

CANADIAN ORIENTEERING *festival*



featuring

Canadian Orienteering Championships

and

North American Orienteering Championships

Sprint Relay Race Notes

v. 2024-07-26



Toronto Orienteering Club
outdoor·active·urban

Organizing Clubs



Supporting Organizations



Wednesday, August 7

**NAOC Sprint Relay
Pen Tour & Team Canada Talks**

Kingston

Schedule and Timing

Date	Wednesday, August 7
Registration / Information Desk	8:30 to 14:00
Demo of start, handover, finish procedures	9:30
Quarantine entry for National team athletes	9:45 to 9:55
Mass Starts	Club 10:00; National Team 11:15; Kids 12:15
Courses Closing	13:15

Locations

Coordinates	44.219617, -76.522165
Map Location	Kingston
Parking Location	Beechgrove Complex
Parking to Arena	20 to 500 m (follow signs)
Arena to Start	0 m

Additional Activities

Awards Ceremony	13:15 Race site
Kingston Penitentiary Tour	16:00 Kingston Penitentiary
Team Canada Talk	19:30 Queens University, Kinesiology building

Course Information

The NAOC Sprint Relay will consist of three races – a club relay, a national team relay and a kids relay.

	Club Relay	National Team Relay	Kids Relay
Number of legs	3 person	4 person	3 person
Eligibility, restrictions	Everyone can participate; multi-club teams are permitted	At least 2 women on a team;	Individuals who are 16 years and under as of end of 2024, are eligible
Classes	Expert (0 to 2 points) Advanced (3 to 5 points) Sport (6+ points)	Youth (18-) Junior (20-) Senior (open)	No classes, but leg 1 and 3 are intermediate level; leg 2 is novice/easy intermediate level
Expected time for each leg (for fastest runners)	15 minutes	12½ to 13 minutes	15 minutes

Course	Gender	Course Length (km)	Climb (m)	Number of controls	Difficulty
National Team Relay					
Legs 1 and 4	Female	2.9	27.5	21	Hard
Legs 2 and 3	Male	3.2	35	23	Hard
Club Relay					
Leg1	Any	3.0 to 3.1	45	20	Hard Intermediate
Leg 2	Any	2.5	27.5	19	Easy Intermediate
Leg 3	Any	3.0 to 3.1	45	20	Hard Intermediate

Kids Relay					
Leg1	Any	2.5	30	17	Intermediate
Leg 2	Any	2.0	25	16	Novice
Leg 3	Any	2.5	30	17	Intermediate

Relay Registration

National Relay Teams will be registered by the Relay Teams coordinator for your country. All Club and Kids teams must register online no later than 14:00 on Monday, August 5. If you have a full team of 3 people, [use this form](#). If you have one or two people and are looking for teammates [use this form](#). You will need the names and clubs of each of the team members, the order you will be running in and the SI number for each athlete.

For Club Relay Participants

Each individual on a Club team is assigned points based on the following table. The class of the team is determined by the total points for the 3 team members.

Age as of 2024-12-31	Male	Female
16 and under	2 points	2 points
17 to 20	1 point	2 points
21 to 35	0 points	1 point
35 to 49	1 point	3 points
50 to 59	2 points	4 points
60 to 60	3 points	5 points
70 and over	5 points	6 points

For National Team Athletes

Demo of start, handover, finish procedures	9:30
Quarantine	Entry 9:45 to 9:55; 50 m from arena
Mass Start	11:15

Teams will be assigned by a national team delegate, appointed by the nation. Each nation may enter up to 16 teams in the National Team Relay, distributed amongst the 3 classes.

Additional Race Information

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

For the relay, there are no loose control descriptions. As is standard practice for relays, the control descriptions are only on the map.

The quarantine for the sprint relay is immediately adjacent to the arena. National Relay Team athletes may be present for the exchange instructions and demo prior to the start of the Club Relay. After the demo, you will be required to go to the quarantine area until the Club Relay is completed. The first leg runners will be released from quarantine after the Club Relay is completed. Second, third, and fourth leg runners will be released from quarantine to go to the exchange zone with enough time to be ready for their incoming teammate. Please follow the instructions of quarantine officials and the announcers.

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

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.

Additional Activities

Penitentiary Tour: After the relay, a swim at Gord Downie Pier, and a nice lunch along the waterfront (not the part embargoed for the Knock-Out Sprint!) we have a guided group tour scheduled for the Kingston Penitentiary that you ran through as part of the Sprint race on Tuesday evening. Tickets were purchased in advance, but there may be a few to spare. Ask at the Registration/Information Desk if you are interested in learning about the long history, of this maximum-security institution. If you have a ticket, we will be meeting at 16:00 at the main entrance to the Pen on King Street West, where the Tours start. We will be divided into smaller groups of 10 to 20 people, with a group starting their tour every 5 to 10 minutes. The tour lasts approximately 90 minutes.

Team Canada Talks: After the Pen Tour, and a bite to eat, it will be time to head over to Queen's University for a series of short talks by Team Canada Athletes. Plan to be at the Kinesiology and Health Sciences building, at 7:30 for 90 minutes of enlightenment, entertainment and motivation as Team Canada athletes share their experiences with us. The JWOC team will be regaling us with stories of their trip to Czechia recently. Emma Waddington will be sharing her Masters research on orienteering and brain health with us. And more! This is a fundraiser for Team Canada, so please be generous with your donations. The Kin building is at the corner of Division Street and Union. We will be in Room 100. See you there!