

CANADIAN ORIENTEERING *festival*



featuring

Canadian Orienteering Championships

and

North American Orienteering Championships

COC-NAOC Sprint Race Notes

v. 2024-07-26



Toronto Orienteering Club
outdoor·active·urban

Organizing Clubs



Supporting Organizations



Tuesday, August 6

**COC-NAOC Sprint
Sass Peepre Junior Camp**

Kingston

Schedule and Timing

Date	Tuesday, August 6
Race Kit Pick-Up at Queen's University	11:00 to 13:00
Registration / Information Desk at Arena	15:30 to 20:30
Quarantine Entry	16:30 to 16:50
Start Window	17:00 to 19:00
Maximum Time on Course; Courses Closing	1 hour; 20:00

Locations

Coordinates	44.219617, -76.522165
Map Location	Kingston
Parking Location	Beechgrove Complex and/or street parking OR take public transportation (buses 1, 2, 3, or 18)
Parking to Arena	20 to 500 m (follow signs)
Arena to Start	1.6 km walk on city sidewalks and paths

Additional Activities

Awards Ceremony	Wednesday at the Relay
-----------------	------------------------

Course Information

Course	Championship Classes	Non-Competitive Classes	Course Length (km)	Climb (m)	Number of Controls
1	F10-, M10-	Open1	1.8	10	14
2	F12-, F14-, M12-, M14-	Open2, F16-S, M16-S	2.0	10	15
3	F75+, F80+, F85+, F90+, M80+, M85+, M90+	Open3	2.4	15	14
4a	F45+, F55+		2.6	15	15
4b	F65+, M65+, M75+	Open4, M20-S, F20-S	2.6	15	15
5a	F16-, F18-, F20-, F21		3.3	20	19
5b	F35+, M16-, M55+	Open5, F21S	3.3	20	18
6a	M18-, M20-, M21		3.8	25	20
6b	M35+, M45+	M21S	3.8	25	20

Note: Course lengths are based on shortest feasible routes.

Additional Race Information

Contour interval is 2.5 metres. Map scale is 1:4,000

Parking is available at the Beechgrove Complex. Please park in the parking lots assigned for our race. Once parking lots are full, participants will be required to find street parking. We ask people to carpool or use public transportation to save on parking spaces and to do our little bit for the environment.

Portable toilets will be available at the arena and approximately 100m before the start area, along the route to the start.

Please refer to the Sprint Map Notes section of this bulletin to familiarize yourself with mapping and regulations specific to Sprint maps and races.

There will be a clothing drop at the start of the Sprint. You will be able to leave extra clothing in a vehicle at the start. Clothing will be returned to the arena once the start window is completed.

The quarantine area is enroute from the Arena to the Start, approximately 1.2km from the arena, along level street sidewalks. Follow signs to the start, stopping at the quarantine. All competitors in the 21-, 20-, 18- and 16- classes will be required to sign in at quarantine between 16:30 and 16:50. From the quarantine area you will be permitted to sign out approximately 10 minutes prior to your race start time. From there you will walk approximately 250 metres on street sidewalks and through parking lots to the start.

For details on what is and is not permitted in quarantine, please see the Quarantine section earlier in this bulletin.

Course Planner's Notes

A unique aspect of this sprint is that the longer courses traverse three distinctly different types of terrain: historic penitentiary; busy marina; and urban park. The terrain is open and level or gently sloping with a mix of short grass and hard surfaces, so running speeds in this race should be high. To do well runners will need to combine fast running with quick map reading and sound decision-making while adapting their technique to the varied terrain.

There is a large sailing regatta taking place at the Portsmouth Olympic Harbour (<https://cork.org/>) on race day and runners passing through this area can expect to encounter a large number of parked vehicles, boat trailers, and smaller sailboats packed into the paved areas and lawns between King St. W. and the marina building. The parked vehicles, trailers and boats are not shown on the map. Although the courses have been designed to skirt around this congested area as much as possible; some navigation through the edges of the congested area may be necessary depending on conditions at race-time.

Some courses include navigation on quiet residential streets that are not closed to traffic. Participants are reminded to check carefully in both directions before crossing any streets. The same applies to crossing entrances and exits from parking areas.

I hope you all enjoy the unique experience of racing along the shore of Lake Ontario and running behind the walls of the historic Kingston Penitentiary, one of Canada's oldest prisons for high-risk offenders!

Additional Activities

Sass Peepre Junior training Camp: The Sass Peepre Junior Training Camp will finish up in Kingston on Tuesday morning with activities running from 9:00 to 14:00. The Tuesday sessions will focus on sprint techniques, given that there are three days of sprint races in Kingston.

Race Kit Pick-Up: The Registration/Information Desk will be set up at Queen's University in the lobby of Endaayaan – Tkanonsote Residence on Tuesday from 11:00 to 13:00 for Race Kit Pick-Up for anyone just arriving for the NAOC Middle and Long races. Drop by to pick up your kit, to say hi, or to chat.