Water will be available at all start areas.

Any clothing left at the start area will be returned to the finish area after the last start.

The clock at the start area will display the call up time. The clock will beep at each minute.

Start Procedure

We will be using a 3-stage start grid – a call-up line, an intermediate line, and a final (map pick-up) line.

There will be Clear and Check stations prior to the call-up line.

At the **call-up line** competitors' name, SI card number and whistle will be checked, and they will punch in at an SI check unit (a back-up confirmation of all starters). Competitors advance from the call-up line 2 minutes before their start.

At the **intermediate line** competitors may get their control description (all control descriptions are also printed on the maps). Competitors advance from the Intermediate line 1 minute before their start.

At the **final line** competitors will be directed to the appropriate map where they will write their name/# on the back. They can pick the map up without looking at it. At the start signal the competitor start their course, without punching in at an SI unit, following a short marked route to a control flag indicating the location of Start Triangle. They do not need to stop or punch in at this flag. Competitors time starts (based on the clock) when they leave the Final (map pick-up) line.

If you are late for any event, report to the start line officials who will re-slot you into the competition at an appropriate time to avoid interference with other competitors. Failure to obey instructions may result in disqualification. Your start time will not be adjusted for your late start.

T-shirts

Extra T-shirts are available for sale at the registration desk.

Toilets

Toilets will be near the finish arena at each meet site for the WCOC and COC.

Training Map

Ear Lake Map will be used as a training area. The map will be in your registration package if you selected Model Event during the registration process. Design your own course using the 12 "O" flags located in the terrain and on the map. There are no SI units. Parking is located at the look-out along the Miles Canyon Rd. as marked on the training map.

Vendors

The O Store will be set up in the arena at all COC and WCOC events.



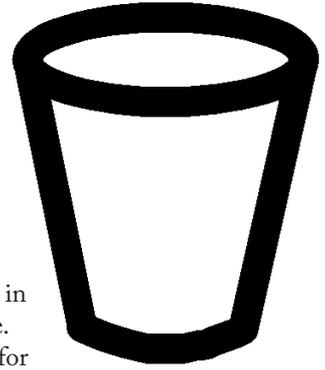
Waivers

All competitors must sign a waiver prior to their first competition.

Water

Water will be provided at all start areas and arenas.

There are no water stops on the sprint courses. For the middle and long courses, water is always provided on courses 6 and up; and on most courses 1-5. Please do not waste water – use a cup and only use water for drinking.



Whistles

COF Rules state that each competitor must carry a whistle in all events. You will not be allowed to start without a whistle. Whistles are available for purchase at the registration desk for \$2.00 each.

A whistle shall be used only in case of a serious medical emergency. If in distress, use the international signal of three blasts, followed by a pause, repeatedly. On hearing or seeing this, a competitor or official shall give help.

WRE

There are three world ranking events (WRE) - WCOC Long, COC Sprint and COC middle. Spectator controls, radio controls and race announcing will provide excitement in the finish arena.

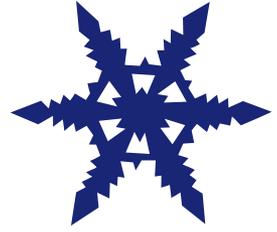
The organizers have been working hard to provide a great assembly area for each of these races. Park your car, grab your O gear and hang out in the assembly area at each race. There's announcing, vendors and lots of socializing to do. The World ranking Events have also been set up so that Canada's best elite orienteers are starting later and you'll be able to follow the races and cheer them on as they come through the spectator controls and the finish. Help us create a great arena atmosphere by choosing to hang out at the arena and not at your car.



**Yukon
Orienteering
Association**

YUKON BREWING

WHITEHORSE • YUKON



celebrating
OF
50 YEARS

kluane
International Bike



chilkat
Relay Association

Whitehorse Cross Country Ski Club



LOTTERIES YUKON



ICEFIELD TOOLS

WCOC Middle

Date: Saturday July 16, 2011

Location: Km 2.0, Grey Mountain Road

First Start: 10:00

Course closure:13:45

Driving Instructions

From downtown Whitehorse, drive east across the bridge over the Yukon River. Once across the bridge, drive 750 m to take the second left-hand turn onto Alesk Rd. Drive 430 m to take the second left-hand turn onto Grey Mountain Rd. Drive 2.0 km (past the cemetery) to arrive at the event parking lot.

Parking

Parking is in a field on the north (left) side of Grey Mountain Rd. You can enter the parking lot at the east and west ends. Please park your vehicles in neat rows to maximize available room. The arena is 50 m to the east of the parking lot, and is closed to traffic (except for officials).

Directions to Start

From the west end of the parking lot, cross south over Grey Mountain road and follow the flagged route to the start. The distance from the arena is 1.3 km on a dirt trail, so allow plenty of time. Your assigned start time is used to calculate your race time, so you do not want to miss your start.

There will be water available at the start, but there are no toilet facilities. Toilets are located in the parking lot next to the arena.

Out of Bounds

As you walk to the start, the area to your left (east and south) is out of bounds. The area to your right (west) is the warm-up map area. Additional out-of-bounds areas are:

- The forest bordering the parking lot
- The forest and hillside area outside the arena
- The forest across the road to the south of the arena

Map Details

Hidden Lakes

Scale 1:10,000; Contour interval = 5 metres; ISOM standard

Base map: earlier orienteering map with revisions by Marcello Pradel (2009), Erik Blake, and Ross Burnett (2011).

Meet Officials

Meet Directors – Afan Jones, Barbara Scheck

Course Setter – Erik Blake

Controller – Ross Burnett

Terrain/Forest Description

Terrain is a mix of negative topography of varying complexity and low hills and ridges. Longer courses will see some steep climbs on part of their course. The forest is a generally open forest of aspen, pine, and spruce, with natural meadows. There are some slightly thicker areas of spruce trees. Footing is generally soft as the forest floor is covered in moss and lichen. Larger depressions have vegetation such as willow and birch naturally associated with lower (and seasonally wet) areas. There is a moderate amount of deadfall. There is a fairly well developed trail network, in an irregular pattern, and a few man-made objects, such as ruins and bicycle jumps. There are no bare rock features.

Course Planners/Controllers Notes

This middle distance race is on a forested, natural area. The trails in this area are well used by cyclists, although we have made efforts to inform the cycling community of our presence in the area. Be aware that cyclists may appear at high speed, particularly on hills. If you are standing on a trail contemplating your map, we recommend that you stand to the side of the trail.

The area is also used for gathering firewood, so there are some indistinct, unmarked ATV trails. New cycle tracks and animal trails can also appear quickly on the moss-covered forest floor.

All courses cross the road to reach the arena. The road crossing will be staffed. Please take care crossing the road. Longer courses will have several controls before finishing in the arena.

Maximum Time/Course Closure

Course closure (that is – all participants return from the forest) is 13:45 for all runners. Participants taking more than 120 minutes on their course will be declared OT (“overtime”) and listed as such in the results.

Safety Bearing

North. This will take you to the Grey Mountain Road, or the arena itself. For longer courses, the safety bearing is South once you have crossed the road.

Toilets

Located in the parking lot next to the arena. There are no toilets at the start.

Awards

Awards will be at held Monday 13:00 in the WCOG sprint arena.

WCOC/WRE Long

Date: Sunday July 17, 2011

Location: Rotary Peace Park – 2nd Avenue & Robert Service Way, Downtown

First Start: 10:00

Course closure: 15:15

Driving Instructions

The event arena is at the south end of downtown Whitehorse at Rotary Peace Park on 2nd Avenue, just before the bridge over the Yukon River to Riverdale

Parking

Parking is either in the Yukon Government building parking lot off 2nd Avenue or at the S.S. Klondike National Historic Site accessed from the roundabout on Robert Service Way. Parking at Rotary Park is reserved for officials and volunteers.

Directions to Start

It is a 1 km walk to the start - allow at least 20 minutes getting there. From the arena area in Rotary Park, follow the flagged route along the paved Yukon River trail southward, crossing under the bridge and the finish chute. Cross the river on the south side of the bridge, continuing southward along the sidewalk on Lewes Boulevard. Cross Lewes Boulevard just south of the Hospital Road turn-off. Watch for traffic and cross carefully as there is no cross-walk here. Follow the newly constructed switch-back trail up the hill. Continue to follow the flagged route along a single-track trail to the start area.

Your assigned start time is used to calculate your race time, so you do not want to miss your start.

There will be water available at the start, but there are no toilet facilities. Toilets are located at Rotary Park.

Quiet Start Area

Please remember that the start areas are now quiet start areas. Out of respect for your fellow competitors, please refrain from having conversations in the start area. Chat with your friends outside the “quiet-zone” and along the walk to the start.

Out of Bounds

As you walk to the start, the area to your left (east and north) is out of bounds. The area to your right (south) is the warm-up map area.

Map Details

Long Lake Southeast

Scale 1:15,000 for courses 8-10; 1:10,000 for all other courses.

Contour interval = 5 metres

ISOM standard

Base map: earlier orienteering map with full re-mapping by Remo Madella (2009)

Meet Officials

Meet Directors – Afan Jones, Barbara Scheck

Course Planner – Forest Pearson

Controller – Mark McMillan

WRE Event Advisor – John Rance

Terrain/Forest Description

Terrain is classic Yukon negative topography consisting of large depressions with some areas of finer contour detail. The forest can be quite open in many areas, but there are also sections of light green (slow running) due to closely spaced pine and spruce forest. South facing hillsides are often rough-open land with areas of small poplar (trembling aspen) trees. A complex trail network overlies the topographic complexity of the southern portion of the map. Some of the larger trails can be sandy. The terrain is very dry with few water features and no rock features.

Course Planners/Controllers Notes

This most recent version of this map has very good mapping of the vegetation which has made the area more enjoyable than ever. The terrain is hilly and can be physical, but there are many route options around and between the large depressions. The climb on some of the courses is significant, but course lengths have been adjusted accordingly. The southern half of the map is what I call a “three-dimensional” trail maze that will make route choice in the latter portion of the courses extra challenging. Competitors on the longer courses will also enjoy some areas of true “wilderness” orienteering with almost no trails at all.

A spectator leg is visible from the arena area – watch for runners along the ridge line across the river!

A few notes on the terrain, mapping and features:

Indistinct trails – indistinct trails in some areas can be quite subtle, especially in the more open pine forests. They may be easy to miss, but they are definitely there when you are on one.

Bike trails – as with the Hidden Lake map, the mountain bike community has been active in building trails through the area. There is a remote chance that new mountain bike trails were constructed after the map was finalized and courses printed.

Slow running-good visibility and walk-good visibility (vertical green lines) – this is often used to denote areas of deadfall. The other common use of the slow running-good visibility symbol is areas of soapberry and wild rose, which will be very open but slow running. The walk-good visibility (tighter spaced green lines) is heavier, slower going, sometimes with deep moss that can make it quite physical.

Green – The shades of green (slow-run and walk) are used to truly indicate running speed, and are not exclusively indicative of one forest type. In other words, don't expect a light-green to represent just black spruce forest—it could just as easily be dense pines, areas of small, dense poplars, etc.

Ditches (brown dots) – they are sometimes used for natural, narrow, distinct, vegetated re-entrants, swales or small linear depressions.

Distinctive Tree – green, open circles are used occasionally to mark a distinctive tree, typically in an area of rough-open.

Miscellaneous man made features are marked with a black open circle. These are typically either bike-stunts along the trails or kids' small forts and constructions. The ruin symbol is used for larger, more rectangular constructions.

The black X is vehicle wrecks.

Hazards

Near the end of all the courses competitors will be descending a steep slope and crossing the Hospital Road. You will be tired by this time, so please take your time and exercise caution descending the slope—you don't want to hurt yourself right at the start of this awesome orienteering week! As usual, be careful crossing the Hospital Road, look both ways for traffic, etc.

Maximum Time/Course Closure

Course closure (that is – all participants return from the forest) is 15:15 for all runners. Participants taking more than 180 minutes on their course will be declared OT (“overtime”) and listed as such in the results.

Safety Bearing

West. This will take you to the Hospital or Wickstrom Road and the Yukon River.

Toilets

Located in the parking lot next to the arena. There are no toilets at the start.

Awards

Awards will be held Monday 13:00 in the WCOC sprint arena.



Whitehorse Beverages



THANK YOU TO OUR GREAT VOLUNTEER TEAM

Pam James	Barbara Scheck
Afan Jones	Charlie Roots
Erik Blake	Bob Sagar
Ryan Kelly	Forest Pearson
Ross Burnett	Philippa McNeil
Mark McMillan	John Rance
Charlotte MacNaughton	Alex Kerr
Linda MacKeigan	Kitty Jones
Joe Bradley	Lorna Hutchinson
Jane Rowlands	Craig Brooks
Grant Abbott	Eleanor O'Donovan
Al Hammond	Ev Pasichnyk
Don Reid	Darryl Bray
Anne Marie DaSilva	Deb Kiemele
Leyla Weston	Bob Everett
Greg Kent	Dan Shier
Christoph Erle	Antje Erle
Dick James	Hilary Wilkinson
Beth Hawkings	Jim Hawkings
Helen Slama	Cheryl Atchinson
Sabine Schweiger	Mary Hills
Diana Hockings	Martin Hockings
Wendy Nixon	Karen McKenna
Susan Tinevez	Mary Ann Annable-Roots
Aileen McCorkell	Betty Kelly
Jeremy Johnson	Garry Atchinson
Trevor Bray	

We apologize for any names that we have missed.

WCOOC Sprint

Date: Monday July 18, 2011

Location: Elijah Smith Elementary School on Hamilton Boulevard

First Start: 10:00

Course closure: 12:15

Location/Driving Instructions

From downtown Whitehorse drive up Two Mile Hill. Cross the Alaska Highway and continue on Hamilton Boulevard past the Canada Games Centre about X kilometres to the roundabout. The school is located on the left side. Turn into the school parking lot.

Allow 10 minutes driving time from downtown Whitehorse.

Parking Information

Parking at the school is somewhat limited. Please carpool.

Directions to Arena/Finish and Start

The Finish and Assembly Area are located in the school soccer field. The call-up area for the start is adjacent to the arena. Warm-up will occur in the soccer field and on along the fence before the call-up area. Spectator controls are visible from the soccer field.

Distance/Direction to Start

The call up area is adjacent to the arena.

Map Details

Hillcrest

Scale 1:5,000

Contour interval = 2.5 metres

ISSOM (IOF Sprint) standard

Base map – earlier orienteering map with revisions by Patrick Goeres and Marcello Pradel, checking by Ross Burnett

Meet Officials

Meet Directors – Afan Jones, Barbara Scheck

Course Planner – Philippa McNeil

Controller – Pam James

Course Planner's/Controller's Notes

The map is drawn at 1:5,000 scale to IOF sprint specifications. Remember that the

contour interval is 2.5 metres! Terrain is a mix of residential neighbourhood and forested trail network. There are a few steep hills and some flat sections. The forest is a mix of deciduous and coniferous and has been thinned. There are some patches of hummocky ground (scattered brown dot symbol) and some thickets. There is a well developed trail network, with a few new unmapped indistinct trails.

Maximum Time/Course Closure

Participants taking more than one hour on their course will be declared OT (“overtime”) and listed as such in the results.

Course closure (that is – all participants in from the forest) is 12:15.

Safety Bearing

West. This will take you to Hamilton Boulevard, or the Granger neighbourhood.

Toilets

Located in the school.

Awards

Awards will be at 13:00 in the arena.



Look for these sandwich-board signs to direct you to the meet sites and parking

HPP Fund raiser Sprint Relay

Date: Wednesday July 20, 2011

Location: Selkirk Elementary School, Riverdale

Start: Mass start at 18:00

Course Closure: 20:30

This event is put on by athletes from the Canadian High Performance Program as a fund raiser. The event will be a team sprint relay on the semi-urban Riverdale map (ISSOM). The terrain consists of school areas and fields with wooded sections that have dense trail networks. Each team will consist of 2 people with each person doing 3 laps. There will be a point system based on age and gender so that all teams will be competing against one another. You are welcome to form your own teams but HPP members will be up for auction. With a winning bid, you could have the best in the country as your teammate!

Are you a National Team alumnus? Bring your old National Team uniform to wear and be part of the auction! All alumni who wear their old uniforms will count an extra point! Don't miss this exciting event and chance to support the Canadian High Performance Program.

Park in the Selkirk Elementary School parking lot and walk around the side of the school to the soccer fields.

To maximize the donation of funds to the HPP program, no port-a-potties have been rented for this event. The nearest toilets are not far away - Rotary Park, the fish ladder the SS. Klondike (the boat) and the public library all have toilets.

COF Conference and AGM - July 17-22

The COF conference is organized by the COF Board of Directors and held in conjunction with the Canadian Orienteering Championships. It's an ideal opportunity to bring Canadian orienteers together to share information and to learn from interesting, topical speakers. It's also a great time to learn about and get involved with the priorities and projects of the COF and to provide your ideas and feedback. Ideas for future conference topics are always welcome. Sessions will be in and around Whitehorse, Yukon. No registration is required. Just show up!

SESSION A / MEET-UP: Junior Programming

Sunday July 17- 16:00 – 17:00

Outside at Shipyards Park prior to the potluck. Bring your lawn chair or blanket.

Facilitator: to be confirmed

This is an informal session for those who are involved with junior programming in your club/associations. Come share your ideas and successes and let's discuss areas where we can work better together.

SESSION B / From the 2011 National Junior Team

Tuesday July 19 - 19:30 – 21:00

Mt. Mac (in conjunction with the Sass Peepre Camp)

Join members of the 2011 national junior orienteering team as they recount their races and experiences at the 2011 world championships in Poland in early July.

SESSION C / The mini-conference

Wednesday July 20 - 13:00 - 16:00

Come to a few sessions, or come to them all! Yukon College - A2206 (the lecture hall - park in the student parking lot and follow the signs)

13:00 – 13:30 – *Course Setting Essentials*

Join Adrian Zissos to learn the absolute most important things you need to know when setting sprint, middle and long courses.

13:40 – 14:00 – *The High Performance Training Centre Concept*

Hear about the 2011 High Performance Training Centre that's been going on in Whitehorse this spring and summer. Where else in Canada can we do this in future years? Come learn more and share your ideas with Brent Langbakk.

14:10 – 14:40 – *Launch of the Long Term Athlete Development Model*

Come and learn about this great new resource and talk about the next steps with presenter Bill Anderson.

14:50 – 15:20 – *The Arena Concept*

Learn from Magnus Johansson what the arena concept is and how can you incorporate it into your club's events – big and small.

15:30 – 16:00 – *COF update and future priorities*

It's been a busy and exciting year for the COF. Please join us for this COF update on our current and future priorities. Learn from Charlotte MacNaughton how the work of the COF benefits your club.

SESSION D / MEET-UP: Calling all O-Techies!

Thursday July 21- 17:00 – 18:00

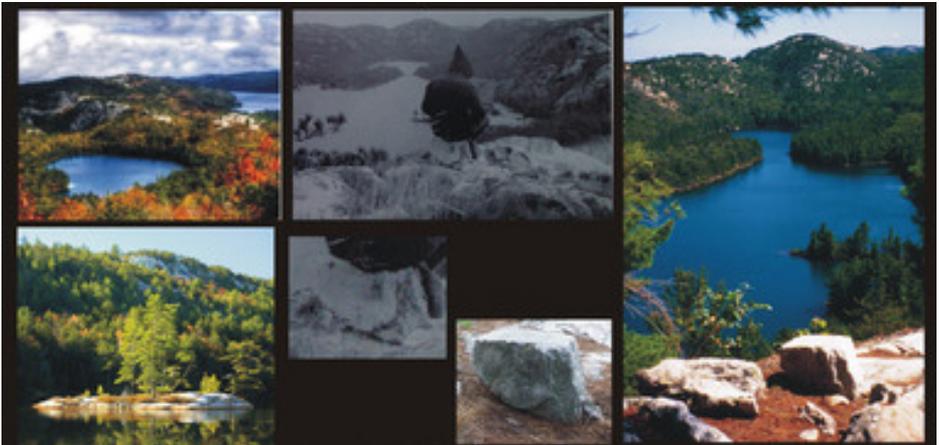
Meet at Baked – the coffee shop on east end Main Street

Facilitator: Adrian Zissos

Drag yourself away from your laptop for an hour, and join us for this informal session for those who are developing/using orienteering software, web site templates, event software. Here's an opportunity to share what you are working on and talk about the various projects under development.

SESSION E - Following in the Footsteps of the Group of Seven

An illustrated talk by Sue and Jim Waddington



7:30 pm Thursday, July 21 2011 Doors open at 7:00

High Country Inn 4051 4th Avenue, Whitehorse

Entry by donation - to the Canadian Orienteering Federation

The Group of Seven painters worked throughout Canada (including Whitehorse). Sue and Jim Waddington have located about 200 of the scenes that provided the inspiration for their paintings and sketches. Although some of the sites are in towns and villages, most of them may only be reached by canoe and on foot. The talk will compare photographs of some of the painting sites with the corresponding artwork. The Waddingtons will discuss how they find the painting sites on their canoe trips and what they have learned about the painters and their choice of sites.

SESSION F / COF Annual General Meeting

Friday July 22 10:00 – 12:00

Yukon College A2206 (the lecture hall - park in the student parking lot and follow the signs)

The AGM is the one time of year when the members of the COF (the provincial/territorial associations) gather to discuss and decide on the business tasks of the association (such as electing board members, making changes to the constitution, reviewing the financial statements, etc). All are welcome.

SESSION G / MEET-UP: Orienteering marketing and promotion

Friday July 22 - 12:30 – 13:30

Yukon College A2206

Facilitator: Jim Webster

This informal session will explore promotion and marketing - ideas, best practices, suggestions for cooperative efforts, social media and orienteering. And let's talk about headcams and video as well. Bring your examples and ideas to share.

COC/WRE Sprint

Note – WRE competitors should also check with the WRE Bulletin #3.

Date - Friday, July 22, 2011

Location - Robinson Roadhouse Historic Site; on the South Klondike Highway

First Start - 18:00

Course closure - 20:15

Location/Driving Instructions

From downtown Whitehorse drive south on the Alaska Highway about 19 kilometres to the junction with the South Klondike Highway (signposted to Carcross and Skagway). Turn right and drive south on the South Klondike Highway approximately 17.5 km. The entrance to the site is on the west side (i.e. right if heading south) about 200 metres south of the Annie Lake Road. Allow 45 minutes driving time from Whitehorse.

Parking

Parking at the historic site itself is limited. If it is full or you are directed by a volunteer to use the alternate parking, please use one of these options:

1. the north side of the Annie Lake Road (without blocking the road or any driveways)
2. the small highway pull-out immediately north of the Annie Lake Road
3. the Lorne Mountain Community Centre (located about 800 metres along the Annie Lake Road, on the north (i.e. right) side

If you are camping at the Lorne Mountain site, please help us out by leaving your car there and walking to the arena (it is only about 800 metres). Walk from the community centre east (i.e. towards the highway) along the Annie Lake Road. You can take the vehicle track on the south side of the road beside the railway track, as described below.

Directions to Arena/Finish and Start

From the historic site parking lot – there is a short 100 metre long trail leading to the arena. From the Annie Lake Road (i.e. if you are parking at one of the alternate locations), there is a 200 metre long vehicle track immediately west of the railway that also leads to the arena. Note that other than this vehicle track, the forest and trails on the south side of the Annie Lake Road (and west of the railway) are out of bounds. The finish and call-up area for the start are both in the arena.

Important Information about Robinson Roadhouse Site

This is a historic site, administered and maintained by Yukon Government's Department of Tourism and Culture. Please respect the site, including:

1. Do not climb on or enter into any of the buildings.
2. Do not disturb or pick up ANYTHING, even stuff that might appear to be garbage such as rusty tin cans, metal bits etc.
3. There can be a small risk associated with the site – sharp, rusty metal, nails protruding from wood, etc.

Distance/Direction to Start

The call up area is in the arena.

Out of Bounds

Other than the clearing of the arena, the area south of the Annie Lake Road, and west of the railway, is out of bounds.

Map Details

Robinson Roadhouse

Scale 1:5,000

Contour interval = 2.5 metres

ISSOM (IOF Sprint) standard

Base map by Ivar Helgesen; fieldwork by Marcello Pradel, checking by Ross Burnett

Meet Officials

Meet Directors – Barbara Scheck, Afan Jones

Course Setter – Ross Burnett

COC Controller – Mark McMillan

WRE Event Advisor – Alex Kerr

Terrain/Forest Description

Terrain is a mix of negative topography of varying complexity and low hills and ridges. The forest is generally a very open forest of pine and natural meadows with some slightly thicker areas of spruce trees. Larger depressions have vegetation such as willow and birch naturally associated with lower (and seasonally wet) areas. There is a fairly well developed trail network, in an irregular pattern, and a few man-made objects, such as old ruins. There are no rock or water features.

Course Planners/Controllers Notes

This sprint race is on a forested, natural area, on a map drawn at 1:5,000 scale to IOF sprint specifications. Remember that the contour interval is 2.5 metres! Depressions and hills will not be as deep/high for the same number of contour lines as on a map with a contour interval of 5 metres. Also, some of the point features such as pits, are very small. However, they are accurately located, the forest is open, and visibility is very good – there are no bingo controls. There is a fairly extensive trail network, including some small trails mapped as indistinct trails. Note that because of the ground vegetation (moss, lichens), the ground ‘holds’ any compaction for a long time. Especially on the more open ridges, there may be evidence of (unmapped) ATV trails.

Special Symbols/Important Information

There is a railway (narrow gauge) on the map. It is not in use.

Courses 4 and 5 cross the finish chute at right angles; about 4/5 of the way through their course. To accommodate this crossing, there is a short gap in the finish chute. There is a black X used on both the W21 and M21 courses. It is a small debris pile.

Maximum Time/Course Closure

Participants taking more than one hour on their course will be declared OT (“overtime”) and listed as such in the results.

Course closure (that is – all participants in from the forest) is 20:15.

Safety Bearing

North. This will take you to the Annie Lake Road, or the arena itself.

Toilets

Located in the parking lot, and at the Lorne Mountain Community Centre.

Awards

The award ceremony will be at the COC banquet Saturday evening.

COC Long

Date: Saturday, July 23, 2011

Location: Carcross School, in Carcross

First Start: 10:00

Course closure: 15:00

Location/Driving Instructions

It is about 71 kilometres from Whitehorse to Carcross. From downtown Whitehorse drive south on the Alaska Highway about 19 kilometres to the junction with the South Klondike Highway (signposted to Carcross and Skagway). Turn right and drive south on the South Klondike Highway to Carcross. Turn off the highway on the west side (i.e. right side if heading south) to the town site itself, a matter of a few blocks (refer to the COC Long warm-up map).

Allow 75 minutes driving time from Whitehorse.

Parking Information

Parking is in 'downtown' Carcross adjacent to the visitor centre. Note that at press time there was construction going on, with the roads and parking areas being realigned and paved. Please use caution and respect when picking a parking spot. If you need to park on the street, do not block traffic entrances to businesses or driveways. The limited parking available at the school is for officials only.

Directions to Arena/Finish

From the parking walk along Tagish Avenue a few blocks to the school; the arena is in the field behind the school.

Distance/Direction to Start

The start call up area is a 250 metre walk from the arena.

Out of Bounds

The area west of the arena is out of bounds, except for the trail to the start. Refer to the COC Long warm up map.

Map Details

Carcross Desert

Scale 1:10,000

Contour interval = 2.5 metres

ISOM (IOF) standard

Base map by Ivar Helgesen; fieldwork by Bryan Chubb and Marcello Pradel, some checking by Ross Burnett.

Meet Officials

Meet Directors – Barbara Scheck, Afan Jones

Course Setter – Ross Burnett

Controller – John Rance

Terrain/Forest Description

How to describe the Carcross Desert? More difficult than you might think, as it is quite varied terrain! It includes areas of complex sandhill features, primarily in rough open areas; slightly less complex areas in very open pine forest, some thicker areas of aspen trees and stunted windswept vegetation, some open areas of ‘pure sand’, and some less detailed hills with rocks and cliffs! There is a fairly well developed trail network, in an irregular pattern, and a few man-made objects, such as old ruins. Other than the lake, there are no water features.

Course Planners/Controllers Notes

There is a railway (narrow gauge) on the map. It is not in use in the areas of the courses. For legibility reasons, power lines immediately adjacent to the railway and beside the highway have not been shown.

Road crossings

Courses 9 and 10 have two road (highway) crossings. They will be staffed with volunteers to stop traffic if necessary. Nonetheless, use caution approaching and crossing the highway.

Maximum Time/Course Closure

Participants taking more than three hours on their course will be declared OT (“overtime”) and listed as such in the results.

Course closure (that is – all participants in from the forest) is 15:00.

Safety Bearing

South. This will take you to Bennett Lake; then you can follow it east to Carcross.

Toilets

Located in the Carcross School; and the visitor reception centre in Carcross.

Showers

There are no public showers in Carcross. If its a nice hot day, consider taking a “swim” in Bennett Lake in Carcross. Showers at the Lorne Mt. Community Centre may only be used by orienteers with a valid camping pass.

Awards

The award ceremony for the COC Long event will be at the COC banquet Saturday evening.

COC/WRE Middle

Date - Sunday July 24, 2011

Location - Lewes Lake; on the South Klondike Highway

First Start - 10:00

Course Closure - 14:00

Location/Driving Instructions

From downtown Whitehorse drive south on the Alaska Highway about 19 kilometres to the junction with the South Klondike Highway (signposted to Carcross and Skagway). Turn right and drive south on the South Klondike Highway approximately 17.5 km to Annie Lake Road. Continue along the Klondike highway another 7.5 km from Annie Lake Road. The entrance to the site is on the west side (i.e. right if heading south). There will be signage. Allow 45 min. driving time from Whitehorse.

Parking Information

As you exit from the highway onto a small vehicle track, a volunteer on-site will provide parking instructions. Parking is limited - please consider carpooling.

Directions to Arena/Finish and Start

The maximum distance from the parking to the assembly area is 400 metres. The call up area is near the vehicle track, close to where you entered from the highway. The finish area is in the arena.

Distance/Direction to Start

It is a maximum 350m walk from the arena to the call-up area.

Out of Bounds

Other than the clearing of the arena, the parking area and the area indicated on the warm-up area to the east of the vehicle track, all other areas are out of bounds.

Map Details:

Lewes Lake

Scale 1:10,000

Contour interval = 5 metres

ISOM standard

Base map by Ivar Helgesen; fieldwork by Ivar Helgesen and Afan Jones

Meet Officials:

Meet Directors – Barbara Scheck, Afan Jones

Course Setter – Charlotte MacNaughton

COC Controller – John Rance

WRE Event Advisor – Alex Kerr

Terrain/Forest Description

Terrain description: the terrain is classic Yukon negative topography of varying complexity and hills and ridges. The forest is generally open forest of pine and natural meadows. There are some thicker areas of spruce trees. Larger depressions have vegetation such as willow and birch naturally associated with lower (and seasonally wet) areas. On courses 1, 2 and 3, there is a basic trail network and man-made features. Courses 4-10 primarily use part of the map that does not have a trail network or man-made features. There are no rock features; but some water features.

Course Planners/Controllers Notes

This is a beautiful map. The Norwegian mapper Ivar Helgesen was so impressed by the terrain that he suggested that the map would be ideally suited for a World Championships.

Lewes Lake is classic Yukon negative topography orienteering. The terrain is challenging as there is a great deal of contour detail. Orienteers are advised to stay well focused. Due to the nature of the terrain, the climb is more than might normally be expected. Considering the climb, the length of the courses has been adjusted to meet the recommended winning times.

There are some older cut lines on the map that the mapper chose not to include on the map. All recent cut lines are indicated on the map.

Due to a wet spring, many of the ponds are larger than shown on the map.

Courses 9 and 10 have a spectator control and competitors on these courses must follow the marked route for 150m after the spectator control. Then they resume normal orienteering.

There is a wonderful view from the assembly area. Bring your camera and enjoy socializing with your fellow orienteers as the 2011 COCs wrap up.

Special Symbols/Important Information

There are some older cut lines on the map that the mapper chose not to include on the map. All recent cut lines are indicated on the map.

Maximum Time/Course Closure

Participants taking more than two hours on their course will be declared OT (“overtime”) and listed as such in the results. Course closure (that is – all participants in from the forest) is 14:00.

Safety Bearing

NE to the highway.

Toilets

Located in the arena.

Awards

In the arena at 14:30.

Course Details

Western Canadian Orienteering Championships (Long and Middle)

Course	WCOC Middle - July 16			WCOC/WRE Long - July 17		
	Length	Climb	# of controls	Length	Climb	# of controls
1	1.8	65	11	2.8	110	16
2	1.9	75	10	2.7	105	9
3	2.3	85	11	4.2	140	8
4	1.8	70	9	2.1	70	6
5	2.0	70	8	3.5	125	8
6	2.5	110	11	4.1	120	9
7	3.0	120	13	5.2	230	10
8	3.2	115	15	5.0	215	10
9	4.2	190	18	9.0	470	16
10	4.6	215	19	12.0	550	20

Canadian Orienteering Championships (Long and Middle)

Course	COC/WRE Middle - July 24			COC Long - July 23		
	Length	Climb	# of controls	Length	Climb	# of controls
1	1.9	30	12	2.8	65	12
2	2.1	30	13	3.4	87	12
3	2.1	40	12	4.3	165	11
4	1.0	60	7	2.8	75	10
5	1.2	85	8	3.7	120	13
6	1.6	100	8	4.4	140	11
7	2.5	170	11	7.0	215	12
8	2.5	205	11	5.4	145	11
9	3.3	205	16	8.2	245	19
10	4.5	260	16	11.8	335	30

Course Details

Western Canadian Orienteering Championships and Canadian Orienteering Championships (Sprint)

Course	WCOC Sprint - July 18			COC/WRE Sprint - July 22		
	Length	Climb	# of controls	Length	Climb	# of controls
1	1.7	35	13	1.7	22	12
2	1.5	35	8	1.9	45	11
3	2.0	35	10	2.1	57	11
4	2.0	35	9	2.3	45	18
5	2.7	55	12	2.7	53	16

Course	Middle and Long Categories	Sprint Categories
1	W12 Open-1	M12 W13-14 Open-1
2	W13-14 Open-2	M13-14 W55-64 W65-74 W75-79 W80+ Open-2
3	W15-16 Open-3	M15-16 W45-55 Open-3
4	W75-79 W80+ Open-4	M80+ W15-16 W17-20 W21-34 W35-44
5	W55-64 W65-74 Open-5	M75-79 M17-20 M35-44 M45-54 M21-34
6	W45-54 Open-6	M65-74
7	Open-7	M45-54 M55-64
8	W17-20 W35-44	
9	W21-34	M17-20 M35-44
10		M21-34