

CANADIAN ORIENTEERING *festival*



featuring

Canadian Orienteering Championships

and

North American Orienteering Championships

NAOC Long Race Notes

v. 2024-07-26



Toronto Orienteering Club
outdoor·active·urban

Organizing Clubs



Supporting Organizations



Sunday, August 11

NAOC Long

Calabogie

Schedule and Timing

Date	Sunday, August 11
Registration / Information Desk	8:30 to 16:00
Quarantine Entry	8:45 to 10:00
Start Window	10:00 to 13:00
Maximum Time on Course; Courses Closing	3 hours; 16:00

Locations

Coordinates	45.275221, -76.782079
Map Location	Calabogie Peaks Resort
Parking Location	Calabogie Peaks Resort
Parking to Arena	100 m
Arena to Start	8 min shuttle bus ride from Arena (first shuttle at 9:15, buses leave approximately every 15 minutes) followed by 100 m walk, on forest trail

Additional Activities

Awards Ceremony	16:00
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Course Information

Course	Technical Difficulty	Championship Classes	Non-Competitive Classes	Course Length (km)	Climb (m)	Number of Controls	Map Scale
1	1	F10-, M10-	Open1	2.9	105	16	1:7,500
2	2	F12-, M12-	Open2	3.2	115	5	1:7,500
3	3	F14-, M14-	Open3, F16-S, M16-S	3.3	125	11	1:10,000
4	3	F16-, M16-	Open4	4.3	165	14	1:10,000
5	4	F75+, F80+, F85+, F90+, M80+, M85+, M90+	Open5	2.5	75	10	1:7,500
6a	5	F65+, M75+		3.7	110	13	1:7,500
6b	5	F55+	Open6, M20-S, F20-S	3.9	140	12	1:10,000
7a	5	M65+		4.9	165	14	1:7,500
7b	5	F45+	Open7	4.9	165	14	1:10,000
8a	5	F18-, F35+		6.0	215	15	1:15,000
8b	5	M55+	F21S	5.7	205	15	1:10,000
9a	5	F20-, M18-		6.2	230	17	1:15,000
9b	5	M45+	M21S	6.4	22	17	1:10,000
10	5	F21, M20-, M35+		7.9	385	17	1:15,000
11	5	M21		11.6	555	19	1:15,000

Additional Race Notes

The contour interval is 5 metres.

Water stops are marked on the map with the purple cup symbol. In addition, some courses will have water at some control sites. All courses will cross at least one water location, and the longer courses will go by 3 or 4 water stops.

There will be a clothing drop at the start of the NAOC Long. Please limit the clothing you leave at the start as it all needs to be carried back to the arena by volunteers. Note that any clothing left at the start will not necessarily be at the finish by the time you finish your race. Be sure to have additional clothing at the arena for post-race. All clothing left at the finish will get to the arena by the end of the race.

The Long courses traverse some steep and rough downhill on the ski hill and on trails. Please control your speed running downhill to avoid falling on these rough and steep sections.

There is some wild parsnip growing on some of the ski runs, which athletes may encounter on their courses.

See Calabogie Mapper Notes prior to the NAOC Middle section for information on the terrain and mapping. Also see Map and Control Description Notes earlier in the bulletin for notes about rides and cliffs.

Quarantine

Applies to: M and F, 21-, 20-, 18-, 16- classes

Location: 700 m from the arena, follow signs

Opens at: 9:00

Deadline for entry: 10:00

Departure: 55 minutes prior to your race start

Shuttle bus stop: 300 m from quarantine

Shuttle bus ride: approximately 10 minutes, with buses leaving approximately every 15 minutes.

Note that you will share a bus to the start with non-quarantined participants. It is your responsibility to remember the principles of Fair Play, which include not conversing with anyone about anything related to the day's maps or courses.

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

Additional Activities

Food: The Calabogie Peaks cafeteria will open for breakfast and throughout the morning and afternoon for lunch. Please support our local Ski Resort with your breakfast and lunch purchases!

Awards: The awards ceremony for the Long event will take place as soon after the races as possible. We hope everyone can stay around to pick up their medals at the awards ceremony and to recognize other who receive medals.

Calabogie Camping: Camping is available Sunday night to Monday morning. Enjoy one final night at the hill before heading home from the orienteering festival!

O-Store: The O-Store will be set up at the NAOC Long event throughout the day.