



The Stars Orienteering Club are happy to host the 2016 Ontario Orienteering Championships in Waterloo and Georgetown, Ontario on May 7 & 8. The middle distance is the first event will be hosted at Columbia Forest at the edge of Waterloo, on a brand new map and area for orienteering. The sprint distance will be hosted on the University of Waterloo campus, a complex urban area with a variety of navigation challenges. This event will take place in the late afternoon (it is a 10 minute drive from the middle event location) . This venue was used when the Stars last hosted the Ontario Champs in 2012. The long distance will be hosted at Mono Cliffs, which features the Niagara Escarpment and many orienteering challenges suitable for a long distance event and was used before in 2006 for the Canadian Orienteering Championships.

Schedule

Saturday May 7, 2016

Registration: 12:00 -12:45 at Abraham Erb Public School

and 15:45 – 16:45 Outside the Student Life Centre University of Waterloo

Middle First Start: 12:45

Awards: 15:00

Course Closes: 15:45

Sprint First Start: 16:45

Awards: 18:30

Course Closes: 18:45

Sunday May 8, 2016

Long First Start: 10:00

Awards: 13:30

Course Closes: 14:00

Organization and Information

Event Directors: Ian Sidders / Ilona Dobos

Event website: <http://stars.whyjustrun.ca/events/view/2270>

Event registration email: stars_orienteing@yahoo.ca

Accommodation

<https://uwaterloo.ca/housing/short-term-accommodations> for Middle & Sprint Events

<http://orangevilletourism.ca/accommodations/> near the Long Event

Registration

Event registration pick up and signed waiver submission will be held before each event.

Embargoed Areas

Columbia Forest for 2 months before the event. All areas of the University of Waterloo except for parking lots M & N and registration area on the day of the event. Mono Cliffs Provincial Park for 2 months before the event.

Awards

Ontario Championship medals will be awarded for 1st, 2nd and 3rd in M/F 12, M/F 13-14, M/F 15-16, M/F 17-21 and M/F 21-34 in all three disciplines. For older age groups, only 1st medals will be awarded for each 3 events. Champions are encouraged to donate excess medals for future use.

Middle Distance: Columbia Forest

PLEASE NOTE PARKING WILL NOT BE AVAILABLE UNTIL 12:00 NOON AS A PREVIOUS EVENT AT THE SCHOOL ENDS AT 11:30 am. THERE IS A STRIP MALL NORTH EAST SIDE OF ERBSVILLE ROAD & LAURELWOOD FOR COFFEE IF YOU ARE EARLY!

IOSSM 1:10,000 3 m contours Created in 2015

Terrain: Open hilly, woodland with trails and many marshy ponds.

Safety Bearing: East to the edge of housing. There are trails run along the back of these properties to the start and finish, and some access points to streets leading towards the assembly area.

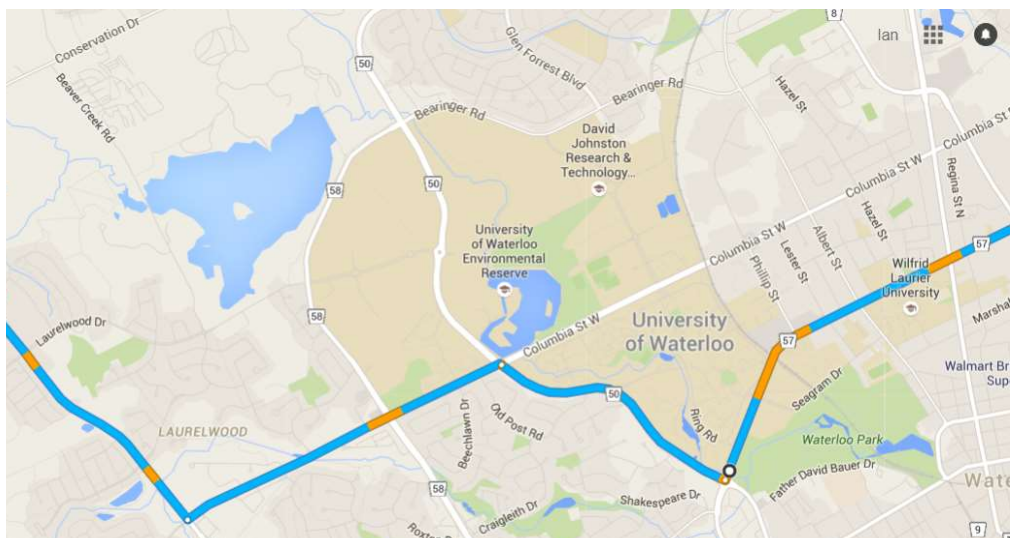
Course Planner: Nick Duca

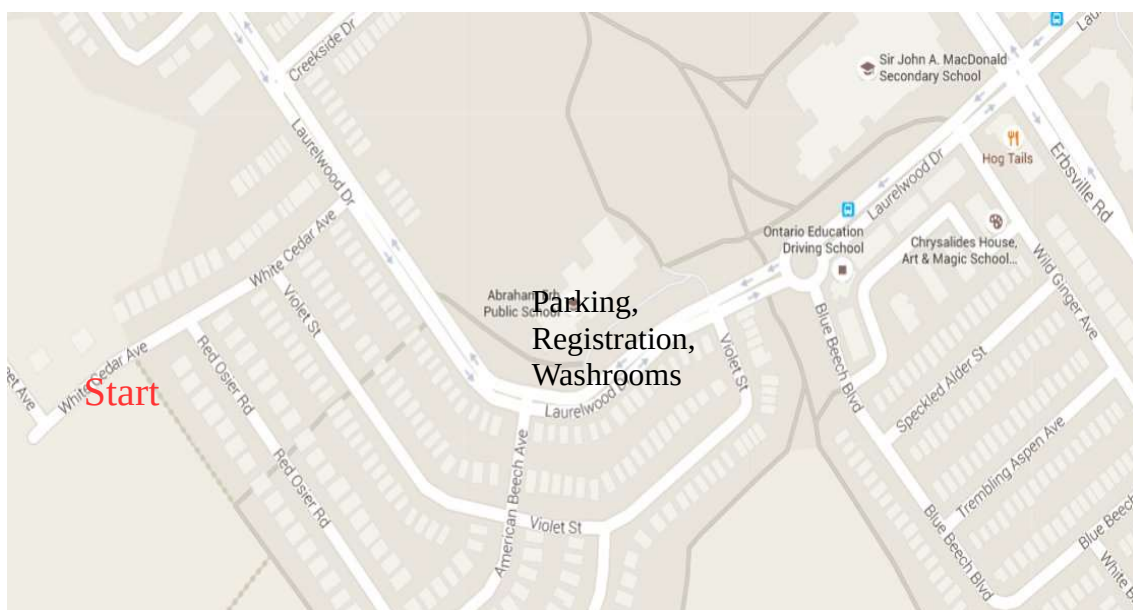
Directions: From Hwy 401 east or west take the Hwy 8 west exit to Kitchener Waterloo. Merge right onto Hwy 85 N to Waterloo. Exit onto University Avenue West (Waterloo Regional Road 57). After passing the University of Waterloo, turn right onto Westmount Road (Waterloo Regional Road 50) heading north to Columbia Street West. Turn left, traveling west, on Columbia Street. Turn right onto Erbsville Road North (Waterloo Regional Road 70. See the map below). Pass Columbia Forest/ Willow Wood Drive then turn left onto Laurelwood Drive to the parking at Abraham Erb Public School (see 2nd map below) which is on the right. Washrooms are located at the school. The start is on White Cedar Avenue, around the corner, second left from the school off of Laurelwood Drive.

PARKING: Park in the Abraham Erb Public School lot after 12:00 pm.

WASHROOMS: Washrooms are located in Abraham Erb Public School after 12 pm until 3 pm.

START: Follow Laurelwood Drive north to White Cedar Avenue. Proceed along White Cedar Avenue to the start. Distance – 500 m or 10 minutes.





Middle Course	1	2	3	4	5	6	7	8
	W12 M12	W13-14 M13-14	W15- 16 M15- 16 W55 – 64 M65 – 74	W65 – 74 M75 – 79 W75 - 79 W80 – 84 M80 – 84 W85 + M85 +	W45 - 54 M55 - 64	W17-20 W35 – 44 M45 – 54	M17-20 W21-34 M35-44	M21-34
Course Length	2.01 km	2.18 km	3.05 km	2.15 km	3.41 km	3.61 km	4.12 km	4.64 km
# of Controls	10	12	12	11	12	14	16	23

Course Planner Notes:

This forest surrounded by roads and developments has many runners and mountain bikers using the area. Jumps and ramps created by mountain bikers are not marked on the map. The swamp and ponds are sensitive areas and the courses were set to avoid these. There is a large fenced in area on part of the map that is private property and strictly out-of-bounds.

Sprint Event: University of Waterloo

IOSSM 1:4,000 1.5 m Contours Created in 2015

Terrain: University campus and residences.

Course Planner: Heidi Langenberg with Nick Duca

DIRECTIONS from the Middle Event: Go South on Erbsville Road (Waterloo Regional Road 70). Turn right onto Columbia Street West, heading east towards the university. Go past Westmount Road and take the second right, Hagy Blvd., into the north entrance to the University of Waterloo. Drive to parking at Lot M or N

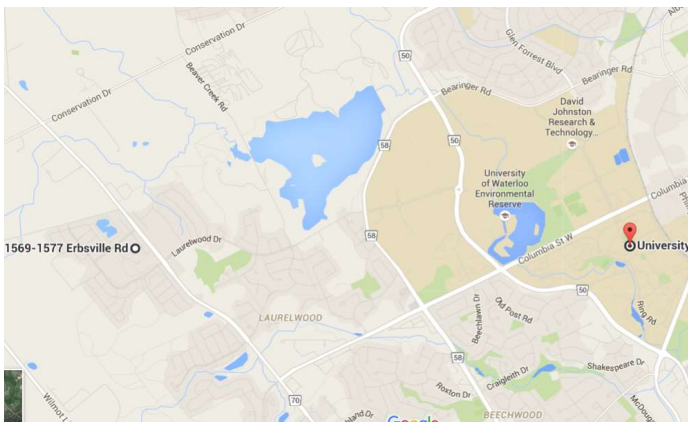
DIRECTIONS from Hwy 401 east or west: Take Hwy 8 west to Kitchener Waterloo, merge right onto Hwy 85 N to Waterloo. Exit onto University Avenue West (Waterloo Regional Road 57). Turn right at King Street and then left onto Columbia Street. Turn left at Hagy Blvd. into the north entrance to the University of Waterloo.

PARKING: Park in Lot M or N. Parking is \$5 in Lot N and \$6 in Lot M. (Parking tickets are good all day.) Follow directions to the registration area adjacent to the Student Life Centre. See the map below for parking details.

WASHROOMS: Washrooms are located at the Student Life Centre (west entrance) and a Tim Horton's & Subway are also conveniently located in there.

REGISTRATION: Follow directions to the registration area adjacent to the Student Life Centre.

START: The start will be located across the Ring Road from the west end of Parking Lot M. Distance – 200 m or 5 minutes.



Sprint Course	1	2	3	4	5
	W12	W55 – 64	W45 -54	W15- 16	M17 – 20
	M12	W65 – 74	M55 - 64	M15- 16	M21 – 34
	W13-14	W75 - 79	M65 – 74	W17 – 20	M35 – 44
	M13-14	M75 – 79		W21 - 34	M45 – 545
		W80 – 84		W35 - 44	
		M80 – 84			
		W85 +			
		M85 +			

Course Length	1.2 km	1.4 km	2.2 km	2.5 km	2.9 km
# of Controls	10	11	16	17	21

Course Setter Notes:

The campus has many Canada Geese throughout. They are mostly a nuisance but at this time of year may be more aggressive if nesting along route choices. The course was set to avoid nesting sites but we cannot control your choice. Please do not approach any geese nesting. Provoked geese will fly at your head. Please duck run away from nests and geese.

Travelling through any buildings is strictly prohibited though doors may be open or unlocked.

There is one road crossing necessary on all courses. Crossing is only allowed at the designated spot on the map. Vehicles must stop to yield to runners at that intersection. This area will be monitored by event personnel.

Long Distance: Mono Cliffs Provincial Park

IOSSM 1:10,000 5 m Contours Updated in 2015

Terrain: Wooded escarpment topography.

Safety Bearing: East will lead racers to the escarpment, Bruce Trail or 3rd line.

Course Planner: Dale Sukehall with Nick Duca

DIRECTIONS from Waterloo: Take Hwy 85 south to Hwy 7 east towards Guelph. Go north on Hwy 6 to Fergus. Turn right on the Orangeville-Fergus Road, Regional Road 3. Take Hwy 10 north at Orangeville. Turn right onto Mono Centre Rd/Dufferin County Rd 8. Follow the signs to Mono Cliffs Provincial Park (8.2 km). Turn right at Mono Centre. Turn left onto 3rd Line.

DIRECTIONS from Highway 401:Traveling east or west on Hwy 401 take Hwy 410 North, which turns into Hwy 10 north just above Brampton. Continue on Hwy 10 for 37.7 km. Turn right onto Mono Centre Rd/ Dufferin County Rd 8. Follow the signs to Mono Cliffs Provincial Park (8.2 km). Turn right at Mono Centre. Turn left onto 3rd Line.

PARKING: Park in the lot on the west side of 3rd Line at the park entrance.

WASHROOMS: Washrooms are located at the north end of the parking lot.

START: Follow the trail from north end of the parking lot to the start. Distance – 200 m or 5 minutes.



Ontario Parks Mono Cliffs

Trail Legend

- Carriage Trail
- Splice Trail
- Cliff Top Trail
- McCasston's Lake
- South Outer Trail
- Lookout Trail
- Bruce Trail

Permitted Uses Legend

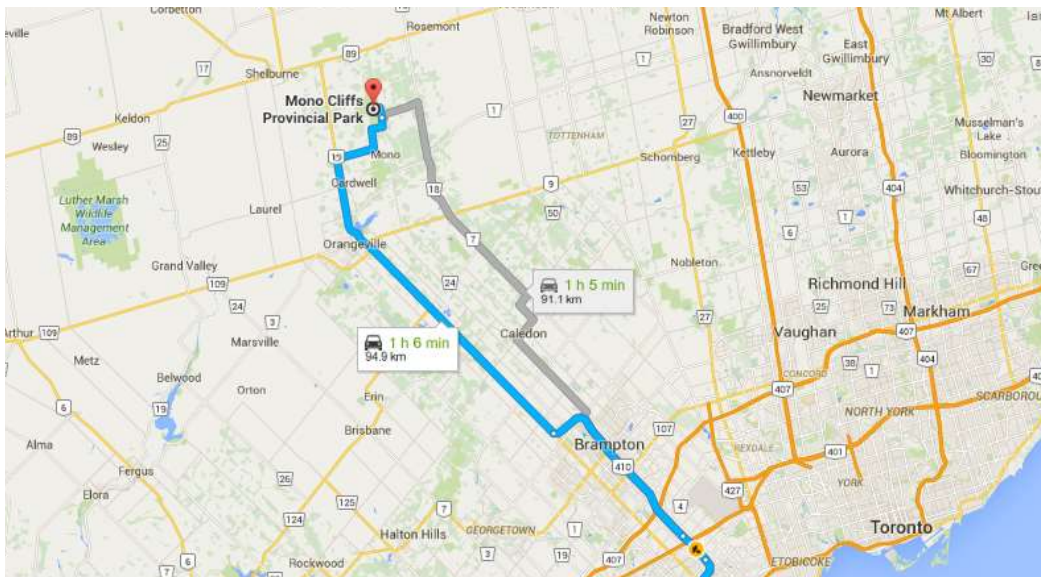
- hiking
- biking
- horseback riding

metres 0 300 metres scale

25th Sideroad
3rd Line E.H.S.
2nd Line E.H.S.
Mass Centre
Park Entrance
Road 8

Park User's Code

- Stay on marked trails. Trail markers indicate permitted uses (i.e. hiking, biking and/or horses).
- Some trails have been closed to protect Nature Reserve areas and other sensitive plant and animal habitat. Please respect these closures.
- Keep dogs and horses under control at all times. All dogs must be leashed.
- Motorized vehicles are not permitted.
- Do not climb fences - use the sides.
- Use switch backs on steep trails - short cuts increase erosion and damage to existing trails.
- Caving, rock climbing, and scrambling are not permitted.
- Fires are prohibited.
- Application must be made for any environmental studies and research in the park. Contact the Park Superintendent.
- Note the following yield relationships between user groups.



Long Course	1	2	3	4	5	6	7	8
	W12 M12	W13-14 M13-14	W15- 16 M15- 16 W55 – 64 M65 – 74	W65 – 74 M75 – 79 W75 – 79 W80 – 84 M80 – 84 W85 + M85 +	W45 - 54 M55 - 64	W17-20 W35 – 44 M45 – 54	M17-20 W21-34 M35-44	M21-34
Course Length	3.21 km	3.76 km	4.72 km	4.14 km	5.67 km	7.71 km	8.51 km	11.24 km
# of Controls	11	14	15	11	13	18	26	29

Course Setter Notes:

This forested areas is crossed north south by the Niagara Escarpment and sections of the Bruce Trail. A recent ice storm did substantial damage to trees meaning some routes may be more difficult than mapped due to downed limbs and trunks. Many fences cross this property making convenient handrails but with some being difficult to climb.

Start List

name	club	middle	climiddle	stLong	ClassLong	Start	Sprint	ClassSprint
Anker Maurice	Rambler OC (R	M65-74		13:25	M65-74	10:20	M65-74	17:04
Bakker Cathy	Ottawa OC	M55-64		13:48	F45-54	10:12	F45-54	16:54
Bakker Jerry	Toronto OC (TOC	M55-64		13:06	M55-64	10:36	M55-64	16:56
Ballock David	DontGetLost	M65-74		13:23	M65-74	10:08	M65-74	17:07
Bamba Yoko	Toronto OC (TOC	F35-44		13:14	F35-44	10:19	F35-44	17:13
Berg Amy	Star							
Berg Aaron	Star							
Berg Julianne	Star						M35-44	17:17
Bergstrom Alexander	Ottawa OC	M21E		13:27	M21E	F12		16:49
Bergstrom Stefan	Ottawa OC	M55-64		13:04	M55-64	10:03	M21E	17:01
Birnie Glen	DontGetLost	M55-64		13:08	M55-64	10:47	M55-64	17:01
Bogart Mark	Toronto OC (TOC	M21E		13:23	M21E	10:29	M55-64	17:00
Bodgen Selina	Toronto OC (TOC	F21E		13:20	F21E	10:26	M21E	16:48
Bratland Anita	Ottawa OC	F55-64		13:09	F55-64	10:16	F21E	17:17
Bu Yiyuan	Toronto OC (TOC	M35-44		13:38	M35-44	10:29	F55-64	17:25
Campbell Barb	DontGetLost	F55-64		13:07	F55-64	10:32	F55-64	17:25
Chubynsky Myka	Ottawa OC	M35-44		13:34	M35-44	10:19	M35-44	17:21
Chung Raymond	Toronto OC (TOC	M45-54		13:08	M45-54	10:35	M45-54	17:08
Cliban Julia	Star	F45-54		13:04	F45-54	10:24	F45-54	16:50
Cicci Tiberto	Star	M75-79		13:27	M75-79	10:43	M75-79	17:42
Connell James	Ottawa OC	M35-44		13:28	M35-44	10:43	M35-44	17:19
Connell Linda	Ottawa OC	F65-74		12:50	F65-74	10:10	F65-74	17:30
Cornell Andrew	Ottawa OC	M55-64		13:18	M55-64	10:50	M55-64	16:57
Cybulski Nadine	Rambler OC (R	F35-44		12:46	F35-44	10:14	F35-44	16:45
Dobos Peter	Star	M75-79		13:27	M75-79	10:43	M75-79	17:42
Dorsey Sianna	DontGetLost	F15-16		12:45	F15-16	10:27	F15-16	17:32
Dorsey Skyeigh	DontGetLost	F12		12:48	F12	10:03	F12	16:48
Duca Alin	Star	M35-44		13:36	M35-44	10:25	M35-44	17:18
Duca Val	Star	F35-44		12:56	F35-44	10:02		
Eames Vera	Star	F55-64		13:46	F55-64	10:59		
Falardeau Francis	Rambler OC (R	M21E		13:29	M21E	10:09	M21E	16:57
Farrand Graeme	DontGetLost	M15-16		12:49	M15-16	10:31	M15-16	17:23
Findlay Janet	DontGetLost (R	M45-54		13:49	M45-54	10:26	F55-64	17:09
Fransson Hans	DontGetLost	M21E		13:01	M21E	10:33	M21E	16:54
Fransson Jack	DontGetLost	M13-14		12:55	M13-14	10:19	M12	16:54
Fransson Lia	DontGetLost	F12		12:47	F12	10:08	F12	16:47
Gadjanski Emil	DontGetLost	M45-54		13:12	M45-54	10:56	M45-54	17:15
Gadjanski Erik	DontGetLost	F45-54		12:50	F45-54	10:18	F45-54	16:47
Gadjanski Owen	DontGetLost	M15-16		12:55	M15-16	10:40	M15-16	17:20
Gavrilov Vladimir	Rambler OC (R	M65-74		13:17	M65-74	10:11	M65-74	17:02
Gavrilova Lina	Rambler OC (R	F65-74		12:52	F65-74	10:06	F65-74	17:32
Gibbard Evan	Ottawa OC	M15-16		12:51	M15-16	10:37	M15-16	17:19
Gibbard Lyle	Ottawa OC	M17-20		13:00	M17-20	10:23	M17-20	17:07
Gibbard Mark	Ottawa OC	M45-54		13:00	M45-54	10:23	M45-54	17:06
Glen Bruce	Rambler OC (R	M45-54		13:08	M45-54	10:44	M45-54	17:14
Glen Elaine	Rambler OC (R	F45-54		13:02	F45-54	10:18	F45-54	16:52
Golovanov Dmitri	Rambler OC (R	M45-54		13:32	M45-54	10:14	M45-54	17:05
Graham Brian	Ottawa OC	M45-54		13:24	M45-54	10:37	M45-54	17:07
Graham Marketa	Ottawa OC	F45-54		12:56	F45-54	10:06	F45-54	16:48
Graham Robert	Ottawa OC	M21E		13:17	M21E	10:12	M21E	16:49
Graham Tomas	Ottawa OC	M21E		12:49	M21E	10:27	M21E	16:48
Gutormsen Lorna	Ottawa OC	F65-74		12:46	F65-74	10:13	F65-74	17:33
Gutormsen Richard	Ottawa OC	M65-74		13:24	M65-74	10:14	M65-74	16:53
Hambly Derrick	Star	M21E		12:47	M21E	10:06	M21E	16:59
Havas Jan	Toronto OC (TOC	M21E		13:25	M21E	10:36	M21E	17:03
Holmes Vivienne	DontGetLost						F15-16	17:31
Hori Naomi	Star	F21E		13:22				
Hunter David	Rambler OC (R	M65-74		13:22	M65-74	10:17	M65-74	17:09
Hunter Gord	Ottawa OC	M65-74		13:19	M65-74	10:23	M65-74	17:10
Innes Mark	Ukrainian OC (UCO					10:15		
Irvine Sylvastian	Ottawa OC	M45-54		13:26	M45-54	10:47	M45-54	17:11
Irwin Avery	DontGetLost	F13-14		13:05	F13-14	10:04	F13-14	16:58
Kato Hiroaki	Toronto OC (TOC	M45-54		13:04	M45-54	10:37	M45-54	17:07
Kemp Eric	Ottawa OC	M21E		13:15	M21E	10:45	M21E	16:58
Kemp Randy	Ottawa OC	M45-54		13:00	M45-54	10:32	M45-54	17:11
Kear Alan	Greater Yansou	M75-79		13:04	M75-79	10:04	M75-79	17:14
Langenberg Hanna	Star						F12	16:48
Lindson Eric	Toronto OC (TOC	M55-64		13:22	M55-64	10:44	M55-64	17:26
Litben Benjamin	DontGetLost	M17-20		13:04	M17-20	10:10	M17-20	17:38
Litben Stacey	DontGetLost	F45-54		12:58	F45-54	10:27	F45-54	16:53
Logvin Andrei	Ukrainian OC (U	M13-14		12:50	M13-14	10:13	M12	16:53
Logvin Elena	Ukrainian OC (U	F35-44		12:52	F35-44	10:08	F35-44	17:28
Lucette Michael	Star	F21E		13:16	F21E			
Merran Don	Toronto OC (TOC	M55-64		13:20	M55-64	10:32	M55-64	17:02
Michelsen Christian	DontGetLost	M21E		12:55	M21E	10:00	M21E	16:56
Michelsen Noah	DontGetLost	M15-16		12:57	M15-16	10:28	M15-16	17:01
Minto Robert	Indiana Crossroad	M45-54		13:16	M45-54	10:26	M45-54	17:10
Mlynsky Anton	Ukrainian OC (U	M13-14		13:07	M13-14	10:13	M12	16:53
Mlynsky Eugene	Ukrainian OC (U	M45-54		13:10	M45-54	10:53	M45-54	17:12
Mlynsky Teodor	Ukrainian OC (U	M17-20		13:00	M17-20	10:07	M17-20	17:36
Naasa Jan Erik	DontGetLost	M12		13:17	M12	10:12	M21E	16:49
Naasa Magnus	DontGetLost	M13-14		12:59	M13-14	10:16	M12	16:51
Naasa Nicole	DontGetLost	M35-44		13:24	M35-44	10:12	M35-44	17:01
Palashnyuk Iher	Ukrainian OC (U	M21E		13:11	M21E	10:42	M21E	17:00
Pepper Shelagh	Star	F55-64		13:11	F55-64	10:23	F55-64	17:27
Rance Meghan	DontGetLost						F21E	17:14
Remis Frank	Toronto OC (TOC	M45-54		12:45	M45-54	10:00		
Remis David	Toronto OC (TOC	M55-64		12:45	M55-64	10:00		
Salle Patrick	DontGetLost	M21E		13:21	M35-44	10:31	M21E	16:50
Sanger Keith	Star	M55-64		13:46	M55-64	10:59	M55-64	16:59
Sidders Trudy	DontGetLost	M21E		12:55	M21E			
Siren Katherine	DontGetLost	F21E		13:24				
Smith Laura	Star	F35-44		13:40				
Stevana Courtney	DontGetLost	F55-64		13:40	F35-44	10:11	F35-44	17:26
Sukhall Dale	Star	M35-44		13:32				
Teusch Alex	Ottawa OC	M21E		13:23	M21E	10:30	M21E	16:55
Teusch Anna	Ottawa OC	F45-54		12:54	F45-54	10:09	F45-54	16:46
Tevanan Pekka	DontGetLost	M21E		13:19	M21E	10:18		
Torance John	Ottawa OC	M21E		13:23	M21E	10:34	M21E	16:47
Tulchinski Mitai	Rambler OC (R	M35-44		13:42	M35-44	10:34		
van Peltbergen Sven	Rambler OC (R	M35-44		13:35	M35-44	10:40	M35-44	17:41
Waddington Emma	DontGetLost	F21E		13:44	F21E	10:13	F21E	17:16
Waddington Mike	DontGetLost	M21E		13:44	M45-54	10:00		
Waddington Starr	DontGetLost	F45-54		13:44	F45-54	10:00		
Weber Marianna	DontGetLost	F45-54		12:46	F45-54	10:21	F45-54	16:51
Whitmore Nicole	DontGetLost	F21E		13:26		10:12	F21E	17:12
Yuen Wangki	Chicago Area Or	M21E		13:07	M21E	10:06	M21E	16:45