

2024 Alberta Orienteering Championships & 50th Anniversary Celebration

Sandy McNabb, Alberta – August 24 & 25

Bulletin



Hosted by Foothills Wanderers Orienteering Club with support from the Alberta Orienteering Association,.



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Schedule

Long Event - Saturday, August 24, 11 am - 3 pm

3 hour maximum time on course: all competitors must report to finish when they finish or at the end of 3 hours (whichever is shortest).

- 9:30-10:30 Mandatory Check-In – pick up SIs if needed
- 11:00am - 12:00 pm: Start Window (See NOTE)
- Max time on course: **3 hours**
- **3 pm**: Course closes

NOTE: Please allow time *in advance of your desired start time* for the 1060 m walk from the campground to start or the 1200m walk from campground to download to drop off any stuff you want at the finish. Distance from download / gear drop-off to start is 230m.

AOA BBQ

- 3:00 – 4:30 pm: AOA will be hosting the BBQ in the group campground B at Sandy McNabb. Please join us.

Retro Event - Saturday, 6 – 8:30 pm

(NOTE: sunset is at 8:38pm; there is a similar distance to start as for the Long event)

- 6:00 – 7:00 pm: Start window
- **8:30 pm**: Course closes
- MAX time: **90 mins** on course

Middle Event - Sunday, August 25, 10 am - 3 pm

2 hour maximum time on course: all competitors must report to finish when they finish or at the end of 2 hours.

- 9:30-10:00 Check-In if this is the only event you are running– pick up SIs if needed
- 10:00 am - 11:00 pm: Start window
- max time on course: **2 hours**
- **1 pm**: Course closes

Officials

Event Director: **Marsha Fehr**
Registration and assistant organizer: **Bogi Gyorf**
Long Course Planner: **Kitty Jones**
Long Controller: **Don Riddle**
Retro Course Planner: **Marion Owen**
Middle Course Planner: **David Campden**
Middle Controller: **Marion Owen**
Medical Chiefs: **Christin Lundgren & Magali Robert**
Safety Chief: **Don Bayly**
Start Chiefs: **Philippa Hocking & Kurt Edwards**
Finish Chief: **Oleg Tabelev**

Embargo

The Long map, north of Highway 546 from the campground, is embargoed until after the long event. Please don't hike in that area if you are there early. The Middle map (south of the highway) is also embargoed until Sunday. Please stay in the campground area or on the road.

Parking

- We are using [group campground B](#) at Sandy McNabb for parking. If this becomes full, we will ask competitors to park at the Sheep River Park Headquarters.
- You must have a [Kananaskis Conservation Pass](#) to park at Sandy McNabb.

Carpooling / Registration look up

If you want to arrange carpool, you can look up the registration list here:

Long: <https://2mev.com/#!/events/aoc-long/registrations/search>

Middle: <https://2mev.com/#!/events/aoc-middle-2024-pe50s/registrations/search>

Check-In / SI Pick-Up

All competitors **must** come to Check-In at group campground B between 9:30 and 10:30 on Saturday. It is here you will pick up your SI stick if you need to borrow one. You only need to check-in once. If you are only participating on Sunday, please come to check-in at 9:30am.

Open Categories

Here is a comparison of Open course categories and level of difficulty.

Zone 4	Course Categories	Technical Difficulty
Beginner 1	Open 1	TD1
Beginner 2	Open 2	TD2
Intermediate	Open 3	TD3
Advanced 1	Open 4	TD3
Advanced 2	Open 5	TD4 (shorter, less elevation than TD5)
Expert	Open 6	TD5

An explanation of Technical Difficulty can be found on the [Orienteering Canada website](#), scroll down until you find it.

Changes to Entries and Fees

There may be a fee associated with changes as per the following list:

- Competitor details (Name, club, provincial eligibility) – no fee
- Change SI/SIAC stick number – no fee
- Lost rental SI sticks - \$50.00; lost rental SIAC - \$80.00
- Lost loaner Compass - \$50.00

Competition Rules

This event complies with [Orienteering Canada's Competition Rules](#). Scroll down to Key Resources.

Competitor Risk and Responsibility

- Competitors participate in the event at their own risk (as acknowledged in the waiver) and must take their own safety precautions. Use common sense.
- Every competitor must carry a whistle. Start crews will check that you have a whistle with you.
- Competitors must know the rules of use for whistles:
 - The recognized distress signal is a series of three short blasts on a whistle. Use your whistle if you need urgent help because of an injury or distress.
 - Pause (wait where you are) and listen for reply and repeat to allow helpers to locate you.
 - If you are injured, but still mobile, an alternative might be to make your way to the nearest control so that it is easier to locate you.
 - Competitors are expected to render assistance to anyone who is injured, has blown their whistle, and requires physical assistance. Please give help as needed, and make event officials aware of the issue.
- Whistles will be available for purchase at Check-In for \$3 cash.
- All maps have a “safety bearing” printed on them. In the event of becoming lost, head in that direction.
- All competitors shall behave with fairness and honesty. Attempts to gain any information related to the courses, beyond that provided by the organizer, is prohibited before and during the competition.
- Participants are required to show consideration towards other participants, officials, coaches and spectators, and towards others using the event area.
- Spectators are not allowed to enter the competition terrain before and during the competition.
- Particular care shall be exercised when crossing fences and ditches. A gate previously closed shall be closed after passing.
- To avoid initiating unnecessary searches after the event, competitors MUST download at the download station even if they do not complete their course.
- In the event of an emergency, competitors are required to follow the directions of the Emergency Response personnel.
- These forest events take place in a wilderness environment, with wild animals such as bears, cougars, wolves, moose and stinging/biting insects. Participants are unlikely to encounter wildlife while orienteering, but it is possible. For those unfamiliar with bear encounters, consider reviewing the [Alberta Government website](#) regarding Bears. It is recommended to run with bear spray. Most “FWOC”ers carry bear spray in the Kananaskis area. If you are allergic to wasps or bee stings, please bring your necessary medication and carry it with you on course. There are some plants with thorns.
- A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

- Air quality has become a common summer concern. The [AOA air quality policy](#) will be employed should Environment Canada issue any alerts or warnings about smoke or wildfires impacting air quality.

Medical and Emergency

- There is very limited coverage on site; there is no reception in the parking lot or arenas. Do not rely on phone coverage in the event of an emergency. Blow your whistle 3x so you can get help from other competitors who will seek help for you.
- The Medical Chiefs on site are Christin Lundgren and Magali Robert. If you need first aid, please go to the download area for each event. One of the two medical chiefs will be available when the other is out on course.
- In the event of an emergency, please see the event Director (Marsha Fehr). She will call Emergency for you.
- The nearest medical service is Oilfields General Hospital, 717 Government Road, Black Diamond. Phone: (403) 933-2222.
- A comprehensive Safety Plan is kept by the Event Director.

Start Intervals and Maximum Time on Course for all Classes

Event	Start Interval	Maximum Time on Course
Long	3 minutes	3 hours
Retro	Individual starts	90 minutes
Middle	2 minutes	2 hours

If the maximum time limit is exceeded, the competitor will be disqualified and recorded as overtime in the results.

Punching and Time-Keeping

SI punching and time-keeping will be used for two of the events. Competitors provide their own SI stick or can borrow an SI stick from Registration. The SI stick number that you provided on your registration form has been entered into the computer system. If you don't have an SI or SIAC stick, one has been assigned. If for any reason you will be using a different SI stick from the one you registered, you must notify the organizers of the new number by completing a change form at Registration (there is no charge for this change).

All borrowed sticks must be returned to Registration after the last competition, or you must pay the fee for lost sticks.

Each control is equipped with a control flag and one or more SportIdent (SI) electronic controls. The control code is located on top of the SI unit. Where a control has more than one SI unit, the competitor may punch either unit. NOTE: The retro event does not use SI equipment. You will need to use the pin punch hanging from the control unit to punch your punch card.

If the SI unit at a control does NOT "beep", or if it does not flash a light, when you insert your SI stick, then you must punch your map (anywhere along the edge) with the red pin punch hanging on the control stand or flag. At a provincial championship event, you will be disqualified if you cannot show evidence that you were at all the controls on your course, either electronically or with the manual punch.

Start Times

There will be NO assigned starts for this event. You **may** start any time in the start window; however, there must be the appropriate time for each event between competitors. You **MUST** allow time to wait should there be other competitors on your course ahead of you in the queue. If you show up at the last minute, and do not start at the last start time (because there are more competitors in front of you), you will have less time on course. Course closure is a firm time. Please follow the directions of the Start Crew.

A competitor may only shadow another competitor after they have completed their own course.

Results

Results of the long event will be posted digitally on Saturday as runners come in. We will have a small monitor to display the results near the download. Middle results will also be displayed as runners come in. Thanks to Tim McLaren for setting this up.

Official combined results will be posted to the [2024 Alberta Orienteering Championships](#) webpage and on Winsplits as soon as possible after the event. It is these results that will determine the winners of the AOCs.

There is no arena commentary at 2024 AOCs.

AOC Eligibility & Awards

The top 3 Albertan Orienteers in the Championship Classes will receive awards (1st, 2nd, 3rd). If a non-Albertan finishes in the top spot, they will be also called to the podium for a first-finisher award. To be eligible for a placed award, you must have lived in Alberta for one year and be a member of the AOA (which is automatic if you are a member of either EIOC or FWOC).

This is a combined event championship; that is, your placement is based on your combined time from the Middle and Long events. Awards will be presented in the group campground as soon as possible after the race on Sunday, between 1:30 and 2pm.

Thank you to Jim Webster for creating these awards!

Souvenir Mugs

Jim also designed some 50th anniversary souvenir mugs which we are offering for sale: \$10/mug. Get yours at the event!



Start Procedure

Competitors are responsible for clearing and checking their SI-stick. Clear and Check will be located just before the Start Box 1 (SB1) line. A 3-minute advanced clock will be posted at SB1, synced with the start buzzer.

Competitors should check in with the SB 1 start official when ready to start. The official will check to see which other competitors already in the start boxes are on the same course. Competitors may be required to wait an appropriate time (2 or 3 minutes) before they can enter start box 1. If 2 or more competitors

on the same course arrive at the same time, additional wait time will be required to ensure adequate separation.

Once cleared to enter the start box, the official will write down the competitor's name, start time, and the SI number and confirm that each competitor has a whistle. Competitors without SI stick or whistle will not be permitted to start. A check unit will be punched by the competitor to ensure the SI has been cleared.

Competitors can move to the second start box (SB 2) after one minute and can pick-up the appropriate loose control description sheet. The sheets will be clearly labelled by Class.

Competitors will proceed to Start box 3 after one minute and may go to their appropriate map boxes and write their name on the back of the map. Pick up their map but DO NOT look at it. Keep it **face-down**.

The beeper will indicate when to start, but the start time is when you punch, not the time on the clock. At the last (long) beep the competitor may punch the start, begin, and look at their map.

The competitor is responsible for ensuring that they have the correct map for their Class. All competitors must follow the marked route to the start point (remote start) which is indicated by a triangle on the competition map, and by a control stand and flag in the terrain. There is no SI unit at the start flag.

Young competitors (M/F 10, M/F 11-12) can look at the map in the start box in advance of their start. There will be a separate lane for these competitors, and a volunteer will be available for limited questions.

Late Start Procedure

All competitors (except some volunteers) must start before the end of the start window. Please allow sufficient time to get in the queue for the start.

Finish Procedure

The competitor's time ends when they punch a finish unit at the end of the finish chute.

Upon finishing, competitors hand in their maps and proceed directly to the download station, receive a printout with splits, and confirmation that all of the controls have been visited in the correct order. If there are any missing punches, the competitor will be directed to the results area for resolution.

Refreshments (drinks and snacks) are available for finishers after the download.

All competitors, whether they finish their course or not, **must download**. This is a safety procedure so that we can be certain that all competitors are off the course. As in any orienteering competition, if a competitor misses one or more controls, does not visit the controls in the correct order, or exceeds the maximum time on course, they will be disqualified.

Cool down is possible within the Arena limits for each event.

Map Return

On Saturday, in the event that there are competitors who have not yet started, finished competitors will be required to leave their maps at the download. Maps are available for pick-up by the download at 3pm

when the course closes that day. Please take your own map. Maps not picked up will be available the following day at Check-In.

Control Descriptions

Control descriptions are in accordance with the 2024 IOF International Specification for Control Descriptions. This includes the distance from the start line to the start control.

Control descriptions will be printed on the map. Loose control descriptions will be available in the start grid in SB 2 for all events. Loose control descriptions will be on plain (non-waterproof) paper: competitors are encouraged to bring control description holders.

Competitors in Classes F/M10, F/M11-12, and Open 1 & 2 will have both English language control descriptions and IOF symbol control descriptions printed on the map.

Shared Park Use / Horse Etiquette

Participants need to be mindful of recreational park users: hikers, campers and horse riders on the trails during the events. Especially, give horses a wide berth and do NOT approach a horse from behind. Try to avoid startling horses. There are cattle on the map. Typically they will move away if you approach them, but still give them a wide berth.

Long Event – Saturday, August 24, 11 am - 3 pm

Course Planner: Kitty Jones

Course Controller: Don Riddle

Parking Location: Group campground B or Sheep River Park Headquarters

First start: 11 am

Last start: 12 pm

Parking: There is NO PARKING at the Start or Download area for participants. Vehicles must be parked at our Group Campground B or at Sheep River Headquarters further down Highway 546. Seniors and youth may be dropped off at Start or Finish. Equestrians (and their horses and their horse trailers) use the area between the Start and the Download area. It will be busy this weekend.

Start: To walk to the Long event Start & download, follow the marked route going North from our Group Campground B. It's approximately 850m, gently uphill all the way, from our campground to the road T junction, which is where the southbound road leads to the Sandy McNabb campgrounds.

Cross the cattle grid and the road (Highway 546) - Be careful here! Once across Hwy 546, follow the dirt road (that heads NE) for 175m to a trail on the left which leads to the Start.

Beyond this trail, an outhouse (only 1!) is 140m further down the dirt road. The Download area is 60m further, past the outhouse. Leave personal bags and gear at the Download area.

Finish: The Finish is in the forest 130m away from the Download area as the crow flies. Please follow the marked route through the forest from the Finish to the Download area. This is to minimize interactions between horses and orienteers/runners/youth, especially along nearby trails and in the Download area. Stay away from horses!

Clothing Drop: There is no clothing drop for this event.

Water on Course: There is water on course. There will also be water at the Start and the Finish.

Map Notes:

This map was initially made in 1981. It is an OLD map! Various updates have been done since 1981, but there has never been a full comprehensive review of the whole mapped area. There is a flat area to east and west of the Start. To the North, there are quite steep south-facing slopes leading to an east-west ridge that offers great views. Only Courses 7 and 8 go further north than this ridge, into the hills beyond, which have lovely open forest.

Take note of the following inaccuracies:

- **Trails and rides** are not reliable. Some are no longer visible. There are many new trails because lots of cattle graze here every summer. We have done some updating in the flat areas.
- **Vegetation boundaries** are not reliable. Since the last AOC here in 2019, lots of poplars have encroached into the open areas, especially on the south facing slopes. Some distinct vegetation boundaries are no longer distinct. Clearings (mostly on south facing slopes) are not consistently mapped. An attempt has been made to improve the accuracy of the map near control locations.
- **Marshes** are generally reliable, especially the open ones. After recent rain, they are wet. In early August they were mostly dry. The small marshes that are not open can be a bit difficult to see until you are right at the edge.
- **Knolls and form-line hills:** Brown dots on the map often represent a “high area” rather than a “bump”. However, this is not 100% consistent.
- **Safety Bearing:** South to the road.

Long	1	2	3	4	5	6a	6b	7	8
Technical Difficulty	TD 1	TD 2	TD 3	TD 3	TD 4	TD 5	TD 5	TD 5	TD 5
Classes	M10 F10 Open 1	M11-12 F11-12 Open 2	M13-14 F13-14 Open 3	M15-16 F15-16 Open 4	F75+ M/F80+ M/F85+ M/F90+ Open 5	F55+ M65+ F65+ M75+	F17-18 F45+ Open 6	M17-18, F19-20* F21E* F35+ M45+ M55+	M19-20 M21E M35+
RWT	30-35	30-35	30-35	45-55	60	55-65	55-65	60-70	88-92
Scale	7500	7500	10000	10000	7500	7500	10000	15000* 10000	15000
Distance	2.6	3.1	3.2	3.9	3.7	4.2	5.2	7.2	9.5
Climb	35	45	100	120	50	60	145	235	315
Controls	12	13	12	15	11	14	17	13	19

Retro Event – Saturday, August 24, 6 – 7:30pm

Course Planner: Marion Owen

If possible, do come in vintage orienteering clothing – beg, borrow or steal!

First Start: 6:00 pm

Last start: 7:00 pm

Parking Location: Group Campground B or Sheep River Park Headquarters

Arena Location: there isn't really an arena...

Start: Please follow the ribbons to the start area. The retro start is 110 metres north of the equestrian parking area used for the Long event download location. Starting from the north edge of this parking area, follow the pink ribbons to the start area. Reminder: The distance from the campground (where the AOA BBQ will be held on Sat at 3 – 4:30pm) to the equestrian parking area is 1 km, following the same trail/route as described for the Long event on Sat morning.

Finish: The finish is located close to the main trail north from the highway.

“How to” of the retro:

1. NO ELECTRONIC PUNCHING!! You will use the red manual punches that are hanging from the controls to 'punch' the appropriate box on your punch card. This then shows a unique pattern of holes which proves you have been at the correct control!
2. At the start, your name will be recorded and you will be assigned a start time. At which time you will be given a blank map and a punch card. Your start time is when you are given the map and punch card! Then go to the map board which has your course (Novice, Intermediate or Advanced). You can actually choose which course to do, but, remember, the clock is ticking! Copy your course, carefully, onto your map. Red pens and some templates will be provided. Write your name on your punch card, and it can be useful to copy the control code and description into the appropriate box on your punch card. Take a map bag if needed and go to the start triangle. No punch there – your time started when you got your blank map!
3. Go around your course. The control code, which may be a number or letters, will be on the flag! When you get to the finish, 'punch' the finish and stay in the same order if more than one person is finishing at the same time. In a big event in the past, your punch card would have been collected and a team of volunteers would have checked it to make sure you had the correct punches!! However, this time we are relying on your honesty! There will be sample correct punch cards displayed so you can compare.
4. Although there is no download, you **MUST** still check in at the finish. We need to know that you are safely back or we'll spend our evening looking for you!

Course Details:

The Retro will be a FUN event. Trails may be muddy. Some junctions are less distinct than indicated on the map.

- Courses:
 - Novice: 1.7k, 25m
 - Intermediate: 2.1k, 55m
 - Advanced: 2.9k, 70m
- Male and female classes on each course
- Vegetation: mostly runnable forest.
- Water features: distinct and less distinct marshes.
- There is a fence on the map - you can cross it through gates. Please close the gate afterwards!
- **Safety Bearing:** South to the road.

Middle Event – Sunday, August 25, 10 am – 1 pm

Course Planner: David Campden

Course Controller: Marion Owen

First Start: 10 am

Last Start: 11 am

Parking Location: Group Campground B or Sheep River Park Headquarters

Arena Location: Group Campground B.

Start: The start is around 100m from the arena.

Finish: The finish is located in the arena, very close to the parking.

Clothing Drop: There is no clothing drop for this event.

Water on Course: No water will be available on course per orienteering Canada rules. There will be water at the start and finish.

Course Details:

- **Trails:** There have been some changes to trails throughout the map.
 - Some trails are much more obvious now than when the map was made and some trails have all but disappeared. This means some trails mapped as "distinct" are indistinct, and you may not notice them if you run across them at 90 degrees. Some indistinct trails are not readily noticeable even when you are on the trail! Cows and horses have used some of the trails, resulting in significant churn and mud in places.
 - Cows have also created new (unmapped) paths too.
 - Horseback riders may be encountered on the course. **Please don't run past them.** Slow down or stop and let them pass.
- **Vegetation**
 - The map was originally made in 1981 and has been "tweaked" several times since. Vegetation density may not be 100% accurate. Open marshes should be reliably mapped. Forested marshes may be indistinct. Mapped forest rides may not always be visible, especially when crossing at an angle.
 - There are areas of blow-down that are not mapped in some areas so not all white is as runnable as might be expected.
 - Some small marshes appear as cup depressions when dry.
 - Knolls are indistinct generally.
- **Terrain:** The area is mainly flat with a few hills. Contours are very reliable.
- **Safety Bearing:** West to the campground road.

Middle Courses	1	2	3	4	5	6	7	8
Technical Difficulty	TD 1	TD 2	TD 3	TD 3	TD 4	TD 5	TD 5	TD 5

Classes	M10, F10 Open 1	M11-12 F11-12 Open 2	M13-14 F13-14 Open 3	M15-16 F15-16 Open 4	F75+ M/F80+ M/F85+ M/F90+ Open 5	F17-18 F45+ F55+ M65+ F65+ M75+ Open 6	M17-18, F19-20* F21E* F35+ M45+ M55+	M19-20* M21E* M35+
RWT	20-25	20-25	20-25	25-30	30-35	30-35	30* 35	30* 35
Scale	7500	7500	10000	10000	7500	10000	10000	10000
Distance (km)	2.4	2.8	2.3	2.5	1.5	2.3	2.9	3.6
Climb (m)	45	55	60	60	30	35	65	65
Controls	13	11	8	10	6	9	11	12