

## Long Distance Course Setter's Notes

The Long distance courses have been set to test orienteer's ability to plan and execute different length legs over fairly challenging terrain of Kinadapt. Decision making will not be easy and finishing your course successfully will require adaptation of tactical and technical skills to different types of terrain Kinadapt presents.

Since we have all 129 controls in the woods, fully equipped for both days of competition, checking your code when punching a control is a must, as always.

The properties of each course are summarized in the following table. (Water stops indicate controls with water plus water stops on trails along the route.

Course	Length (km)	Climb (m)	# of controls	Water stops	Map scale	PWT ( min)
1	3.1	70	16	2	1:7500	28
2	3.1	85	10	1	1:7500	31
3	3.4	95	12	2+1	1:10000	35
4	4.4	190	10	0+4	1:10000	55
5x	2.0	70	8	2+2	1:7500	40
5	3.2	40	9	2+2	1:7500	49
6	4.2	190	11	0+2	1:10000	56
7	4.9	170	15	2+2	1:10000	60
8	6.3	270	13	1+2	1:10000	65
9a	7.1	280	18	3+2	1:10000	72
9	7.1	280	18	3+2	1:15000	72
10	9.9	380	17	4+2	1:15000	86
11	11.4	480	19	5+2	1:15000	98

All 12 long distance courses will use a single start located 200m from the arena. There will be short run off, 90 meters, from the start to the beginning of orienteering (start triangle).

We wish you good luck and good decision making,

Greg Balter, Course Setter

Bruce Glen, Controller