

## Final Bulletin / Event Information

# Ottawa O-Fest Ontario Orienteering Championships

### Welcome

Welcome to Ottawa O-Fest and the 2018 Ontario Orienteering Championships. We look forward to a weekend of fun and competition. We hope you enjoy the forests of Vorlage Ski area and Gatineau Park, as well as the urban parks in the City of Gatineau.

Anne Teutsch, Ottawa O-Fest

### Information and Links

Orienteering Ottawa website	<a href="http://Ottawaoc.ca">Ottawaoc.ca</a>
Event Website	<a href="http://Ottawaoc.ca/OFest">Ottawaoc.ca/OFest</a>
E-mail	<a href="mailto:ofest@ottawaoc.ca">ofest@ottawaoc.ca</a>
Facebook	/OttawaOC
Twitter	@OttawaOC
Phone Number	613-226-4677
Address	1 Revol Road, Ottawa ON, Canada, K2G 0B8
Start Lists	<a href="http://ottawaoc.ca/OFest/index.php/2018-race-info#starts">http://ottawaoc.ca/OFest/index.php/2018-race-info#starts</a>
Race Results	<a href="http://ottawaoc.ca/OFest/index.php/2018-results">http://ottawaoc.ca/OFest/index.php/2018-results</a>

### Schedule

Date	Times	Event	Location
Saturday, October 6	13:00 First Start	Middle	Ski Vorlage, Wakefield QC
Sunday, October 7	11:00 First Start	Chase Start Long	Ski Vorlage, Wakefield QC
Monday, October 8	10:00 First Start	Sprint	Parc Moussette, Gatineau QC
	13:00 Mass Start	Sprint Relay	Parc Moussette, Gatineau QC

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## ***General Information***

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### **Bib Pick-Up, Registration Changes, Waivers and Information Desk**

#### ***Bib Pick-Up and Information Desk***

The Registration/Information Desk will open, in the Arena, at 10:30 on Saturday, 9:30 on Sunday and 8:30 on Monday and will remain open until after everyone has finished the race. Our registration/information team will be happy to help you with any questions or requirements you have.

Bib pick-up will be at the Registration Desk. Waivers must be signed before picking up race bibs. Parents must sign waivers for those under 18.

#### ***Registration Changes***

If you change the SI stick you are using it is very important that you notify the registration/information team. If there are errors in your registration information – name, gender, class – please inform the registration/information team as soon as possible so that it can be corrected.

For other changes to your registration – adding a new event, changing classes and courses – it will be at the discretion of the registrar and timing teams. The earlier you approach the team the more likely it is that your request can be accommodated.

#### ***Relay Registration***

To register for the Sprint Relay visit the Registration/Information Desk to pick up a Relay Registration form. Leave your completed form at the Registration Desk by end of day Sunday, with the \$10 team registration fee. If you would like to participate but don't have a team, stop by the Registration Desk by noon on Sunday to leave your info with us, and we will try to get you on a team.

### **Race Regulations**

#### ***Ontario Championship Eligibility***

For the Ontario Orienteering Championships, to be eligible for medals, you must be a member of a recognized Ontario Orienteering Club OR be a resident of Ontario and a member of an orienteering club affiliated with Orienteering Canada.

#### ***GPS***

Sport watches with GPS capabilities are permitted.

#### ***Shadowing***

Adults who wish to shadow young children may do so, as long as they will not be competing after shadowing on the course. When shadowing a child, any assistance given will disqualify the child from eligibility for official awards. If a child being shadowed needs assistance the parent should inform the timing team so that the child's class can be changed to the Open category.

#### ***Complaints and Protests***

Complaints must be made in writing to officials at the Information Desk, within 15 minutes of the close of courses. The Event Director will respond to complaints as quickly as is reasonably possible. Complainants will be informed of the decision immediately.

A complainant who wishes to challenge the decision of the Event Director may file a protest in writing with officials at the Information Desk no later than 30 minutes after hearing the decision on the complaint. There is a fee of \$20 for a protest, which will be refunded if the protest is upheld. A jury of 3 people will render a final decision and inform the complainant as quickly as is reasonably possible.

## Start and Finish Procedures

### Start Procedures

Wear your race bib, bring your SI timing stick, whistle and compass with you to the start. You will not be permitted to start without a whistle and an SI timing stick. Remember to clear and check your SI timing stick in the Arena or start area.

Follow the marked route to the start. Allow sufficient time to walk to the start, and to arrive at the start at least 5 minutes before your start time. We ask that participants respect other competitors by maintaining quiet in the start area.

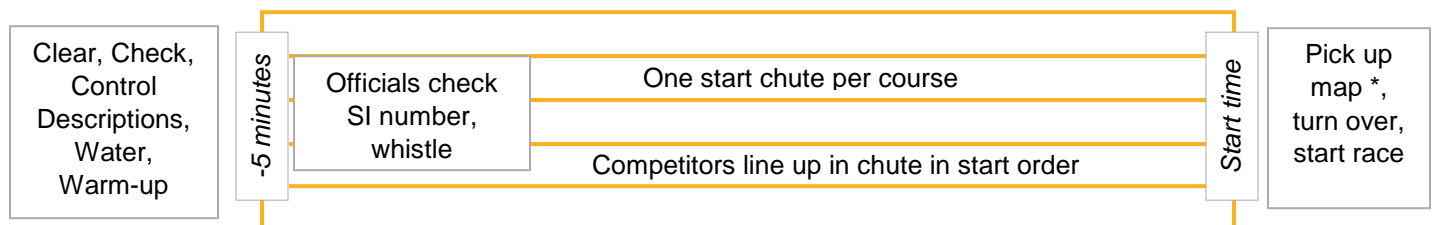
For the Middle and Sprint start, there will be a 3 minute call-up:



### Chase Start

For the Chase Start for the Long event, start lists will be posted the morning of the event. The start list will be based on finish times from the previous day's Middle event – the fastest time for each course will have the first start (11:00). A person who finishes 3 minute and 20 seconds behind the fastest person on a course will start at 11:03:20. The person who finishes the middle in a time 12 seconds behind you, on the same course, will start the Chase Long 12 seconds behind you. After 30 minutes for course 6 to 8 and 15 minutes for course 1 to 5, remaining participants will be started at 30 second intervals. Anyone not racing the Middle will also start in 30 second intervals at this time.

There will be one start chute per Course. Officials will help competitors place themselves in the correct order in the start chute. A digital clock will be visible at the start line. An official at the start line will let you pick up your map and start the race at your correct start time. Know your start time! It will help you and the officials!



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### **Viewing of Maps by Younger Age Classes**

\* As per a new recommendation in Orienteering Canada competition rules, younger competitors (those on courses 1 to 4 for the Middle and Long, 1 or 2 for the Sprint) will be permitted to view their map early. For the Middle and the Sprint, they may look at their map immediately when they pick it up 1 minute before their start time. For the Chase Start, they will be permitted to pick up and look at their maps while in the start chute. Note that for the 16- class, this will apply for Middle and Long (Course 4) but not for Sprint (Course 5).

### **Late Starts**

If you are late for your start, check in with start officials; you will be permitted by officials to start as soon as possible without affecting other competitors. Start officials will record your actual start time. However, **your time will be calculated from your originally assigned start time**. If you believe you are late due to a fault of the organizers of the event, AFTER your race, you may consult the Event Director, who will then determine if your actual or assigned start time shall be official. If you disagree with the decision of the Event Director you may file a protest in the approved manner.

### **SPORTident Timing**

All races will be timed using the SPORTident timing system. If you do not own a SPORTident (SI) timing stick, you will be required to rent (at the Registration/Information tent), borrow, or purchase (at the O-Store) one.

### **Touchless Timing**

All Ottawa O-Fest events this year have touchless timing enabled. Anyone with a SIAC timing stick can take advantage of this touchless timing. Those with an SI finger stick from SI-5 to SI-11 will punch controls as usual.

Some notes to SIAC users:

- the Clear and Check controls are NOT touchless - they must be punched;
- there will be a SIAC test control in the start chute for competitors to verify that all is working;
- DO NOT pass by the finish control mid-race. The finish control turns off your SIAC timing stick, and no further controls would be registered!

### **Finish**

All competitors who start the race MUST report to the timing crew at the download tent to download their SI stick. This is IMPERATIVE for safety reasons as it is how officials know who is still out on course.

Competitors will be required to leave their maps with officials at the download tent. Maps can be picked up after all competitors have started the race.

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## Safety and Medical

### ***Whistles***

All competitors are required to carry a whistle for safety purposes. Three long blasts indicates that there is an orienteer in need of assistance. DO NOT use your whistle unless you truly need to.

### ***Reporting to the Timing Crew***

It is absolutely imperative that everyone who goes out on course reports to the timing crew in the Arena, whether you finish the race or not. This is how we know that everyone has safely returned from the forest. If you do not finish the course, head immediately to the download tent when you arrive back at the Arena.

### ***First Aid***

There is first aid at the Registration / Information desk at the Arena for each event.

### ***Natural Hazards: Ticks, Poison Ivy, Wild Parsnip, Wild Animals***

There are ticks that can carry Lyme Disease in the region. There can be poison ivy and wild parsnip as well. It is highly recommended that you learn about these flora and fauna that we share the forest with. Learn how to recognize, avoid, and treat them.

This fall, there have been more bear (black bears) sightings than usual. Learn what to do when you see a bear. Gatineau Park has a page on bears and other wildlife in the park: <http://ncc-ccn.gc.ca/posts/the-black-bear-in-gatineau-park>

Orienteering Ottawa has a page on Safety at <http://ottawaoc.ca/index.php/about/safety-and-ethics> with links to relevant websites.

## Middle and Long Notes

### Location

Ski Vorlage, Wakefield, Quebec. Coordinates: 45°38'41.8"N 75°56'04.6"W; or 45.644941, -75.934603. .  
Parking is on site at the Arena.

### Additional Info

Long pants recommended. Spiked shoes are permitted. **NO spiked shoes in the Vorlage Ski Chalet!**

Indoor washrooms at Arena. For Long start for Course 7 and 8, portable toilets at shuttle bus drop-off.

In the Long event, for those on Course 7 and 8 there will be a shuttle bus from the parking lot to the start. The bus will leave the parking lot at 10:00, 10:30 and 11:00. The drive will take approximately 10 minutes. There will be no competitor parking at the start area.

Awards will be held in the Arena, as quickly as feasible after the race.

	Middle	Long
<b>Times</b>		
First Start Time	13:00	11:00
Start Window	2 hours	1 hour
Course Time Limit	2 hours	3 hours
Course Closing Time	5:00 pm	3:00
<b>Maps</b>		
Scale	Course 1, 2, 5, 6 1:7,500 Courses 4, 3, 7,8 1:10,000	Courses 1-4, 6-8 1:10,000 * Course 5 1:7,500
Contour intervals	5 metres	5 metres
<b>Distances</b>		
Arena to Start	900 metre walk on paved road **	Courses 1-6: 400 metre walk, uphill Courses 7-8: 3 km shuttle bus, plus 100 metre walk on flat.

\* For Courses 7 and 8, in the Long event, maps are printed at 1:10,000, instead of the normal 1:15, to improve overall eligibility. Cliff markings in the steep and dangerous parts on this map do not meet the ISOM2017 standard. These deviations are made with permission from Orienteering Canada.

\*\* There is no parking for competitors at the Middle start area. Participants must walk the designated route to the start.

### Terrain

You will run through a mixed forest with various rocky features, cliffs, rock clusters, and streams. There are trails, mostly in one section of the map so you will be treated to some technical orienteering through beautiful fall colours. Get your legs warmed up for some climbing and your orienteering skills for some contouring because after all, this great forest surrounds a ski hill :).

The mappers made some of the small vegetation edges on the ski hillside in a darker colour to make these more visible on the map. Also, note that there are water pipes from snow making equipment on the ground which are not mapped. There are also a few abandoned mountain bike trails, overgrown hunting paths and faint animal trails that were not mapped because of poor visibility.

Caution should be taken when descending the ski hills as there may be holes covered by grass.

## Middle and Long Courses and Classes

### Middle

Course	1	2	3	4	5	6	7	8
Length (km)	2.5	2.4	3.2	3.2	3.0	3.4	4.1	4.4
Climb (m)	80	90	130	140	110	120	150	150
Controls (#)	16	12	15	16	15	16	19	19
Refreshment Controls (#)	0	0	1	1	1	1	1	1
RWT ** (min)	20-25	20-25	20-25	25-30	30-35	30-35	30-35	30-35
Classes	F10- M10- Open1	F12- M12- Open2	F 14- F16-S M14- M16-S Open3	F16- M16- Open4	F75+ F80+ F85+ F90+ M75+ M80+ M85+ M90+ Open5	F18- F20-S F21S F45+ F55+ F65+ M20-S M65+ Open6	F20- F21 F35+ M18- M21S M45+ M55+	M20- M21 M35+

\*\* RWT = Recommended Winning Time

### Long

Course	1	2	3	4	5	6	7	8
Length (km)	1.7	2.3	3.7	3.8	3.2	5.1	7.4	9.2
Climb (m)	80	105	210	180	160	265	350	495
Controls (#)	15	16	16	15	12	16	19	24
Refreshment Controls (#)	0	0	1	1	1	1	2	2
RWT ** (min)	30-35	30-35	30-35	50-55	45-50	50-55	60-70	80-90
Classes	F10- M10- Open1	F12- M12- Open2	F 14- F16-S M14- M16-S Open3	F16- M16- Open4	F75+ F80+ F85+ F90+ M75+ M80+ M85+ M90+ Open5	F18- F20-S F21S F45+ F55+ F65+ M20-S M65+ Open6	F20- F21 F35+ M18- M21S M45+ M55+	M20- M21 M35+

\*\* RWT = Recommended Winning Time

## ***Sprint and Relay Notes***

### **Location**

Parc Moussette, Boulevard de Lucerne, Gatineau, Quebec. (Note: City of Gatineau, not Gatineau Park). Coordinates: 45°25'11.1"N 75°44'53.7"W; or 45.419754, -75.748248; Parking is in a parking lot at the Arena, or if full, there is plenty of street parking in the vicinity.

### **Additional Info**

No spiked shoes are permitted.

There are indoor washrooms at the Arena.

Awards will be in the Arena, as quickly as feasible after the races.

### **Sprint Relay Info**

The relay is our fun finale for the weekend. There are 4 legs with forking. Teams can be 2 people, 2 legs each; or 4 people, 1 leg each, or even 3 people, with 1 person doing 2 legs. Teams are required to register at the Registration/Information Desk on Saturday or Sunday. A fee of \$10 per team will be collected at registration. There will be a demo of the exchange before the start. We hope you stay to enjoy it, either as a participant or spectator!

Additional out of bounds areas have been added across some roads (marked on the map but not in the terrain; honour system folks!) to offer more challenging route choices.

	<b>Sprint</b>	<b>Sprint Relay</b>
<b>Times</b>		
First Start Time	10:00	Mass Start 13:00
Start Window	1 hour	--
Course Time Limit	1 hour	1.5 hours
Course Closing Time	12:00 pm	14:30
<b>Maps</b>		
Scale	1:4,000	1:4,000
Contour intervals	2 metres	2 metres
<b>Distances</b>		
Arena to Start	Courses 1,2, 4, 5, 6: 300m; Course 3: 700m	Start is in the Arena

### **Terrain**

Sandwiched between the Ottawa River and the south entrance to Gatineau Park, the Sprint courses are set in a surprisingly varied terrain. On the highest terraces away from the river the complex campus of the University of Quebec (Gatineau) provides for a range of orienteering challenges. At the south end of the map the open Parc Moussette provides for fast running terrain directly along the scenic water front. Between these is a region of partially gentrified old style housing. Almost all courses will pass through each of these domains. In all, the map is a snapshot of development on the north shore of the Ottawa River. Poison Ivy is present (being particularly extensive in the regenerating semi-cleared land near the Hydro-Quebec switching station) although we have sought to keep most important route choices away from the worst of it. A set of heavily trafficked bike paths cross the map and when entering or crossing these paths attention is required. Remember that roads and recreational pathways are open to traffic.

## ***Sprint and Relay Courses and Classes***

### ***Sprint***

<b>Course</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Length (km)	1.6	2.2	1.5	2.2	2.6	3.2
Climb (m)	5	5	10	10	15	20
Controls (#)	14	16	12	13	15	22
RWT ** (min)	12-15	12-15	12-15	12-15	12-15	12-15
Classes	F10- M10- Open1	F12- F14- F16-S M12- M14- M16-S Open2	F75+ F80+ F85+ F90+ M75+ M80+ M85+ M90+ Open3	F20-S F45+ F55+ F65+ M20-S M65+ Open4	F16- F18- F20- F21S F21 F35+ M16- M55+	M18- M20- M21S M21 M35+ M45+

\*\* RWT = Recommended Winning Time

### ***Sprint Relay***

<b>Leg</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Length (km)	1.4	1.4	1.8	1.8
Controls (#)	9	9	9-10	9-10

## ***O-Fest Extras***

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### **KidZone**

There will be a KidZone set up at the Middle and Long Events at Vorlage on Saturday and Sunday. The KidZone IS NOT a babysitting service. Children are welcome to join in the activities at the KidZone on their own if they are old enough, or with parental supervision if they are younger.

### **Food Vendors**

There will be food for sale at the Vorlage Arena for the Middle and Long events. *Walking Tacos* will be there to offer us a range of yummy looking foods. Cash only, so make sure to bring some lunch money!

For the Sprint, there will be no food for sale on site, but there are numerous restaurants and fast food outlets within a short walk of the arena.

### **O-Store**

The O-Store will be set-up at the Middle and Long Events at Vorlage on Saturday and Sunday. It will be open during the hours that the Arena is open, from well before the first starts, until after the last finishers arrive. Due to park regulations, the O-Store will not be set-up at the Sprint and Sprint Relay on Monday.

## *Key Officials*

<b>Role</b>	<b>Responsible Person</b>
Ottawa O-Fest Event Director	Anne Teutsch
Ottawa O-Fest Event Controller	Stefan Bergstrom
Middle Course Setter	Marketa Graham
Middle Controller	Bill Meldrum
Long Course Setter	Jennie Anderson
Long Controller	Bill Anderson
Sprint Course Setter	Scott Bohle
Sprint Controller	Bruce Glen
Sprint Relay Course Setter	Stefan Bergstrom
Sprint Relay Controller	Jeff Teutsch
Finances	Karen Tippett
Registration	Lisa Routhier
Website	Lorna Guttormson
Timing and Results	Rob Haddow, Eric Teutsch
Starts	Karen Tippett
Equipment and Arena	Paul Lefebvre
Post-Race Recovery Food	Becky Scott
Awards	Lorna Guttormson
KidZone	Krisztina Cormier