

Event and Course notes for Winter O' and WIOL Championships

As of February 13th, 2018.

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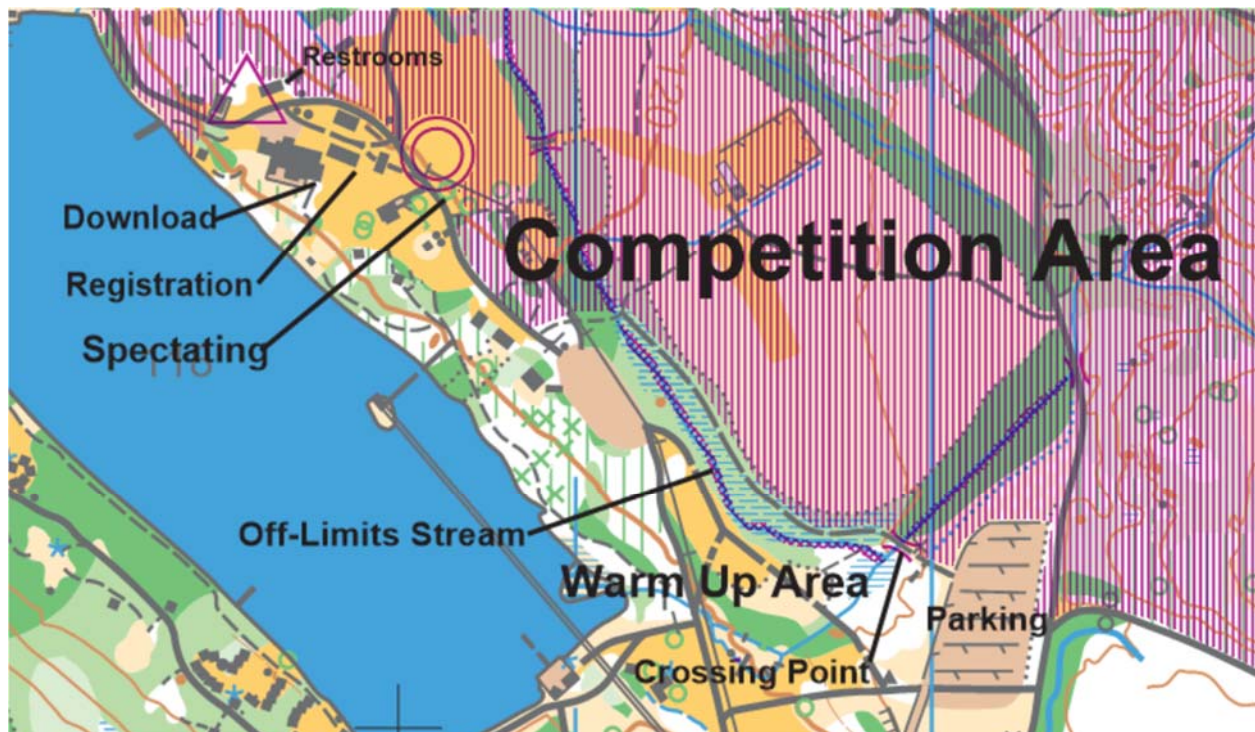
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Event notes

Start and finish are located near the traditional event center in the main part of the camp. The warm-up area is to the SW of the trail from parking to the event center. Restrooms are co-located with the start. Both sides of the building may be used, but orienteers should enter from and exit to the south (road side) of the restrooms; the terrain past the vegetation to the north is part of the competition area and out of bounds until you start. Spectators should bring chairs, tents, cowbells, etc and set up along the slope above the finish to cheer for orienteers as they finish their courses. First aid will be available inside the main building where you download. You may warm up to the southwest of the road from parking to the event center area.



All orienteers will be asked to confirm their club (if any) and year of birth when they check in at registration. This information is necessary to classify your results for national rankings.

If you are 20 or younger, want to earn national ranking points, and are not registered for WIOL, you **MUST contact Kathy Forgrave AND pre-register on the CascadeOC website before noon, February 13th to be ranked.** You will receive assigned start times on WIOL courses, but you are not eligible for the WIOL Championship unless you register for WIOL. See <http://cascadeoc.org/series/school-league-wiol/>. There will be no day-of-event registration for youth desiring to be ranked due to the large number of WIOL starters. However, recreational orienteers and groups are always welcome to pre-register for the public courses on-line at <https://register.cascadeoc.org> or at Fire Mountain on the day of the event.

I've heard this is a Regional Ranking Event. What will be different on the day of the event?

Not much. At the registration/check-in table, expect the registration team to verify your year of birth and your club affiliation. We'll need your birth year to ensure we rank you in the right class, and your club affiliation to link you to your club (if any) in the national rankings. If you are a pre-registered non-WIOL youth, you'll need to check in with Kathy Forgrave in the WIOL tent 15 minutes before your assigned start to pick up a card that gets you started at the right time on the right course. And 1-2 weeks after the event, you'll get to see your ranking score on the OUSA website. Otherwise, everything else should look and feel like a normal WIOL Championship.

How to get ranked

What is a Regional Ranking Event?

A Regional Ranking Event is a new designation our national federation, Orienteering USA, has developed to allow results from major regional events (such as the WIOL Championship) to be submitted for national rankings. The event goes through OUSA sanctioning to be certified as a one-race National Event. Each club can conduct one "free" Regional Ranking Event with standard club entry fees per year. That means you pay the normal WIOL/Winter O Series fees, but get a ranking score to compare yourself to other orienteers across the US.

If I want national ranking points, what course should I register for?

Check the table below to see what the best options are for you. Competitive age classes are determined by gender and your age on December 31, 2018. You must register as an individual; groups are not ranked.

Examples:

- A girl born in 2005 will have her 13th birthday sometime in 2018. She should first consider competing on the Middle School course in the F-14 class. But if she wanted a longer and more technical challenge, she could compete in any F- class up to F-21+ on Long Advanced (including F-16 on JV/Intermediate, F-18 on Short Advanced, or F-20 on Varsity).
- Orienteers born between 1997 and 1984 (21-34 years old) are competitively ranked in the elite classes, M/F-21+. They should register for Long Advanced.
- For orienteers 35 or older, there are also choices. A man born in 1950 turns 68 sometime in 2018. He could be competitively ranked in M65+ or M60+ on Short Advanced, or M45+ or M-21+ on Long Advanced.

Individual Championship Classes										
WIOL/Winter O' Series Course	Beg/Elem	Middle School	Inter-mediate /JV Girls	JV Boys	Short Advanced			Varsity*	Long Advanced	
OUSA Ranked Course	White	Yellow	Orange		Brown		Green	Green/Red	Red	Blue
Ranked Classes	F-10	F-14**	F-16	M-16**	F55+	M65+	F35+	M-18**	F-21+	M-21+
	F-12	M-14**			F60+	M70+	F40+	F-18**		
	M-10				F65+	M75+	F45+	F-20**	M35+	
	M-12				F70+	M80+	F50+	M-20**	M40+	
					F75+	M85+			M45+	
					F80+	M90+	M50+			
					F85+		M55+			
					F90+		M60+			
Unranked Classes	*Varsity results will be converted to M/F-20 to support Juniors competing for JWOC selection									
	**For consistency across classes, public youth in age classes M/F-14, M-16, M/F-18, and M/F-20 will compete on the associated WIOL course but will not be included in WIOL results.									
	Groups will not be ranked.									
Non-Championship Competitive Classes										
	M/F White	F Yellow	F Orange		F Brown		F Green		M Red	
		M Yellow	M Orange		M Brown		M Green			

If you are a WIOL orienteer, you should generally register for your WIOL competitive course. You may compete on any course for which you are eligible for age group for ranking purposes; however, you cannot win a WIOL trophy for a course that is easier than the WIOL course you have competed on for the majority of the season. So, a 13-year-old seventh grader who normally competes on JV courses can either 1) compete on JV, potentially win a trophy, and be ranked on M/F-16 or 2) compete on Middle School with no opportunity to win a trophy and be ranked on M/F-14.

Note that while the Varsity course will meet the usual WIOL guidelines for length / winning times, which is most equivalent to OUSA Brown/Green courses, **Varsity results will be converted to M/F-20 rankings** (OUSA Red and Green, respectively) so our COC orienteers in the Junior National Program and Junior World Orienteering Championship team hopefuls can count this race toward their quest for selection (see last section for more information). This is a standard practice for sanctioned interscholastic orienteering events.

If you are 20 or younger, want a competitive ranking, and are not registered for WIOL, you **MUST contact Kathy Forgrave AND pre-register on the CascadeOC website before noon, February 13th to be ranked.** You will receive assigned start times on WIOL courses, but you are not eligible for the WIOL Championship unless you register for WIOL. See <http://cascadeoc.org/series/school-league-wiol/>. There will be no day-of-event registration for youth desiring to be ranked due to the large number of WIOL starters. However, recreational orienteers and groups are always welcome to pre-register for the public courses on-line at <https://register.cascadeoc.org> or at Fire Mountain on the day of the event.

Still have questions? Email Tori Campbell at vjhcampb@post.harvard.edu.

Course notes

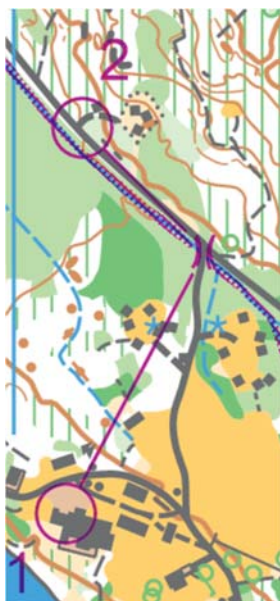
Draft course information:

Course	Controls	Length	Climb	Expected Winning Time
Beginner	11	2.0 km	25 m	15-20 mins
Middle School	11	2.3 km	70 m	15-20 mins
Intermediate / JV Girls	10	2.6 km	60 m	20-25 mins
JV Boys	12	2.5 km	75 m	20-25 mins
Varsity	15	3.1 km	115 m	25-30 mins
Short Advanced	15	3.3 km	110 m	25-30 mins
Long Advanced	16	4.3 km	150 m	40-50 mins

All courses conform to WIOL/Winter O' Series winning time goals and are set in a Middle distance style, with an emphasis on technical orienteering, changes in tempo and direction, and, for Middle School and above, route choice. You will experience a variety of terrain, from typical Pacific Northwest trails, to numerous small cabin clusters, to forested hillsides with up to waist-high undergrowth. Rock features are generally larger than what we've seen during the rest of the season. Cliffs and boulders 2m and higher are well-defined, but smaller rock features may have significant moss or vegetation growing on them, making them difficult to distinguish from stumps and knolls. Contour features are generally quite reliable. Having good attackpoints when you leave trails, measuring distance, using your compass to keep you on track as you navigate thick vegetation, and staying in touch with the map will be important to success. The map is currently undergoing an update; check back for map notes in February.

Expect to go off trail, and dress accordingly. Full leg cover is essential, as sword ferns, Devil's Club and blackberry brambles are common in the area. Expect to encounter some areas with deadfall, although we have done our best to route courses through the most passable areas. Cleated shoes or orienteering spikes are recommended as most courses will visit the steeper hillside on the east of the map. Bring a full change of clothes and shoes so you're comfortable while waiting for the end-of-season awards ceremony.

Ecologically sensitive streams that are off-limits to wet foot crossings are marked as out of bounds using purple cross-hatch. You must use a bridge to cross these streams or be disqualified. Bridge crossings will be obvious for Beginner/Elementary orienteers. For Middle School and higher courses that go off trail, bridges are marked as mandatory or optional crossing points on the maps.



Mandatory: best and only option marked

1. Mandatory Crossing Point: shown by the line between controls bending to pass through a crossing point symbol (denoting a bridge). Use this bridge to cross the stream – it's the only reasonable route. An example of what this would look like is on the left.

2. Optional Crossing Point: shown with the crossing point symbol. If the line between controls spans a cross-hatched stream, but is not bent to pass through a crossing point symbol, there is more than one option and you may choose which crossing point to use. The optional part is *which* crossing you use. But you **MUST** use a crossing point noted on your map; you may not cross a cross-hatched stream at any other location. So, in the example to the right,



Optional: pick your route to use a marked crossing

there are two possible crossing options, and the orienteer must decide which route (and therefore which bridge) to take. Crossing the stream at a location other than a bridge is not allowed, so don't plan to run the straight line between controls if there's a cross-hatched stream to cross.

Note that bridges are wooden and tend to be slippery, especially when a lot of muddy orienteers have passed that way before you. Slow down and use caution when crossing bridges and boardwalks.

The competition area is bounded by powerlines to the west, the East Fork of the Nookachamps Creek to the north, and the road you drove in on to the south and east. Vegetation to the east of the entry road is very thick – you won't want to cross it. If you get misoriented, the safety bearing is southwest. This will bring you to a major trail or to the powerlines. Follow the trail or powerlines to the south until you reach the event center, the parking lot, or a trail leading east from the powerlines that will bring you to the event center.

Map notes

The Fire Mountain map integrates updates from field checks in December 2017 and January 2018. Major updates are along the western and northern edges of the map, where vegetation growth changed runnability along the powerlines and logging activity opened a sizable clear-cut area. Updates also reflect new construction along the entrance road, trail, and parking areas in the southeast portion of the map.

The entire map has been updated to reflect symbol set changes in the 2017 orienteering mapping standards, which generally serve to increase readability. Many of

the changes are esoteric (e.g. formlines are now thinner than regular contour lines, magnetic north lines are at 300m separation at all scales, etc). Other updates are familiar from the 2007 sprint orienteering mapping standards (e.g. depictions of buildings (dark grey with black outline) and canopies (light grey with thin black outline), a fourth shade of green (dark--impassable vegetation), etc). Brown X has been eliminated as a symbol, so green X's are used on this map for rootstocks, and just like the Lincoln Tree Farm map, the small green circle (tree or bush) symbol represents logging brush piles on this map. The most significant change of the 2017 mapping standards is an increased emphasis on the legibility of the map, through generalization, minimum symbol dimensions, and just as importantly, minimum gaps between symbols. With these changes, competitors will likely find the campsites more legible at speed but will still be challenged with plenty of details in the contours, vegetation, and trails.

More about national rankings

Wait, we have national rankings?

Yes! You can see the end-of-year rankings for 2017 here:

<https://www.orienteingusa.org/rankings/>. For example, click on the Dec 31, 2017 button at the left, and then select Blue (M-21+, or elite men). You'll see a couple of Cascade's own, Will Enger and Eric Bone, in the first 5. They earned their top rankings while competing in at least 4 National Ranking and/or Regional Ranking Events around the US, and sometimes in Canada. If you select Red and scroll down to M-20, or Green and scroll down to F-20, you'll see some more familiar names: WIOL Varsity orienteers competing for JWOC selection. And for those just getting started, try looking at White to see our nation's youngest ranked orienteers. All the kids listed live in areas with a greater club density and more frequent national events (Midwest and East Coast) – it would be great to add some COC names to this list!

What are national rankings good for?

National rankings help you compare yourself to other orienteers in your class and on your course across the country. So, even if you haven't competed against a particular orienteer, you have an idea of how close you are likely to be in the results.

If you are applying for selection to the Junior or Senior US Orienteering Teams, selection committees will consider rankings as they look at your application. Ranking scores are a formal part of selection to the team that represents the US at the Junior World Orienteering Championship and may be an informal part of selection to the World Orienteering Championship. Note that the 2018 JWOC Selection races will take place in March in California. See also: <https://orienteingusa.org/news/2017/us-teams/2017-us-jwoc-team-selection-criteria> https://www.attackpoint.org/discussionthread.jsp/message_1261243 <https://orienteingusa.org/us-teams/junior/junior-program> and <https://orienteingusa.org/us-teams/senior>