

# **Victoria Orienteering Festival (British Columbia Orienteering Championships 2010) Competitor Information**

## **General Information**

### ***Accommodation***

See the BCOC2010 website for links to accommodation: <http://orienteeringbc.ca/vico/bcoc2010.htm>

### ***Awards***

Special awards will be given to the top three places for each competitive (non-open) class for men and women. Awards for the Saturday Sprint and Middle Events will be presented at the end of the banquet on Saturday evening. Awards for the long event (and others not yet picked up) will be distributed at noon on Sunday, immediately following the end of the Long Event.

### ***Banquet***

Please come to the Victoria Orienteering Festival's Banquet: 6 PM on Saturday, September 18th at the MFRC Colwood Pacific Centre, 2610 Rosebank Road, Colwood (Victoria), BC. This event will be catered by a local Army Cadet Corps Sponsor Committee.

**Directions** from Royal Roads University: drive north on University Avenue back up to Sooke Road (900m). Turn right (east) onto Sooke Road. Proceed for 1km and turn right toward Ocean Blvd. Go 700m and turn left at Rosebank Ave., destination will be immediately on the left after turning. GPS: 48 26' 27.85"N 123 27' 42.49"W.

Banquet cost is \$20 for adults, \$10 for children 11 years old and younger. Day 1 awards will be presented at the Banquet.

### ***Car Parking***

Sprint and Middle Events at Royal Roads University (Sat.): \$8 daily parking fee. All cars must obtain a parking voucher from the machines in the middle lower car park. From that lot walk southeast downhill toward the water where the assembly area is located. Long Event at Thetis Lake (Sun.): \$2 daily parking fee.

### ***Complaints/Protests/Juries***

The organizers will ensure a successful, trouble free event for you. Should you encounter a problem please follow this procedure:

- 1) speak to the meet director or course planner concerning your problem
- 2) if, after this discussion you wish to formally pursue your problem then please complete a COF protest form 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 complete the third section of the form and submit to the meet director 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 course closure and protests against provisional results shall be lodged within one hour after they are posted.

Official protest fee is \$50 which will be refunded if your protest is upheld.

### ***Control Descriptions***

Control descriptions for all courses are printed on the maps using IOF symbols. Loose copies will also be available in the start chute for all courses.

## **Controls**

All controls will be marked with the standard orange and white control flags. All controls will have one SI unit, except the final control which may have more than one – in this case you need only insert your SI card into one of them. The unit will beep and flash to indicate a successful punch. In the event it does not beep/flash, there is a manual backup punch located at the control which you would use to punch along any edge of your map. *It is the competitor's responsibility to ensure their SI card or map shows they have visited the control.*

## **Course Closing and Maximum Times**

**Course Closing:** for safety and logistical reasons each event has a course closing time. After course closing we will begin to pick up controls and search for any participant who has not reported to the finish (so everyone must report back to the finish by course closing time, even if you have not completed your course).

**Closing Times:** Sprint Event: 12:30PM, Middle Event: 5PM, Long Event: 1PM

**Maximum Times:** Sprint: 60 minutes, Middle: 90 minutes, Long: 180 minutes.

## **Disqualifications**

If a runner is missing one or more controls, the runner will be disqualified from that event and the results will show “mp” (missed punch). If the runner's disqualification is due to another reason, the results will show “DSQ” (disqualified) for that competitor. If a runner goes beyond the maximum allowed time the result will show “DNF” (did not finish). If a pre-registered competitor did not actually start that event the results will show “DNS” (did not start).

## **Electronic Punching/Timing System**

The SPORTIdent electronic punching system will be used at all events, including recreational (non-competitive) courses. You may rent these at the registration tent if you do not have one. Pre-registered competitors though, will find an SI stick in your registration packet. Please return your rental SI stick at the end of the last event. Basic instruction on how to use this system will be available at the registration area. It is the competitor's responsibility to clear and check his/her SI stick prior to the start. We will be using some older SI stations which don't work with newer SI cards. If you've indicated that you are using a version 8 or 9 cards we'll loan you (no charge) a version 5 which will work with all stations. *It is mandatory for safety reasons that you download your SI card at the finish following every race – whether you have completed the course or not. This is our only way of knowing you have returned safely.*

## **Embargoed (Out of Bounds) Areas**

Thetis Lake Park, Francis King Park and Royal Roads University and its surrounding forest are embargoed for all competitors prior to the events in those areas.

## **Finish Procedure**

All runners are required to report to the finish area to download your SI stick, whether or not you have completed your course. This is a safety feature so organizers know you have safely returned.

## **First Aid**

First Aid will be available at the finish. The Victoria General Hospital is nearby both event sites for significant emergencies. Directions available from any organizer.

## **Lost & Found Property**

Misplaced property will be stored at the registration tent for you to pick up.

## **Map Legend and Special Symbols**

A small brown “x” symbol on the maps indicates a root stock. There are legends printed only on the lower course competitor maps.

## **Marked Routes**

The run from the start punch to the start triangle is considered a mandatory route. The competitor must go to the start triangle before starting their course. The route to the starts will be clearly marked with orange pin flags or orange survey tape. The finish chute will use multi-coloured plastic bunting.

## **Natural Hazards**

Cougars are only very occasionally sited in Royal Roads and Thetis Lake parks. They should not be a problem due to the frequent use of these parks by dog walkers. Dark green solid colour or undergrowth hashes on the map may mean Himalayan Blackberry bramble patches. Avoid these!

## **OABC AGM**

For officials of the Orienteering Association of British Columbia the AGM will be held at 5PM at the same location as the banquet. See Banquet details above for directions.

## **Officials**

Meet Director: Larry Gagnon, Sprint Course Planner: Linda Hildebrandt, Medium Course Planner: Chris Ling, Long Course Planner, Angus Forsyth, Sprint/Medium Courses Controller: Magnus Johannson, Long Course Controller: John Rance, Start Chief: John Downey, Finish Chief: Leigh Bailey.

## **Recreational Courses**

Recreational, non-competitive (enter on the day) orienteers will be able to participate in either Courses 1, 2, or 3 at a cost of \$10 per entry. Registrants who are not a member of an orienteering club must join the Victoria Orienteering Club for an additional cost of \$5 per person. If this is your first time orienteering the membership fee is waived. An SI stick must be rented at a cost of \$2 (or \$5 for all three events). Training will be available. You may start at any time after registration and data entry procedures are complete by going to the start area and telling the starter you are a recreational orienteer.

## **Registration**

There will be no prior-to-the day registration package pickup. The registration tent will be open from 8:30AM on Saturday September 18<sup>th</sup> at Royal Roads University (see directions below) and at 8:00AM on Sunday September 19<sup>th</sup> at Thetis Lake.

## **Results**

These will be posted at the meet site as they become available and on the following websites as soon as possible:  
<http://orienteeringbc.ca/vico/bcoc2010.htm> , <http://rg.orienteering.ca>

## **Starts**

Start times will be assigned, posted on the website and posted at the registration area. We will attempt to provide you with requested early or late times before hand, if we are unable to you will still be able to change your start time at the event. Please visit the finish (SI) tent when those volunteers are not busy and ask them if you may change your start time.

We will use a start punch for easy organization of competitors but please be at the start area ready for your specific start time to enable efficient spacing of runners.

## **Toilets**

Portable toilets will be available at the upper parking lot at Royal Roads University (where you will get your parking ticket). There will also be one portable at the RR Rowing Club immediately east of the assembly area and there will also be toilets at the RRU Recreation Centre, 2/3 of the way towards the Sprint Start. At Thetis Lake Park toilets are available in the toilet block near the lake beach and also near the start area.

## **Tourist Information**

We will not be providing tourist information brochures. If you wish to obtain information concerning current events and activities in the Victoria area please visit <http://www.tourismvictoria.com/> .

## **Waivers**

Must be signed at Registration when your meet package is picked up.

## **Water**

A water stop will be provided on the longer courses at the Thetis Lake Long Event, as indicated with the appropriate map symbol. Water will also be available at the start and finish areas at all events.

## **Whistles**

COF rules state that each competitor must carry a whistle in all events. *You will not be allowed to start unless you are carrying a whistle.* Whistles will be available at the registration table for \$2.50. Whistles are only to be used in an emergency. The international signal is three blasts, followed by a pause, repeatedly. On hearing this, assistance shall be rendered by a competitor or official.

# **BCOC2010 Sprint Event**

Royal Roads University Campus, University Drive, Colwood, BC

Saturday, September 18<sup>th</sup>, 2010

Lat: 48 25' 50.20"N, Long: 123 28' 09.88"W

MAP: 1:5000, 2m contours, Magnus Johansson 2010

## **Starts**

First start at 10:30AM.

## **Directions**

**From Swartz Bay Ferry Terminal:** south down Patricia Bay Highway for 25.9km, take exit 7 for McKenzie Avenue toward Nanaimo, go .4km, merge right onto McKenzie Avenue, go 2km then turn right onto Trans Canada Highway, go 2.9km then take exit 10 toward View Royal/Colwood, stay in left lane (View Royal/Colwood). Proceed southwest for 4.1km, turn left at Aldeane Avenue (signposted Royal Roads University).

**From Coho Ferry Terminal (downtown Victoria):** turn left onto Belleville St after ferry exit (going east), drive 0.45km, taking 2<sup>nd</sup> left onto Douglas Street. Stay on Douglas Street for 9.1km (it becomes the Trans Canada Highway). Take exit 10 toward View Royal/Colwood stay in left lane (View Royal/Colwood). Proceed southwest for 4.1km, turn left at Aldeane Avenue (signposted Royal Roads University).

**From Trans Canada Highway (north of Victoria):** follow Trans Canada Highway south into Victoria area. Take Exit 14 toward Colwood/Sooke. Travel south for 1.3km, turn left at Goldstream Avenue, go 2km east and turn right at Sooke Rd. Go southwest 700m to Aldeane Ave, turn left into Royal Roads University, continue southeast for 1km to parking area.

## **Distances**

Parking area to Registration area 150m, Registration area to Start 1300m, allow 20 minutes. Follow orange pin flags/survey tape to start area.

## **Mapper's Notes**

The entire area was more or less re-mapped from scratch using very accurate 2.5 m lidar contours in the spring of 2010, so those of

you who have run on this map in the past will find it a somewhat new experience. Some of the point features on the old map were very difficult to identify in the terrain. Specifically dot knolls, cup depressions, pits, boulders and root stocks. I believe that these made it confusing for both course planners and runners, so therefore I removed them if they were not very distinct (at least 1 meter high/deep). Regarding vegetation, I made an attempt at separating green caused by underbrush and dead-fall, but with good visibility, from green caused by dense man-high trees and bush with poor visibility. So the green slash means salal and/or dead-fall in otherwise open woods. The less dense slash is possible to get through and the double dense slash is very bad. The "normal" solid greens represent dense trees and bush with poor visibility and slow running. The 1:10000 scale map used for the Middle distance is using the ISOM2000 symbols set and the 1:5000 scale map used for the Sprint is using the ISSOM2007 symbols set. The Middle distance map is using 5 meter contours and the Sprint map 2.5 m contours. On the sprint map I have individually mapped some of the large fallen tree trunks using a thin dark line. These are typically very difficult to cross. Otherwise the Sprint map is using the same style of vegetation mapping as the Middle map.

### ***Course Planner's Notes***

Royal Roads University is a spread out campus area with only a few buildings in a natural setting. This provides a great variety of possible sprint control sites, from natural features to man made features as well as interesting route choices.

## **BCOC2010 Middle Event**

Royal Roads University Campus, University Drive, Colwood, BC

Saturday, September 18<sup>th</sup>, 2010

Lat: 48 25' 50.20"N, Long: 123 28' 09.88"W

MAP: 1:10,000, 5m contours, Alan Philip 2003, Magnus Johansson 2010

### ***Starts***

First start at 2PM (1400hrs).

### ***Directions***

See Sprint Event directions above.

### ***Distances***

Parking area to Registration/Finish area about 300m, Registration/Finish area to Start about 1200m (allow 15 minutes). Follow orange pin flags/survey tape to start area.

### ***Mapper's Notes***

See Sprint Event Mapper's notes above.

### ***Course Planner's Notes***

There are three key types of terrain on the Royal Roads map for the middle distance courses. The first is an area of relatively (by west coast BC standards) runnable forest with complex vegetation and path networks. Some vegetation, particularly undergrowth is thick in places. There are a series of steep but shallow dry valleys coming off a scarp slope running through the area. The second area is a deep creek valley again with complex vegetation thick in places. The final area is a small area of open complex terrain. All the courses will use the forest part of the map, with longer courses visiting the other two areas.

## **BCOC2010 Long Event**

Thetis Lake Park, north end of Six Mile Road, View Royal, BC

Sunday, September 19<sup>th</sup>, 2010

Lat: 48 27' 46.59"N , Long: 123 28' 00.50"W

MAP: 1:10,000, 5m contours, revised Alan Philip 2010

## **Starts**

First start at 9AM.

## **Directions**

**From Swartz Bay Ferry Terminal:** south down Patricia Bay Highway for 25.9km, take exit 7 for McKenzie Avenue toward Nanaimo, go .4km, merge right onto McKenzie Avenue, go 2km then turn right onto Trans Canada Highway, go 2.9km then take exit 10 toward View Royal/Colwood, taking Colwood exit for 1km and slight right at Island Highway south. Proceed southwest for 1.6km, turn right at Six Mile Road just after the Shell Station. Proceed north for 1.1km to the parking area.

**From Coho Ferry Terminal (downtown Victoria):** turn left onto Belleville St after ferry exit (going east), drive 0.45km, taking 2<sup>nd</sup> left onto Douglas Street. Stay on Douglas Street for 9.1km (it becomes the Trans Canada Highway), take exit 10 toward View Royal/Colwood. Slight right at Island Highway south. Proceed southwest for 1.6km, turn right at Six Mile Road just after the Shell Station. Proceed north for 1.1km to the parking area.

**From Trans Canada Highway (north of Victoria):** follow Trans Canada Highway south into Victoria area. Take Exit 11 toward View Royal/Colwood. Turn left at Six Mile Road at exit T-junction. Continue north for 250m to parking area.

## **Distances**

From Parking area to Registration/Finish area about 200m, from Registration/Finish area to Start about 1200m, allow 15 minutes. Follow orange pin flags/survey tape to start area.

## **Safety Bearing**

South.

## **Mapper's Notes**

Thetis Lake is typical of the forested areas on southern Vancouver Island: mostly dense primarily Douglas Fir forests with runnable sections only on higher ground rocky knolls and ridges. Thetis has a moderate network of trails. Depending on how much rain we get before the event some marshes may be passable. There are numerous deer trails that come and go, and are fairly obvious in places but these are not mapped. In addition mountain bikers are continually making new trails that might not be on the map. Some trails might be a bit overgrown in places, especially on the east side of the peninsula.

## **Course Planner's Notes**

Courses 1 & 2 are an introduction to the Park, and have some great scenic views over both Upper and Lower Thetis Lakes. C2 introduces some salal (for those unfamiliar with our wonderful west coast vegetation salal grows in low lying thickets and slows one down considerably, however it is not thorny!). Course 3 avoids most of the heavy patches of salal, and takes the runners up to a high viewpoint over the park. Courses 4 & 5 also have a great viewpoint over the park, and a good technical section to get there. Course 6 ventures further off the beaten path. There are patches of deep salal, but most is runnable. Course 7: The grand tour. Watch out for sunbathers, deer and salal snakes! 3 technical areas are linked together. Use the flagged log bridge over Craigflower creek after c6!!! Be careful if it is wet. All runners are reminded to be aware of their impact on the park environment. Please cross streams at marked crossings on trails. Our continued use of Thetis Lake Park is contingent on our following the VICO Environmental Policy.

HINT: Think like a deer. You can avoid having to slog through thick vegetation by staying on the knoll tops and ridge tops as you plan a route that does not include trails. Navigating between the high ground areas you will often find deer trails that will make your passage through narrower greener low areas much easier. Minor trails may not be mapped.

**IMPORTANT!:** the finish control is 150m north of the download (SI) tent. You must immediately make your way from the finish control to download your SI stick. This section will be flagged with orange surveyor's tape and signposted.

ACKNOWLEDGEMENTS: VICO thanks the organizers of the 2010 North American O Champs for the basic format and headings ideas for this competitor handbook.