

California Orienteering Festival
Stage 5: Little Truckee Summit Middle
North American Orienteering Championships
World Ranking Event
 Saturday July 22, 2023

Meet Director's Notes

IOF Regional Championships Classes:

The North American Regional Championships as specified by the International Orienteering Federation (IOF) comprises the following competitions and classes:

- North American Orienteering Championships: F21+ Elite, M21+ Elite
- North American Junior Orienteering Championships: F-20 Elite, M-20 Elite
- North American Youth Orienteering Championships: F-18, M-18, F-16, and M-16

IOF Rules require that, pre-race, :

1. **All competitors in these classes must proceed directly to the quarantine and may NOT first visit the arena.**
2. **You must be signed into quarantine by 09:45am.** If you do not enter the quarantine before it closes at 09:45am, you will not be allowed to compete in your class. **DO NOT BE LATE!**
3. If you are late to the quarantine, the Organizers may or may not allow you to run in a recreational class, and you may not enter the quarantine at all.

Getting to the event:

There is no parking available for competitors at the arena. Parking is at Northstar Lots D, E, F and G. Buses run from Northstar approximately every 20 minutes. It is your responsibility to catch the appropriate bus to get to your start in time. Competitors should allow at least 80 minutes as follows:

	IOF Classes	Non-IOF Classes,
Activity	Time (minutes)	Time (minutes)
Travel to Northstar and park in lot D, E, F or G	Variable	Variable
Gather your "Stuff". Did you bring your Whistle, Bib, E-punch, shoes, compass, food, chair...	5	5
Walk to the Bus stop – follow signs	5	4
Wait for the bus	20	20
Bus journey to Kyburz Flat	35	35
Walk to arena	Prohibited	2
Walk to Quarantine	15	Prohibited
Walk to Start	1	15

Here is the bus drivers' itinerary. It could vary depending on traffic:

Stage 5 - Saturday July 22 Little Truckee Summit Middle				
	Leave Northstar	Arrive Kyburz Flat	Leave Kyburz Flat	Arrive Northstar
Bus 1 56 pax	7:45	8:20	8:25	9:00
	9:05	9:40	9:45	10:20
	10:25	11:00	Lunch	
	Lunch		12:00	12:35
	12:40	13:15	13:20	13:55
	14:00	14:35	14:40	15:15
Bus 2 56 pax	8:05	8:40	8:45	9:20
	9:25	10:00	10:05	10:40
	10:45	11:20	11:25	12:00
	Lunch			
	13:00	13:35	13:40	14:15
	14:20	14:55	15:00	15:35
Bus 3 56 pax	8:25	9:00	9:05	9:40
	9:45	10:20	10:25	11:00
	11:05	11:40	Lunch	
	Lunch		12:40	13:15
	13:20	13:55	14:00	14:35
	14:40	15:15	15:20	15:55
Bus 4 56 pax	8:45	9:20	9:25	10:00
	10:05	10:40	10:45	11:20
	Lunch			
	12:20	12:55	13:00	13:35
	13:40	14:15	14:20	14:55
	15:00	15:35	15:40	16:15

You may get a car ride and be dropped off at Kyburz Flat. Please note, there is NO PARKING for competitors' vehicles at or near Kyburz Flat. Drivers would need to return to Northstar for a bus.

Amenities:

Toilets – at bus drop-off, arena, Start and Quarantine

Warm-up Area – near arena and quarantine.

Bag and Clothing Drop: at Start and Quarantine, items will be returned to Arena

Water and other refreshments in Arena

Spectator control near Arena

Rules for quarantine (IOF classes only):

- Competitors in all the IOF classes defined above, team officials and coaches must proceed directly from the bus drop-off to the quarantine. Follow the Quarantine signs. You may not first visit the arena.
- The walk to the quarantine is 1.3km, with very little climb. During the walk to quarantine, you will have an opportunity to pick up a map of the quarantine area. The map will show features that you might want to visit during your warm-up – for example, rides and clearings.
- Before entering quarantine, and preferably before walking to the quarantine, make sure you have your shoes, compass, bib, e-stick, whistle and other critical gear. Once you enter quarantine, you cannot leave to get things you have forgotten.
- At the end of the walk to quarantine – at the quarantine entry point – you will check in to quarantine.
- Coaches and team officials may enter quarantine, but cannot return to quarantine once they leave.
- The quarantine area will have drinking water, a large warm-up area partly shaded, a toilet and a bag drop. Personal effects may be left at the bag drop for transport to the Arena.
- Cell phones and other devices capable of communication are not permitted in quarantine. No mobile phones, radios, computers, or any other communication devices – not even in flight (“airplane”) mode. Music players without any built-in wireless connectivity are permitted; Quarantine officials may .
- The quarantine surface is mostly paved. Suggestions: bring a sitting pad, chair, pillow, umbrella, food, water, electrolytes, a book to read – whatever you need to be comfortable outside for 2+ hours.
- Competitors should plan to complete their pre-race warm-up and other preparations in quarantine. The first start for people in the quarantine is 10:00, and the last start is just before 12:00. You could be in quarantine for more than two hours.
- From the quarantine to the start area is a 4 minute comfortable, uphill walk. You should check out of the quarantine 12 minutes before your start time.
- All tents inside the quarantine must stay open so that it is possible to look inside.
- With the exception of watches, it is strictly forbidden to bring any electronic devices to toilets – regardless of whether the device is turned on or off.
- Competitors should plan to complete their pre-race warm-up and other preparations in quarantine.

It is about a 150-meter walk (zero climb) from the quarantine exit point to the start. It is the competitor’s responsibility to sign-out of quarantine at the appropriate time – at the competitor’s start time minus 8 minutes.

Course Designer's Notes

By Rich Parker

Terrain – The terrain is mostly covered with thin pine forest, with a few large meadows, and some large and many small clearings. There is some undergrowth (mostly bushes of varying sizes), deadfall, and/or rocky ground, but often you can run around or through it. So, **generally**, the forest is open and fast, though in some places it is rocky, and/or the vegetation is a bit thick. There are very few water features, and we expect them to be dry for the event. There are a few dirt roads and almost no trails, but much of the competition area has neither.

Middle distance events are supposed to be in technically complex terrain. The complexity in this terrain is provided by very many rock features, rides, and clearings. The rides and clearings vary from rather easy to see – **if you know** what you are looking for, both on the map and on the ground – to quite difficult to see, especially at speed. More about this below, in the **Map** section.

Courses – The courses are designed to meet both IOF and OUSA requirements for winning times for each class, as published on the event website. The advanced courses are constructed to provide complex navigation challenges appropriate for an NRE and a WRE middle-distance event. The 4 Elite classes, and classes with similar winning-time estimates, will have a spectator control. All courses will have the same start and finish. Competitors must follow a mandatory marked route from the map issue point, where your timing begins, to the start triangle, where there will be a marker (bag), but no epunch, since it is not a control. The finish will have a marked route from the final control. There are many controls in the competition area; we suggest checking the control codes carefully. We provide important information about the Beginner courses separately, below.

Maps

- The map has been updated to meet the current IOF mapping standards (ISOM 17-2 Revision 5). There are no non-standard symbols on it.
- Map scales follow IOF and OUSA requirements. See Course Statistics for map scales by class.
- The contour interval is 5 meters.
- The maps are printed on waterproof and tear-resistant paper. There will be no map bags.
- The classes are clearly printed on the maps, in the upper-left and lower-right corners. It is your responsibility to ensure that you have the correct map for your class.
- A note about rides: Do not confuse rides with trails; they look different, both on the map and on the ground. Rides are mapped with a longer, thinner dashed black line than is used for small and indistinct trails. A *ride* is described as **a narrow ride or linear trace through the terrain: a forest ride or a prominent trace (forestry extraction track, sandy track, ski track) through the terrain which does not have a distinct runnable path along it.** Rides can be difficult to discern on the ground, and also hard to see in the trees.
- Be careful about inferring actual distances (on the ground) between objects that are close together on the map. The map symbol for a small boulder (a black dot) is 6 meters in diameter on the ground. The footprint for a tree symbol is 13.5 meters (in diameter) on the ground, far larger than actual trees. Separations between boulders and trees are often exaggerated for legibility.
- There are many boulders on the ground that are **not** on the map. Generally, mapped boulders are at least 1 meter high. However, some smaller boulders are mapped if they are distinct and there are few other mappable boulders in the area. We have used some

smaller mapped boulders as controls.

- Likewise, there are some unmapped rides and many unmapped clearings. A ride must be at least 48 meters long, clearings (*rough open land*) must be at least 15 x 15 meters, and minimum copse size is also 15 x 15 meters. In general, smaller features are left off the map or exaggerated in size so they will be legible at 1:15,000.
- Mapped trees are usually large, prominent and/or distinct, but some distinct trees may be neither large nor prominent. We have removed some of these trees from the map, especially in control circles, but there remain many on the map.

Legends– There are no legends on any of the maps. **Separate legends** are available at the Registration table, and they are also downloadable from <https://www.maprunner.co.uk/map-symbols/> Additional educational materials may be found at <https://www.octavian-drobers.org/index.php/coaching/on-line-quizzes>

Warm-up Maps and Maps for Quarantine – To offer competitors an opportunity to become more familiar with rides, clearings, and rock features, both on the map and on the ground, we provide a “warm-up map” for those going to the arena, and a “quarantine map” for those going to quarantine. Both maps show those features. The warm-up map covers a small area that is adjacent to the walk to the arena. There are two versions, one at a scale of 1:10,000, and the other at 1:7,500. Be sure to take the one that corresponds to the scale for your class (see above, under **maps, scale**; on the day of competition, check your bib). Do **not** take two maps.

We have decided to present those people going to the arena (and using a warm-up map) with an unusual challenge: the ground on the warm-up map contains 7 controls (stands and bags, but no epunch units), and the map shows the ground and the control descriptions. But the map does **not** show the location of the controls. Each control is labelled with a letter (not a number), so it can be your challenge to determine **which control** you are approaching, **before** you look at the label. Your second challenge could be to figure out why we did this – in addition to providing you with an unexpected and fun challenge. The cross-hatched areas on the map are out-of-bounds areas, and you must respect those boundaries. Part of one of the rides has become more of an erosion gully than a ride (but a bit too short to be mapped as such); this is **extremely atypical** for a ride on this map. The size of the tree is also atypical; it is a grand old tree, but much larger than most mapped trees on this map.

The quarantine map shows similar features (rides, clearings, and rock features), although without any control bags, since they are unnecessary for elite competitors, who won't need the features pointed out to them (right?).

The warm-up maps will be available on the walk from the bus drop-off to the arena. For those competitors going to quarantine, maps of the quarantine area will be available near the quarantine entrance.

Water – There are 5 water stops, **not** located at controls, but at the places shown by a cup symbol on the maps. Three locations are on a dirt road, one on a ride, and one on the north side of a thicket. Please use the cups provided, and do **not** drink directly out of the bottles. People on all courses will have plenty of access to water (several water stops), except for the very shortest course, which is only 1.4 km. You will have more options than you need; you can pick as many as you like. The water stops are **not shown** on the maps for the two **Beginners'** courses, because that would have made those maps impossible to read, in places. People on those courses will go right by water stops, so they will see them then.

Hazards

- Altitude – This event will take place at over 2,000 meters (6,700 feet) in elevation. This may be hazardous for some people.
- Heat and sun – It will likely be hot (76 to 90°), and probably very sunny. The forest is thin,

and you will often be in the sun, which can be intense at altitude. You may wish to take precautions.

- Footing – small rocks or pinecones are ankle-turning hazards; dry pine-needles are often slippery; there are many tripping hazards – most notably loop-producing, ground-hugging vegetation – watch out for those loops!
- Smoke from wildfires – Possible, but relatively unlikely due to very heavy rain and snow in California this past winter and spring.
- The good part: there is no poison oak, no nasty thorny vegetation, and apparently no ticks.

Suggestions

- Use the warm-up map or the quarantine map to familiarize yourself with rides and clearings on this map.
- You may wish to consider wearing some type of gaiter, to help prevent small rocks and sticks from getting into your shoes, and to keep stickers off your shoes and socks.
- For those on advanced courses, relocation is often difficult so it is wise to keep in good contact with the map..
- Check control codes carefully.

Beginners' Classes – These courses will be more adventurous and fun than the usual beginning courses, and, accordingly, a bit more challenging, appropriate for an NRE:

- F-10, M-10, F-12, M-12, M/F-White and Rec 1 White: You will have an opportunity to follow three rides and two streamered legs through the forest. So it will be helpful if you know what they will look like, both on the map and on the ground. The streamered legs are so short that they do not show up on the map (the distance between the control circles is too short), but you should know what those legs will look like on the control descriptions: **O - - - 75 m - - →** means “follow the streamered route for 75 meters between the two controls.” Be sure to punch at every control.
- F-14, M-14, F-Yellow, M-Yellow and Rec 2 Yellow: The idea at this Championship level is for you to find **the control feature** that the control is on, **before** you see the flag (control). Do not expect to see the control bag first - you should navigate to the feature, and then go to the place where the control is located on that feature. For example, if the control description says *western boulder, north side*, then you should navigate to the western-most boulder in the control circle, and then go to the north side of that boulder, at which point you should see the control. If you are at the south side of the correct boulder, you probably will **not** see the control. Many legs will have at least two route choices (options for navigating between controls): a shorter, direct route, or a longer, indirect but safer route along linear features. Streamered legs mentioned in the previous paragraph are shown as dashed lines on your map, in the course overprint color. The streamered legs generally connect to more typical linear features, such as roads. It will be helpful if you know what attack points and collecting features are, and how to determine compass directions (NSE and W).

I hope everyone will enjoy the challenges provided by the terrain and their courses!