

# Introduction

Welcome to the 2023 Ontario Orienteering Championships. The Stars Orienteering club is excited to showcase some of the different areas in our region for orienteering. We hope you enjoy the races we have planned for you as much as we enjoyed putting this event together.

In this package you will find all information you need for the events. We have organized each section by race so if you are only racing a specific race you can jump ahead to that section. If after reviewing this guide you have any other questions you can email our event director ([timagrants@gmail.com](mailto:timagrants@gmail.com)).

Finally, this event wouldn't be possible without the help of all of our volunteers, both from within our club and from other clubs. A special thank you goes out to the Toronto Orienteering Club for allowing us to use their map of Arkell Woods for the Long race.

Thank you everyone for your support.

Event Directors,

Tim Grant & Ilona Dobos

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# Schedule of Events

Saturday October 28th

10:00 am - Middle race registration opens at Edna Staebler Public School

10:30 am - Van shuttle to the Middle start begins for those requiring it

11:00 am - First start for Middle race

1:30 pm - Middle race awards (approx)

3:00 pm - Registration for Sprint race opens at Waterloo Park

4:00 pm - First start for Sprint race

5:30 pm - Sprint race awards (approx)

Sunday October 29th

9:00 am - Registration for Long race opens at Victoria Park Valley Golf Club

10:00 am - First start for Long race

1:00 pm - Long race awards (approx)

## Required Gear

Every competitor is required to carry a whistle on them for safety reasons. A compass is strongly recommended for all races.

# Ontario Championship Middle Race - Information

Location: Forested Hills (Columbia Forest)

IOSSM 1:7500 (some courses will be 1:5000) 3m contours,

Lidar processed 2021- minor updates 2023.

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

Course Planner: Nick Duca/Sevastien Irimie

Time Limit: 2 hours

Middle Course	1	2	3	4	5	6	7	8
	F12- M12-	F13-14 M13-14 Open 1	F15-16 M15-16 F65-74 F75+ M75+	F55-64 M65-74	F17-20 F45-54 M55-64	F21E F35-44 M45-54	M17-20 M35-44	M21E
Course Length	1.72km	2.14km	2.48km	3.06km	3.31km	3.67km	4.55km	4.84km

## Course Planner Notes

This is very good terrain for a Middle, predominantly very open woods in a small section of deciduous forest. One of our volunteers decided they had to sign up for this race specifically after seeing the woods for the first time.

The forest ground is very runnable with excellent visibility in most parts. There are very few rock features and limited water features due to the time of year. With the leaves coming down on the forest floor, some small trails might be partially obscured. Mountain bikers are active in sections of the area with small single track trails. These are accurately mapped.

The swamp and ponds are sensitive areas and the courses were set to avoid these areas.

Please note: if the weather is nice, there could be a number of dog walkers on the main trails, please treat them with respect.

## Registration

Registration will take place in the gymnasium at Edna Staebler Public school (Address: 450 Bernay Dr, Waterloo On, N2T 3A3). We will place signs/orienteering flags on the doors you are to use to enter the school. Since we are using the school on the weekend their doors will remain closed and locked. We will have a door monitor at the door to let people into the school.

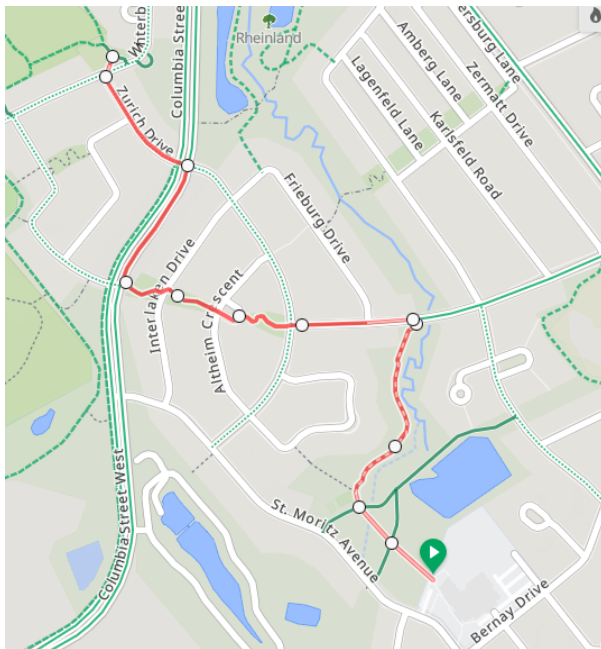
The school has the following rules that we ask you to respect

- No food or drink in the gymnasium
- Please keep muddy/dirty shoes outside after your event.

After your race the gymnasium will be used for SI download and awards.

Parking and washrooms are available at the school.

## Start Information



The map shows the location of registration and the start location for the Middle race.

We will provide small copies of this map at registration. The route will be marked with flagging tape and some orienteering flags at key corners.

It is approximately 1.5 km from the registration at the school to the start location. Please plan your time accordingly.

## Shuttle to Start

We will provide shuttle vans (2 minivans that can take 6 competitors each) which will run from registration to the start and back. We ask that only young kids (16 and younger) and older adults (65+) who feel they can't make the 1.5 km trek to the start use the shuttles to avoid a long queue. The finish is only 600m from registration.

The shuttles will be available on a first come first served basis. They will start running at 10:30 and run until the last start.

## Drop Bags

We will provide a simple drop bag (read garbage bags) for competitors to drop a warm layer at the start line. We will bring the drop bags back to the school after the last runner starts.

# Ontario Championship Sprint Race - Information

Location: Waterloo Park

IOSSM 1:3000 (updated 10/27/23) 2m contours, new map in 2023

Terrain: Open park

Course Planner: Nick Duca/Ivan Panfil

Time Limit: 1 hour

Sprint Course	1	2	3	4
	F12- M12- F13-14 M13-14 Open 1	F15-16 M15-16 F55-64 M55-64 F65-74 M65-74 F75+ M75+	F17-20 M17-20 F21E F35-44 F45-54 M45-54	M21E M35-44
Course Length	1.28km	1.48km	2.41km	2.90km

## Course Planner Notes

This is a great park sprint area, it will be very fast and those that make mistakes will pay for it. Terrain will primarily be grass with gravel and asphalt trails as well as some small forested sections, but primarily also on trails. There are some sections marked in olive green and runners are not to run through these (feature like flower gardens)

There is a picnic shelter to provide cover, however, you will be outdoors and given seasonable temperatures, please dress appropriately.

Course 3 and 4 will be at a second start location. All competitors will proceed to the same main start, those competitors who need to proceed to the second location (approximately 300m) will be given further instructions at the main start. Those competitors will have 4 minutes to move to the second location including crossing the rail tracks (we estimate it will take no more than 2 minutes to jog there). A start official will then start those runners at a fixed interval.

A regular train runs through the middle of the park. The course has been designed so that competitors will punch a control on both sides of the track with the time needed to cross the track not counted. Please follow the directions of the course marshalls. This "free" time is not intended to be a rest break and runners will be given strict instructions to proceed as soon as it is safe to do so.

We have permission to run our event in the park, but do not have exclusive access to the park. Please respect other park users and do not interfere with their activities.

## Registration/Race Start

Registration will be at the outdoor picnic shelter (#6 on the map below). Please enter from the west entrance off of Westmount road. If you already registered at the middle we ask that you still check in so we have an accurate number of starters.



## Start Location

The start location is shown by the red triangle on the map above.

## Parking

Parking is shown on the map above. The parking lot at the end of the lane, near the baseball diamonds has the most spots. If all spots are taken you can also park across the road at the Waterloo Memorial Recreation Complex.

## Washrooms

The washrooms in the park are closed for the season. Washrooms can be accessed at the Waterloo Memorial Recreation Complex across the road.

# Ontario Championship Long Race - Information

Location: Arkell Woods

IOSSM 1:7500 5m contours, created in 2019 updates 2023

Terrain: Open woods with sections of thick coniferous forest and sections of open areas

Course Planner: Mark Innes/Dale Sukhall

Time Limit: 3 hours

Special thanks to Toronto Orienteering Club for use of their map for this event.

Long Course	1	2	3	4	5	6	7	8
	F12- M12-	F13-14 M13-14 Open 1	F15-16 M15-16 F65-74 F75+ M75+ Open 2	F17-20 F55-64 M65-74	M17-20 F35-44 F45-54 M55-64	F21E M45-54	M35-44	M21E
Course Length	2.62km	3.10km	3.44km	3.84km	5.1km	6.23km	7.11km	9.70km

## Course Planner Notes

The terrain itself can only be considered “classic,” with a mix of fully open but rolling fields cleared by early settlers attempting to farm the area, with many rock piles and intricate contour details left behind by glaciation. These open areas run alongside wooded sections, with mostly fantastic, open running, and a continuation of intricate contour detail. There are some small water features and one significant pond, around which there can be many mosquitoes in the heart of summer, but thankfully they won't be around at the time of our event.

Competitors are asked to stay off the golf course greens both during their warmups and the race.

## Registration/Race Start

Registration will be at Victoria Park Valley Golf Club (7660 Maltby Rd E, Puslinch, ON N0B 2J0). Please leave any muddy footwear outside. If you previously registered on Saturday we ask that you check in so we have an accurate count of starters.

If the golf course is open they will be serving food, otherwise there will be limited options. We recommend you plan to bring your own food in the case that they are closed for the season.



## Parking

There is plenty of parking in the main parking lot

## Washroom

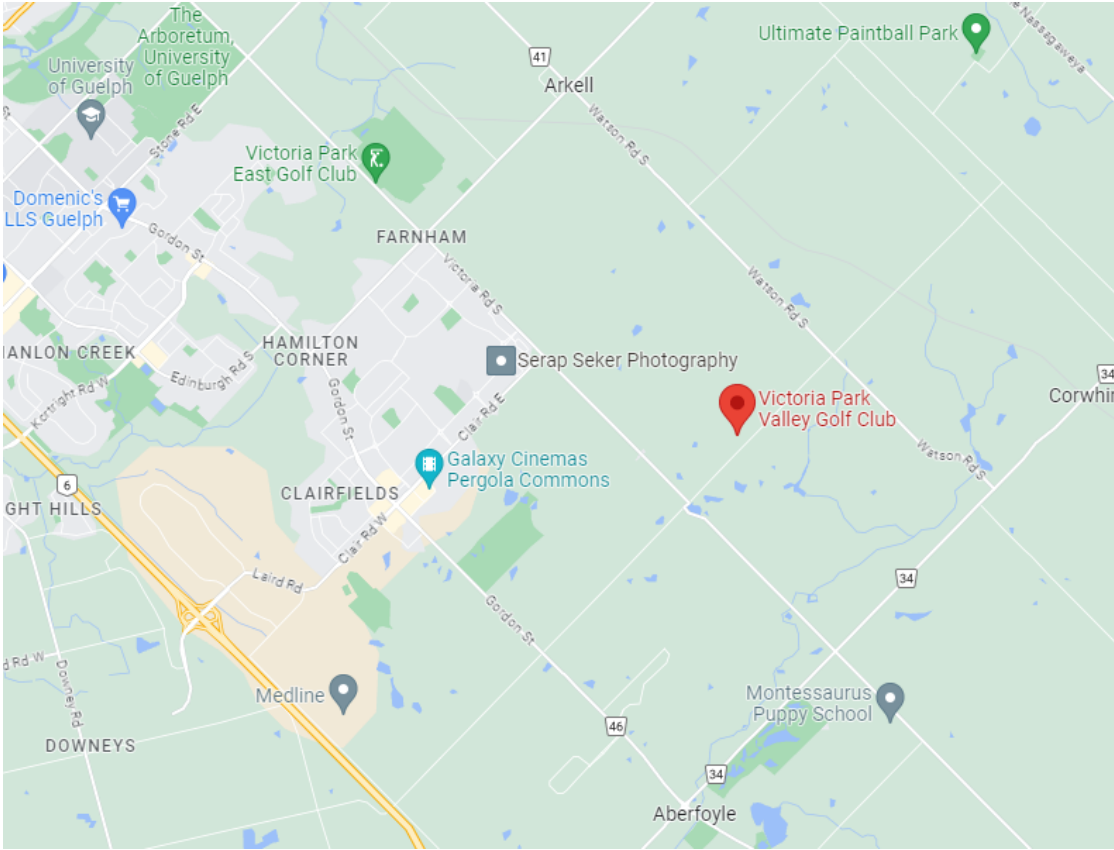
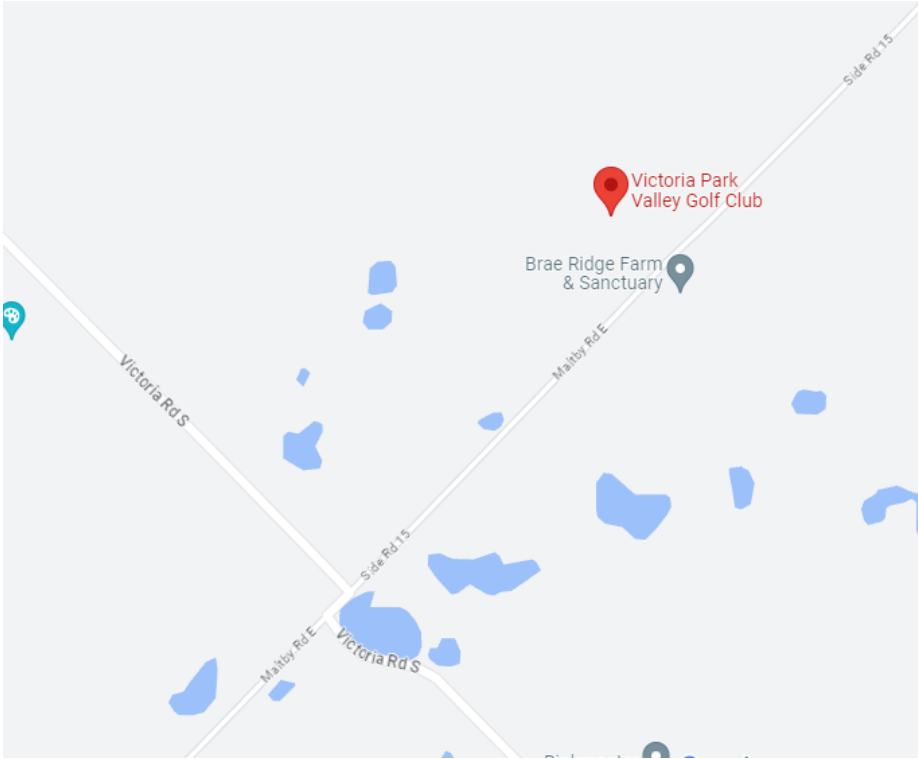
Washrooms are available in the main club house.

## Start Location

The map below shows the location of the start relative to the registration buildings. The route to the start is 730m and will be flagged with ribbon/flags.



# Maps to Registration



# Prizes and Awards

Since these races are a provincial championship there are specific rules related to eligibility of awards. To be eligible for a medal at the Ontario Championships a competitor must be either a member of an Ontario orienteering club or an Ontario resident who belongs to an orienteering club affiliated with Orienteering Canada.

Medals will be awards for the top 3 eligible competitors for all Junior races and the M/F 21 elite race. Medals will be awarded to the first eligible competitor for all adult races above M/F 21 (i.e M35-44 and above). You are welcomed to take a picture with your medal and return it. This helps to reduce costs for the event organizers and reduce waste.

Small prizes will be awarded to the Top 3 of all races.

The event organizers will rely on competitors to have read the rules and know if they are eligible or not. If you need to update your eligibility please do this during registration. Changes after registration has closed will not be considered.

# Invasive Species

To stop the spread of invasive species we ask that all competitors make sure their clothing is clean and free of any debris and their shoes have all mud and debris removed.

We will have a shoe cleaning station and request that you use this before participating in the middle and long distance races.

# Special Thanks

These races wouldn't have been possible without permission from landowners. A special thank you to the following people/organizations.

- City of Waterloo (Sprint, Middle)
- Peter Kukovica (Long)
- John Slood (Long)
- Bob and Sharon Ireland (Long)
- Lisa and Bill Hamilton (Long)
- Steve Naylor (Long)
- Gabriella Monteith (Long)
- Chris and Lori Ann Ferraro (Long)
- Andrew Roosenboom and Victoria Park Valley Golf Course (Long)
- Alpa Pater and Armel Corporation (Long)