



ORIENTEERING CANADA

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OFFICIAL NEWSLETTER OF THE CANADIAN ORIENTEERING FEDERATION

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ALBERTA SPRING TRAINING CAMP

May 9 - 11, 2003, Camp Caroline

This is the 26th annual training camp hosted by the Alberta Orienteering Association. As with past camps there will be a strong focus on orienteering skill development and improvement through both a series of talks and practical forest exercises. In addition, there will be two orienteering events during which you will be able to test your skills to help identify areas for training focus and improvement.

This year we will be offering a high coach to participant ratio. In addition to working with a variety of coaches, each participant will be assigned a coaching mentor with whom they can discuss individual issues or work on specific skills.

A number of special workshops and sessions will be available such as Women in Orienteering, and preparing for major competition: a 1-2 year plan.

Complete information available from AOA website:
www.orienteeringalberta.ca

2003 QUEBEC CHAMPIONSHIPS - MAY 24-25

Viking orienteers is proud to host the 2003 Quebec Championships in Bellefeuille, Quebec. This meet will be a 2-day cumulative meet, open to all.

The area is mostly open hilly forest with lots of boulders, cliffs and trails. The map was updated Fall 2002.

There is a possibility of a banquet on the Saturday night. Lodging and camping near by (approx 5 to 20 Km).

Details will be posted on: www.orienteeringquebec.ca

For additional information contact:

Elisa Rietzschel at: jerrydrouin@sympatico.ca

Tel: (450) 433-2527

Or Judy Adams at: malcolm.adams@sympatico.ca

Tel: (450) 467-4795

TRAIN IN THE LAND OF THE MIDNIGHT SUN

Come experience open woods, technical terrain and great maps, all in the Land of the Midnight Sun!

The Yukon Orienteering Association is hosting an Elite Training Camp, June 13-15 in Whitehorse. The camp is planned as part of the Alberta Orienteering Association's High Performance Program and will be led by former National Team Coach and long-time National Team member, Ross Burnett. Training sessions begin Friday evening and wrap up Sunday night. Arrangements have been made for accommodation at a small downtown hostel - reserved exclusively for Training Camp attendees. The weekend will include O exercises on high quality maps and sessions on sports psychology and orienteering-specific strength training.

The camp will be an excellent preparation for the 2003 Canadian Championships in Kamloops and a great introduction to the challenging terrain for the 2004 Canadian Championships.

For more information, please contact Pippa McNeil at pippa.mcneil@ec.gc.ca. Additional information will be available from the AOA website.

PRESIDENT'S PODIUM

Phase 3 of the Promotion Toolbox has been completed by Pippa McNeil. The table of ideas for club promotion and development now has columns identifying example users of each idea, comments on their use, as well as links for further information in some cases. An article in this newsletter provides details on the format and use of the toolbox. The complete toolbox table can be found by going to our website, www.orienteering.ca, and clicking on Promotion & Development.

Many cells do not have usage example. Please inform the COF office if you have anything that may help fill the gaps – good or bad. Remember, it can save others a lot of anguish by knowing when and where a particular technique is inappropriate.

The board will have a telephone conference on March 16. This will be our second since the last annual general meeting (AGM). We are trying them this year as an alternative to a face-to-face board meeting. If the results are as favourable as the previous telephone conference, we expect another before the next AGM.

On the agenda this time is discussion of a report from the thermo committee studying how we can improve our handling of temperature extremes. One recurring theme from preliminary research is that much better education is required.

Recently we received a somewhat irate email from Stig Skarborn declaring that something in the last newsletter violated a COF policy stated on the last page of that newsletter. My first thought was, "Huh. Why would he think that?" A glance at the last page demonstrated that one could take that interpretation. Further examination of the page revealed many things that were unclear, no longer true, and in some cases, had never been true.

Some of the most obvious blunders on our standard last page have been rectified. The entire page will undergo a more thorough review by the board to maximize the relevance and accuracy of the page.

The COF is like a ship in which we travel. We can improve our journey by adding new facilities that enhance our navigation. That is what Pippa's toolbox provides. It can also help when someone notices where we might need to patch leaks. That is what Stig's email did. Both types of assistance are necessary to keep our ship afloat and heading efficiently in the right direction.

Happy trails

LEVEL 2 OFFICIALS CERTIFICATION – HOME STUDY OPTION

Level 2 Officials Certification is now offered as a Home Study Course, primarily for the benefit of Level 1 Officials who do not have opportunities or unable to attend scheduled Level 2 courses.

Attending courses offered by clubs/associations is the preferred vehicle for attaining Level 2 Certification - permits discussion between course conductor and attendees; provides opportunities to review others planned courses etc.

Prerequisite: Certified at Level 1 and a member of the Canadian Orienteering Federation

Technical:

- a) Complete the Level 2 examination with a mark of 80+%
- b) Plan 2 sets of 6 courses complying with COF 'A' meet Class/Course standards.
- c) **Set 1.** Plan 6 courses on familiar terrain/map. This set of courses can be on the map applicant will use for the 'A' meet practical component.
Set 2. Plan 6 courses on unfamiliar map/terrain. e.g. Western candidates plan courses on eastern maps. Eastern candidates plan courses on western maps
- d) Submit course to a Level 2, 3, 4 official for review/comment (official from same region to facilitate communication).

Practical: Complete either a or b plus c

- a) Serve as Course Planner at a COF sanctioned 'A' meet under supervision of a certified Level 2, 3 or 4 official.
- b) Serve as Meet Director at a COF sanctioned 'A' meet under supervision of a certified Level 2, 3 or 4 official.
- c) Serve as Controller at a 'B' meet under supervision of a certified Level 2, 3 or 4 official.

Registration: Contact your provincial association or COF.

Course Materials: 'A' Meet Organizing manual; COF Competition Rules; Level 2 Examination; 2 sets of maps - 1 local region & 1 non-local region.

Course Fee: \$30.00 - includes 'A' meet manual, competition rules and maps.

NATIONAL TEAM SELECTION 2003 - RACE CRITERIA

The objective of the C.O.F. is to select athletes to form a National Team capable of finishing in the top 50% in the W.O.C.

Team selection for the W.O.C. 2003 will be as follows:

-Any 'active' C.O.F. member meeting the eligibility requirements of 'Section 3' of the High Performance Organization and Operation Manual is eligible for selection to the 2003 W.O.C. team. Selection to the 2003 W.O.C. in Switzerland on the selection criteria developed by the HPP Committee and approved by the COF Board.

-A Spring 2003 Selection Race will be held on the May long weekend at McQueen Lake, B.C. in conjunction with the B.C. Championships.

-Athletes wishing to be considered must submit in writing to the Chairperson of the High Performance Committee (at the address below), a letter stating their interest by April 15th, 2003. Athletes presently identified as members of the HPP need only apply in writing. Others wishing to compete in the Selection event must apply and include documentation of their personal results of the 2001 and 2002 orienteering season. Applicants submitting applications **are committing** to attend the W.O.C. if selected.

-Athletes must run in both races, Long and Middle distance. The final rankings will be calculated using the 120% margin with each of the following T.P.K.'s* considered:

Men

Long Distance 7.15 Middle Distance 6.55

Female

Long Distance 9.20 Middle Distance 9.05

Calculation example:

Course length day 1 = 13.5 km

Therefore the equation is $13.5 \times 7.15 \times 1.2 = 116$ minutes

Day 2 = 8.4 km

Therefore the equation is $8.4 \times 6.55 \times 1.2 = 66$ minutes

Total two day cut-off margin = 182 minutes

In other words to be considered for the WOC team only athletes (male) who run in less than the combined time of 182 minutes will be ranked.

-The first three athletes meeting the **120% TPK** criteria will be selected to the WOC team in order of ranking position in the selection event. If more than 3 men and/or 3 women meet the 120% criteria, the 4th and 5th runners will be named 1st and 2nd alternate.

*These T.P.K.'s represent the time per km that is required to qualify for the finals in each discipline at the W.O.C.

Applications to:

**Charlie Fox,
1225-235th St.,
Langley, B.C. V2Z 2Y4**

Sandy Hott Johansen Receives Selection Exemption

A request from Sandy to be exempted from the Selection event and pre-selected to our WOC team was granted by High Performance Committee Chairperson, Charlie Fox.

The request was based upon: her performances in 2002 World Cup in Europe; recent years performances in Canadian and International events; high travel costs from her home in Norway to Kamloops to compete in the Selection event.

Canadian & Swedish Team Members Marry

Congratulations to Wil Smith and Katarina Allberg on their February 23rd marriage in Valadalen, Sweden. Katarina, a member of the Swedish national team, is currently 5th in the World Ranking List.

Wil is the second Smith family member to marry a top ranked orienteer: Sister, Sandy, is married to Norwegian team member, Holger Hott Johansen, currently 3rd in World Rankings.

Wil and Sandy will compete in the 2003 Nordic Championships, in Flen, Sweden, May 1- 4. In all likelihood their spouses will also be competing - sort of a family get together that they hope will be duplicated at the 2003 World Championships in Switzerland.

ORGANISING FAIR COMPETITIONS – A COMPLEX TASK

By Clive Allen

Many features of an orienteering competition require skilled preparation for the race to be fair – the choice of terrain, and the quality of the map and the course planning to name just three. The ‘level playing field’ which is readily available to a greater or lesser extent to many sports is a hard-won objective for orienteers. Many different factors can influence the outcome of an orienteering race, and each has to be carefully assessed and taken care of in the planning process to try and ensure that in the competitions, physical effort and skill in navigation – not chance – provide the winners.

Fairness is ensured through the long-established system of event controlling. For all orienteering races Controllers, now called Event Advisors, are appointed; experienced officials from another club or, for an international race, even another country. The Event Advisor’s job is to check all arrangements, often down to the finest detail, to ensure that competitors enjoy fair competition. These ‘external eyes’ can often bring significant improvements to the quality of an event.

No such thing as ‘ideal’ terrain

Organising a fair competition starts with the choice of terrain. There’s no such thing as ‘ideal terrain’; the land orienteers run on varies enormously across the world, and there are many terrain types on which a first-class competition can be planned. What can be done, however, is to identify terrain which is clearly unsuitable, such as large tracts of jungle, very steep mountain country, or old mining areas which are simply too detailed to represent on a map.

In many countries there is a shortage of really good terrain. Wherever terrain has been used for orienteering before, fairness is maintained by allowing all competitors to see previous editions of the map. For major competitions, terrain is chosen which has not been orienteered on for several years. The ultimate in fairness is to allow training in the area shortly before the competition itself, as was done for the inaugural World Championships sprint race in Finland last year. But it can be argued that this reduces the “unseen,

so unknown” element which helps to make orienteering such a challenging and unique sport. How to ensure fairness in sprint competitions in desired urban venues whilst retaining all the characteristics of orienteering is an on-going debate in IOF.

Signs in the terrain from runners can give advantage to later starters, so the proven best runners in an international field are given the later start times. This has the additional benefit of bringing the race to a climax near the end, good for spectators and media interest.

Planning a fair course

The map itself has to be fair – a major task in itself. And then there is the work of the course planner, responsible for setting courses where no-one can take unfair advantage over another. There are many different facets to this, one of the most fundamental being that competitors should never be able to gain advantage by taking controls out of order. This is now easy to prevent by use of electronic punching, an innovation which has led to the more effective use of small areas. ‘Out and back’ courses, with controls on the out and return sections relatively close together, can now be planned without compromising fairness. Modern versions of electronic punching provide a visible or audible indication the ‘punch’ was recorded and also give the runner a check on which controls on the course have been visited.

Two aspects of course planning which have been in focus a lot over the years are ‘bingo controls’ and controls on similar features close together. A bingo control is one where luck plays a major part in the runner’s ability to find it. It may, for instance, be an isolated pita long way from any other clear feature on the map, with the flag hung below ground level, or one pit in a random group of very similar-looking pits. Such controls are unfair and must be avoided. Again, it is regarded as unfair in the heat of competition to have two controls on similar features within 50 metres of each other.

Even small matters need careful attention. For example, the control flag has to be positioned in such a way that the control feature is seen before the flag and that the flag is equally visible from all main directions of approach.

Runners' expectations - matched by reality

Legs on a course are often set with a relatively direct and challenging route between the controls, and other less direct but safer routes.

The planner has to ensure that the map fairly shows the relative runnability of the terrain on the different alternatives, and that it is accurate especially in the neighbourhood of the controls. The runner makes a route-choice decision appropriate for his orienteering skills and will then find that his expectations are matched by reality. The planner has to avoid places where luck takes precedence over judgement, such as areas mapped as thick forest or high vegetation where there are a few quick ways through.

Fairness and secrecy – new issues for debate

How much should late starters be able to learn about the performance of earlier runners? Is it fair that runners standing at the start-line within the arena can see extracts from the race on a big screen whilst they wait? Is it fair to the existing race leader when a runner out in the forest can hear the commentary and perhaps be spurred on by the knowledge that he is in with a chance of winning? Is it unfair for the event commentator to 'count down' a runner – especially a home country runner – as he approaches the finish line? The discussions on what is or isn't fair becomes even more sharper as the aims of the Leibnitz Convention – to bring orienteering more out of the forest and into the public eye – are put into practice.

Sprint orienteering at World Championship level poses special challenges to ensure that the race is fair to all. Not least in the choice of terrain, since it is possible to stage very exciting races in an urban environment which anyone can access at any time. With short race times and tenth-of-a-second timing, even the slightest delay beyond the control of the runner becomes magnified. There is still much to be done in developing race organization to keep races fair whilst upping the tempo!

Note: place the following in box within the main article.

Fairness and the landowner

Orienteers work hard to keep on good terms with the people who allow use of the terrain; the landowners. For every event, agreements have to be reached on access beforehand for mapping, out-of-bounds areas, care of wildlife, sensitive areas, such as marshes which may need to be avoided, where the car park will be, any changes, and so on.

In many countries, national agreements are in place which cover many of these points in guideline format, but local communication with the forest owner or his agent at the early planning stage of an event is always essential. Local residents, shooting tenants and other users of the forest who may be affected by the event are always contacted well in advance. Meeting an angry man with a shotgun half-way round the course, sharing the forest tracks with a car rally, or suddenly landing in the middle of a paintball 'war', are horrors stories which are avoided as a result.

Editor. This article was published in the IOF - Orienteering World No. 1-2, 2002. The IOF granted permission to re-print.

New Presidents for Alberta, New Brunswick and Quebec Associations

Alberta: Jonathon Winn (Foothills Wanderers OC) on being elected AOA president. Jonathon succeeds Charlotte MacNaughton, (Foothills Wanderers OC), who had served two terms.

New Brunswick: Harold McQuade (Falcons OC) on his election as ONB president. Harold succeeds Paul Looker (Fundy OC) - Paul served as ONB president on two occasions.

Quebec: Elisa Reitzschel (Viking OC) on her being elected OQ president - she had served as 'interim president' since May 2002. Elisa succeeds long time president, John Charlow (Rambles OC) - the longest serving association president since the formation of COF.

Congratulations and best wishes for success to the new presidents and sincere Thank You's to the out-going presidents for their service to the sport in their associations.

PROMOTION TOOLBOX

ID	CATEGORY	IDEA	WHEN
4	Advertising	Hotline	maintain during season
5	Advertising	Newspaper ad	before and after each event, before clinic
12	Analysis	Attendance information	at every B-meet
15	Fun	Refreshments	after each event
16	Instruction	Assembly line	at every B-meet
25	Member Services	Location maps	on website
29	Membership	Early renewal incentive	beginning of season
33	Promotional Events	Corporate Challenge	mid-season
40	Volunteer Development	Courses	of-season; early in season

Promotion Tool Box - Background. In the President's Podium (Fall 2001 issue of O Canada), COF president, Ray St-Laurent, advised he was looking for a volunteer for a **Mission Opossible:** promotion/development project.

The mission: research what other countries are doing and what we can learn from them as well as from similarly challenged sports in Canada.

The goal: catalogue of ideas where they are applicable, and how they can be implemented. "I expect we will end up with a toolbox full of tools that can be selectively applied to improve a variety of situations at every level: individual, club, association, and national".

The volunteer: Yukon member, Pippa McNeil, volunteered for the project and developed - **Preliminary Report on the Promotion and Development of Orienteering** (published in winter 2002 O Canada.) The report noted: Two activities stand out as crucial ones for promotion and development of orienteering. Advertising; Instruction

Phase 2 - Promotion Tool Box: Pippa solicited ideas and suggestions from clubs/associations. These were grouped by **Category:** Advertising; Analysis; Fun; Instruction; Member Services; Membership; Promotional Events; Volunteer Development, then classified under: **Idea, When, How, Who, Comments.** (Published in Spring 2002 O Canada).

Step 3 - Expanded Tool Box: Two additional columns - **Who (have used)** and **Comments (on Actual Usage)**, were added to the 'Tool Box'. **Who:** Identifies clubs and associations who have tried and/or implemented the various Ideas. **Comments:** What worked, did not work, successes, failures, etc. The Tool Box currently consists of 42 Ideas with 9 presented on these two pages as a 'Sample'. The complete 'Tool Box' is available from the COF website: www.orienteering.ca - Promotion and Development.

HELPFUL TIPS FOR CLUBS

ID	HOW	WHO (What clubs have used)	COMMENTS on ACTUAL USAGE
4	Answering machine message with time and location of next event and contact number for more details	Ottawa OC	
5	Give time and location (before) and website/contact; give results (after)	Yukon OA	
12	Who went to each event; hot weather affects attendance; how many events each person attended; detailed analysis will help clubs figure out what interests local membership	Edmonton Overlanders OC	
15	Bulk cookies, apples, juice to facilitate socializing	Loup Garou OC	
16	Sandwich board with instructions and copy of each course, lay out control cards, map cases, pencils. Etc. in order to streamline people	Yukon OA	Good for lots of beginners but need to make every meet director aware of the assembly line.
25	Clear directions to events available with schedule	YOA, GHO	
29	Encourage early renewal with free event coupon, draw for gift certificate, etc	EEOC	
33	Attract teams from all across the city; may take some time to build up	EEOC	detailed web results a big hit
40	Notify members of Coaching, Officials, Mapping courses/clinics. Club can reimburse course fee when it is completed		

Step 4 - Ongoing Updates: The next phase, an on-going one, is dependant upon the efforts and input of individuals, clubs and associations. Review the Tool Box contents and the where, when and how they were applied. Has your club used any of these ideas and were they successful? Perhaps, you tried other ideas or used different approaches - were these successful? If so we would like to know about them and share with others. Submissions should adhere to the Tool Box pattern: Category; Idea; When, How, Who, Comments, and forwarded to the COF office by mail or email. The Tool Box will be continually updated to include new ideas and comments.

Comments are especially important - this allows others to know of: pitfalls to be avoided and which ideas have the best chance of success.

It is important that ideas submitted have actually been tried/implemented. Over the years we have heard numerous suggestions that “we should try this” or “why don’t we do this”?. Most “we’s” mean for someone other than the individual making the suggestion or having actually tried the suggested idea. We want the Tool Box to be a resource of ideas that have been implemented/tried and comments as to success; failure, suggestion for modification. etc.



SAGE STOMP XVIII

August 16 – 24, 2003

The **2003 Canadian Orienteering Championships** are returning to the Kamloops area this August, and the Orienteering Association of British Columbia and its clubs, Sage, Greater Vancouver, Victorienteers and Williams Lake would like to invite you to 8 days of orienteering in some of the best terrain in Canada.

SCHEDULE

Saturday/Sunday, August 16th/17th Western Canadian Championships. To be held at Six Mile Lake near the town of Savona, 30 kms west of Kamloops, and will be signposted from the junction of Highway 1 and the Tunkwa Lake Road. The map area/terrain can be described as upper grasslands and open ponderosa pine forest with many hills, gullies, rock features and lakes.

Eligibility. The championships are open to all comers. History of the Western Canadian Championships.

Monday, August 18th High Performance Fund Raiser. The Showcase. Dewdrop Range. The terrain is similar to Six Mile Lake. To get to Dewdrop cross the Overlander Bridge to North Kamloops and follow Tranquille Road past the airport. National Team members will race over two different short courses (men on a slightly longer one), and betting on their performance will be encouraged! All other athletes will be able to run the courses afterwards, shadowed by a National Team Member if requested.

Wednesday, August 20th The West vs the Rest Relay, Six Mile Lake. Same location and directions as the WCOC's. (see below for details)

The rest of the week will be spent on a newly mapped area in the hills above Savona. Directions will be posted from the junction of the Tunkwa Lake Road and Highway 1 in Savona..

Thursday, August 21st, Model Event for the COC's, Gardens Creek Ranch, Savona.

The model event will be organised by the mapper, Bryan Chubb, and his club, Williams Lake.

Friday, August 22nd Canadian Short Championships, Gardens Creek North, Savona. The area encompasses hilly, open grassland and forest with rock and water features.

Saturday/Sunday, August 23rd/24th Canadian Championships, Gardens Creek Ranch, Savona. The same terrain description and directions apply as above.

Eligibility. Winners of medals at the Canadian and Canadian Short Championships shall be only those who are full members of the COF, and who are:

- a) Canadian citizens or;
- b) Persons with landed immigrant status, who have been resident in Canada for the 12 months immediately preceding the Championships.

Please note your eligibility on the entry form. We will be asking COF for a list of members prior to the Championships, so please make sure that your Provincial Association is current with sending membership information to COF.

START TIMES

All events will start at 10:00am. Competitors with children may want split start times, and should so note on the entry form.

MAP SCALE

All maps will be 1:10,000 except: HP Fundraiser, and Canadian Championships Courses 7 and 8, which will be at 1:15,000.

ENTRY FEES

Daily entry fees for the Western Canadians, HP Fund Raiser, Canadian Short and Canadian Championships/day:

Entries Before	Senior (20+)	Junior
31/5/03	\$20	\$10
25/7/03	\$25	\$12.50
Relay to 31/5/03	\$15	\$10
Relay to 25/7/03	\$20	\$12.50
SI Card Rental	\$2/day or \$10 for the whole event	
Model Event	\$5/competitor	

If you are not a member of a national federation, COF, USOF, BOF etc, please add \$5/day for seniors, \$2.50/day for juniors to the above fees.

Please note that the deadline for entries is a postmark of July 25th, 2003. E-mail entries will not be accepted. Entries will not be official until payment has been received.

Registration Form

COURSES AND CLASSES

8 courses will be offered at the Western Canadian Championships, Canadian Short Championships, and Canadian Championships with the following class distribution:

- Course 1: M/W 12, M/W Open 1
- Course 2: M/W 13-14, M/W Open 2
- Course 3: M/W 15-16, M/W Open 3
- Course 4: F55-64, F65+, M65+, M/W Open 4
- Course 5: F17-19, F45-54, M55-64, M/W Open 5
- Course 6: M17-19, F35-44, M45-54, M/W Open 6
- Course 7: F20-34, M35-44, M Open 7
- Course 8: M20-34

If there are insufficient entries, some classes may be combined.

RELAY

Three competitors per team and 3 classes:

- Class A 1-3 pts.
- Class B 4-5
- Class C 6 or more

The individual point system is as follows:

- 14 and under 2 pts.
- 15-19 1
- 21-44 0
- 45-59 1
- 60 and over 2
- Female 1 bonus point

Leg 1 - intermediate, ie Course 3 level, about 3-4km

Leg 2 - novice, ie course 1 or 2 level, about 2-3km

Leg 3 - advanced, ie course 4 to 5, about 4-5km

Where possible, please enter the team and the running order in the entry form. If you don't have a team, tell us your preferred leg, and we will try and set you up in a team. We will also accept entries up until Sunday, August 17th, but please take pity on the organizers, and give as much notice as possible.

There will also be a West vs. Rest Competition.

HIGH PERFORMANCE FUNDRAISER – THE SHOWCASE

This fundraising event for our National Team will allow you to bet on who you think will be the fastest athlete running a short course (women and juniors will be on a shorter course). You will then have the opportunity to run the same course, and compare your time to our Elite athletes and top juniors. You can also be shadowed by your favourite athlete on one of the courses and be given pointers.

Included in your \$20 entry fee is a \$10 betting voucher, and additional vouchers can be purchased. The more money you bet, the more you can win!

ELECTRONIC PUNCHING

The SPORTident punching system will be used. All competitors are required to carry a finger stick. If you own your own, please enter the number in the entry form. Those competitors that do not own their sticks will be obliged to rent one at a cost of \$2.00/day (max. \$10). For those not familiar with the system, each control has an electronic clock, and when a competitor's finger stick is inserted into the control, the time is uploaded into the stick. At the end of the race these times are then downloaded into the results computer, which then calculates and prints split times for each leg and an overall elapsed time. Further details of the operation will be included in the program.

T-SHIRTS

Sage Stomp XVIII short-sleeved T shirts will be available only by pre-order at a cost of \$18/shirt. Sizes offered will be XS, S, M, L, XL.

ACCOMMODATION

Savona has very limited accommodation, as you will see below. However, Kamloops, 30kms to the east on Highway 1 has a wide variety of hotels, motels and bed and breakfasts. www.adventurekamloops.com

Lake Cottage, Savona 1 250 373-2617. One room,

can sleep 4 C\$90/night for 2, \$18/night for each additional person

Savona Hotel, 1 250 373-2515, 5 rooms from \$41 to \$59 (It's the local pub)

Lakeside Country Inn, Savona, 6 rooms ranging in price from \$99 to \$159/night. The higher priced rooms sleep four. (www.lakesidecountryinn.com)

Tunkwa Lake Resort (15km south of Savona) 1 250 523-9697. Several one and two bedroom cabins from \$50 to 65/night. They also have camping and RV sites. Special deal for groups.

Camping:

Steelhead Provincial Park, small camp site on the outskirts of Savona

Tunkwa Provincial Park, quite a large site on the side of Tunkwa Lake

SOCIAL EVENTS

Banquets will be held on Saturday evening, August 16th and on Saturday evening, August 23rd at a cost of \$20/head for adults, \$10 under 12 and free for children under 5. It is expected that the banquets will be held in Savona, but this will be confirmed in the program. The hall in Savona is limited to 125 seats, so book early to avoid disappointment.

2003 SASS PEEPRE NATIONAL JUNIOR TRAINING CAMP

This year's Sass Peepre National Junior Training camp will be held immediately prior to Sage Stomp VXIII. Many of last year's coaches will be back. We hope all you enthusiastic juniors will come back to renew old friendships, spike more controls and learn new ways to exhaust your coaches.

Start: August 13, 2.00 PM

End: August 16, 9 AM (depart for Day 1 WCOC)

Location: McQueen Lake Environmental Education Center, Kamloops, BC

Facility Website <http://mcqueenlake.sd73.bc.ca/index.html>

Camp Managers: Kitty Jones and Maureen de St. Croix

Registrar: Marion Owen

Head Coach: Ted de St. Croix

Registration deadline: July 30, 2003

Pre-registrations can be sent to Marion Owen, 403-282-5098, JAOwen@telus.net accompanied by a non-refundable deposit of \$50. Space is limited so book early. Camp costs will be \$175 per person.

Registration forms are available from www.orienteingbc.ca

WEBSITE

Program details, start lists and results will be available in due course on the OABC website www.orienteingbc.ca

ENQUIRIES

To Gill Bailey at leighb@islandnet.com

PRINCIPAL OFFICIALS

Event Co-ordinator	Alex Kerr, GVOC
Meet Director, WCOC	Doug Smith, Sage
Planners, WCOC	Alan and Frances Vyse
Controller, WCOC	Leigh Bailey, VICO
Meet Director HPF	Marie Cat Bruno, GVOC
Relay Meet Director	Carl Coger, VICO
Relay Planner	Leigh Bailey, VICO
Model event Meet Dir.	Bryan Chubb, WLOC
COC Short Meet Dir.	George Pugh, GVOC
COC Short Planner	Alex Kerr, GVOC
COC Short Controller	Adrian Zissos, FWOC
COC Meet Director	George Pugh, GVOC
COC Planner	Ted de St Croix, GVOC
COC Controller	Scott Donald, KOC
Registrar	Gill Bailey, VICO

SAGE STOMP XVIII ENTRY FORM

Please mail entries to Gill Bailey, Sage Stomp XVIII, 4337 San Cristo Place, Victoria V8N 5G5. Cheques and money orders should be in Canadian Dollars and payable to OABC. Please be sure and sign the Waiver.

Contact Name	
Contact Address	
Telephone	
E-mail Address	

Comp. # (Official use only)	Name	Club	Year of Birth	Class	SPORTident #	Split Starts	WCOC Day 1	WCOC Day 2	HP Fund	Relay	COC Short	COC Day 1	COC Day 2	COC Eligible	Entry Fees
Example	Joe Blow	GVOC	1945	M45		No	\$20/10	\$20/10	\$20/10	15/10	\$20/10	\$20/10	\$20/10	Yes	120.00

Please note that after 31/5/03 entry fees rise to \$25 and \$12.50, for all events except the Relay, which rises to \$20 and \$12.50, and that entries close 25/7/03. Competitors who are not members of their national federation should add \$5/day for seniors, \$2.50/day for juniors.

Competitor Entry Fees	
SPORTident Hire @ \$2.00/day/competitor or \$10 for all events	
T shirts: No. @ \$18/shirt: _____, see below to note sizes	
Model Event Maps: No. @ \$5: _____	
Additional betting vouchers for the Showcase: _____ @ \$10 each	
Results @ \$5/set (incl postage)	
Banquet, August 16 th , No. of Adults @ \$20: _____, No. of Children @ \$10:	
Banquet, August 23 rd , No. of Adults @ \$20: _____, No. of Children @ \$10:	
Donation to the Canadian National Team:	
TOTAL FEES	

SPLIT STARTS: **Early competitor :** _____

T SHIRTS: No. of XS: ____, S: ____, M: ____, L: ____, XL: ____

RELAY

Team Name	
Club	
Province	
Country	
Points	
Class, A, B or C	
Leg 1 (intermediate)	
Leg 2 (novice)	
Leg 3 (advanced)	

WAIVER

All participants must sign the following waiver before starting a

I, the applicant, on behalf of my family, my heirs, executors, administrators, and assigns, hereby release, defend, hold harmless and discharge and hold harmless the Greater Vancouver Orienteering Club, the Orienteering Association of British Columbia, the Canadian Orienteering Federation, and any and all persons who own or occupy land, which may be used for these events, and in connection with my taking part in the events which I am entering.

Name: _____ **Signature:** _____

Name: _____ **Signature:** _____

Name: _____ **Signature:** _____

2003 SASS PEEPRE **NATIONAL JUNIOR TRAINING CAMP**

Where: McQueen Lake Environmental Centre, Kamloops, BC
<http://mcqueenlake.sd73.bc.ca/index.html>

When: August 13, 2:00pm – August 16, 9:00 am

For Whom: Junior orienteers ages 10 – 20 (all levels of experience)

Cost: \$175 (includes meals, accommodation, instruction, supplies)

Subsidy: Contact your club and/or provincial orienteering association to see if funding support is available.

Registration Deadline: July 30, 2003 (registration and full fees received by this date)

How to Register: Complete the registration form, (including an outline of your orienteering experience unless you are a returning participant). Send a non-refundable deposit of Cdn\$50 with your form. Send the balance to be received by July 30. Make cheques or money orders, in Canadian funds, payable to: “Canadian Orienteering Federation – Sass Peepre Fund”.

Mail forms and cheques to the registrar: Marion Owen, 4839 Nordegg Cres NW, Calgary, Alberta, Canada T2K 2M3; phone (403) 282-5098 email JAOwen@telus.net

More information: contact Ted de St Croix tdestcroix@telus.net

A confirmation letter and more details will be sent to you after you register.

2003 SASS PEEPRE NATIONAL JUNIOR TRAINING CAMP Aug 13-16 REGISTRATION FORM

Name _____ Phone _____

Birthdate _____ Email _____

Address _____

Emergency Contact (someone we can phone if we need to during camp) & Phone No.

Health Plan Information _____

Health/Medical problems, including allergies _____

WAIVER

In consideration of the Canadian Orienteering Federation accepting enrolment of _____ in the 2003 Sass Peepre National Junior Training Camp for orienteering, I agree to release and indemnify and save harmless the Canadian Orienteering Federation and any of their servants, agents, sponsors, volunteers or employees from any and all claims or demands whatsoever which might be made against the Canadian Orienteering Federation arising out of or in consequence of the above named participant in the 2003 Sass Peepre National Junior Training Camp.

I hereby authorize the staff of the 2003 Sass Peepre National Junior Training Camp to act on my behalf should they be unable to contact us in a reasonable amount of time in the event of a medical emergency.

Signature of Parent/Guardian

Date

Please attach an outline of your orienteering experience on a separate page. Include the competitive orienteering course level that you normally run and any orienteering training camps you have attended in the past. Indicate areas you are hoping to improve.

Please send this form, along with a Cdn\$50 non-refundable deposit (cheque made out to "Canadian Orienteering Federation - Sass Peepre Fund") to:

**Marion Owen,
4839 Nordegg Cres. NW, Calgary, Alberta, Canada T2K 2M3**

AVAILABLE FROM THE COF OFFICE

(Prices are subject to change without notice)

1. <u>'A' Meet Organizing Manual</u> (revised 1999)	\$ 10.00	7. <u>Level III Coaching Certification Manual</u>	\$ 25.00
2. <u>'B' Meet Organizing Manual</u> (revised 1999)	\$ 10.00	8. <u>COF Competition Rules</u>	\$ 3.00
3. <u>Level I Coaching Certification Manual</u>	\$ 15.00	9. <u>Armchair Orienteering</u> - Practical Guide to Map Reading by Winnie Stott	\$ 15.00
4. <u>Niveau I Manuel de Certification des Entraîneurs</u>	\$ 15.00	10. <u>Armchair Orienteering II</u> - A Practical Guide to Route Planning by W. Stott	\$ 15.00
5. <u>Level II Coaching Certification Manual</u>	\$ 15.00		
6. <u>Niveau II Manuel de Certification des Entraîneurs</u>	\$ 15.00		

Postage: 1 - 3 items = \$ 2.00 each item
 Postage: 4+ items = Actual amount charged

ORDER FORM

NAME: _____
 AD-
 DRESS: _____
 POSTAL CODE: _____ TEL: _____

Send your order prepaid to:
CANADIAN ORIENTEERING FEDERATION
Box 62052, Convent Glen P. O.
Orleans, Ontario K1C 7H8

Telephone: 613 830-1147 FAX: 613 830-0456
 Make cheque/money order payable to:
CANADIAN ORIENTEERING FEDERATION

Quantity	Description	Price	Total

Have you considered making donation?
 COF will issue official donation receipts for income tax purpose for donation of \$10.00 and over.
 AMOUNT OF DONATION:.....

SUB TOTAL _____
SHIPPING & HANDLING _____
TOTAL _____

MEMBER BENEFITS FROM COF

- ORIENTEERING CANADA - 1 year subscription.
- Liability insurance coverage.
- Eligible to participate in COF programmes - National Coaching Certification Program (NCCP); Officials Certification Program.
- Eligible to win awards at Canadian, North American and Asia Pacific Orienteering Championships.
- Eligible to compete in orienteering events in other international orienteering federation member nations.
- Eligible to receive lower entry rates where offered to members.
- Junior age members eligible to participate in Junior Participation Program.
- Eligible for selection to High Performance Program (HPP) - Senior and Junior Tiers.
- Eligible for selection to National Teams to World Championships and other international events.
- National team members are eligible to receive financial support to World Orienteering Championships - Senior & Junior.
- Existence of a national federation and office is a major factor for Provincial/Territorial Associations to receive funding from provincial governments for: administration, staff, travel grants, athlete grants, programmes, etc.

CANADIAN ORIENTEERING FEDERATION ADDRESSES

BOARD OF DIRECTORS

President	Ray St-Laurent	17 Wallace Lane, Hanwell, NB, E3C 1M6	raystl@nbnet.nb.ca
Vice President & High Performance	Charlie Fox	1225 235 Street RR#9, Langley, BC, V3A 6H5	diane.fox@shaw.ca
Promotion	Geraint Edmunds	12908 135A Ave., Edmonton, Alta, T5L 3Z7	geraint@powersurfr.com
Finance	Sheldon Friesen	200 Main Street, Winnipeg, Manitoba, R3C 4M2	moa@mb.sympatico.ca
Techn. Standards	Jack Forsyth	Box 163, Hartney, Manitoba, R0M 0X0	jforsyth41@hotmail.com
Technology	Ray St-Laurent	17 Wallace Lane, Hanwell, New Brunswick, E3C 1M6	raystl@nbnet.nb.ca
	Helen Howard	2505 Loire Valley, St. Lazare, Quebec, J7T 2C1	hhoward@mbf.ca
	Mike Smith	721 Carney St., Prince George, BC, V2M 2K5	quenton_cassidy@hotmail.com

PROVINCIAL / TERRITORIAL ASSOCIATIONS

Nova Scotia, OANS Office:	Michael Haynes	Box 3010 S., Halifax, Nova Scotia, B3J 3G6	haynesmc@sportns.ns.ca
Nova Scotia, President:			
New Brunswick, President:	Harold McQuade	21 Rosemere Court, Moncton, NB, E1C 9W2	rosemere@nbnet.nb.ca
Quebec, President:	Elisa Rietzschel	3515 Chartrand, Terrebonne, QC, J6Y 1A4	jerrydrouin@sympatico.ca
Ontario, OO Office:		2163 Third Sideroad, Campbellville, Ontario, L0P 1B0	admin@orienteering.on.ca
Ontario, President:	Annete Van Tyghem	2163 Third Sideroad, Campbellville, Ontario, L0P 1B0	annette@orienteering.on.ca
Manitoba, MOA Office:	Sheldon Friesen	200 Main Street, Winnipeg, Manitoba, R3C 4M2	moa@mb.sympatico.ca
Manitoba, President:	Don Roe	108 Polson Ave., Winnipeg, Manitoba, R2W 0M0	roe@autobahn.mb.ca
Alberta, AOA Office:	Jim Webster	818 16th Ave. NW, Calgary, Alberta, T2M 0K1	orienteering@shaw.ca
Alberta, President:	Jonathon Winn	54 Tuscany Meadows Hts NW, Calgary, AB, T3L 2L8	Teresanjon@hotmail.com
British Columbia, President	Doug Smith	941 Gleneagles Drive, Kamloops, BC, V2E 1K4	dsmithqqq@home.com.
Yukon, President:	Charlie Roots	2 Kluhini Cres., Whitehorse, Yukon, Y1A 3P3	

NATIONAL OFFICE: Executive Director: **Colin Kirk**
Mailing Address: Canadian Orienteering Federation, Box 62052,
Convent Glen P.O., Orleans, Ontario, K1C 7H8
TEL: 613-830-1147 FAX: 613-830-0456
E-MAIL ckirk@iam-net.com

SUBSCRIPTION RATES: Non COF members - \$12.00 per year. Overseas/USA subscribers send a Postal Money Order or a Bank Draft in Canadian funds payable to the Canadian Orienteering Federation.

ADVERTISING RATES - PER ISSUE: Outside back cover \$150.00; Inside back cover \$100.00; Inside full page \$75.00; One-half page \$50.00; One-third page \$35.00; Business card size \$20.00.