



Okanagan Adventure Running Tournament



Kelowna, BC



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General Information

Race Format

Seven great races in brand new terrain over two days. The first day will be all individual start sprints with standard winning times. The results from these four races will be used as seeding for the heats on Sunday. The heats taking place on Sunday will have 5 to 6 people on them depending on the number of participants. Participants will be ranked based on the average placing of their 3 best Saturday events. The top ranked runner will be placed first in the first heat and the final ranked runner will be placed in the final heat. All other runners will be placed in between based on their total time. In each heat the top two runners will move up a heat and the bottom two runners will move down a heat. For heats the fastest heats will start last with the slowest heats going first.

Wildlife

There should be no large animals on any of the maps, but on the forest-maps please do be aware that there could be wildlife present even if it is uncommon. Ticks are common on the Academy Hill map and may be found in other forested areas. Please check for ticks after any running where you may have brushed up against trees or bushes.

Starts

The route to the start will be marked with either orange flagging tape, orange pin flags or a combination of the two. Please follow these markers when going to the start. Event officials will be able to direct you to the route to start.

Other Users

Please be aware that while we are running a race the courses are not closed. Be alert when running that there will be cars on the streets as well as other people around.

Special Symbols

These are additional symbols on the map this weekend that are not a part of the ISSOM 2007 standard.

- Large Transformer Box
- ✕ Pile of Logs
- ✕ Large Anthill (>0.5m)
- ✕ Spray Park Equipment
- Temporary Fence Around Construction



Timing

SI timing will be used for all events. SI air will not be used.

Thank You

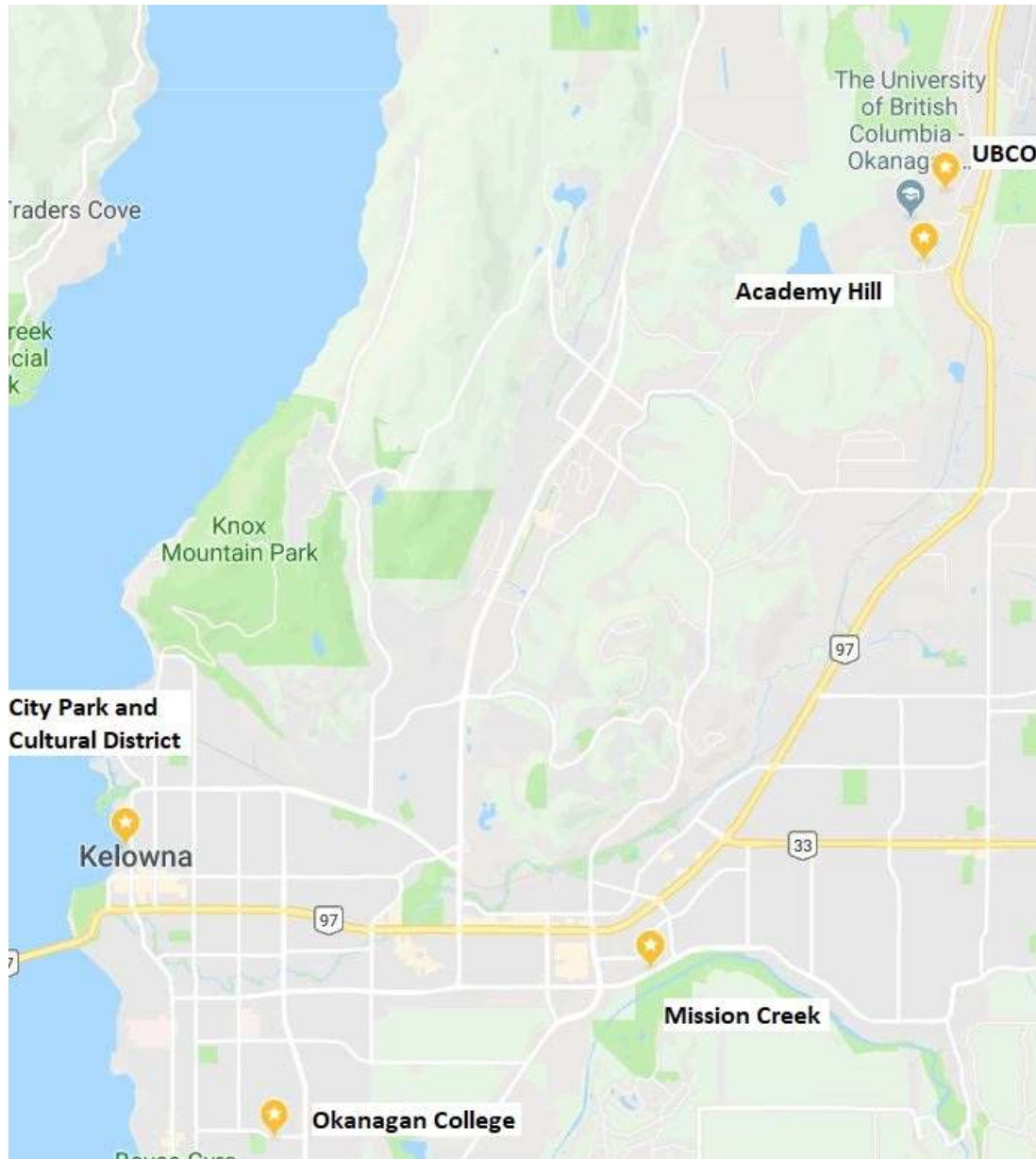
Thank you to all participants for coming to the first ever Okanagan Adventure Running Tournament. This event is a fundraiser to help the event organizers with travel expenses to Hungary for the Junior World Orienteering Championships and to Whitehorse, Yukon for the North American and Canadian Orienteering Championships. We hope you enjoy your weekend of racing!

Schedule Overview

Time	Event	Location	Terrain
Saturday May 5th			
9:00-10:45	Sign in and Race 1 – Trails Only	Mission Creek Regional Park	Forest
Moving Locations (10-15 minute drive)			
11:00-12:15	Race 2 - Farsta	Okanagan College- KLO Campus	Urban / Park
Moving Locations and Lunch (10-15 minute drive)			
1:30-2:45	Race 3	City Park	Park
3:00-4:15	Race 4	Cultural District	Urban / Park
Sunday May 6th			
9:00-10:15	Race 5 - Quarters	Academy Hill	Forest
10:30-11:45	Race 6 – Semis	UBCO	Urban
12:00-1:30	Race 7- Finals	UBCO	Urban / Forest
2:00	Awards	UBCO	Commons Field



Location Map



- Day 1
 - Mission Creek
 - Okanagan College
 - City Park
 - Cultural District
- Day 2
 - Academy Hill
 - UBCO 1
 - UBCO



Saturday May 5th

Saturday's event will consist of traditional individual start orienteering races. Your results from the Saturday races will determine your start position in Sunday's heats.

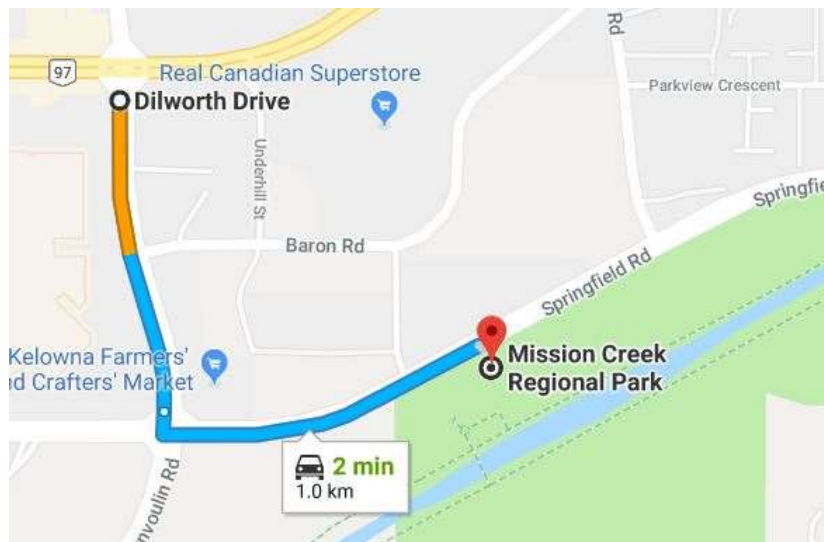
Driving to Mission Creek

Address for your GPS: Mission Creek Regional Park

2363 Springfield Rd, Kelowna, BC V1X 7N7

From the North: From **Highway 97** turn **left** onto **Dilworth Drive**, in 500m turn **left** onto **Springfield road**, **Mission Creek Regional Park** will be on the **right**.

From the South: From **Highway 97** turn **right** onto **Dilworth Drive**, in 500m turn **left** onto **Springfield road**, **Mission Creek Regional Park** will be on the **right**.



Mission Creek Regional Park

NOTE: This event is on trails only! Going off of trails is prohibited and any competitors found to have done so will be **DISQUALIFIED**.

Registration

Time: 9:00-10:00

Registration will begin at 9:00 AM at the covered picnic area located at the East end of the park. All participants will need to sign a waiver for the weekend at registration before they are allowed to race. SI rentals, Sage memberships, and compass loans will be available at the registration as well. Map bags can also be picked up at registration. Keep your map bag for the weekend as this is the only one that you will be given. Bring your map bag with you to each start and you can put your map inside of it.



Mission Creek Regional Park Trails Only Event

- **Time:** 10:00-10:45
- **Course Planner:** Rachel May
- **Race Format:** Traditional Orienteering Sprint Course - Interval Start, EWT 12-15 minutes
- **Start:** There will be pin flags or flagging to guide you to the start of the event
- **Map:** A brand new ISSOM Map made specifically for this event
- **Scale:** 1:5000
- **Contours:** 2m
- **Control Descriptions:** yes
- **Terrain Description:** Forest sprint restricted to trails only (permitting issues unfortunately) - but high trail density and winding trails with elevation change will challenge your route choice abilities
- **Shoe Recommendation:** spikes or trail runners
- **Course Description:** 3.3km, 13 controls, 60 meters of climb



Bathrooms for Mission Creek can be found South of the playground, adjacent to the parking lot.

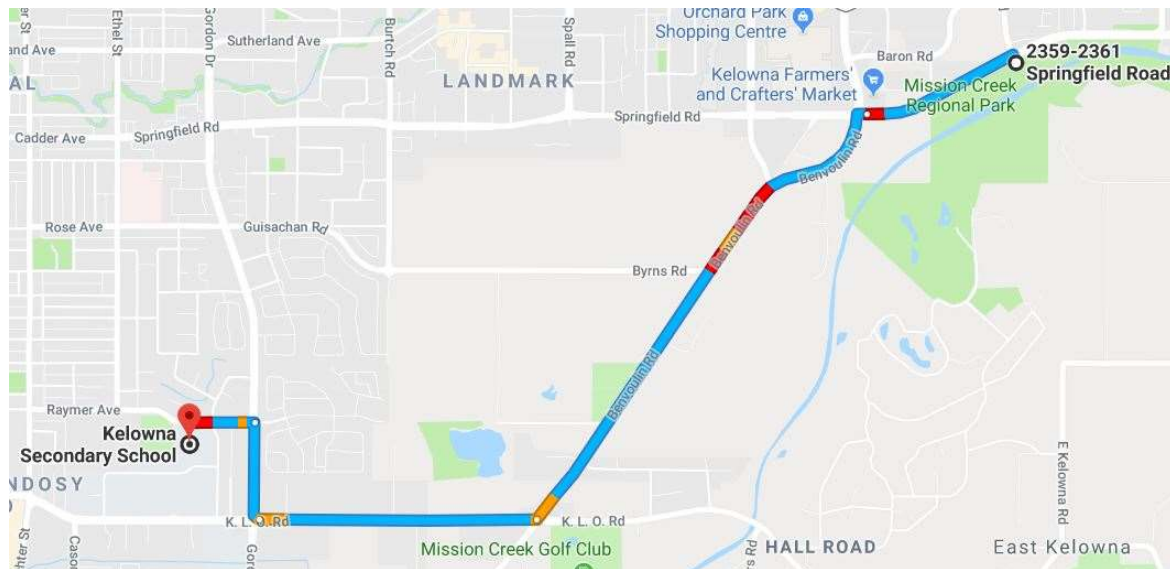


Driving from Mission Creek to the Okanagan College

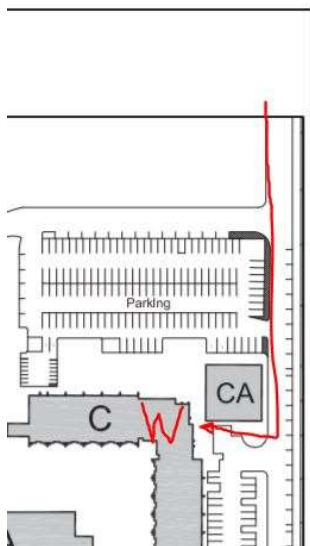
Address for your GPS: Kelowna Secondary School

1079 Raymer Ave, Kelowna, BC V1Y 4Z7

Driving instructions: Take the **East** exit from the Park and turn **left** onto **Springfield Road** (you are not allowed to turn left at the west exit so be sure to use the eastern-most exit), follow Springfield Road for 750m before turning **left** onto **Benvoulin Road**, in 2.4km turn **right** onto **K.L.O. Road**, in 1.2km turn **right** onto **Gordon Drive**, in 450m turn **left** onto **Raymer Avenue**, **Kelowna Secondary School** will be on the left with parking for free in the school's parking lot.



Washrooms at the Okanagan College are located in the Lab Building.



To get to the washrooms follow the road on the North Side of the Kelowna Secondary School Parking lots East towards the Okanagan College Campus. Enter the Lab Building from the North West side to find the washrooms. Please follow this route as all other areas of the Okanagan College KLO Campus are embargoed prior to the race.



Okanagan College - KLO Campus

- **Time:** MANDATORY pre-race instructions at 11:15 with race start at 11:30.
- **Course Planner:** Alexander Corbett
- **Race Format:** Farsta – Mass Start EWT 12-15 minutes
- **Map:** Brand new ISSOM2007 made in 2018
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** no
- **Terrain Description:** Flat campus terrain and surrounding streets
- **Shoe Recommendation:** Road runners or light trail shoes
- **Course Description:** 2.8km, 23 controls, 8 meters of climb



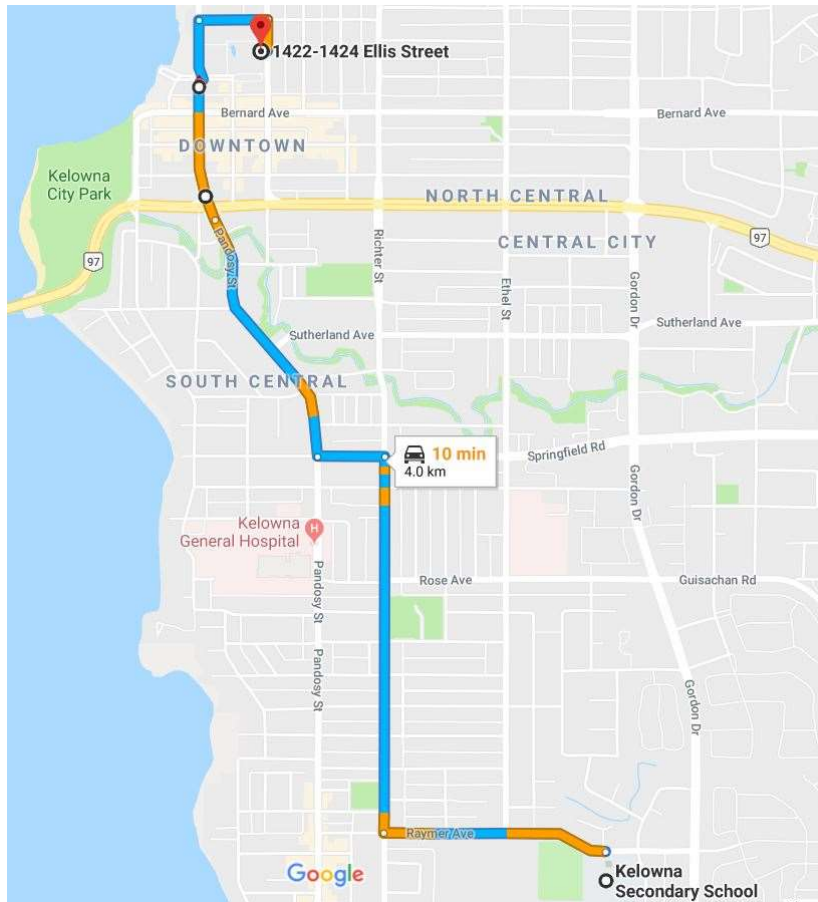
Directions from the Okanagan College to Parking for the Afternoon Events

PLEASE: Follow these driving instructions to avoid driving through the middle of the afternoon's race course.

Driving Instructions: From **Kelowna Secondary School** head **West** on **Raymer Avenue** (this means going past the school field on your left), turn **right** onto **Richter Street**, after 1.2km, turn **left** onto **Cadder Avenue**, take the first **right** onto **Pandosy Street**, stay on Pandosy Street and **continue straight** onto **Water Street**, at the roundabout **continue straight** to stay on **Water**



Street, turn **right** onto **Doyle Avenue**, turn **right** onto **Ellis Street**, **Memorial Parkade with free parking will be on your right.**



For taller vehicles: pay parking can be found along **Water Street** and **Doyle Avenue**.

Walking to the afternoon's finish area: Return to **Ellis Street** and return **North** along the street the way you drove in, turn **left** onto **Doyle Avenue**, the park across the street from where **Doyle Avenue** meets **Water Street** is the **location of the finish and arena for the afternoon's events.**

Washrooms are located right by the finish area for both the City Park and Cultural District events.

This route **MUST** be followed as all other areas are embargoed.



City Park

- **Time:** 1:30-2:45
- **Course Planner:** David Bakker
- **Race Format:** Traditional Orienteering Sprint Course - Interval Start, EWT 12-15 minutes
- **Map:** Brand new made in 2017-2018 ISSOM sprint map
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** yes
- **Terrain Description:** Park terrain, with some urban environment as well
- **Shoe Recommendation:** Trail shoes
- **Course Description:** 2.9km, 26 controls, 10 meters of climb

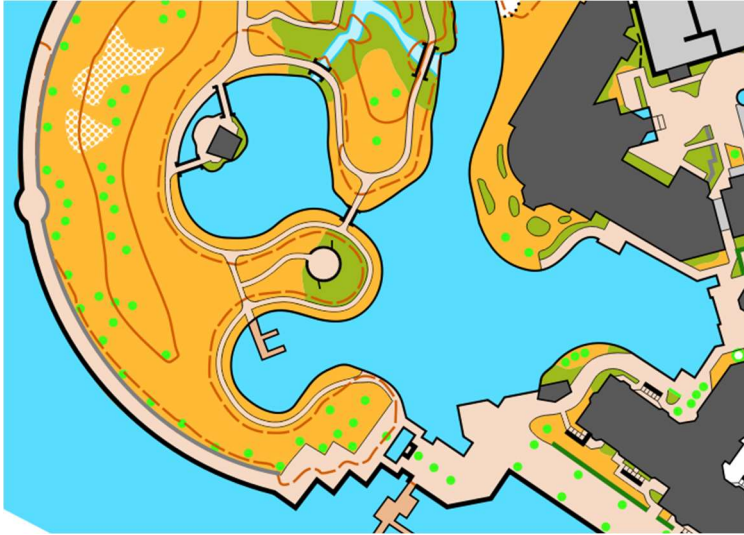


Cultural District

- **Time:** 3:00-4:15
- **Course Planner:** David Bakker
- **Race Format:** Traditional Orienteering Sprint Course - Interval Start, EWT 12-15 minutes
- **Map:** Brand new made in 2017-2018 ISSOM sprint map
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** yes
- **Terrain Description:** A beautiful mixture of park, complex buildings and passage ways
- **Special Information:** There is an untimed road crossing on this course. There will be a marshal at the road to direct you. Listen to the marshal's directions when crossing the road
- **Shoe Recommendation:** Road runners



- **Course Description:** 4.3km, 26 controls, 20 meters of climb

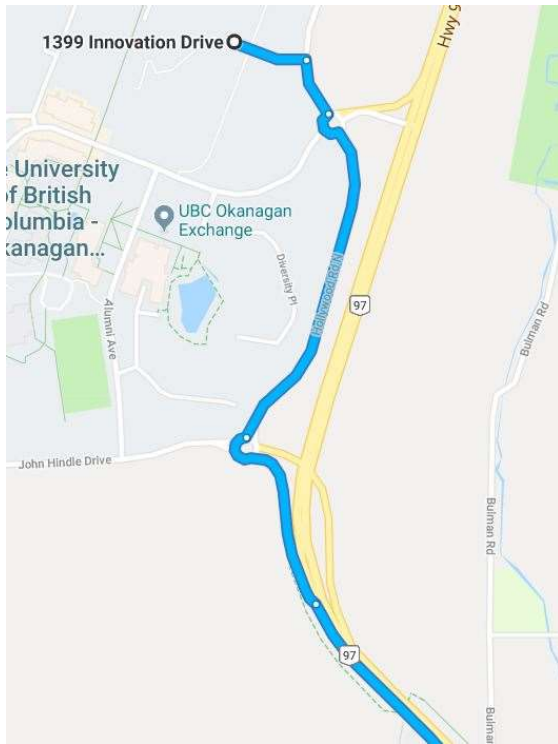


Sunday May 6th

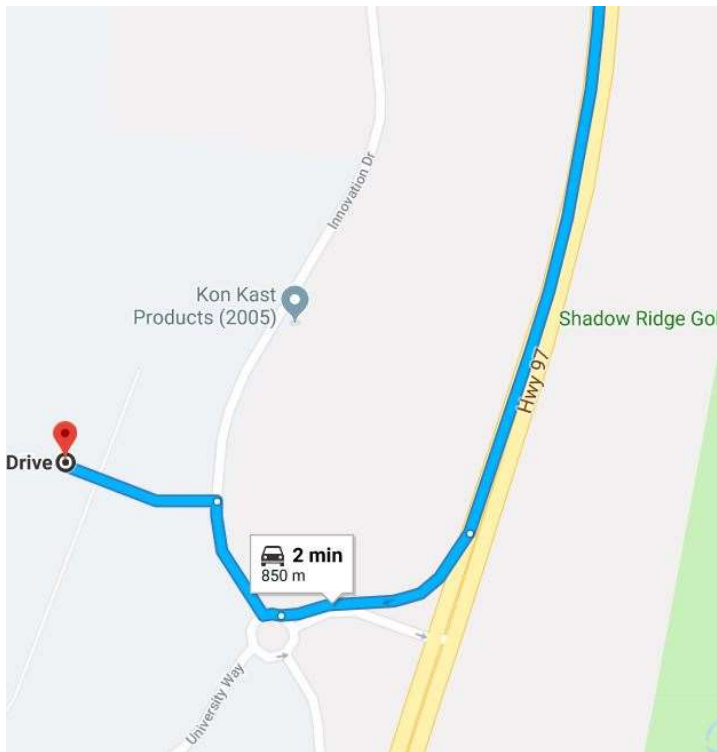
Sunday's races will be heats of 5 or 6 people racing on forked courses. Please see general information for a more detailed description. The seeding for the event will be based on Sunday's times.

Driving Instructions for Sunday's Events

Driving from the South: Follow **Highway 97 North** from Kelowna, take the **exit for UBC Okanagan**, at the roundabout take the **first exit** onto **Hollywood Rd North**, at the roundabout take the **second exit** onto **Innovation Drive**, take the first **left** into **H-Lot**. This is where you will park for all of Sunday's events.



Driving from the North: Follow **Highway 97 South** into Kelowna, take the **exit for UBC Okanagan**, at the roundabout take the **first exit** onto **Innovation Drive**, take the **first left** into **H-Lot**. This is where you will park for all of Sunday's events.





The arena for Sunday's events will be at the South end of the Commons marked with a star. To get there follow the path along the hill to the west of the parking lot. Bathrooms are located in the lower floor of the University Center at the south end of the field.



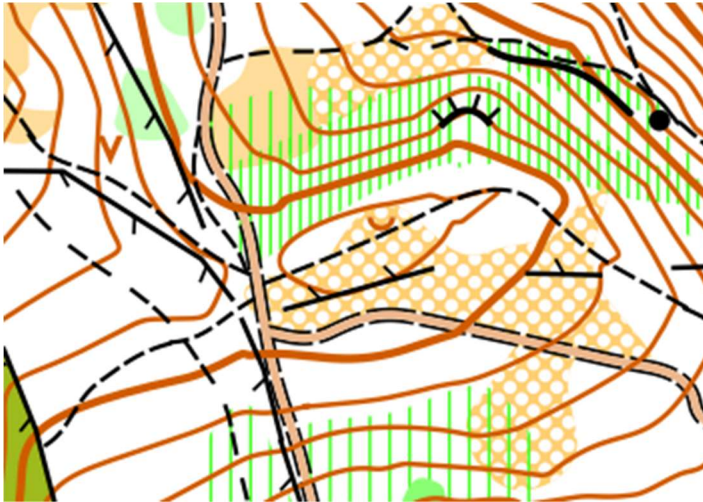
Academy Hill - Round 1

- **Time:** 9:00-10:15
- **Course Planner:** Rachel May
- **Race Format:** Mass Start orienteering heats, EWT 12-15 minutes
- **Map:** Brand new ISSOM map just for this event
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** yes
- **Terrain Description:** Ponderosa pine forest, side-hill varying from high visibility and fast runnability to very dense vegetation. Moderate trail network, very hilly
- **Course Description:** 2.3km, 18 controls, 64 climb??
- **Shoe Recommendation:** Spikes or good trail runners (this event takes place on a steep hillside)
- **Special Information:** This course finishes on the far end of Academy Hill from the start to avoid a course with too much climb. From the finish please follow the trail that the races



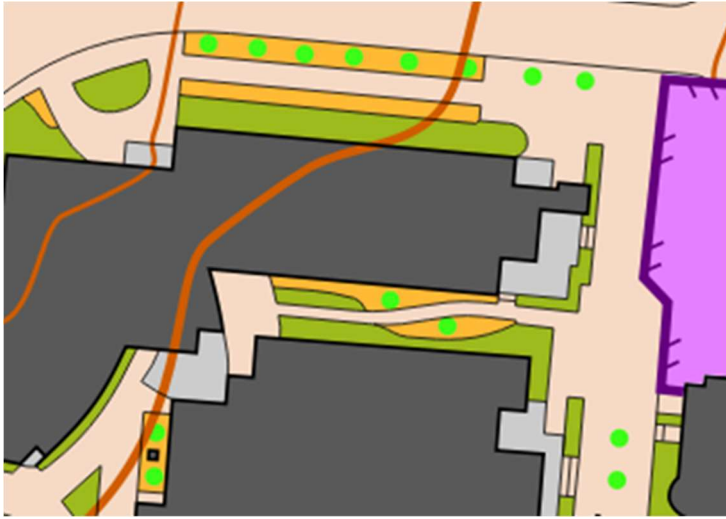
finish on to the North alongside the edge of the farmers field to your right. Once you reach the end of the field and the University Campus follow the same marked route to the assembly area that you took to get to the start. It is very important that you follow this route as the other areas on campus are embargoed for the afternoon event.

- **IMPORTANT:** Please remember to download when you return to the University Campus and assembly area



UBCO - Round 2

- **Time:** 10:30-11:45
- **Course Planner:** Alexander Corbett
- **Race Format:** Mass start orienteering heats, EWT 12-15 minutes
- **Map:** Brand new ISSOM map just for this event
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** yes
- **Terrain Description:** Urban university campus
- **Shoe Recommendation:** Road runners
- **Course Description:** 3.2km, 26 controls, 50 meters of climb



UBCO - Round 3

- **Time:** 12:00-1:30
- **Course Planner:** Alexander Corbett
- **Race Format:** Mass start orienteering heats, EWT 12-15 minutes
- **Map:** Brand new ISSOM map just for this event
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** yes
- **Terrain Description:** Technical campus and very open ponderosa pine forest
- **Shoe Recommendation:** Trail runners
- **Course Description:** 3.6km, 26 controls, 80 meters of climb



Awards

Awards will take place at 2:00 PM on the Commons following the final race with pies awarded to the top junior male and female and top senior male and female runners. Junior runners are all runners born after and including 1998.