

CANADIAN ORIENTEERING *festival*



featuring

Canadian Orienteering Championships

and

North American Orienteering Championships

NAOC Knock-Out Sprint Race Notes

v. 2024-07-26



Toronto Orienteering Club
outdoor·active·urban

Organizing Clubs



Supporting Organizations



Thursday, August 8

NAOC Knock-Out Sprint

Kingston

Schedule and Timing

Date	Thursday, August 8
Registration / Information Desk	8:30 to 17:00
Qualifying Round	9:30 to 11:30
Qualifying Round courses close	12:00
Start Lists posted for Quarter-Final races	12:15
Quarantine entry deadline for Quarter-Final	12:50
Quarter-Final Starts	13:00 to 13:55
Consolation races, first half of heats	14:05 to 14:40
Quarantine entry deadline for Semi-Final	14:40
Semi-Final Starts	14:50 to 15:15
Consolation race, second half of heats	15:25 to 16:00
Quarantine entry deadline for Final	16:05
Finals Starts	16:15 to 16:30

Locations and distances

Coordinates	See instructions in text below
Map Location	Kingston
Parking Location	Stuart Street Garage 44.224382, -76.495075
Parking to Arena	250 m, following marked route
Arena to Qualifying Round Start	900 m
Qualifying Round Finish to Arena	1.7 km
Arena to all other races	30 m

Additional Activities

Awards Ceremony	16:50 in the arena
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Course Information

Course	Course Length (km)	Climb (m)	Number of controls
Qualifying Round	2.3	15	16 to 17
Quarter-Finals	1.8	10	9
Consolation Races	2.3	15	11
Semi-Finals	1.9	15	10
Finals	1.8	10	12

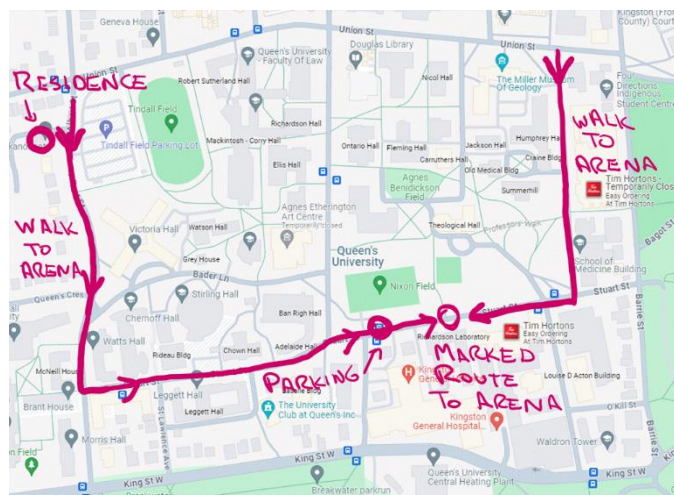
Additional Race Information

The contour interval is 2.5 metres. The map scale: 1:4,000.

There will be a clothing drop at the start of the Knock-Out Sprint Qualifier Round . 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. For all other Knock-Out Sprint races, the start and arena are adjacent, so no clothing drop is required.

As the arena is in within the embargoed area for the Knock-Out Sprint, it is important that everyone follow organizers' directions on how to get to the arena. The route will be marked from [Stuart Street](#). Please make your way to Stuart Street, staying west of (or on) Albert Street, or east of Arch Street until you reach Stuart Street. On Stuart Street, head west from Arch or east from Albert, to the marked route, just east of the Stuart Street Garage.

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There will **NOT** be a quarantine for the Qualifying Round of the Knock-Out Sprint.

For each of the Quarter-Final, Semi-Final and Final races, athletes will be quarantined prior to their race. Follow the directions of officials and the announcer about when to enter quarantine. The quarantine will be within 50 metres of the start. Athletes will be called directly from the quarantine area to the start line for their race.

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

Special Notes

The Knock-Out Sprint is open to everyone to participate. There will be two classes - Men's and Women's. Recommended winning times are 8 to 10 minutes for the Qualification and Consolation rounds, and 7 to 8 minutes for the Knock-Out rounds. Each participant will be guaranteed the opportunity to run at least two sprint races on different maps. Finalists will race four times.

As a World Ranking Event, anyone in the race with an IOF ID is eligible for World Ranking points. There is no fee to obtain an IOF ID. If you wish to obtain an IOF ID, go to <https://eventor.orienteering.org/Register>. Prior to August 2, e-mail organizers at naoc@ottawaoc.ca with your new IOF ID number, or from August 2 forward, visit the Registration/Information desk at the races to give them your IOF ID.

Qualifying Round

All participants will run one of three qualification courses, and the top 12 men and 12 women from each course will advance to the Knock-Out rounds on the Queen's main campus in the afternoon. Everyone else will be seeded into a Consolation race to be held following the Quarter-Finals or Semi-Finals of the Knock-Out Sprint event.

Quarter-Finals, Semi-Finals and Finals

The Knock-Out Sprints will follow the format used in recent World Cup events and World Championships. The women's and men's competition will both feature 36 participants and three rounds; 6 quarter-finals, 3 semi-finals and one final. All races are mass-start with 6 runners competing head-to-head. The top 3 finishers in each quarter-final advance to the 3 semi-finals, where the top two in each semi-final advance to the six-person final. Athletes will be seeded into one of 6 quarter finals based on their ranking in the Qualifying Round. Athletes advancing to the semi-finals will be assigned to one of 3 semi-final heats based on their placing in the quarter final races. Any or all courses may include butterfly loops and/or map flips.

Consolation Races

A series of mass-start 10-person Consolation races will be held following the KO Sprint quarter-finals and semi-finals. Participants will be seeded into a Consolation race based on their result in the Qualifier. The first half of the Consolation races will be run between the Quarter-Finals and the Semi-Finals; the remaining Consolation races will be run between the Semi-Finals and the Finals. As for the KO Sprint, the Consolation course may be looped and may include a map flip.

Course Planners Notes

The lakefront terrain for the qualification race can be characterized as scenic and moderately complex urban terrain where certain areas can be busy at times with pedestrians, cyclists and runners. The terrain features a good mix of larger buildings, flower beds, fences, walls, lawns, and various paved areas, including streets, sidewalks, parking areas and a multi-use recreational pathway. The terrain includes several side streets and parking areas that will be open to vehicular traffic, so participants should expect to encounter moving vehicles, pedestrians and cyclists. Please remain vigilant at all times and check carefully in both directions before crossing streets, cycling paths, parking areas, and entrances/exits to/from parking areas. The terrain is level or gently sloping and the footing is either hard surface or short grass, so fast running is expected.

The Queen's University main campus features a medium-density assembly of buildings and lawns disrupted by a complex network of paved lanes, parking areas, paths and sidewalks. There are also many trees, hedges, fences, flower beds and stone walls. The larger tree symbol has been reserved for distinct large trees. The terrain is flat or gently sloping. The main north-south street bisecting the campus (University Ave.) will remain open to vehicular traffic during this event. The east end of a second street, Bader Lane, is closed due to construction; however the western part of Bader Lane remains open to vehicles. The competition area is a public space complete with pedestrians, cyclists and local vehicles. Please exercise prudence and caution at all times to avoid collisions!

Several campus buildings are undergoing renovations and are surrounded by fencing: these areas are indicated on the map using purple hatching with a solid purple border (out of bounds area), while patios with tables and other closed areas are indicated using pink shading (area closed temporarily).

Additional Activities

Calabogie Camping: Anyone who has booked camping at Calabogie for Thursday night can set up tents in the arena area between the two ski lifts and closer to the ski hill than the ski lodge. Anyone in campers or RVs should use the big parking lot. The ski lodge will be open for washrooms all night. Campers will have access to the beach during opening hours.