



2019 Canadian Orienteering Championships

With Ottawa O-Fest and Azimut Races

July 20-28, 2019

Bulletin No. 1

Welcome to the 2019 Canadian Orienteering Championships! This event is being organized and hosted by the Montreal Ramblers Orienteering Club and will be held in conjunction with several other orienteering events, including the Ottawa Orienteering Club's O-Fest along with several mid-week events hosted by Azimut Laurentides Orienteering Club. Registration for all competitions is available through our online site.

While some details for the Canadian Championships have yet to be finalized this bulletin outlines most of the basic information you need to know at this time. If you have questions do not hesitate to contact us by email.

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Information and Links

Ramblers OC Website <http://www.ramblersoc.ca/>
Event Website <http://www.coc2019.ca>
Email info@coc2019.ca
Facebook <https://www.facebook.com/ramblersorienteering>
Twitter https://twitter.com/ramblers_oc

Registration

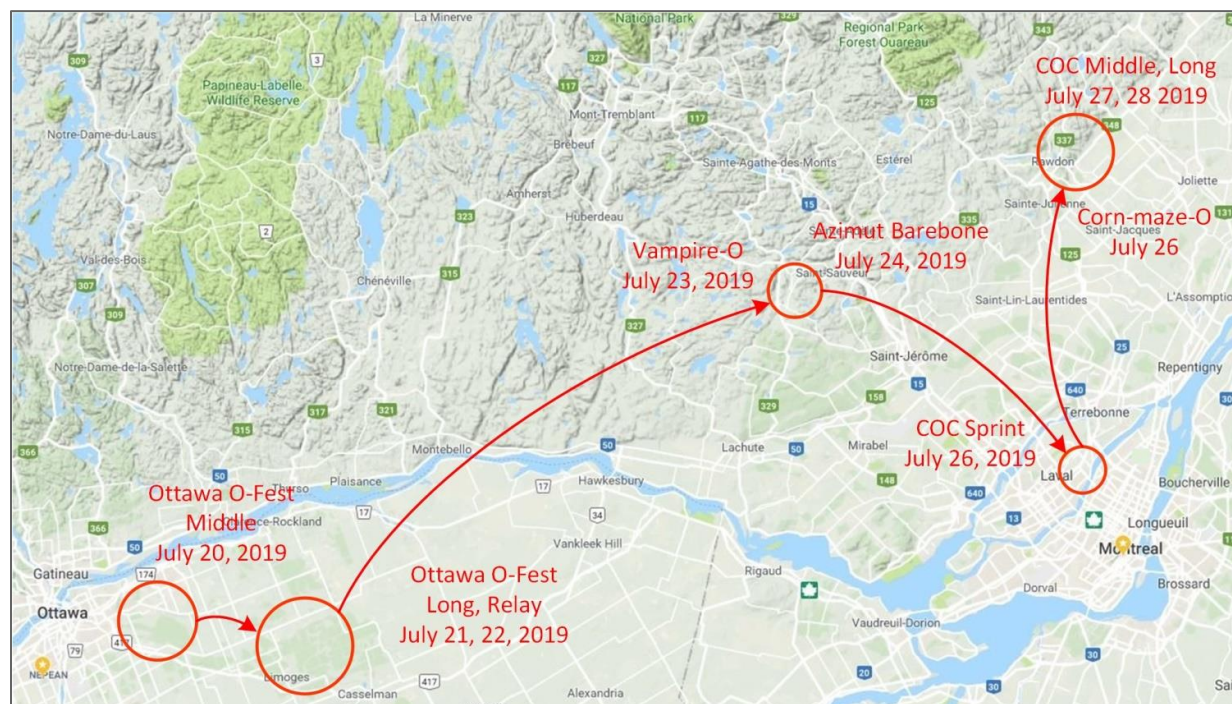
Online Registration <https://zone4.ca/register.asp?id=20258>
Early Bird discounts until March 16
Regular Price until June 15
Late Fees until July 6
Registration closes July 6

Officials and Organizing Committee

| Function | Person in Charge |
|-----------------------|-------------------------|
| Event Director | Dmitri Golovanov |
| Course Setter Sprint | Scott Bohle |
| Course Setter Middle | Andrew Cornett |
| Course Setter Long | Greg Balter |
| Controller | Bruce Glen |
| Registration | Nadine Cybulski |
| Start Chief | Janet Findlay |
| Finish Chief | Eric Teutsch |
| Volunteer Coordinator | Lina Gavrilova |
| Website | Bruce Glen |
| Bulletin Editor | Janet Findlay |

Schedule

| Date | Event | Location |
|-------------------------|---------------------------------------|---------------------------------|
| Saturday, July 20 | Ottawa O-Fest Middle | Orleans, ON |
| Sunday, July 21 | Ottawa O-Fest Long | Larose Forest, Limoges, ON |
| Sun – Fri, July 21-26 | Azimut Laurentides Junior Camp | Morin Heights, QC |
| Monday, July 22 | HPP Fundraiser Race | Larose Forest, Limoges, ON |
| Tuesday, July 23 | Vampire O | Camping Morin Heights, QC |
| Wednesday, July 24 | Azimut Barebones | Morin Heights, QC |
| Thursday, July 25 | Orienteering Canda AGM and Conference | Sommet Morin Heights, QC |
| Thurs – Sun, July 25-28 | Practice Course open | Dorwin Falls Park, Rawdon, QC |
| Friday, July 26 | COC Sprint Race | Parc Nature de Laval, Laval, QC |
| | Corn-Maze O | Farm Rivest, Rawdon, QC |
| Saturday, July 27 | COC Middle Event | Kinadapt, Rawdon, QC |
| | Banquet & Silent Auction | Ski Montcalm, Rawdon, QC |
| Sunday, July 28 | COC Long Event | Kinadapt, Rawdon, QC |



PART ONE: OTTAWA O-FEST

Saturday – Sunday, July 20-21

The Ottawa O-Fest will once again offer its favourite combination of a Middle event, followed the next day by a chase-start Long event. If you haven't participated in a chase-start event before here's how it works: on the first day (the Middle event) starts will be pre-assigned as is regularly done for pre-registration events. On the second day (the Long event) start times will be assigned based on results (by course, not category) of the Middle. The fastest person from the Middle will start first; if the second person was 20 seconds behind in the middle, they will start 20 seconds later. This means that the first person across the finish line (for each course) has the fastest combined time for Saturday and Sunday. O-Fest awards will be based on the combined Middle-Long total time.

The O-Fest Middle event will be in a completely new area that we are very excited about in far east-end Ottawa. Nestled next to the Chapel Hill community in Orleans, the forest has trails, creeks that have created nice ravines for themselves, gorgeous open, feature-rich forest and a distinct lack of the rocky ground that most Ottawa areas forests are known for. A community park will act as our Arena for the race.

The O-Fest Long event will be held on another new map, in another newly discovered forest – the Larose Forest east of Ottawa just north of the town of Limoges. The Larose Forest has a network of trails, and is popular with walkers and mountain bikers in the summer and local cross-country skiers in the winter. Relatively flat, and again free of rocky ground, it will be a fast, runnable forest for orienteers, but with some significant, rather steep ravines, setting us up for some great route choice legs.

Orienteering Ottawa looks forward to sharing our new discoveries with you!

General Information

Accommodation

There are numerous hotels between the east end of Ottawa and Orleans, and there is a campground near Limoges, close to the site of the Long and HPP Relay events.

O-Store

The O-Store carries a wide range of orienteering supplies and will be set up in the arena at both Ottawa O-Fest events.

Classes & Recommended Winning Times (RWT)

| Course # | Classes | Middle Scale | Middle RWT (min) | Long Scale | Long RWT (min) |
|----------|--|--------------|------------------|--------------------|----------------|
| 1 | M10 F10 Open1 | 1:7500 | 20 - 25 | 1:7500 | 30 -35 |
| 2 | M12 F12 Open 2 | 1:7500 | 20 - 25 | 1:7500 | 30 -35 |
| 3 | M14 M16S F14 F16S Open 3 | 1:10000 | 20 - 25 | 1:10000 | 30 -35 |
| 4 | M16 F16 Open 4 | 1:10000 | 25 - 30 | 1:10000 | 50 - 55 |
| 5 | M75 M80 M85 M90 F75 F80 F85 F90 Open 5 | 1:7500 | 30 - 35 | 1:7500 | 45 - 50 |
| 6 | M20S F20S F55 F65 Open 6 | 1:10000 | 30 - 35 | 1:10000 | 50 - 55 |
| 7 | M65 F45 Open 7 | 1:10000 | 30 - 35 | 1:10000 | 50 - 55 |
| 8 | M55 F18 F21S F35 Open 8 | 1:10000 | 30 - 35 | 1:10000 | 55 - 60 |
| 9 | M18 M21S M45 Open 9 F20 | 1:10000 | 30 - 35 | 1:10000 1:15000 | 55 - 60 |
| 10 | M20 M35 F21E | 1:10000 | 30 - 35 | 1:15000 | 90 - 100 |
| 11 | M20 M21E | 1:10000 | 30 - 35 | 1:15000 | 90 - 100 |

PART TWO: MID-WEEK EVENTS

Azimut Laurentides Junior Orienteering Camp – Sunday, July 21 - Friday, July 26

Morin Heights, QC

Co-ordinator: Anna Fichman

Website: <http://azimutoc.ca/news/azimut-laurentides-junior-orienteering-camp-2019/>

Please note that non-Canadian juniors are welcome; separate registration for all participants is required.

HPP Fundraiser – Monday, July 22

Larose Forest, ON

The HPP Fundraiser will take place in Larose Forest, the same location as the Ottawa O-Fest Long event the day before. This year's fundraiser will be a relay – we encourage everyone to come, have fun, support your Canadian High Performance athletes. Come with a team, or let us find teammates for you!

Vampire O -Tuesday, July 23

Sommet Morin-Heights, QC

Orienteering for fun at night with a vampire theme and special rules.

This is a Score-O team event with a mass start at dusk. Time limit is one hour.

The team that brings back the punch card with the most points wins. One team is randomly chosen as “vampires”. They use a red flashlight to tag another team and rob them of their punch card, and make the tagged team the “vampires” in their turn. The new vampires tag the next team and this continues until time is up. Winners get the brightest awards, and many more teams get fun flashy prizes.

This event is hosted by Azimut Laurentides and is on the site of the Junior Orienteering Camp.

Azimut Barebones – Wednesday, July 24

Parc Basler, Morin-Heights, QC

This will be a fun run in a wooded and hilly park.

Parc Basler is the best location to practice for the COC Middle and Long races as the terrain is fairly similar to Kinadapt.

Maize O - Friday July 26

Ferme Guy Rivest, Rawdon, QC

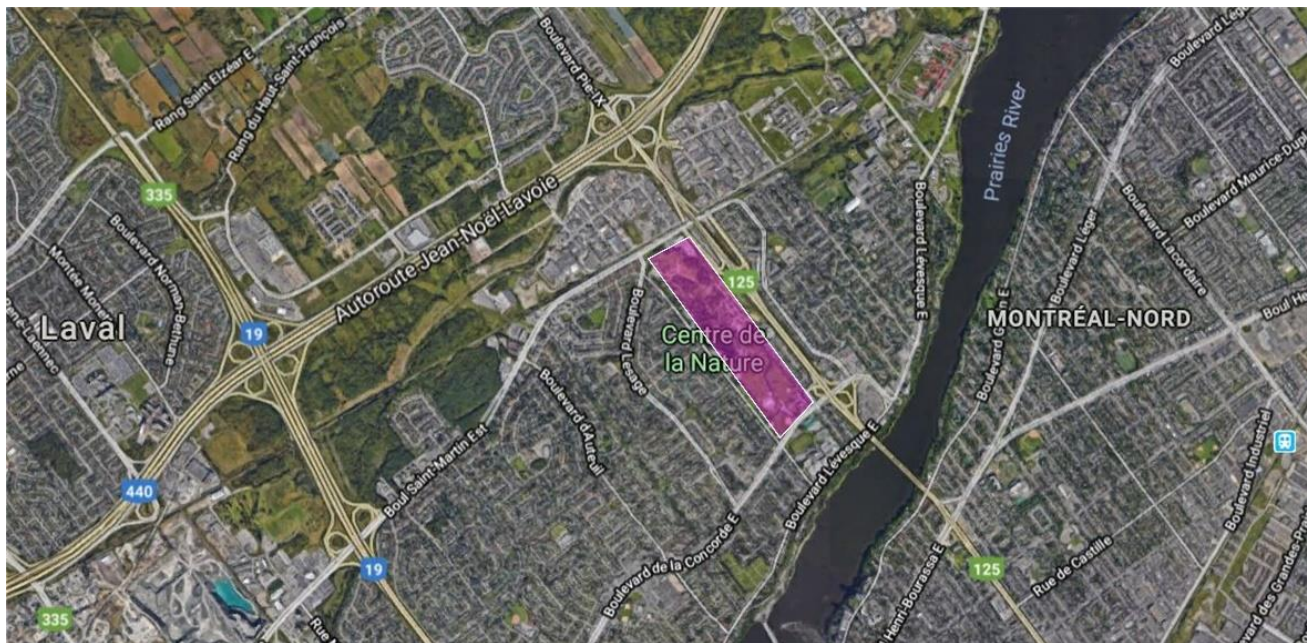
This event will be held on Friday, the same day as the COC sprint event, in the late afternoon. The course will be situated in a huge corn maze the size of 8.5 soccer fields!

PART THREE: CANADIAN CHAMPIONSHIP EVENTS

COC Sprint Event – Friday, July 26

Parc Nature de Laval, Laval, QC (20 km north of Montreal)

Embargo Area (out of bounds for competitors & team officials until finish of competition)



Maps & Terrain The Parc Nature de Laval is a typical city park located just north of Montreal. The map was updated and converted to ISSOM 2007 symbols in 2017. Map scale: 1:4000; Contour interval: 2 m; Map size: 8.5 x 14 inches

Course Time Limit 1 hr.

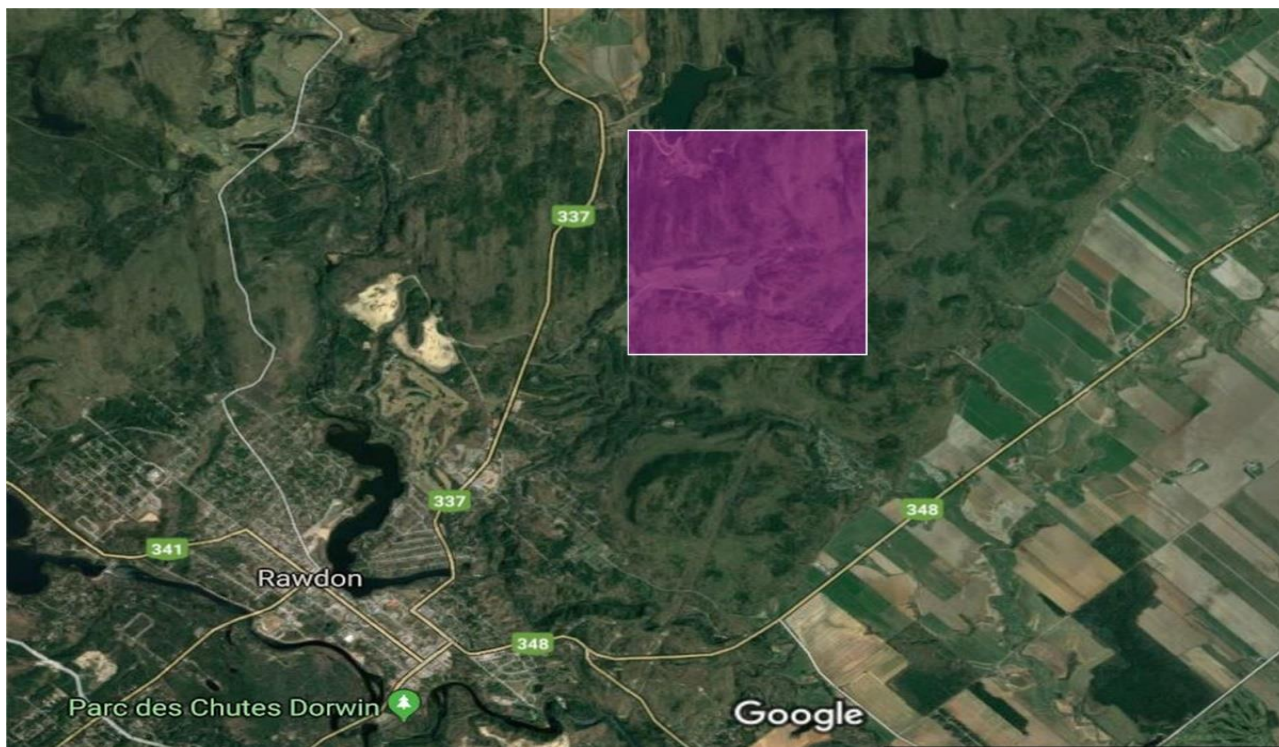
Classes & Recommended Winning Times (RWT)

| Course # | Classes | RWT (min) |
|----------|--|---------------------|
| 1 | M10 F10 Open 1 | 12-15 |
| 2 | M12 M14 M16S F12 F14 F16S Open 2 | 12-15 |
| 3 | M75 M80 M85 M90 F75 F80 F85 F90 Open 3 | 12-15 |
| 4 | M20S M65 F20S F55 F65 Open 4 | 12-15 |
| 5 | M16 M55 F16 F18 F20 F21S F21E Open 5 | 12-15 |
| 6 | M18 M20 M21S M21E M35 M45 | 12-15 (15+ for M45) |

COC Middle & Long Events – Sat-Sun, July 27-28

Kinadapt Centre, Rawdon (80 km north of Montreal)

Embargo Area (out of bounds for competitors & team officials until finish of competition)



Maps & Terrain

The Middle and Long events will use a new map of the Kinadapt Sport Centre, an outdoor activity center located just east of the town of Rawdon, about 80 km. north of Montreal. During the summer there are approximately 80 dogs on site; they occupy an area near the base building which is mapped out of bounds. Even if you're a dog lover please avoid this area during the races; if you hear barking use it as a navigation tool!

The surrounding terrain is quite rugged, with areas of rocky surfaces and dense forest. There are also many trails on the property. The highest point is about 110m and overlooks the city of Montreal.

Middle Course: Map scale 1:10,000 or 1:7500 (courses 1, 2 & 5 only).

Contour interval: 5 m; Map size: 8.5 x 11 inches

Course Time Limit: 90 minutes

Long Course: Map scale 1:10,000; Courses 9, 10, 11 - 1:15000; Courses 1, 2 & 5 - 1:7500

Contour interval: 5 m; Map size: 8.5 x 11 inches

Course Time Limit: 3 hrs.

Classes & Recommended Winning Times (RWT)

Middle Course

| Course # | Classes | Scale | RWT (min) |
|----------|--|---------|-----------|
| 1 | M10 F10 Open1 | 1:7500 | 25 |
| 2 | M12 F12 Open 2 | 1:7500 | 25 |
| 3 | M14 M16S F14 F16S Open 3 | 1:10000 | 25 |
| 4 | M16 F16 Open 4 | 1:10000 | 30 |
| 5 | M75 M80 M85 M90 F75 F80 F85 F90 Open 5 | 1:7500 | 30 |
| 6 | M20S F20S F55 F65 Open 6 | 1:10000 | 35 |
| 7 | M65 F45 Open 7 | 1:10000 | 35 |
| 8 | M55 F35 Open 8 | 1:10000 | 35 |
| 9 | M45 F18 F21S Open 9 | 1:10000 | 35 |
| 10 | M18 M21S M35 F20 F21E | 1:10000 | 35 |
| 11 | M20 M21E | 1:10000 | 35 |

Long Course

| Course # | Classes | Scale | RWT (min) |
|----------|--|--------------------|-----------|
| 1 | M10 F10 Open1 | 1:7500 | 35 |
| 2 | M12 F12 Open 2 | 1:7500 | 35 |
| 3 | M14 M16S F14 F16S Open 3 | 1:10000 | 35 |
| 4 | M16 F16 Open 4 | 1:10000 | 55 |
| 5 | M75 M80 M85 M90 F75 F80 F85 F90 Open 5 | 1:7500 | 50 |
| 6 | M20S F20S F55 F65 Open 6 | 1:10000 | 55 |
| 7 | M65 F45 Open 7 | 1:10000 | 55 |
| 8 | M55 F18 F21S F35 Open 8 | 1:10000 | 60 |
| 9 | M18 M21S F20 Open 9 M45 | 1:15000 1:10000 | 60 |
| 10 | M20 M35 F21E | 1:15000 | 100 |
| 11 | M20 M21E | 1:15000 | 100 |

Notes:

- 1 – “E” designates Elite class;
- 2 - “S” (Short) designates age relevant but non-competitive classes for which medals are not awarded;
- 3 – “Open” designates non-competitive classes for which medals are not awarded, for competitors of any age.

General Information

Accommodation

For the Sprint event a wide selection of hotels & other accommodations is available in Laval and Montreal. In Laval, three convenient options are Best Western, Comfort Suites and Quality Inn. All three are close to the Metro and a shopping mall; since they are very popular with tourists during the summer season, competitors are advised to book early. More information about Laval and surrounding area can be found at Tourism Laval: <https://www.tourismelaval.com>.

Because the Middle and Long races will be near Rawdon, about 80 km north of Montreal, it may be more convenient for competitors to move closer to the competition site after the sprint event. Rawdon is a small town with limited accommodations. The following is a list of local accommodations:

Chalet Lanaudière, 8082 Chemin du Lac-Morgan, Rawdon, QC J0K 1S0, 450-834-6383
Chalets des Pins, 5749 Chemin Vincent-Massey, Rawdon, QC J0K 1S0, 450-834-3401
Domaine Sam-Calm, 6125 Chemin Vincent-Massey, Rawdon, QC J0K 1S0, 450-834-8388
Gîte chez Lulu et Lutin, 3258 Chemin de Look Out Park, Rawdon, QC J0K 1S0, 450-834-7017
Auberge Laetus Le Joyeux, 4333 Chemin du Lac Brennan, Rawdon, QC J0K 1S0, 450-834-2364
Hôtel Château Joliette, 450 Rue Saint Thomas, Joliette, QC J6E 3R1, Canada, 450-752-2525
Motel Bonsoir, 120 Chemin du Golf East, Saint-Charles-Borromée, QC J6E 2B6, 450-753-4258
Hotel Victoria, 544 Rue Notre Dame, Joliette, QC J6E 3H7, 450-753-5935
Motel Le Classique, 310 Rue de la Visitation, Saint-Charles-Borromée, QC J6E 4N7, 450-756-0588
Auberge de la Montagne Coupee, 1000 Chemin de la Montagne Coupée, Saint-Jean-de-Matha, QC, 450-886-3891, 800-363-8614
Auberge sur la Falaise, 324 Rue du Lac-Long S, Saint-Alphonse-Rodriguez, QC J0K 1W0, 450-883-2269
Auberge Le Cheval Bleu, 414 Route 343, Saint-Alphonse-Rodriguez, QC J0K 1W0, 450-883-3082

Campgrounds:

Kinadapt Outdoor Training and Education Center: located near the Middle and Long Arena.

Services: portable toilets, water stream nearby.

Reservations can be made by contacting Kinadapt directly: <http://www.kinadapt.com> or 450-834-4441

Camping Parc Ensoleille: 3161-3199 1 Av, Rawdon, QC, J0K 1S0, 450-834-3332

Les Terrasses Montcalm: 3945 Route 337 Nord, Sainte-Julienne, QC, J0K 2T0, 450-333-0623

Camping Champs Boisés: 2840 Champs-Boisés, Sainte-Julienne, QC, J0K 2T0, 450-834-5688

Camping Kelly Enr: 795 Rue du Camping, Sainte-Julienne, QC, J0K 2T0, 50-831-2422

Banquet & Silent Auction

The banquet and silent auction will be held at Ski Montcalm, Rawdon on Saturday, July 27. Proceeds from the auction will go towards the High Performance Program. The medal ceremony for the Middle event will be held before dinner. Tickets can be purchased online along with the registration package. Space is limited so we suggest reserving your spots early.

Dorwin Falls

Thursday July 25 to Sunday July 28, 2019

Rawdon has three main parks that are worth visiting – Dorwin Falls Park, Cascades Park and the Municipal Beach. A **free pass** to all three parks will be included in your registration package.

A small orienteering course will be setup in Dorwin Falls Park. It will be Score O style with no start, finish or timing. Do it at your own time and pace.

Medical and Safety

First Aid personnel will be present in the arena at all events.

Whistles: All competitors are required to carry a whistle for safety purposes. Three long blasts of a whistle indicate a competitor in need of assistance. Whistles will be available for purchase at the registration desk.

Natural Hazards: While competitors are very unlikely to encounter any animals during the competition, ticks carrying Lyme Disease may be encountered in areas of high grass. Normal precautions should be taken to avoid picking up ticks while on the course, and should be supplemented by a careful post-race examination.

O-Store

The O-Store carries a wide range of orienteering supplies and will be set up in the arena at the Middle and Long events.

Timing

The SPORTident timing system will be used for all competitions. Competitors who do not own their own timing stick will be required to rent one from the organizers or purchase one from the O-Store. Competitors who request and pay for rental sticks during the registration process will receive them in their registration package.

Touchless timing will also be available for competitors using SIAC timing sticks.

Volunteers

We are seeking volunteers for several functions during the COC competition. Please consider donating a bit of your time during the week – you will find a check box on the Zone4 Registration site. Thank you!

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Updated February 6, 2019