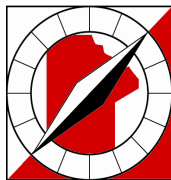


2013 Western Canadian Orienteering Championships and Winnipeg Sprint Weekend



Competitor Handbook

July 27 to August 5, 2013



Manitoba
Orienteering
Association

Schedule

Date	Time	Event	Location
July 27 (Sat)	9:00 AM	Sprint Weekend Race 1	Crescent Park
	12:00 PM	Sprint Weekend Race 2	U. of M.
	3:00 PM	Sprint Weekend Race 3	King's Park
	6:00 PM	Sprint Weekend Race 4	LaBarriere Park
July 28 (Sun)	9:00 AM	Sprint Weekend Race 5	The Forks
	12:00 PM	Sprint Weekend Race 6	Wildwood Park
	3:00 PM	Sprint Weekend Race 7	FortWhyte Alive
	6:00 PM	Sprint Weekend Race 8	Assiniboine Park
	7:30 PM	Barbecue	Assiniboine Park
July 30 (Tue) to Aug. 1 (Thu)	8:30 AM (Tue) to 4:00 PM (Thu)	Sass Peepre Training Camp for Juniors and Adults	Spruce Woods
Aug. 2 (Fri)	2PM-8PM	WCOC Model	Spruce Woods (Hog's Back)
Aug. 3 (Sat)	8AM-10AM	WCOC Model	Spruce Woods (Hog's Back)
	10AM-2PM	WCOC Middle	Spruce Woods (Hog's Back)
Aug. 4 (Sun)	10AM-3PM	WCOC Long	Spruce Woods (Hog's Back)
	6:00 PM	WCOC Banquet	Glenboro
Aug. 5 (Mon)	10AM-1PM	WCOC Sprint	Spruce Woods (Hog's Back)

For orienteering events, the time window is from the first start time to the approximate course closing time. The doors at the banquet open at 5:00 PM.

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IMPORTANT

Please read this entire booklet. The General Information pages augment the individual event details.

A Message from the President and CEO Sport Manitoba

On behalf of Sport Manitoba, I'm pleased to welcome you to the 2013 Western Canadian Orienteering Championships. It is an honour for us to host this exciting event.

A special welcome to those who are visiting Manitoba for the first time. Our province has a wealth of natural resources and throughout the competition you will discover breathtaking lakes, rivers, and greenspaces. Enjoy the landscape and scenery as you compete and strive for your personal bests.

Thank you to the event organizers, course planners, and volunteers for all the work that has been put in to make this event possible. Your effort and expertise is appreciated.

Good luck to all the athletes participating this weekend and the upcoming week. Competing with your peers from across Western Canada will help you progress in your sport. We hope that these championships will challenge and improve your physical fitness, navigation, and decision-making skills. We wish you all the best at this competition and beyond.

Jeff Hnatiuk
President & CEO
Sport Manitoba



A Message from the MOA President

Welcome to the 2013 Western Canadian Orienteering Championships. A weekend of eight Sprint races in Winnipeg and the Sass Peepre Training Camp for Juniors and Adults will be held in conjunction with the championships. We thank you for meeting us in the middle of Canada, to take part.

The WCOC is being held in the spectacular Spruce Woods Provincial Park on a map we call Hog's Back. Because of its remoteness, this area of the Park is seen by a smaller number of visitors, so feel privileged that you will have three days of being "up close" to a very unique area of Manitoba. You will be orienteering in true wilderness and can expect a fast and technically challenging sandhills terrain. Thank you to Sport Manitoba for their financial support and congratulations to all the members of the Coureurs de Bois, Neepawa and Hartney Gouger Orienteering Clubs whose coordinated efforts, countless hours of planning and course vetting have made this event possible!

All the best to all the competitors for successful performances and much satisfaction at every event over the coming days. On behalf of, and as the president of the Manitoba Orienteering Association, I thank you for your participation.

Jennifer Hamilton, President
Manitoba Orienteering Association



General Information

Awards: WCOG Middle and Long awards will be presented after the banquet on Sunday 4 August at the Kinsmen Hall in Glenboro. WCOG Sprint awards will be presented on site at Hog's Back after the event on Monday 5 August.

Baby Sitting:

Sorry, not available.

Banquet:

Sunday August 4th at 6:00PM (doors open at 5:00PM)
Kinsmen Community Hall in Glenboro, 900 Railway Ave. (west side of town)
Henry Booy, Caterer.
Tickets are in your registration package. Please bring your ticket with you!
Extra tickets may be available. Inquire at registration table.
Cash bar will **NOT** be available.
Awards for the WCOG Middle and Long will be presented after the banquet.

Directions:

From Winnipeg (Route 1):

Take Highway #1 west (Trans Canada) to Highway #5, approximately 2.5 hours
Turn left at Highway #5 past Carberry south to Glenboro (about 38 km)
Turn west onto Railway Ave (800 m past Highway #2)

From Winnipeg (Route 2):

Take Highway #2, approximately 2.25 hours to Glenboro
Turn south onto Highway #5 and then west onto Railway Ave

From Brandon:

Take Highway #1 east (Trans Canada) to Highway #5, approximately 40 min.
Turn right at Highway #5 past Carberry south to Glenboro
Turn west onto Railway Ave (800 m past Highway #2)

Cell Phones: Cell phones will work at most meet sites but reception may be marginal.

Complaints/Protests: The organizers have strived to ensure that everything will go smoothly. In the event that you encounter a problem please follow this procedure:

- 1) Speak to the meet director or course planner about your problem.
- 2) If after this discussion you wish to formally pursue your problem then please complete the complaint/protest form (available at the registration table) and submit the form to the meet director or course planner.
- 3) The organizers will meet and provide their written response.
- 4) Should you wish to pursue this further then complete the third section of the form and submit the form to the event controller who will convene a jury meeting to rule on the protest. A written response will be provided. Please note that protests against rule infringements must be lodged within 30 minutes after the course closes. Protests against the provisional results must be lodged within one hour after they are posted.

Control Descriptions: Control descriptions will be printed on the front of all competition maps and loose control descriptions for all events will be available just before starting. The maximum dimensions of the loose control descriptions are 6cm x 21cm. Tape and scissors will be available at the start. For the M/W12 and M/W13-14 categories, the maps will be printed with both textual and pictorial control descriptions.

Controls: All controls will be marked with the standard orange and white control flags. All controls (including the start) will have one or more SI units. Where there is more than one unit, you only need to insert your SI card in one of the units. The unit will beep and flash to indicate a successful punch. In case it does not beep/flash, there is a manual backup punch located at the control and there may be reserve punch boxes on your map if room permits and if not, punch along the map edge. It is the competitor's responsibility to ensure that their SI card or map shows that they have visited the control.

Control Pick-up: Controls will be picked up after all competitors have exceeded their course maximum times.

Course Maximum Times: Each competitor has a maximum time to complete their courses as follows:

Middle: 2 hours

Long: 3 hours

Sprint: 1 hour

Anyone taking over the above time will be disqualified (DSQ).

Courses will close, based on the maximum time indicated above, after the last start.

The approximate time is listed in the event details and also in Table B.

Disqualifications: If a runner is missing one or more controls, the runner will be disqualified and the results will show "mp" (missed punch). If the runner's disqualification is due to another reason, the results list will show "DSQ" for that competitor.

Note: If a competitor runs with a different SI card than is listed in the registration, "mp" will be recorded. Ensure the organizers have your proper SI card number.

Electronic Punching System: The SPORTident electronic punching system will be used at all competitive events. All controls have BSF7 or BSF8 stations and a backup pin punch. These stations should be compatible with all SI cards; however, SI-pCards are not supported.

Embargoed Areas: The maps known as Hog's Back are embargoed until after the event. The one exception is using the model map located east of Park Road at the extreme south end of the Hog's Back map. Note that on the race days, maps of the competition area with the exception of the model map shall not be used by competitors or other persons until officially permitted. The areas beside the roads leading into the event sites are out of bounds. If you are using the model map on Friday, August 2nd from 2PM-8PM, park along the road south of the "entrance" to the model map, as indicated by signage.

General Information (Continued...)

Finish Procedure: All runners are required to pass the finish line and report to the finish area to download, even those who do not complete the whole course. This is a safety feature. The organizers must know that all competitors have safely come out of the forest or they may initiate a search party.

First Aid Kits: Will be available at the start and the arena.

Food: Water, Gatorade and fruit will be provided at the finish line at each meet to all competitors.

Gas: Stations in Glenboro and Carberry are open seven days a week. Cypress River has a CO-OP Gas key lock system on weekends. Contact Cory at 204-743-2314 for emergency access.

Hospitals: Emergency call 911

Brandon Regional Health Centre
150 McTavish Avenue East
Brandon, MB (1-204-578-4000)
(24-hr hospital)

Carberry Plains District Health Centre
340 Toronto St.
Carberry, MB (1-204-834-2144)
(open during the week, and closed on the weekend of Aug. 3, 4, 5)

Glenboro Health Center
219 Murray
Glenboro, MB (1-204-827-2438)
(open during the week; open on the weekend of Aug. 3, 4, 5 - call ahead if you have an emergency)

Health Links Manitoba: Toll Free (1-888-315-9257)

Juries: The following individuals comprise the jury pool, and if required, a committee of three of these individuals will be convened:

Greg Yarkie, John Rance, Marion Owen, Tim Lee

Lost/Found Property: Will be kept near the registration desk in the arena.

Map Scale and Contour Interval: See Table B: Event Times and Map Data at a Glance at the back of this booklet. Information is also in the specific event details.

Map Legend and Symbols: Any special symbols used on the maps are included on the specific maps and are also noted in the specific event details. There is no legend printed on the competitor maps. A legend, which includes all the symbols used on the maps, is included in your registration package.

Marked Routes: Marked routes on courses are flagged with orange and white flagging. Some of the marked routes may be marked with continuous flagging tape or rope. The finish chute will use bunting or rope to mark the chute sides. The route to the start area will be flagged with orange flagging tape.

Model Map: The Hog’s Back model map is in your registration package. This map includes all three scales used in the WCOs (1:5,000 for the sprint, 1:10,000 and 1:15,000). This site is not staffed and no water is available. Extra Hog’s Back model maps can be purchased at the registration package pick-up times (see Registration). The model event site will have controls placed and can be used from 2:00 PM to 8:00 PM on Friday, August 2nd and from 8:00 AM to 10:00 AM on Saturday, August 3rd.

Natural Hazards:

Wood ticks, as opposed to deer ticks, should be declining by August but, nonetheless, competitors should be on their guard. Some carry Lyme disease.	Wood ticks embed into skin. Dabbing them with alcohol on a cotton swab makes them fall off, otherwise medical assistance may be necessary to remove this type of tick.
Mosquitos	Guard against West Nile virus. Insect repellent will be available at the start.
Deer Flies	These biting flies have mouthparts designed to pierce or slice into the skin and then suck up the blood. Insect repellent will be available at the start.
Black bears and deer are present.	Exercise caution.
Poison Ivy	Wash exposed area. A water tank will be located near the toilets.
Spears Grass	Remove immediately as it can cause skin irritation.
Heat Exhaustion	Hydrate to avoid. (See information sheet in package.)
Dehydration: Symptoms: Dry or sticky mouth, lethargy, thirst, confusion, little or no sweating, fever, low blood pressure.	Stop participation immediately. Drink small sips of water or sports drink while resting. Remove excess clothing or loosen clothing. Retreat to a cooler area.

General Information (Continued...)

O-Store: The O-Store is excited to be coming to Manitoba for the Western Canadian Orienteering Championships. Their range of orienteering gear has expanded from last year and they look forward to offering everyone a chance to browse through their display and see if there is anything of interest to you. Visit o-store.ca to see what products are available. Cash, cheques, Mastercard and Visa will be accepted in Manitoba.

Park Pass: A provincial park pass is required on all vehicles entering a Manitoba Provincial Park. This means any vehicles going to the WCOCs at Hog's Back or the Sass Peepre training events elsewhere in Spruce Woods require a pass. Passes are available for the entire year (\$40.00) or 3 consecutive days (\$12.00). A 3-day pass will cover you for the WCOC events. Park passes can be purchased at the Kiche Manitou campground office and some nearby businesses. See <http://www.gov.mb.ca/conservation/parks/camping/info/fees.html> for more information.

Registration: Registration packages may be picked up as follows:

Date	Time	Location
Sat. July 27	8:30AM to 9:00AM	Crescent Park
	11:30AM to 12:00PM	U. of M.
	2:30PM to 3:00PM	King's Park
	5:30PM to 6:00PM	LaBarriere Park
Sun. July 28	8:30AM to 9:00AM	The Forks
	11:30AM to 12:00PM	Wildwood Park
	2:30PM to 3:00PM	FortWhyte Alive
	5:30PM to 6:00PM	Assiniboine Park
Fri. Aug. 2	2:00PM to 8:00PM	Spruce Woods Inn 426 Lyall St., Glenboro (off Hwy 2)
Sat. Aug. 3	9:00AM to 10:00AM	Hog's Back, Middle meet site
Sun. Aug. 4	9:00AM to 10:00AM	Hog's Back, Long meet site
Mon. Aug. 5	9:00AM to 10:00AM	Hog's Back, Sprint meet site

Please remember that waivers must be signed when picking up registration packages.

Recreational Courses: Course 1, 2 and 3 maps will be available at a cost of \$5.00 per map for recreational orienteers. Pin punch only at controls on the map; no SI cards.

Results: These will be posted at the meet site as they become available and on the following website: www.wcoc2013.ca

Safety Bearing: Printed on each map.

Souvenir Bath Mat/Towel: Yes, that is right! We thought you might be tired of another T-shirt so we have changed it up! They are selling for \$15.00 each. In either fashionable wine or sage green colour featuring an embroidered crest with an orienteering flag and the words "ORIENTEERING / WHY JUST RUN?" tastefully positioned at a corner.

Start Lists: Will be posted on the web and at event sites. Individual start times are on your registration envelope/bib.

Start Procedure: Water and insect repellent will be available at the start areas. Clear and check units will also be at the start. Please make sure you have cleared and checked before starting. Any clothing left at the start will be returned to the arena area after everyone has started. The clock at the start area will display the call up time. The clock will beep at each minute.

Note: All events will have a start control that competitors must punch when their time starts. This will help ensure accurate timing even if problems occur.

WCOCs start procedure:

3 min. before your start time	1st call up line	SI number checked Whistle checked
2 min. before your start time	2nd call up line	Clear, check Loose control descriptions available along with scissors and tape
1 min. before your start time	3rd call up line	Pick up map and write your name on the back

Start Time	<u>Punch the start control located where you get your map.</u> Verify that your map is correct. A sign will be posted here advising you where the start triangle is and the distance to it. When the start triangle is not where you get your map, you must follow the flagging to the start triangle. There is no punch at the start triangle.
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Should you be late for any event, report to the officials who will re-slot you into the competition at an appropriate time to avoid influence on your competitors.

General Information (Continued...)

Technology:

Maps and Course Planning:

Maps drawn in OCAD 8.

Condes used for map layouts and course planning.

Courses exported as EPS files and printed from Adobe Illustrator to a Xerox DocuColor 240 printer.

Race Timing and Results:

82 BSF7 Controls

147 BSF8 Controls

2 BSM7-D-RS232 Readout Stations

2 BS8-D Timemaster Stations

Epson TM-T88IV splits printer

Sport Software OE2003

Toilets: Portable toilets will be near the arena at each meet site. A water tank for washing will be near the toilets.

Waivers: Must be signed at Registration when your meet package is picked up.

Walking Distance to Start: See the event detail pages.

Water: Water stops are provided on specific courses as indicated in the event detail pages. Water and cups will be provided at each water stop. Please drink responsibly; use a cup and use water for drinking only. Don't waste water. It can be very hot in the sandhills and you may want to carry additional water with you. Water will be provided at all start areas and the finish area. No water is at the model map site. There will be a water tank for washing near the toilets.

Whistles: Orienteering Canada rules state that each competitor must carry a whistle in all events. You will not be allowed to start without a whistle. 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 this, assistance shall be rendered by a competitor or official. Whistles will be available at the registration table for \$2.00.

Winnipeg Sprint Weekend - July 27-28, 2013

8 Events on 8 Maps over 2 Days

On the July 27-28 weekend, a series of 8 Sprint races will be held in Winnipeg on 8 different maps. Each day will have 4 events, starting at 9:00 AM, 12:00 PM, 3:00 PM, and 6:00 PM. After the final race on Sunday, there will be a barbeque in Assiniboine Park at 7:30 PM.

Maps:

The events on Saturday will be at Crescent Park, the University of Manitoba, King's Park, and LaBarriere Park (in that order). The first three maps are in the southern part of Winnipeg, just west of the Red River. LaBarriere Park is located a few kilometers south of Winnipeg on Waverly Rd.

The events on Sunday will be at The Forks, Wildwood Park, FortWhyte Alive, and Assiniboine Park (in that order). The Forks is at the junction of the Red and Assiniboine Rivers, immediately east of the downtown area. Wildwood Park is located along the west side of the Red River, a few kilometers south of The Forks and just north of Crescent Park. FortWhyte Alive is in the southwest part of the city, west of Kenaston Blvd and north of McGillivray Blvd. Assiniboine Park is a few kilometers north of FortWhite Alive and borders the south side of the Assiniboine River.

See Table B: Event Times and Map Data at a Glance for map scales and contour intervals. Note that the U. of M., The Forks, and Wildwood Park are mapped to ISSOM standards, while the other maps are older and still mapped to ISOM.

A copy of each map can be viewed at moa.whyjustrun.ca/maps.

Terrain:

All maps, with the exception of LaBarriere Park and FortWhyte Alive, are in urban areas with paved roads, sidewalks, buildings, etc. Although LaBarriere Park and FortWhyte Alive have few paved paths, [please do not wear spiked/studded shoes at FortWhyte Alive](#), as there are some boardwalks that you may have to run along.

Parking:

The approximate parking location for each event is shown on the Google map on the WCOC 2013 home page at www.wcoc2013.ca. There will also be road signs leading to the parking locations.

Registration:

Participants can register online for the entire Sprint weekend until July 13th. The cost will be \$60.00 for Adults and \$30.00 for Juniors.

Same-day registration will also be offered at \$7.50 per event for Adults and \$3.75 per event for Juniors.

Start Procedure:

These events, being somewhat informal, will not have assigned start times. Instead, participants will start at their leisure as soon as sufficient time has elapsed since the previous runner started. A start control will be used.

Course Data:

The Orienteering Canada Course and Categories have been combined at the organizers' discretion. Two courses will be offered at each event: a Short course approximately 1.5-2.0 km in length and a Long course approximately 2.5-3.0 km in length.

Meet Officials:

Meet Director	Jennifer Hamilton
Course Planners	Vern Nelson, Larry Konotopetz
Controllers	Tim Lee, Larry Konotopetz, Vern Nelson

Western Canadian Orienteering Championships
Middle - Saturday 3 August 2013
First Start 10:00 AM
Maximum Running Time 2 hours
Course Closes 2:00PM

Map: The Hog's Back map was produced in the spring and summer of 2008 and vegetation updated in 2011. The map was drawn to ISOM by the mapping company Olles with the fieldwork being done by Ales and Vendula Hejna. Unlike many previous maps made in Manitoba, the middle and long distance maps have 5m contours as opposed to 2.5m at a scale of 1:10,000 and 1:15,000. The sprint map is drawn to ISSOM with 2.5m contours. There were only a few minor tweaks needed by the organizers to keep the map accurate. For all courses in the Middle event, the map scale is 1:10,000 with 5m contours.

Special Symbols: Green "x" Rootstock
Green "o" Distinctive Tree or 2 to 3 trees together

Terrain: Spruce Woods Park is "characterized by spruce parkland, upland deciduous forest, mixed-grass prairie, open and stabilized sand dunes and river-bottom forest." The Hog's Back map is set in true wilderness. The area has a mixture of long, detailed sandhill ridges that are covered with short prairie grass and pockets of deciduous forest in low lying areas. Distinct coniferous trees are dispersed throughout the map. The contours are quite detailed with numerous small and elongated knolls, form lines, small depressions, re-entrants, and spurs. Many of the hills look similar to each other and are in close proximity. The run-ability in the open areas is good, but there are large areas of low-lying and secondary green which will be slow-going, especially in early August. There is a minimal amount of open (white) forest and a minimal number of man-made features such as trails. There are no rock features. Ales' comments on the terrain are: "Several prominent sand dune ridges with shallower knolls, depressions in between. In open areas, fast with well recognizable features. In forest, slow with very low visibility—very hard to keep in touch with map."

Course Data:

The current Orienteering Canada Course and Categories will be used. (See Table A for a copy of this information).

	Distance (km)	Climb (m)	Controls	Water Stops
Course 1	1.9	25	9	0
Course 2	3.2	40	10	1
Course 3	3.9	60	11	1
Course 4	2.4	50	9	3
Course 5	2.9	50	10	2
Course 6	3.1	60	8	4
Course 7	4.1	75	10	2
Course 8	3.9	65	9	2
Course 9	4.9	75	11	4
Course 10	5.6	85	11	2

Canada Cup Event: The WCOE Middle is a Canada Cup Event. Orienteering Canada's competition rules apply.

Important Distances:

Parking to Start	1000m
Parking to Finish	50m
Finish to Arena	0m

Course Planners Notes: “Count on longer legs for greater route choice, the ‘old fashioned’ approach to course planning,” says Jim Lee. In the low lying subtle areas, it is important to stay in contact with the map and plan a smart route. In the areas near the large ridges, it will be advantageous to plan an effective route to avoid big climbs and patches of green vegetation. See terrain notes. In the light green areas you might encounter small, unmarked game trails that can occasionally be of value. This is beautiful countryside that can lull you into a false sense of complacency. Be alert and keep in contact with your map. You may encounter horses on the trails. Please be considerate of them. All courses will be crossing a small road on which there could be some traffic. The road will be posted but all runners should cross with caution.

Start Procedure: See the general information section for the start procedure.

Directions to Parking: Note: If you arrive after 10:00AM please use caution as there may be runners on the road.

From Winnipeg:

Take Highway #1 (Trans Canada) west to Elie about 46 km.

Turn south from Highway #1 onto PR 248 at Elie.

Drive 18.5 km to Highway #2.

Bear right on Highway #2 and travel along it for 98.8 km.

Turn right at Park Road which is before Cypress River - See Note below.

From Carberry:

Go south on Highway #5 for 37.2 km to Highway #2.

Turn east on Highway #2 and travel 14.8 km to Park Road.

Turn north at Park Road after Cypress River - See Note below.

From Glenboro:

Go east on Highway #2 for 14.8 km to Park Road.

Turn left (North) at Park Road after Cypress River - See Note below.

From Brandon:

Go south on Highway #10 about 30 km to Highway #2.

Turn left on Highway #2 and travel 65.6 km to Park Road.

Turn left at Park Road after Cypress River - See Note below.

Note: Follow Park Road approximately 6.6 km. From here the road is a good track and motor homes should be okay. From the park boundary it is approximately 6.0 km to the middle, long and sprint events. Please allow sufficient time (at least 30 minutes) for the drive in from Highway #2.

Awards: 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 if in the top three positions. To be eligible for the WCOC awards you must either be a Canadian Citizen or a Permanent Resident as defined by the Dept. of Citizenship and Immigration in Manitoba, Saskatchewan, Alberta, British Columbia or Yukon. Awards for the Middle will be presented at the WCOC banquet on Sunday 4 August.

Meet Officials:

Meet Director	Jennifer Hamilton
Course Planner	Jim Lee
Controller	Patrick Connors

Western Canadian Orienteering Championships
Long - Sunday 4 August 2013
First Start 10:00AM
Maximum Running Time 3 Hours
Course Closes 3:00PM

Map: See WCOE Middle event details for map description. Map scale is 1:10,000 with 5m contours for courses 1-8 and 1:15,000 with 5m contours for courses 9-10.

Special Symbols: Green "x" Rootstock
 Green "o" Distinctive Tree or 2 to 3 trees together

Terrain: See WCOE Middle event details for terrain notes.

Course Data:

The current Orienteering Canada Course and Categories will be used. (See Table A for a copy of this information).

	Distance (km)	Climb (m)	Controls	Water Stops
Course 1	2.7	50	15	2
Course 2	3.5	120	12	2
Course 3	5.3	180	18	3
Course 4	3.2	90	9	1
Course 5	3.9	135	9	1
Course 6	4.6	165	10	1
Course 7	7.9	200	11	2
Course 8	7.6	240	10	3
Course 9	9.4	300	13	3
Course 10	14.7	470	19	4

Canada Cup Event: The WCOE Long is a Canada Cup Event. Orienteering Canada's competition rules apply.

Important Distances:

Parking to Start	800m
Parking to Finish	50m
Finish to Arena	0m

Course Planner Notes: In the low lying subtle areas, it is important to stay in contact with the map and plan a smart route. In the areas near the large ridges, it will be advantageous to plan an effective route to avoid big climbs and patches of dark green vegetation. See terrain notes. Some areas of the map are much more feature rich than others. In the light green areas you might encounter small, unmarked game trails that can occasionally be of value. This is beautiful countryside that can lull you into a false sense of complacency. Be alert and keep in contact with your map. You may encounter horses on the trails. Please be considerate of them. All courses will be crossing a small road on which there could be some traffic. The road will be posted but all runners should cross with caution.

Spectator Legs: Course 9 and 10 competitors will pass through the finish area part way through their course on the way to a nearby control. Please cheer them on but stay out of their way and do not help them in any way please.

Start Procedure: See the general information section for the start procedure.

Directions to Parking: See WCOC Middle event details.

Awards: For each competitive class, prizes will be awarded to the top three eligible Western Canadian competitors. Prizes will also be given to non-eligible competitors if in the top three positions. To be eligible for the WCOC awards you must either be a Canadian Citizen or a Permanent Resident as defined by the Dept. of Citizenship and Immigration in Manitoba, Saskatchewan, Alberta, British Columbia or Yukon. Awards for the Long will be presented at the WCOC banquet on Sunday 4 August.

Meet Officials:

Meet Director	Jennifer Hamilton
Course Planner	Don Roe
Controller	Muriel Gamey

Western Canadian Orienteering Championships
Sprint - Monday 5 August 2013
First Start 10:00 AM
Maximum Running Time 1 hour
Course Closes 1:00PM

Map: See WCOE Middle event details for map description. The sprint map is drawn to ISSOM standards at a scale of 1:5000 with 2.5m contours.

Special Symbols: Green “x” Rootstock
 Green “o” Distinctive Tree

Terrain: See WCOE Middle event details for terrain notes.

Course Data:

The current Orienteering Canada Course and Categories will be used. (See Table A for a copy of this information).

	Distance (km)	Climb (m)	Controls	Water Stops
Course 1	1.6	100	13	1
Course 2	1.5	95	10	1
Course 3	2.0	120	12	1
Course 4	2.3	130	14	1
Course 5	2.8	143	17	1

Canada Cup Event: The WCOE Sprint is a Canada Cup Event. Orienteering Canada’s competition rules apply.

Important Distances:

Parking to Start	1960m
Parking to Finish	1400m
Finish to Arena	< 50m

There will be a quarantine area for all sprint competitors. The quarantine is in effect due to the great visibility of the course from the arena, the finish, and the road. The arena is a great spot for spectators. The quarantined area is west of the road when proceeding from the parking area to the sprint start. On your way to the start you will pass the finish area. You may leave your belongings near the finish in the roped-off area which is within 100m of the finish. Anything out of this roped-off area is quarantined until competitors complete their course.

On the day of the Sprint, the recommended procedure is:

1. Drive to Hog's Back and park at the designated parking area. (The sprint start is 1960m from the parking. Please allocate ample time to arrive at the start area.)
2. Follow the signage to the start which passes the finish area.
3. Leave your belongings near the finish in the roped-off area west of the road. Beyond the roped off area is quarantined.
4. While proceeding to the start do not enter the map west of the road which is quarantined until you have completed your course.

Course Planner Notes: This is a true wilderness sprint. Expect technical orienteering with high visibility. The terrain will allow orienteers to easily reach their top speeds. It is important to keep in contact with the map since there are many features similar in appearance. A section of the map is relatively flat with little climb, whereas another section has a great amount of relief and large contour features. See terrain notes. You may encounter horse riders on the map. Please be considerate of them.

Start Procedure: See the general information section for the start procedure.

Directions to Parking: See WCOG Middle event details.

Awards: 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 if in the top three positions. To be eligible for the WCOG awards you must either be a Canadian Citizen or a Permanent Resident as defined by the Dept. of Citizenship and Immigration in Manitoba, Saskatchewan, Alberta, British Columbia or Yukon. Awards for the Sprint will be presented on site at Hog's Back after the event on Monday 5 August.

Meet Officials:

Meet Director	Jennifer Hamilton
Course Planners	Patrick Goeres, Larry Konotopetz
Controller	Sheldon Friesen

2013 Sass Peepre Training Camp For Juniors and Adults

July 30 – August 1, Spruce Woods Provincial Park, Manitoba

Traditionally, the Sass Peepre Training Camp has been for Juniors only. This camp is breaking with tradition to welcome adults, as well as juniors, on a one-time basis. (NB. There will be a separate National Junior Training Camp at Wentworth Hostel in Nova Scotia on Aug 20-22 in conjunction with the Eastern Canadian Championships.)

- For whom:** Anyone age 10 and over. Siblings younger than 10 are welcome only if a parent volunteers at camp full time. Non-Canadians are welcome to apply after June 1. All juniors are expected to participate full-time. Adults can participate full-time for the \$130 fee, or choose to drop in on any or all of the 7 training sessions. More details are available online.
- Schedule:** 8:30am Tuesday, July 30 to 4:00pm Thursday, August 1
- Location:** Due to low participation numbers the Sass Peepre Camp has moved location from the Glenboro School to Kiche Manitou Campground in Spruce Woods Provincial Park. Training will be on several different orienteering maps in Spruce Woods Park. Transport to the maps will be in personal vehicles.
- Accommodation:** All participants will sleep in their own tents at Kiche Manitou Campground. Contact Kitty for details about the campsite arrangements.
- Meals:** Meals for full-time participants will be prepared at the campground by our volunteer cooks.
- Camp Fee for full-time participants:**
\$130 for full-time participant - pay online (includes accommodation, meals and coaching).
\$25 of this fee is non-refundable.
- Fees for drop-in participants:**
\$25 non-refundable registration fee – pay online
\$15/training session, payable at each training session
- Registration:** First, all participants, both full-time and drop-in, must register and pay online (same process as registering for WCOC competitions)
Second, all participants, both full-time and drop-in, must complete a registration form (available online) and send it to Kitty Jones by email or by mail. The fee and form must be received by July 19.
- Camp Coordinator and Registrar:** Kitty Jones (Calgary)
- For all information:** Contact Kitty at kittyjones@shaw.ca or 403-282-5235.
A confirmation letter will be emailed to registered participants in July.

CALLING ALL COACHES, COOKS, DRIVERS AND HELPERS!!

As usual, we are looking for volunteers to coach, cook, drive, and generally help out (e.g. supervise younger kids at bedtime).

If you are worried about tiring yourself out or getting injured at camp (e.g. you hope to win your age category at subsequent WCOC events), then consider offering to help part time instead of full time. Of course we'd love to have as many HPP folks to coach as possible, but we do not want to risk affecting your potential to reach your competitive goals. On the plus side, remember that coaching does give you insights into O skills. Also, the training maps have terrain very similar to that of WCOC events.

We need adults to volunteer to help coach at all levels from beginner to advanced. We also need adults to volunteer to help prepare the meals (2 breakfasts, 3 lunches and 2 suppers). Whether you are a National Team athlete (either current or past), or a parent of a camp participant, please consider offering your time, as this camp relies on volunteers.

All adult volunteers will receive free room and board at the camp. Sorry – no honoraria! But you'll be making a big contribution to the Canadian orienteering scene and have fun while doing so!

If you have a vehicle, you will be asked to help with transporting participants the short distance to training sessions.

Contact Kitty to join the camp!

Tourism

Nearby Attractions

Souris Swinging Bridge

The Souris swinging bridge spanned the width of the Souris River. Built in 1904, measuring 177 m/582 ft, it was the longest free-suspension foot bridge in Canada. Severely damaged by the 2011 flood, a replacement bridge opens in summer 2013.
Phone: 204-483-5213

International Peace Garden

The International Peace Garden is a 930 ha/2,300 ac. botanical garden and park dedicated to the peace between Canada and the United States of America. The park is located on the border of Manitoba and North Dakota, 22 km south of Boissevain, Manitoba. The park includes floral gardens, a campground, a gift shop, a cafe, an interpretive centre with programs, hiking trails, and picnic areas.
Toll Free: 1-888-432-6733

Spruce Woods Provincial Park

The park contains a five square kilometre tract of open blowing sand dunes. Spruce Woods Provincial Park is home to the Northern prairie skink (Manitoba's only lizard), western hognose snake and two species of cacti; all are unique in Manitoba. The hike to the Devil's Punch Bowl (a pond formed by the action of underground streams) is well worth it. The park has a concession, a store, a gift shop operated by Friends of Spruce Woods, modern campgrounds, showers, an outdoor games area and a beach. The visitors' service centre has a wide range of interpretive programs including an amphitheatre, campfire talks, guided hikes, children's events and an interpretive display building.
Phone: Carberry District Office 204-834-8800, Campground Office 204-827-8851, Interpretive Centre 204-827-8850

The Central Museum of The Royal Regiment of Canadian Artillery

The RCA Museum displays Canada's largest collection of artillery artifacts and the most complete collection of Canadian pattern military vehicles in existence.
Location: CFB Shilo, 15 km/9 mi. south of Hwy. 1 on PR 340. (Base is open to visitors.)
Phone: 204-765-3000 ext 3570

Commonwealth Air Training Plan Museum

Contains historical aircraft and artifacts from the Royal Canadian Air Force air training schools of World War II.
Location: Hangar #1, Brandon Airport.
Phone: 204-727-2444

Westman Reptile Gardens

Experience this fascinating world of reptiles, amphibians and arachnids!
Just 15 minutes east of Brandon. Open Monday thru Saturday 10 AM - 8 PM; Sundays and most Holidays 12 noon - 5 PM
Phone: 204-763-4030

Tourism Nearby Attractions

Margaret Laurence Home

A living memorial to famous author Margaret Laurence. A wide variety of her memorabilia includes doctoral robes and hoods, a typewriter, honorary degrees and some of the original furniture.

Location: 312 First Avenue North, Neepawa

Phone: 204-476-3612 / 204-476-5622

Stockton Ferry

The Stockton Ferry crosses the Assiniboine River. It was opened in 1887 and is southern Manitoba's last remaining ferry. Located 12 km west of Glenboro, then 3 km north, 1 km east, and 2 km north.

For operation hours call: R.M. Office 204-827-2252 / Ferry Operator 204-827-2250

Spirit Sands Wagon Outfitters

Located in Spruce Woods Provincial Park. Offers 1.5 hour scenic tours of the Manitoba Desert and the Devil's Punch Bowl by covered wagon.

Phone: 204-827-2800 (in-season), 204-379-2007 (off-season)

Canadian Fossil Discovery Centre

The Canadian Fossil Discovery Centre houses the largest collection of marine reptile fossils in Canada. If you like dinosaurs or sea monsters, you will love "Bruce", the 43 ft (13 m) Mosasaur, the fiercest of all the marine reptiles. He's bigger than a T Rex and just as scary. Join the staff on the beautiful Manitoba Escarpment as they hunt for prehistoric fossils. Register for one of the Fossil Dig programs (May to October) to begin your own outdoor fossil finding adventure. These programs have had a 100% success rate in finding fossils since 2008. Open daily 10 a.m. – 5 p.m. May to August; 1 - 5 p.m. September to April.

Location: Lower Level, Community Centre, 2nd and Gilmour, Morden

Phone: 204-822-3406

Nearby Events

Cypress River Farmers Market

Saturday mornings, July 6 to Sept 7, 163 Cypress Avenue, 10 to 11:30 am

Folklorama

August 4-17, 2013

The largest and longest running multicultural festival of its kind in the world. Various locations in Winnipeg.

Toll Free: 1-800-665-0234

Sponsors



Spruce Woods
Park



HEART &
STROKE
FOUNDATION



Partners

Spruce Woods Inn

426 Lyall Street, Glenboro
204-827-2648

Henry Booy

On site Catering
IV Pine Fort
Spruce Woods Park
204-827-2825

Boss Embroidery

1366 Clifton St, Winnipeg
<http://bossembroidery.ca/>

Cartwright Septic Service

Cartwright, Manitoba
1 (204) 529-2365



**Foothills Wanderers
Orienteering Club
Calgary, Alberta**



**ORIENTEERING
C A N A D A**

Table A: Orienteering Canada Course and Categories

Middle and Long Courses	1	2	3	4	5	6	7	8	9	10
Categories	W12 M12	W13-14 M13-14	W15-16 M15-16	W75-79 W80-84 M80-84 W85+ M85+	W55-64 W65-74 M75-79	W45-54 M65-74	M45-54 M55-64	W17-20 W35-44	M17-20 W21-34 M35-44	M21-34
RWT Long	30	30	50	45-50	45-50	45-50	55	55	70-80	90-100
RWT Middle	20	20	25	25	25	25	25	30	30-35	30-35

Sprint Course	1	2	3	4	5
Categories	W12 M12 W13-14 M13-14	W55-64 W65-74 W75-79 M75-79 W80-84 M80-84 W85+ M85+	W45-54 M55-64 M65-74	W15-16 M15-16 W17-20 W21-34E W35-44	M17-20 M21-34E M35-44 M45-54
Recommended Winning Time	10-12	12-15	12-15	12-15	12-15 (15+ for M45)

RWT: Recommended Winning Time

Table B: Event Times and Map Data at a Glance

Event	Date	First Start	Maximum Running Time	Course Closing Time (approx.)	Map Scale	Contour Interval
Crescent Park U. of Manitoba King's Park LaBarriere Park	Sat July 27	9:00 AM	1 hour	11:30AM	1:5,000	2m
		12:00 noon		2:30PM	1:5,000	2m
		3:00 PM		5:30PM	1:5,000	2m
		6:00 PM		7:30PM	1:7,500	2.5m
The Forks Wildwood Park FortWhyte Alive Assiniboine Park	Sun July 28	9:00 AM	1 hour	11:30AM	1:5,000	2m
		12:00 noon		2:30PM	1:5,000	2.5m
		3:00 PM		5:30PM	1:5,000	2.5m
		6:00 PM		7:30PM	1:5,000	2m
WCOC Model	Fri Aug 2 Sat Aug 3	2:00 PM	N/A	8:00 PM	1:5,000/10,000/15,000	5m/2.5m
		8:00AM		10:00AM		
WCOC Middle	Sat Aug 3	10:00AM	2 hours	2:00PM	1:10,000	5m
WCOC Long	Sun Aug 4	10:00 AM	3 hours	3:00 PM	1:10,000 Courses 1-8	5m
					1:15,000 Courses 9-10	
WCOC Sprint	Mon Aug 5	10:00 AM	1 hour	1:00PM	1:5,000	2.5m

Thanks to the 2013 Team

Meet Officials

Course Planners	Sprint Weekend: Vern Nelson, Larry Konotopetz WCOC Middle: Jim Lee WCOC Long: Don Roe WCOC Sprint: Larry Konotopetz, Patrick Goeres
Controllers	Sprint Weekend: Tim Lee, Larry Konotopetz, Vern Nelson WCOC Middle: Pat Connors WCOC Long: Muriel Gamey WCOC Sprint: Sheldon Friesen
Meet Director	Jennifer Hamilton
Onsite Registration and Awards	Doris Nelson, Lois Watts, Pat Lee, Vern Nelson
Web Site and Online Registration	Thomas Graupner, Dave Graupner, Jennifer Hamilton
Start Line	Jim Lee, Barb Lee, Ursula Goeres
Finish Line	Rudi Bajt
Timing and Results	Thomas Graupner, Vern Nelson
Event Site Setup and Refreshments	Angela Bajt, Rudi Bajt, Jennifer Hamilton

SPORTident Equipment: Foothills Wanderers Orienteering Club (Calgary)

Jury Pool: Greg Yarkie, John Rance, Marion Owen, Tim Lee

Banquet Catering: Henry Booy