

CANADIAN ORIENTEERING *festival*



featuring

Canadian Orienteering Championships

and

North American Orienteering Championships

NAOC Middle Race Notes

v. 2024-07-26



Toronto Orienteering Club
outdoor·active·urban

Organizing Clubs



Supporting Organizations



Saturday, August 10

**NAOC Middle
Banquet & Silent Auction**

Calabogie

Schedule and Timing

Date	Saturday, August 10
Registration / Information Desk	9:00 to 16:00
Quarantine Entry	9:45 to 11:00
Start Window	11:00 to 13:35
Maximum Time on Course; Courses Closing	2 hours; 15:35

Locations

Coordinates	45.275221, -76.782079
Map Location	Calabogie Peaks Resort
Parking Location	Calabogie Peaks Resort
Parking to Arena	100 m
Arena to Start	5 min shuttle bus ride from Arena (first shuttle at 9:45, buses leave approximately every 15 minutes) followed by 900 m uphill walk, on forest trail (allow 25 minutes at casual walk, 15 minutes at easy jog)

Additional Activities

Awards Ceremony	At Banquet
Festival Banquet	6:00 pm to 8:30 pm at Calabogie Peaks Resort
Team Canada Silent Auction Fundraiser	5:00 pm to 8:00 pm at banquet

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	2.2	50	10	1:7,500
2	2	F12-, M12-	Open2	2.1	45	9	1:7,500
3	3	F14-, M14-	Open3, F16-S, M16-S	2.3	80	11	1:10,000
4	3	F16-, M16-	Open4	2.3	80	11	1:10,000
5	4	F75+, F80+, F85+, F90+, M80+, M85+, M90+	Open5	2.2	75	10	1:7,500
6a	5	F65+, M75+		2.5	90	12	1:7,500
6b	5	F55+	Open6, M20-S, F20-S	2.5	65	12	1:7,500
7a	5	M65+		2.8	95	11	1:7,500
7b	5	F45+	Open7	2.9	90	12	1:10,000
8a	5	F35+		3.0	90	12	1:10,000
8b	5	M55+		2.9	100	12	1:10,000
9	5	F18-, M45+	F21S	3.1	110	14	1:10,000
10a	5	F20-, F21,		3.8	135	16	1:10,000
10b	5	M18-, M35+	M21S	3.6	120	16	1:10,000
11	5	M20-, M21		4.1	150	17	1:10,000

Additional Race Notes

The contour interval on the map is 5 metres.

Control descriptions will be on the map. In addition, loose control descriptions will be available in the start chute. Control description size for the longest courses is 14 x 5 cm. All others will be equal sized or shorter.

Water stops are marked on the map with the purple cup symbol. All courses will cross at least one water location, approximately midway through the course.

Note for M10-, F10-, M12-, F12-, Open1 and Open 2 participants: Courses 1 and 2 have a 120 m section of cleared and flagged (with flagging tape) route through the forest on their courses.

There will be a clothing drop at the start of the NAOC Middle. However, we ask people that if you do not need to bring anything extra to the start, please don't. And if you do, please limit it to a light jacket or extra long sleeve shirt. There is a 1 km hike from the start back to the parking lot. All the dropped clothing needs to be carried down that trail 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 start will get to the arena by the end of the race.

See Calabogie Mapper Notes in the previous 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.

The Middle 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.

A warm-up map will be available to pick up when you get off the shuttle bus to go to the start.

Quarantine

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

Location: 700 m from the arena, follow signs

Opens at: 10:00

Deadline for entry: 11:00

Departure: 60 minutes prior to your race start

Shuttle bus stop: 200 m from quarantine

Shuttle bus ride: approximately 3 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 early afternoon for lunch. Please support our local Ski Resort with your breakfast and lunch purchases!

Banquet: The Canadian Orienteering Festival Banquet takes place at the Calabogie Peaks Resort Ski Lodge at 18:00, after the day's races. Tickets were purchased in advance.

Silent Auction: The Team Canada Silent Auction Fundraiser takes place from 17:00 to 20:00 at the Ski Lodge, in conjunction with the Banquet. Team Canada would love to have donations for the Silent Auction from Participants. They can be left at the Registration / Information Desk whenever it is open.

Awards: The awards ceremony for the Middle event will take place at the banquet. Anyone who will be receiving a medal but is not at the banquet can ask at the Information desk about the exact timing of the awards ceremony.

Calabogie Camping: Campers can set up tents in the designated area beside the arena, between the two ski lifts and closer to the ski hill than the ski lodge. Please park your car in the parking lot. We ask that camper vans, tent trailers and RVs should use the big parking lot. The cafeteria will be open with food services during the day, and the ski lodge will remain open for washrooms all night. Campers will have access to the beach during opening hours.

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