

1. Start Procedures for CalOFest Stages 4, 5 and 6

North American Sprint, Middle and Long Championships:

The Start is being administered and run by Cascade Orienteering Club. The organizers are most grateful for the volunteer help from Cascade and other clubs from around the country. Thank you!

The Start arrangement, layout and procedures are similar for all events, but not identical.

You are assigned a Start Time for each race. It is already in the timing computer and does not change if you are late, so it is very important that you arrive at the Start on time. Start Times are Pacific Daylight Time.

There will be a Quarantine for the Sprint and Middle, only for the Elite orienteers in the purple lane. The Long will not have a Quarantine. All Elite competitors MUST be checked into the Quarantine before Quarantine Entry closes. If you are not in the Quarantine before entry closes, you will not be allowed to compete in your Elite class, although you may still run a course for fun. Cell phones or other communication-enabled devices may not be used in the Quarantines.

Before proceeding to the Start, and before leaving your car, please be sure to bring your Bib, e-Punch, Whistle, Compass, and any personal items you may need. Elites may be stuck in Quarantine for a long time, depending on their start times, so be sure to bring all provisions, pads, blankets, food, whatever is needed. There will be a portable toilet at each Quarantine.

The Start will be a "Silent Start". This means that there should be no talking after entering the start area. Many orienteers prefer a silent start to make concentration easier and, therefore, the volunteers have been instructed to stay silent, so please respect this and do not talk to them or anyone else after entering the quiet zone. If you have questions, there will be a volunteer outside the quiet zone who will be happy to answer them.

The Start area is divided into four "Lanes". The Lanes are color coded with streamer tape as follows:

1. Elites (Classes F-16, F-18, F-20 Elite, F-21+ Elite, M-16, M-18, M-20 Elite, M-21+ Elite)
2. Women (all other classes)
3. Men (all other classes)
4. Recreational / Late

NOTE: Your bib color should match your lane color, so it is very easy to see if you are in the correct lane.

The Start area is also divided into 7 time "Zones". The time zones are based upon YOUR Start Time. For example, T-4 means 4 minutes before your Start Time. There will be an audible "beep" every minute.

1. Before T-8 (T-12 at the Long): The clock at T-8 (T-12) is set 8 (12) minutes *ahead* of event time. Watch the clock and wait for your Start Time to be displayed. This area is not silent. Volunteer 1 is here to answer questions and help with problems. There will be two start lists to look at, printed in Name order and in Start Time order. There is also a notice board. The volunteer will be able to assist if you have forgotten any of your essential items. In this area you may drop clothing, warm up, chat, drink the water provided, etc.
2. T-8 (T-12) to T-4. When the clock at T-8 (T-12) shows your Start Time, proceed to the entry gate. Be sure to Clear "X" and Check "C" when you go through. If the Check "C" punch does not beep, try

Clear “X” again and make sure the Clear “X” punch beeps. If you cannot get a good Clear or Check, go back out and quickly ask for help.

3. T-4 to T-3. The clock at T-4 is set 4 minutes ahead of event time. When it shows your Start Time, proceed through your Lane entry gate. Punch the Check “C” punch. In this zone, the volunteers are checking your time, your bib, and making sure your ePunch unit works. Again, if your ePunch fails to Check, try Clearing it again with the nearby Clear “X” unit. And ask for help if you can’t get a valid Check.
4. T-3 to T-2. At the next 1-minute beep, proceed into this zone. Here you will pick up your Clue Sheet. You are responsible to verify that you have the correct Clue Sheet, which corresponds to your Orienteering class. There are pins, tape, scissors, and staplers.
5. T-2 to T-1. At the next 1-minute beep, proceed into this zone. In this zone, FIRST PUNCH THE CHECK UNIT - this is a safety requirement, and it also turns on SIAC Air punches. Then, if there are any notices, read them. If you are in Classes M/F -10, -12, -14, White or Yellow you may now take your map and study it.
6. T-1 to T-0. At the next 1-minute beep, proceed into the last zone. Here, you should first verify that the official Start Clock, which does the 6-beep (5 second) countdown, is indeed showing that you have less than 1 minute to your Start time. Next, locate the map envelope that corresponds to your orienteering Class and stand next to it. You can verify that you are at the correct map by checking the Class printed on the corner of the map, which is exposed at the corner of the map envelope, **but do not touch your map**. Maps will not have map cases; they are printed on waterproof and tear-resistant paper. You will not write anything on your map.
7. At T-0:
 - a. ELITES (purple lane): When the Start Clock beeps the 5-second countdown, you may grasp your map. At the long beep slide out your map from the envelope and GO.
 - b. Non-Elites (red and blue lanes): When the Start Clock beeps the 5-second countdown, you may grasp your map. At the long beep, slide out your map from the envelope, PUNCH the Start Control and GO.
8. There is a MANDATORY MARKED ROUTE to the Start Triangle. If you do not go to the Start Triangle, you may be disqualified. There is no punch at the Start Triangle, but there is a bag.

Late Orienteers

If you arrive at T-8 (T-12 for the Long) late (less than 8 (12) minutes before your Start Time), there are three possibilities:

1. If your Start time is between 4 and 8 (8 and 12) minutes away, go through the T-8 (T-12) gate, being sure to clear and check on the way. Wait there until your start time shows on the next clock, then move through the T-4 line normally.
2. If your start time is between 2 and 4 (6 and 8) minutes away, you may rush through the system. If you miss anything, this is on you. If you choose to do this, go through the T-8 (T-12) gate, being sure to clear and check. Go immediately to the T-4 line and inform the volunteer there that you are late. You are now in the quiet zone, so please do this as quietly as you can. The volunteer will direct you through the line if you still have more than 2 minutes before your start time.

3. If your Start time is less than 2 (6 for the Long) minutes away, or already past, you will have to go through the Late (green) lane. You can either tell Volunteer 1 at the information table or go through the T-8 (T-12) gate, being sure to clear and check, and quietly inform Volunteer 2 (see diagram), who will expeditiously escort you through the process. Volunteer 2 will get your clue sheet and map. YOU MUST NOT GET THEM YOURSELF. Volunteer 2 will give your clue sheet to you and your map to the Starter at the Start Line, T-0. The Starter will start you on the half-interval +/- 10 seconds. If you miss the half-interval by more than 10 seconds, the Starter will start you on the next half-interval, usually 1 minute later for a Sprint, or 2 minutes later otherwise. When the Starter starts you, you MUST PUNCH THE START UNIT.

Please do not tell the Start volunteers why you are late. They do not make decisions about which start time will count for your race. Their job is to expedite you through the process as quickly as possible. After you have finished your race, you may explain your reasons for being late to the Meet Director; if you are late through no fault of your own, or the Organizers made you late, then your Start Punch time will be used to determine your race results - otherwise, your original Start time will stand.