

## Western Canadian Championships 2015 – General Information

### Schedule-at-a-Glance;

Date	Event	Location	First Start
Friday July 3	Training	Hidden Lakes map (see below)	10:00
Friday July 3rd	Sprint	Takhini Elementary School	18:00
Saturday July 4	Long	Nilsson/Lammers Research Forest	10:00
Sunday July 5	Middle	Long Lake	10:00

### Course Statistics-at-a-Glance:

#### Sprint

Course	1	2	2b	3	4	5
Categories	M-12; W-12; M13-14; W13-14; Open-1	M75-79; M80+; W65-74; W75-79; W80+; Open-2	W55-64;	M55-64; M65-64; W45-54; Open-3	M15-16; W15-16; W17-20; W21-34; W35-44; Open-4	M17-20; M21-34; M35-44; M45-54;
Distance	1.8 k	1.2 k	1.5 k	1.8 k	2.1 k	2.8 k
Climb	12.5 m	5 m	15 m	10 m	15 m	17.5 m

#### Long:

Course	1	2	3	4	5	6	7	8	9	10
Categories	M-12; W-12; Open-1	M13-14; W13-14; Open-2	M15-16; W15-16; Open-3	M80+; W80+; W75-79; Open-4	M75-79; W55-64; W65-74; Open-5	M65-64; W45-54; Open-6	M45-54; M55-64; Open-7	W17-20; W35-44	M17-20; M35-44; W21-34	M21-34
Distance	3.6 k	3.2 k	4.1 k	2.3 k	3.8 k	4.2 k	6.6 k	5.7 k	8.4 k	10.5 k
Climb	30 m	60 m	70 m	50 m	70 m	90 m	75 m	90 m	130 m	160 m

#### Middle:

Course	1	2	3	4	5	6	7	8	9	10
Categories	M-12; W-12; Open-1	M13-14; W13-14; Open-2	M15-16; W15-16; Open-3	M80+; W80+; W75-79; Open-4	M75-79; W55-64; W65-74; Open-5	M65-64; W45-54; Open-6	M45-54; M55-64; Open-7	W35-44	M35-44; W17-20; W21-34	M17-20; M21-34
Distance	1.6 k	2.7 k	2.4 k	1.6 k	1.7 k	2.0 k	2.4 k	2.4 k	3.6 k	4.2 k
Climb	25 m	95 m	85 m	35 m	60 m	75 m	65 m	60 m	125 m	155 m

#### Registration:

Thursday July 2 – at Sport Yukon – 4061 4<sup>th</sup> Ave. from 13:00 – 17:00

Friday July 3 – on site at Takhini Elementary School from 17:00 – 18:30

Saturday July 4 – on site at the Nilsson/Lammers Research Forest 09:00 – 10:30

Sunday July 5 – on site at the Long Lake arena 09:00 – 10:30

#### Training:

Training will be available on Friday July 3 from 10:00-14:00. Maps will be available at the registration desk on the Thursday. If you arrive after 17:00 on Thursday, you may

pick up a map at the home of Forest and Georgi Pearson – 705 Jarvis Street, in downtown Whitehorse. They will not be available on site. Cost is \$5. Location is at the Magnusson Trails parking area, on the Grey Mountain Road. From downtown Whitehorse, drive to Riverdale across the Robert Campbell Bridge. Drive about 750 metres and make a left turn on to Alsek (this is the second possible place to turn left after the bridge). After about 430 metres take the second left turn to the Grey Mountain Road. The parking is on the left side about 2 kilometres up the road. We will make best efforts to have SI units out for this (with clear and check stations at the unmanned start).

**Whistles:**

Recall that as an Orienteering Canada sanctioned event, whistles must be carried by all competitors. The only exception to this is competitors running in F21 or M21 in the World Ranking Event – the Middle Distance on Sunday (as this is an IOF event). A limited number of whistles will be available for a nominal charge.

**Juries:**

To be confirmed.

**Bears:**

There may be bears in any of the map areas where YOA meets are held. You must be “bear aware”. To reduce risk, use precautions set out in the booklet [\*How you can stay safe in bear country.\*](#)

**Awards:**

Awards for the Sprint and the Long will be at the pot-luck social on the Saturday evening (see below). Awards for the Middle will be on site, as soon as feasible after the race.

**Pot-luck Social**

The pot-luck social will be on Saturday evening at Shipyards Park, off Second Ave. in Whitehorse. It will go from 17:00 - 21:00. There is ample parking and shelter – we will be based out of the Frank Slim Building. We decided that since only orienteers seem to truly appreciate how much orienteers can eat in one sitting, we decided to make this a ‘pot-luck’ event, meaning that while there is no charge, everyone must contribute a dish, salad, or other food of some sort. This way, if there is not enough food, we only have ourselves to blame. The success of this event depends on YOU.

Here is our suggestion:

- Surname beginning with A-F: bring salad, or vegetable dish
- Surname beginning with G-M: bring meat dish
- Surname beginning with N-S: bring starch (rice, pasta, bread)
- Surname beginning with T-Z: bring desert

No Alcohol is allowed at this public venue.