

**Manitoba
Sandhills
Orienteering
Festival
2009**

**Competitor
Handbook**



**Canadian and
Western Canadian
Orienteering
Championships**

August 21st to 30th, 2009



Date	Time	Event	Location
Aug. 21 (Fri)	4:00 PM	WCOC Sprint	Hartney (Juniper Hill)
Aug. 22 (Sat)	10:00 AM	WCOC Middle	Hartney (Fort Desjarlais)
Aug. 23 (Sun)	10:00 AM	WCOC Long	Hartney (Fort Desjarlais)
	5:00 PM	WCOC Banquet	Hartney Golf Course
Aug. 24-26		Sass Peepre Camp	Carberry Collegiate
Aug. 26 (Wed)	1:00 PM	Prairie Goat	Carberry (Seton)
	6:00PM-9PM	COF Conference Session A-1 (Coaching WS)	
	6:30PM-9PM	COF Conference Session B (Officials Program)	
Aug. 27 (Thu)	9AM-12PM	COF Conference Session A-2 (Coaching WS)	
	9AM-12PM	COF Conference Session C (Ski and MTBO)	
	10AM-5PM	COC Model	Spruce Woods (Yellow Quill South)
	1:00 PM	Relay	Spruce Woods (Yellow Quill)
	7PM-9PM	COF Conference Session D (Athlete Dev.)	
Aug. 28 (Fri)	9AM-11AM	COF Conference Session E (Info Sharing)	
	9AM-12PM	COF Conference Session A-3 (Coaching WS)	
	10AM-5PM	COC Model	Spruce Woods (Yellow Quill South)
	12PM-5PM	COC Model	Spruce Woods (Hog's Back)
	2:00 PM	COC Sprint	Spruce Woods (Hog's Back)
	7PM-9PM	COF Annual General Meeting	
Aug. 29 (Sat)	10:00 AM	COC Middle	Spruce Woods (Hog's Back)
	6:00 PM	COC Banquet COC Silent Auction	Carberry Memorial Hall
Aug. 30 (Sun)	10:00 AM	COC Long	Spruce Woods (Hog's Back)

Bill Anderson Jury Member
 Finn Arildsen Condes support/Program changes
 Gary Atchison Transport of SPORTident Equipment from Alberta
 Angela Bajt Organizing Committee
 Rudi Bajt General Assistance
 Geraint Edmunds Jury Member
 Margaret Ellis Jury Member
 Jack Forsyth WCOC Middle Course Planner
 Sheldon Friesen WCOC Middle, COC Sprint, COC Middle and Prairie Goat Controller
 Muriel Gamey COC Long Course Planner, WCOC Long Controller, Organizing Committee
 Michael Goeres General Assistance
 Ursula Goeres Silent Auction, General Assistance
 Dave Graupner Meet Director
 Patricia Graupner Registration, Awards, Meet Booklet
 Steven Graupner Relay Course Planner
 Thomas Graupner Web Site, Timing, Results
 Jennifer Hamilton Organizing Committee
 Darius Konotopetz Prairie Goat Course Planner, Sponsorship
 Larry Konotopetz Prairie Goat Course Planner
 Barb Lee Start Line
 Jim Lee WCOC Long Course Planner, WCOC Sprint and Relay Controller
 Pat Lee General Assistance
 Tim Lee WCOC Sprint, COC Sprint and COC Middle Course Planner
 Marion Loewen General Assistance
 Maggie Mabon General Assistance
 Marion Owen Jury Member
 John Rance Jury Member
 David Ross Jury Member
 Lois Watts COC Long Controller
 Adrian Zissos COC Sprint and COC Long WRE Advisor, Jury member
 EIOC SPORTident equipment
 FWOOC PA system
 Sport Manitoba Map and booklet printing
 Print Services
 Nation-wide counterparts for their support and assistance.

For orienteering events, the time refers to the first start time.
 All COF conference sessions will be at the Carberry Collegiate.

Table B: Event Times and Map Data at a Glance

Event	Date	First Start	Maximum Running Time	Course Closing Time	Map Scale	Contour Interval
WCOC Sprint	Fri. Aug. 21	4:00PM	1 hour	6:15PM	1:5,000	2.5 m
WCOC Middle	Sat. Aug. 22	10:00AM	2 hours	2:00PM	1:10,000	2.5 m
WCOC Long	Sun. Aug. 23	10:00AM	3 hours	3:00PM	1:10,000 Courses 1-8 1:15,000 Courses 9-10	2.5 m 2.5 m
Prairie Goat	Wed. Aug. 26	1:00PM	3 hours	4:00PM	1:10,000	2.5 m
Relay	Thur. Aug. 27	1:00PM	3 1/2 hours	4:30PM	1:10,000	2.5 m
COC Sprint	Fri. Aug. 28	2:00PM	1 hour	4:30PM	1:5,000	2.5 m
COC Middle	Sat. Aug. 29	10:00AM	2 hours	2:00PM	1:10,000	5.0 m
COC Long	Sun. Aug. 30	10:00AM	3 hours	3:00PM	1:10,000 Courses 1-8 1:15,000 Courses 9-10	5.0 m 5.0 m

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**IMPORTANT**

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



A Message from the Minister

Welcome to our province for the 2009 Manitoba Sandhills Orienteering Festival, amid the warmth and wonder of the Westman region.

Manitobans are fortunate to have easy access to such a wealth of natural resources. Our lakes, rivers and green spaces are truly second to none, as you will discover throughout this competition.

Those of you who are visiting Manitoba for the first time will also enjoy discovering the unique beauty of this part of our province. It is complemented by the wonderful hospitality and community spirit so prevalent in the region.

Congratulations to the board, staff and volunteers of the Manitoba Orienteering Association for your continuing efforts to develop this practical, challenging sport. I am confident that all of your hard work will result in a first-rate competition and a stronger amateur sports community for everyone.

**Eric Robison, Minister
Manitoba Culture, Heritage, Tourism and Sport**

Manitoba



Table A: COF 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	W65-74 W75+	W55-64 M75+	W45-54 M65-74 W21-34A*	M45-54 M55-64 M21-34A*	W35-44 W17-20	M17-20 W21-34E M35-44	M21-34E
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+ M75+	W45-54 M55-64 M65-74 W21-34A* M21-34A*	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)

* W21-34A and M21-34A are non-championship categories
RWT: Recommended Winning Time

PARTNERS

Spruce Woods
Park

**A Message from the COF President**

Welcome to the sandhills of Manitoba and the 2009 Canadian Orienteering Championships. There are many things going on over these 10 days: the Western Canadian Championships, the Sass Peepre Junior Training Camp, the Canadian Orienteering Federation (COF) Conference and AGM, various fun races, social events and the Canadian Championships including two world ranking events. I wish you all great races and hope that you have a chance to participate in many of the other activities.

The Canadian Championships and the associated activities are the key annual gathering of the Canadian orienteering community. Thank you for coming and I trust that you will enjoy meeting up with your old and new orienteering friends. I hope you have time to join us at the COF Conference to share your thoughts about moving orienteering forward in Canada.

An enormous amount of volunteer effort is making these 10 days of orienteering happen. Please go out of your way to thank as many volunteers as possible this week.

On behalf of the Board of Directors of the Canadian Orienteering Federation, I would like to thank the Manitoba Orienteering Association and all of the volunteers for so efficiently organizing these 10 days of activities.

Yours in sport,

Charlotte MacNaughton
President
Canadian Orienteering Federation



A Message from the MOA President

Welcome to the 2009 Manitoba Sandhills Orienteering Festival. This year we have the honour of hosting not only the Canadian Orienteering Championships but also the Western Canadian Orienteering Championships. We thank you for meeting us here, in the middle of Canada, to take part.

The COC portion of our program is being hosted on an exciting new map in an area of the beautiful Spruce Woods Provincial Park called Hog's Back. As in producing any new orienteering map, in a timely fashion, there were many challenges of which uppermost were selecting a new map site and hiring map makers. The result of these efforts, coupled with the countless hours of course planning and vetting, will be reflected in the fast and technically challenging sandhills terrain. Congratulations to all our members of the Coureurs de Bois, Neepawa, and Hartney Gouger Orienteering Clubs and their nation-wide counterparts whose coordinated efforts saw the project through.

The responsibility for the WCOCs has largely fallen on the shoulders of our very own Hartney Gougers. The courses on the sandhills of the Fort Desjarlais and Juniper Hill maps will provide opportunities for rewarding competitor experiences. Thank you, Gougers.

Best of luck to all competitors for successful performances and much enjoyment at all our venues over the coming ten days of the festival. On behalf of, and as president of the Manitoba Orienteering Association, I thank you for "Coming to Play in the Sand."

Jennifer Hamilton, President
Manitoba Orienteering Association



Sponsors: Bronze



1050 18th Street, Brandon
www.keystonemotorinn.ca/home.html

Glenboro Drive Inn

428 Lyall Street
 Glenboro

Spruce Woods

Inn

426 Lyall Street
 Glenboro

Natural Soaps

Rita Coulombe
 St. Malo, MB R0A 1T0
 204-347-5022
ritacoul@mts.net

Pat Graupner
 Natural Soap
 Awards



Imaging solutions Canada-wide
www.mondrianhall.com



920 Victoria Avenue, Brandon

Spud City Food Mart

140 Main Street
 Carberry

Henry Booy

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

Glenboro Consumer Co-op

Grocery Store
 119 Broadway, Glenboro

Hartney Consumer Co-op

Grocery Store

Reilly's Home Hardware

1st. Street, Carberry



STORM CATERING
www.stormcatering.ca

Sponsors: Bronze



903 Rosser Avenue, Brandon



404 18th Street North, Brandon
precision.toyota.ca



1610 18th Street North, Brandon

Kam Lung Restaurant
2330 Victoria Avenue,
Brandon

#2-225 18th St. North,
Brandon



1525 18th Street, Brandon
www.humpty.com



C4-800 Rosser Avenue, Brandon
www.buckortwo.com



1645A 18th Street, Brandon
www.staples.ca

Chalet Restaurant
1701 Middleton Avenue,
Brandon



1630 Park Avenue, Brandon

General Information

Awards: All WCOG awards will be presented after the BBQ on Sunday the 23rd at the Hartney Golf Club. COC Sprint and Middle awards will be presented at the banquet in Carberry on Saturday the 29th. COC Long, Prairie Goat and Relay awards will be presented after the event at the meet sites. If you win an award but aren't present at the awards ceremony you can pick it up at the registration table later in the festival.

Baby Sitting: Sorry, not available.

Banquets: See page 34.

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 or WRE Advisor who will convene a jury meeting to rule on the protest. A written response will be provided. Please note that protests against rule infringements shall be lodged within 30 minutes after the course closes. Protests against the provisional results shall 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 except the Relay, 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 except at the Prairie Goat.

For the M/W12, M/W13-14 and Relay Leg 2 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 (other than 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 reserve punch boxes on your map. It is the competitor's responsibility to ensure that their SI card or map shows that they have visited the control.

Controls: Control stands and units will be of two types as shown below:

Type 1

Type 2



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

- Sprint: 1 hour
- Middle: 2 hours
- Long: 3 hours
- Goat: 3 hours
- Relay: 3.5 hours (for the entire team)

Anyone taking over the above time will be disqualified (DSQ).
 Courses will close at the time listed in the event details which are also summarized 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 stations and a backup pin-punch. These stations should be compatible with all SI cards; however, SI-pCards are not supported.

Sponsors: Bronze



Your Destination Centers
 1125 18th Street,
 Brandon
www.canadinns.com



860 18th Street,
 Brandon
www.pizzahut.ca



2626 Victoria Avenue,
 Brandon
www.intrepiddeZine.com



GIANT TIGER
 YOUR ALL CANADIAN FAMILY DISCOUNT STORE®
 2626 Victoria Avenue,
 Brandon
www.gianttiger.com



135-B 17th Street North, Brandon
www.ladyofthelake.ca



824 18th Street, Brandon
www.dominos.ca

Clay Pot Café
Quality, Affordable, Fresh
 2604 Victoria Avenue,
 Brandon

Twisters Ice Cream
 305 18th Street N., Unit A,
 Brandon



2530 Victoria Avenue,
 Brandon
www.petro-canada.ca



905 18th Street, Brandon
www.wendys.ca

Sponsors

GOLD



SILVER



3130 Victoria Avenue, Brandon

Embargoed Areas: The maps known as Fort Desjarlais, Juniper Hill, Seton Park North, Yellow Quill (west) and Hog's Back are embargoed until after the event. Note that on the race day, maps of the competition area 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 unless otherwise indicated.

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. Local organizations will provide snacks and "light lunch food" for sale at all meet sites with the exception of the WCOC Sprint. Please support these vendors!

Gas: Hartney Machine and Motors Ltd.
Weekdays: 8:00AM to 5:00PM. Closed noon to 1:00PM.
Weekends: 8:00AM to noon Saturday

Hartney Lumber and Supply
Monday to Saturday 8:30AM to 5:30PM. Closed noon to 1:00PM.

In Hartney (WCOC), both gas stations are closed Sunday. Stations in Carberry and Glenboro are open seven days a week.

GPS Track Analysis: Digital images of each course will be available for those who use computer software such as OGPS or QuickRoute to analyse their GPS tracks. Details at the registration desk.

Hospitals: Emergency call 911

Souris Health Centre (Near Hartney)
155 Brindle Avenue
Souris, MB (1-204-483-6213)
(24-hr hospital)

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 on the weekend of the 29th and 30th)

Glenboro Health Center
219 Murray
Glenboro, MB (1-204-827-2438)
(open during the week; closed on the weekend of the 29th and 30th)

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

Juries: The COC jury has been appointed by the COF. The following individuals comprise the jury pool, and if required, a committee of three of these individuals will be convened.

Bill Anderson	Marion Owen
Geraint Edmunds	John Rance
Margaret Ellis	

For non-COC events the jury pool will consist of three of the following individuals:

Bill Anderson	John Rance
Geraint Edmunds	David Ross
Margaret Ellis	Adrian Zissos
Marion Owen	

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.

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 or 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.

Cypress Discovery Wetland Trail:

A nice spot for a picnic lunch; interpretive signage on Wetlands.

1/2 mile west of Road 71 (Park Road) on Highway #2, north of Cypress River.

Tourism Nearby Attractions

Souris Swinging Bridge: Spans the width of the Souris River. The bridge is the longest free-suspension foot bridge in Canada. It is 102 years old and measures 177m/582 ft.
Phone 204-483-5213

International Peace Garden: The park is a 930ha/2,300ac botanical garden and is dedicated to 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, MB. The park includes floral gardens, a campground, a gift shop, a café, 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 kilometer tract of open blowing sand dunes. It 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, a laundromat, 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.

The Central Museum of The Royal Regiment of Canadian Artillery (The RCA Museum)

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, 15km/9mi 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

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: 204-475-3612 / 204-476-5622

Marked Routes: Marked routes on courses are flagged with orange and white. Some of the marked routes that go through the event arena will 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 Maps: There are two model maps for the COCs. The map at Yellow Quill (south) is representative of the terrain that is found on the Hog's Back map. This map is in your registration package. This site is not staffed and no water is available. The entrance to Yellow Quill (south) is 3.3km south on Highway 5 from the Relay entrance.

The second map is at Hog's Back. This map will be given out on site. The map includes all three scales used in the COCs (1:5,000 for the sprint, 1:10,000 and 1:15,000). Extra Hog's Back model maps can be purchased at the site. Model event sites will have controls placed and can be used during the following hours:

Yellow Quill	Thur. Aug. 27 Fri. Aug. 28	10:00AM to 5:00PM 10:00AM to 5:00PM
Hog's Back	Fri. Aug. 28	12:00PM to 5:00PM

Natural Hazards:

Wood ticks, as opposed to deer ticks, should be declining by late 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.
Black bears and deer are present	Exercise caution.
Poison Ivy	Wash exposed area. A water tank will be located near the toilets.
Spear Grass	Remove immediately as it can cause skin irritation.
Heat Exhaustion	Hydrate to avoid.
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.

Registration: Registration Packages may be picked up as follows:

Thur.	Aug. 20:	4:00PM to 7:00PM at Hartney Motor Inn, 301 River Ave., Hartney
Fri.	Aug. 21:	11:00AM to 1:00PM as above 2:00PM to 5:00PM at the Juniper Hill meet site
Sat.	Aug. 22:	8:30AM to 2:00PM at the Fort Desjarlais meet site
Sun.	Aug. 23:	8:30AM to 3:00PM at the Fort Desjarlais meet site
Wed.	Aug. 26:	11:00AM to 4:00PM at Seton, Prairie Goat meet site
Thur.	Aug. 27:	11:00AM to 4:30PM at Yellow Quill, Relay meet site
Fri.	Aug. 28:	9:00AM to 11:00AM at Spruce Woods Inn, 416 Lyall St., Glenboro (off Hwy 2) Noon to 4:00PM at Hog's Back, Sprint meet site
Sat.	Aug. 29:	8:30AM to 2:00PM at Hog's Back, Middle meet site
Sun.	Aug. 30:	8:30AM to 3:00PM at Hog's Back, Long 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 websites:

www.coc2009.ca
rg.orienteering.ca (Route Gadget)
www.obasen.nu/winsplits/online/en (Winsplits)

Safety Bearing: Printed on each map.

Silent Auction: During the COC Banquet there will be a silent auction to raise funds for the high performance program (HPP). Bring some cash or your cheque book—enjoy the bidding frenzy and help support elite orienteering in Canada. Also it's much appreciated if you can donate an item to the auction. Donations are welcomed right up until the auction.

To donate call Ursula Goeres 1-204-488-3999, email: ugoeres@yahoo.ca.

Sponsors: We are very grateful for the sponsors our organization has received. Please express your gratitude should you visit their businesses or make use of their services. Buying your lunch at the meet site would be very helpful for securing future sponsorship. All sponsors are listed at the back of the booklet.

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

Session E: Cool Orienteering Gizmos, Gadgets and Ideas—Info Sharing Session
(Continued...)

Mini-presentations confirmed to date include:

Purple Pen course planning software

About the Yukon's successful junior program

OR event organization software

About various event formats (for example: Thomass and Toronto's Why Just Run series)

Other mini-presentations are very much welcome and encouraged. This session is all about information sharing.

COF ANNUAL GENERAL MEETING:

Friday August 28th, 7:00PM to 9:00PM

The AGM is the one time of year when all 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 A: Coaching Workshop (Continued...)

Play your part in increasing the number of certified coaches in orienteering in Canada. The 9 hour course over 3 days will cover the theoretical and technical components of the new coaching program. The workshop will also include two “on terrain” practice coaching sessions. The pre-requisites are some orienteering experience and an interest in coaching new orienteers.

Session B: Orienteering Official Program Update

Wednesday August 26th, 6:30PM to 9:00PM (No fee to attend)

Come and learn about the revised officials certification program. We'll give a full overview of the new program; have lots of discussion and talk about the roll-out of the program. A great chance to learn about how you can update your skills and encourage more officials within your club.

Session C: Ski and Mountain Bike Orienteering

Thursday August 27th, 9:00AM to Noon (No fee to attend)

Two modules in the revamped officials certification program are dedicated to ski and mountain bike orienteering. If you organize (or have plans to organize) ski-O and MTBO, then this session is for you. We'll talk about the content of the officials' modules and the work done to date and gather your suggestions. Ski-O and MTBO both have great potential in Canada—come and join the discussion about growing these two orienteering disciplines.

Session D: Orienteering and Long Term Athlete Development

Thursday August 27th, 7:00PM to 9:00PM (No fee to attend)

The long term athlete development (LTAD) model is changing the way that sport is being taught in Canada (www.canadiansportforlife.ca). LTAD is an inclusive concept that encourages all individuals to be involved in lifelong physical activity and articulate the need for all children to be given a solid foundation in physical, tactical and mental capacities upon which to build their performance abilities. As have most other sports in Canada, the COF is creating a LTAD model that is specific to the sport of orienteering. This is an exciting development for the sport in Canada and will provide valuable guidance as to how orienteering is presented, coached and organized in Canada. Come and find out the latest.

Session E: Cool Orienteering Gizmos, Gadgets and Ideas—Info Sharing Session

Friday August 28th, 9:00AM to 11:00AM (No fee to attend)

Are you using a new cool bit of orienteering software? Does your club have a successful new program that you would like to tell the rest of the orienteering community about? Have you found some great software to make the most out of the new Garmin watch? Do you have an event format that you think other clubs should try out? This session is designed as an information sharing opportunity. Put together a 2 to 10 minute presentation about something that you or your club is using/doing that you think others across Canada would like to know about.

Continued...

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 assembly area after everyone has started.

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

WCOCs and COCs 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	Verify your map is correct and start. A sign will be posted here advising 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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The Prairie Goat and the Relay are mass start events. See event details for more information.

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. You will not be given a new start time unless your lateness is the fault of the organizers.

T-Shirts: RED: Need help or information? Ask one of the organizers who will be wearing red t-shirts.
BLUE: Competitor purchases to be picked up at registration.

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 printer.

Race Timing and Results:

160 BSF7-D Controls

5 BSM7-D-RS232 Readout Stations

2 BS8-D Timemaster Stations

4 OTS-Control1 Radio Units

1 OTS-Control3 Radio Unit

1 OTS-Coordinator Radio Unit

5 Motorola FV200 Radios

Epson TM-T88IV splits printer

Sport Software OE2003, OS2003 and OESpeaker2003

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. Water will be provided at all start areas (except for the Prairie Goat), the arenas, and the quarantine area at the COC Sprint. No water is at the model map sites.

There will be a water tank for washing near the toilets.

Whistles: COF 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.

2009 Sass Peepre National Junior Training Camp August 24 to 26, at Carberry, Manitoba

This year's Sass Peepre National Junior Training Camp will be held in Carberry, Manitoba. Accommodation will be in the Carberry Collegiate. We hope all you enthusiastic juniors will come back to renew old friendships, spike more controls and learn new ways to exhaust your coaches.

Start: Monday, August 24, about 9:00AM

End: Wednesday, August 26, about 5:00PM

Location: Training will be at two orienteering maps in Spruce Woods Park: Yellowquill, about 20 km south of Carberry, and Glen Valley, about 30 km south of Carberry. Transport to maps will be in coaches' cars.

Accommodation: will be at Carberry Collegiate. Participants will sleep on the floor of the gym and a classroom (boys and girls separated). We will have access to a kitchen, a canteen, showers and change rooms. Meals will be prepared by volunteers.

Camp Fees: Include accommodation and meals.

Registrar: Anne Teutsch

Camp Coordinator: Kitty Jones

Coaches' Meeting: Sunday, August 23

2009 COF Conference

The COF Conference is organized by the COF Board of Directors. It's an ideal opportunity to bring Canadian orienteers together to share information and 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.

2009 Conference Details:

August 26 to 28, 2009. All sessions at the Carberry Collegiate (School). The conference starts just after the Sass Peepre National Junior Training Camp finishes so participation in both is feasible and encouraged.

Session A: Coaching Workshop—Community Coach - 3 sessions

Attendance required at all three sessions (9 hours total)

\$50 fee to attend this workshop

A-1 Wednesday August 26, Part 1: 6:00PM to 9:00 PM

A-2 Thursday August 27, Part 2: 9:00AM to 12 noon

A-3 Friday August 28, Part 3: 9:00AM to 12 noon

Continued...

WCOC Banquet:

Sunday August 23rd at 5:00PM at the Hartney Golf Course

Directions:

From Winnipeg take Highway #1 (Trans Canada) west to Brandon (approximately 2 1/2 hours)

From Brandon take Highway #10 south (18th St.) for about 25 km to Highway #2
Turn right at the junction of Highways #10 and #2 onto, Highway #2
Take Highway #2 for 44.3 km to Highway #21
Turn left onto Highway #21, heading south for 10.9 km to the Hartney Golf Course on the right.

Tickets are in your registration package. Please bring your ticket with you!
Extra tickets may be available. Inquire at registration table.

Cash bar available.

Awards for all WCOC events will be presented after the banquet.

COC Banquet:

Saturday August 29th at 6:00PM (doors open at 5:00PM) at the Carberry Memorial Hall
Cathy Drayson, Caterer

Directions:

From Winnipeg:

Take Highway #1 west (Trans Canada) to Highway #5, approximately 2 hours
Turn left at Highway #5 into Carberry and go south (about 3.5 km)
Turn left onto First Ave. and proceed to Ottawa Street (.35 km)
Turn right onto Ottawa St. and proceed to 2nd Ave. (.25 km). The hall is on the NW corner of Ottawa and 2nd Ave.

From Brandon:

Take Highway #1 east (Trans Canada) to Highway #5, approximately 40 min.
Turn right at Highway #5 into Carberry and go south (about 3.5km)
Turn left onto First Ave. and proceed to Ottawa Street (.35 km)
Turn right onto Ottawa St. and proceed to 2nd Ave. (.25 km). The hall is on the NW corner of Ottawa and 2nd Ave.

Tickets are in your registration package. Please bring your ticket with you!
Extra tickets may be available. Inquire at registration table.

Cash bar available.

Awards for the COC Sprint and Middle will be presented after the banquet.
The Silent Auction will follow the awards. See General Information section for more details.

Sprint - Friday 21st August

First Start 4:00PM

Maximum Running Time 1 Hour

Course Closes 6:15PM

Map: The Juniper Hill map was drawn to ISSOM(2007) standards by Tim Lee in 2009. Map scale is 1:5,000 with 2.5m contours.

Special Symbols

Black "x" Signpost
Black "o" Vehicle

Course Data: The current COF Course and Categories will be used. See Table A.

	Distance	Climb	Controls
Course 1	1.4km	30m	10
Course 2	1.3km	40m	12
Course 3	1.8km	80m	16
Course 4	2.0km	75m	16
Course 5	2.6km	105m	17

Important Distances:

Parking to Arena	200m
Arena to Start	100m
Finish to Arena	0m

Course Planner Notes: The sprint race takes place in a section of the Lauder Sandhills Wildlife Management Area which was used in 1982 for the Canadian Championships and has now been updated to ISSOM. The terrain is classic Manitoba rolling sandhills. The vegetation is primarily rough open with varieties of green vegetation, rough open-scattered and undergrowth vegetation. There are a number of small, distinct oak trees. The green vegetation can be difficult to pass in spots but manageable in others. The elevation and vegetation changes are very subtle, and at times cannot be accurately shown on an orienteering map. There are numerous small depressions, re-entrants, and distinct ridges. When navigating focus on the contours and obvious vegetation features (i.e. large green depression). With the high visibility it is advantageous to look ahead to pick out features that will aid navigation. There is a small trail network, and a collection of indistinct small trails that were created by ATVs. The historic Juniper Hill bears the scars of years of abuse from these "recreational" vehicles.

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

Directions to Parking:

From Winnipeg: take Highway #1 (Trans Canada) west to Brandon (approximately 2 1/2 hours).

From Brandon: take Highway #10 south (18th St.) for about 25 km to Highway # 2

Turn right at the Junction of Highways #10 and #2 onto, Highway #2

Take Highway #2 for 44.3 km to Highway #21

Turn left onto Highway #21, heading south, for 12.3 km. Drive past the first turn off on the left for Hartney, take a slight right for half a kilometer and then turn right at the next 4-way intersection.

Follow this road for 7 km to a T-Junction.

Turn left at the T-Junction and drive 1.6 km. Turn right and drive 3.5 km. Watch for the orienteering signs. From here it is approximately 1 km along a vehicle track, unsuitable for motor homes. Motor homes may be parked in Hartney at the arena or on the road at the start of the vehicle track.

Awards:

For each competitive class, prizes will be awarded to the top three eligible Western Canadian competitors. The top three overall competitors will also be recognized.

To be eligible for WCOC awards you must be a Canadian citizen or a Permanent Resident as defined by the Dept. of Citizenship and Immigration and resident in either MB, SK, AB, BC or YK.

Awards will be presented after the banquet on Sunday 23rd August at the Hartney Golf Club.

Meet Officials:

Meet Director	Dave Graupner
Course Planner	Tim Lee
Controller	Jim Lee

Red Group Concept: All of the 2009 COC events have put some focus into “arena production.” The arena is the area around the finish chute where we expect people to spend their time before and after their orienteering run, getting ready for their race, cheering others down the finish chute and socializing and comparing results. There will be announcers, music, possibly a string course, results and spectator viewing. In addition, the elite category’s start list will include a “Red Group” in order to highlight the best M21E / W21E runners and to give people a chance to watch some exciting orienteering racing.

As Magnus Johansson, Canadian National Team Coach, puts it:

“I want to celebrate our Canadian elite athletes at the COCs. I want to bring some focus to arena production and entertainment for the spectators. I want to make it clear to outside observers that these are athletes in a race and not a weird treasure hunt. I want to create a reason for orienteers to stay away from their cars in the parking area and cheer on our best athletes in the arena instead. The way to do this is to have the best elites start late in a Red Group to let the other participants finish in time to watch the race.”

Red Group Details: The M21E and W21E start lists will be arranged so that the top runners have a later start time, in order that most other orienteers will have finished their own races and will be able to view and cheer the exciting finish of the elite races.

Exact details of the start list will depend on final registration, but currently the plan is as follows:

Red Group will comprise the top ten M21E and top ten W21E runners. These will be selected based on the latest posted Canadian rankings, US rankings, IOF World rankings and possibly some personal intuition if some runners aren’t on these lists.

All other M21E and W21E runners will be randomly assigned early start times. Red Group will be assigned later start times, scheduled to finish shortly after the other runners have finished.

Red Group start times will be assigned randomly.

Red Group runners may be identified with special bibs to make spectating simpler.

All M21E and W21E start times will be announced on Thursday August 27th.

We encourage everyone to print off a copy of the Red Group start list to be able to follow the racing more closely.

The Red Group concept was successfully implemented at the 2008 Canadian Sprint Championships in Fundy National Park, NB. We are hoping to build on that experience and create a fun and exciting arena atmosphere and really highlight the very best of our athletes.

Important Distances:

Parking to Arena	150m
Arena to Start	1 km
Finish to Arena	0m

Finish Arena/Red Start Group: See page at end of COCs.

Course Planner Notes: There are more forested sections than in the Sprint. 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 some areas with boards lying on the ground. These are skink (Manitoba lizard) study areas. Please avoid disturbing these sites.

Spectator Legs:

Course 9 and 10 competitors will pass through the finish area part way through their course. Please cheer them on but stay out of their way and respect the flagging that marks the route.

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

Directions to Parking: See COC Middle event details.

Awards: 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 awards you must either be a Canadian Citizen or a Permanent Resident as defined by the Dept. of Citizenship and Immigration. Awards will be presented after the meet.

Meet Officials:

Meet Director	Dave Graupner
Course Planner	Muriel Gamey
Controller	Lois Watts
WRE Advisor	Adrian Zissos

Western Canadian Orienteering Championships**Middle - Saturday 22nd August****First Start 10:00AM****Maximum Running Time 2 Hours****Course Closes 2:00PM**

Map: The Fort Desjarlais map was originally produced in 1992 by Jack Forsyth, Sheldon Friesen and Jim Lee. It has been updated several times since the original work. Map scale is 1:10,000 with 2.5m contours.

Special Symbols: Green solid circle: Small Distinct Tree

Course Data:

The current COF Course and Categories will be used. See Table A for a copy of this information.

	Distance	Climb	Controls	Water Stops
Course 1	2.8 km	25m	9	-
Course 2	2.6 km	25m	8	-
Course 3	2.8 km	30m	8	-
Course 4	2.5 km	25m	8	1
Course 5	2.7 km	25m	9	1
Course 6	3.3 km	35m	9	1
Course 7	4.1 km	45m	12	3
Course 8	3.8 km	50m	9	2
Course 9	4.5 km	55m	12	2
Course 10	5.4 km	60m	11	3

Important Distances:

Parking to Arena	200m
Arena to Start	600m
Finish to Arena	0m

Course Planner Notes: Most of the Fort Desjarlais map is pastureland, which the course planner would classify as rough open, with cow paths marked as small foot-paths. Larger trails exist but in the open are not as clear as indicated. All fences have cow paths and/or all terrain vehicle trails beside them. Some are marked on the map, others are not as it would create too much clutter. The normal forest (white) in sandhill terrain is generally very runnable but there are

clusters of dense bush less than 10m in length throughout the forest. Edges of the forest are generally thicker due to exposure to full sunlight. There are pin cushion and prickly pear cactus in abundance and they love running shoes. Very low lying poison ivy can be found throughout the map and leafy spurge is scattered throughout the pasture.

Do not lose contact with the map as every ridge and knoll looks the same after only a few minutes. Relocate quickly. This part of Manitoba is very friendly to runners with few jungle areas to fight your way through but great orienteers have been known to overrun controls in this fast terrain.

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

Directions to Parking:

From Winnipeg take Highway # 1 (Trans Canada) west to Brandon (approximately 2 1/2 hours).

From Brandon take Highway #10 south (18th St.) for about 25 km to Highway # 2

Turn right at the Junction of Highways #10 and #2 onto, Highway #2

Take Highway #2 for 44.3 km to Highway #21

Turn left onto Highway #21, heading south, for 12.3 km. Drive past the first turn off on the left for Hartney, take a slight right for half a kilometer and then turn right at the next 4-way intersection.

Follow this road for 7 km to a T-Junction.

Turn left at the T-Junction and drive 1.6 km. Turn right and drive 7.5 km. Watch for the orienteering signs. From here it is approximately 3 km along a vehicle track unsuitable for motor homes. Motor homes may be parked in Hartney at the arena or park on the road 4.5 km from the previous right turn and walk in to the arena (1200m to arena).

Awards:

For each competitive class, prizes will be awarded to the top three eligible Western Canadian competitors. The top three overall competitors will also be recognized.

To be eligible for WCOG awards you must be a Canadian citizen or a Permanent Resident as defined by the Dept. of Citizenship and Immigration and resident in either MB, SK, AB, BC or YK.

Awards will be presented after the banquet on Sunday 23rd August at the Hartney Golf Club.

Meet Officials:

Meet Director	Dave Graupner
Course Planner	Jack Forsyth
Controller	Sheldon Friesen

Long - Sunday 30th August

First Start 10:00AM

Maximum Running Time 3 Hours

Course Closes 3:00PM

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

Special Symbols: Green "x" Rootstock
Green "o" Distinctive Tree

Terrain: See COC Sprint for terrain notes.

Course Data:

The current COF Course and Categories will be used. See Table A for a copy of this information.

	Distance	Climb	Controls	Water Stops
Course 1	4.1 km	30m	14	1
Course 2	3.8 km	50m	13	1
Course 3	4.5 km	80m	16	1
Course 4	3.5 km	50m	10	2
Course 5	4.4 km	55m	12	1
Course 6	4.7 km	65m	13	1
Course 7	6.4 km	90m	13	2
Course 8	7.0 km	125m	14	2
Course 9	9.5 km	180m	20	4
Course 10	15.1 km	280m	26	5

World Ranking Event (WRE): The COC Long is a World Ranking Event. The IOF Rules apply to the elite classes at these events.

Please note that a recent change to the IOF Rules will forbid carrying (as opposed to using) navigational aids other than a map and compass. This applies to GPS watches and other devices that can provide "position, direction, distance, or altitude" information during a race. GPS data loggers that cannot provide such information during a race are still allowed.

Course Planner Notes: There are more forested sections than in the Sprint. 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. You may encounter horses on the trails. Please be considerate of them. Signs have been posted on the trails. You may encounter some areas with boards lying on the ground. These are skink (Manitoba lizard) study areas. Please avoid disturbing these sites.

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

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

From Winnipeg:

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

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

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

From Brandon:

Go south on Highway #10 about 30km 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 6.6km. From here the road is a good track and motor homes should be okay. From the park boundary it is approximately 8.5 km to the middle and long maps. 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 Canadian competitors. Prizes will also be given to the top three overall competitors. To be eligible for the COC awards you must either be a Canadian Citizen or a Permanent Resident as defined by the Dept. of Citizenship and Immigration. Awards will be presented at the COC banquet on 29th August.

Meet Officials:

Meet Director	Dave Graupner
Course Planner	Tim Lee
Controller	Sheldon Friesen

Western Canadian Orienteering Championships

Long - Sunday 23rd August

First Start 10:00AM

Maximum Running Time 3 Hours

Course Closes 3:00PM

Map: The Fort Desjarlais map was originally produced in 1992 by Jack Forsyth, Sheldon Friesen and Jim Lee. It has been updated several times since the original work. Map scale is 1:10,000 with 2.5m contours for courses 1 to 8 and 1:15,000 with 2.5m contours for courses 9 and 10.

Special Symbol: Green solid circle: Small Distinct Tree

Course Data:

The current COF Course and Categories will be used. See Table A for a copy of this information.

	Distance	Climb	Controls	Water Stops
Course 1	3.0 km	20m	8	-
Course 2	2.9 km	25m	8	2
Course 3	3.7 km	30m	10	2
Course 4	3.9 km	35m	10	2
Course 5	3.9 km	40m	10	3
Course 6	5.6 km	40m	12	4
Course 7	8.4 km	50m	13	3
Course 8	7.7 km	65m	13	2
Course 9	9.1km	65m	17	4
Course 10	13.3 km	90m	20	4

Important Distances:

Parking to Arena	200m
Arena to Start	750m
Finish to Arena	0m

Course Planner Notes: See course planner notes for the WCOC Middle Distance event.

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

Directions to Parking: See the directions for the WCOC Middle Distance event.

Awards:

For each competitive class, prizes will be awarded to the top three eligible Western Canadian competitors. The top three overall competitors will also be recognized.

To be eligible for WCOC awards you must be a Canadian citizen or a Permanent Resident as defined by the Dept. of Citizenship and Immigration and resident in either MB, SK, AB, BC or YK.

Awards will be presented after the banquet on Sunday 23rd August at the Hartney Golf Club.

Meet Officials:

Meet Director	Dave Graupner
Course Planner	Jim Lee
Controller	Muriel Gamey

Canadian Orienteering Championships

Middle - Saturday 29th August

First Start 10:00AM

Maximum Running Time 2 Hours

Course Closes 2:00PM

Map: See COC Sprint event details for map description. Map scale is 1:10,000 with 5m contours.

Special Symbols: Green "x" Rootstock
Green "o" Distinctive Tree

Terrain: See COC Sprint for terrain notes.

Course Data:

The current COF Course and Categories will be used. See Table A for a copy of this information.

	Distance	Climb	Controls
Course 1	3.3 km	70m	10
Course 2	3.0 km	80m	12
Course 3	3.0 km	105m	14
Course 4	2.5 km	110m	12
Course 5	3.0 km	115m	13
Course 6	3.3 km	120m	13
Course 7	3.9 km	125m	14
Course 8	4.2 km	120m	14
Course 9	4.5 km	150m	16
Course 10	5.7 km	175m	17

Important Distances:

Parking to Arena	150m
Arena to Start	2.5km
Finish to Arena	0m

Finish Arena/Red Start Group: See page at end of COCs.

Directions to Parking: Sprint and Model

From Winnipeg:
 Take Highway #1 (Trans Canada) west to Elie about 46km.
 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 left on Highway #2 and travel 14.8 km to Park Road.
 Turn left at Park Road after Cypress River
 See note below.

From Brandon:

Go south on Highway #10 about 30km 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 6.6km to the park boundary. From here the road is a good track and motor homes should be okay. From the park boundary it is approximately 3 to 4km to the sprint and model map parking. Please allow sufficient time (at least 20 minutes) for the drive in from Highway 2.

Awards: 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 awards you must either be a Canadian Citizen or a Permanent Resident as defined by the Dept. of Citizenship and Immigration. Awards will be presented at the banquet on 29th August.

Meet Officials:

Meet Director	Dave Graupner
Course Planner	Tim Lee
Controller	Sheldon Friesen
WRE Advisor	Adrian Zissos

Prairie Goat
Wednesday 26th August
Mass Start 1:00PM
Maximum Running Time 3 Hours
Course Closes 4:00PM

Welcome to the Prairie Goat event being held on the south part of the Seton Park North map. The map is named after Ernest Thompson Seton (1860-1946). He was a Scots-Canadian who became a prominent author, wildlife artist and one of the founding pioneers of the Boy Scouts of America.

Map: The Seton Park North map was produced by Colin Kirk (1982), Jack Forsyth (1997) and Sheldon Friesen (2001 and 2009). Map scale is 1:10,000 with 2.5m contour intervals.

Terrain: It was formed by glacial deposits of sediment from glacial Lake Agassiz. Sand was deposited in the area creating the distinctive sandhill topography found on the map. There are many detailed contour features, including re-entrants, spurs, many small depressions and hills of varying sizes, as well as many open areas with small, scattered copses. Cattle trails crisscross the map.

Special Symbols:

Green “x”	Oak Tree	Brown “x”	Rootstock
Black “x”	Log Pile	Black “o”	Signpost
Blue “o”	Well		

Course Data:

The following table shows the class and course assignments.

	Course 1	Course 2	Course 3	Course 4	Course 5	Course 6	Course 7
Men’s Classes	M12	M13-14	M15-16	M55-64 M65-74 M75+	M21-34A M45-54	M17-20 M35-44	M21-34E
Women’s Classes	W12	W13-14	W15-16	W55-64 W65-74 W75+	W17-20 W21-34A W35-44 W45-54	W21-34E	
Open Classes	Open 1	Open 2	Open 3	Open 4	Open 5	Open 6	

	RWT	Distance	Climb	Controls	Water Stops
Course 1	25	2.5 km	50m	12	1
Course 2	35	4.3 km	95m	16	1
Course 3	55	6.2 km	145m	15	3
Course 4	45	5.2 km	130m	16	3
Course 5	50	6.4 km	150m	18	3
Course 6	70	9.2 km	200m	24	4
Course 7	90	14.2 km	330m	30	5

Important Distances:

Parking to Arena	200m
Arena to Start	350m
Finish to Arena	0m

Course Planner Notes: Vegetation changes have been updated, however, in some areas white and green forest is more extensive than indicated and in other areas the recent logging has changed the white and green forest to rough open with some areas of deadfall. Cattle or game trails may be difficult to locate and follow especially in open areas. Cattle are on the map and have formed new trails. With repeated use of these trails in the last month they appear to be permanent trails but have not been mapped; therefore, these new trails are not reliable navigational aids. There are also a number of vehicle trails. These vehicle trails are quite sandy in areas particularly near the start. If you notice that a trail is sandy, it is best to avoid the sand and run next to the trail. There are several log piles created by recent logging. These have been marked on the map with a black “x”. These log piles may have been removed by race day.

Poison ivy, needle and thread or spear grass are found throughout the map. These can cause skin irritations if left unattended. Cockleburs (hitchhikers) are found on the map in small amounts.

Cattle: Most of the time the cattle are unwilling to move even when you approach within 3 to 4 meters. If you encounter cattle, go around them to avoid the possibility of startling them or making them run, which could cause them to get injured. There is one Black Angus bull in the herd, however the landowners have assured us that he is a “friendly” bull and has never confronted or charged anyone.

Start Procedure: There will be a mass start for all competitors at 1:00PM.

Spectator Control: Courses 3 to 7 will have a spectator control where there will be a manned water station providing water, Gatorade and orange slices. Competitors are welcome to drop off their personal food items at the drop off spot in the assembly area to be transported to the spectator control.

World Ranking Event (WRE): The COC Sprint is a World Ranking Event. The IOF Rules apply to the elite classes at these events.

Please note that a recent change to the IOF Rules will forbid carrying (as opposed to using) navigational aids other than a map and compass. This applies to GPS watches and other devices that can provide “position, direction, distance, or altitude” information during a race. GPS data loggers that cannot provide such information during a race are still allowed.

Important Distances and Quarantine Area:

Parking to Arena	1km
Arena to Quarantine Area	350m
Finish to Arena	0m

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 so when you finish please stay in the arena. It is a great spot for spectators. The quarantine area is north of the sprint map. On your way to the quarantine area you will pass the finish area where you can leave anything you want at the finish. There will be a return system for anything you leave in the quarantine area.

The area is shady and there will be water and toilets in the area. We expect the first Red Group runner to start around 2:45PM.

For this day the recommended activities and their order are:

1. Drive to Hog’s Back and park at the model map/sprint parking.
2. Visit the model map. If you did not buy a model map when you registered online then you may purchase one at the model event site.
3. Before 1:15PM start making your way to the quarantine area. You can drop your stuff at the finish arena on the way to the quarantine area. You must be in the quarantine area by 1:45PM or you may not be allowed to start. Note that it is 1.35km from the parking to the quarantine area.

Finish Arena/Red Start Group: See page at end of COCs.

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 horses on the trails. Please be considerate of them. Signs have been posted on the trails.

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

Canadian Orienteering Championships

Sprint - Friday 28th August

First Start 2:00PM

Quarantine Area Closes 1:45PM

Maximum Running Time 1 Hour

Course Closes 4:30PM

Map: The Hog's Back map was produced in the spring and summer of 2008. 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. The sprint map is drawn to ISSOM with 2.5m contours. Due to the recent fieldwork and drawing, the map is very accurate. Each event is primarily set in a different section of the map. These championship events will mark the first time this map has been used for orienteering.

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 runability in the open areas is very good, but there are large areas of low-lying and secondary green which will be slow-going, especially in late August. There is a minimal amount of open (white) forest and a minimal number of man-made features (trails, buildings, and a power line). 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 COF Course and Categories will be used. See Table A for a copy of this information.

	Distance	Climb	Controls
Course 1	1.4 km	65m	11
Course 2	1.5 km	40m	10
Course 3	1.9 km	50m	14
Course 4	2.1 km	80m	14
Course 5	2.6 km	85m	16

The spectator control is located at the following distances into each course:

Course 3: 3.2 km

Course 4: 1.6 km

Course 5: 4.7 km

Course 6: 4.3 km

Course 7: 5.3 km

Rules: Controls must be visited in the correct order; however, one or two controls may be skipped based on your course number. Courses 1-3 may skip 1 control, while courses 4-7 may skip 2 **non-consecutive** controls.

Directions to Parking:

From the west (Brandon): From the junction of the Trans Canada (Highway #1) and 1st Street North in Brandon, travel 41.7 km east on the Trans Canada to the junction with Highway #5 and then an additional 10.0 km. You will see an orienteering sign telling you to turn left (north), cross the westbound lanes of the Trans Canada and proceed on the vehicle trail for 250 meters to the parking area.

From the south (Carberry): From the junction of Highway #5 and Provincial Road (PR)351, travel 3.7 km north on Highway #5, turn right (east) and travel 10.0 km. You will see an orienteering sign telling you to turn left (north), cross the westbound lanes of the Trans Canada (Hwy.#1) and proceed on the vehicle trail for 250 meters to the parking area.

From the east (Winnipeg): From the junction of the Trans Canada (Hwy.#1) and Highway #34, travel 22 km west on the Trans Canada. Turn right (north) onto a vehicle trail and proceed for 250 meters to the parking area. This right turn is 650m after a rest area on the north side of the highway

From the north (Neepawa): From the junction of the Yellowhead Highway #16 and Highway #5, travel south on Highway #5 for 42.2 km to the junction with the Trans Canada (Hwy.#1). Turn left (east) on the Hwy.#1 and travel for 10.0 km. You will see an orienteering sign telling you to turn left (north) cross the westbound lanes of the Hwy.#1 and proceed on the vehicle trail for 250 meters to the parking area.

Awards: Prizes will be given to the top three competitors in each class. The awards ceremony will take place in the finish area after 4:00PM.

Meet Officials:

Meet Director	Dave Graupner
Course Planners	Darius and Larry Konotopetz
Controller	Sheldon Friesen

Relay
Thursday 27th, August
First Leg Mass Start 1:00PM
Maximum Running Time (Team) 3:30 Hours
Course Closes 4:30PM

Map: The Yellow Quill map was originally produced in 1984 by Francis Falardeau, Sheldon Friesen, Ralph Oliver and Bertel Pahlman. It has been updated several times since the original work, most recently in 2005 for the Western Canadians. Map scale is 1:10,000 with 2.5m contours.

Special Symbols:

Green "x" Oak Tree
 Black "x" Signpost or other man-made feature

Course and Class Data: The relay will consist of 3-person teams. There will be three classes of teams based on the age and gender of teammates: 0-2 points, 3-5 points, and 6-9 points. Runners score points as follows:

Age (as of Dec. 31/09)	Male	Female
0-14	2 points	3 points
15-19	1 point	2 points
20-39	0 points	1 point
40-59	1 point	2 points
60+	2 points	3 points

The courses will be as follows:

Leg 1: Intermediate to advanced, similar to a course 3, 4, or 5 at a long distance event.

Leg 2: Beginner, similar to a course 2 at a long distance event.

Leg 3L: Advanced, similar to course 6-7 at a long distance event (0-2, 3-5 pt teams).

Leg 3S: Advanced, similar to course 5-6 at a long distance event (6-9 pt teams).

The approximate winning times are 80 minutes for 0-2 point teams and 90 minutes for 3-5 and 6-9 point teams. Forking will be used. All teams in the same class will do the same orienteering by the end.

	Distance	Climb	Controls	Water Stops
Leg 1	4.0 km	100m	12	1
Leg 2	2.9 km	65m	11	1
Leg 3L	6.5 km	145m	19	2
Leg 3S	5.2 km	120m	15	2

Important Distances:

Parking to Arena	500m
Arena to Start	100m
Finish to Arena	0m

Course Planner Notes:

The terrain is typical Manitoba sandhill terrain with many small hills and depressions, a few "large" 10 m hills or ridges, some trails, and a mix of open land and fairly thick forest. The courses take you through the open land for the most part. A fire went through part of the map before the 2005 WCOCs, leaving behind deadfall. Now young trees are growing at varying rates and denseness. The areas with deadfall and/or young trees are mapped as white or green forest even though they are more like undergrowth in some places. Leg 1 has a spectator control with about 1 km left. Leg 3 has the same spectator control, about two-thirds of the way through the shorter version and half-way through the longer version. The long Leg 3 also passes by the finish with about 1 km to go.

Start Procedure: All Leg 1 runners will have a mass start at 1:00PM. When the Leg 1 runner finishes they will tag their Leg 2 runner who will then follow the marked route to the start triangle where they will pick up their Leg 2 map. In a similar manner the Leg 2 runner will finish and the Leg 3 runner will start. Maps will be marked with the leg number and team name on the back. At 2:30PM, there will be a mass start for all Leg 2 and Leg 3 runners who have not started.

Directions to Parking: From Carberry: Travel south on Highway 5 for 17 km and watch for the orienteering sign to turn left into Yellow Quill.

From Winnipeg: Take Highway #1 (Trans Canada) to Highway #5, approximately 2 hours. Turn left at Highway #5. Follow Highway #5 for about 21 km and watch for orienteering sign to turn left into Yellow Quill.

From Brandon: Take Highway #1 (Trans Canada) to Highway #5, approximately 40 minutes. Turn right at Highway #5. Follow Highway #5 for about 21 km and watch for orienteering sign to turn left into Yellow Quill.

Awards: Prizes will be given to the top three teams in each class at the meet site after 4:00PM.

Meet Officials:

Meet Director	Dave Graupner
Course Planner	Steven Graupner
Controller	Jim Lee