

A background image of a topographic map with contour lines, rendered in a light gray color. The map is oriented vertically, with the top of the page showing higher elevations.

NAOC 2014

Arnprior, Canada: Take Control!

North American Orienteering Championships

OCTOBER 10TH - 13TH

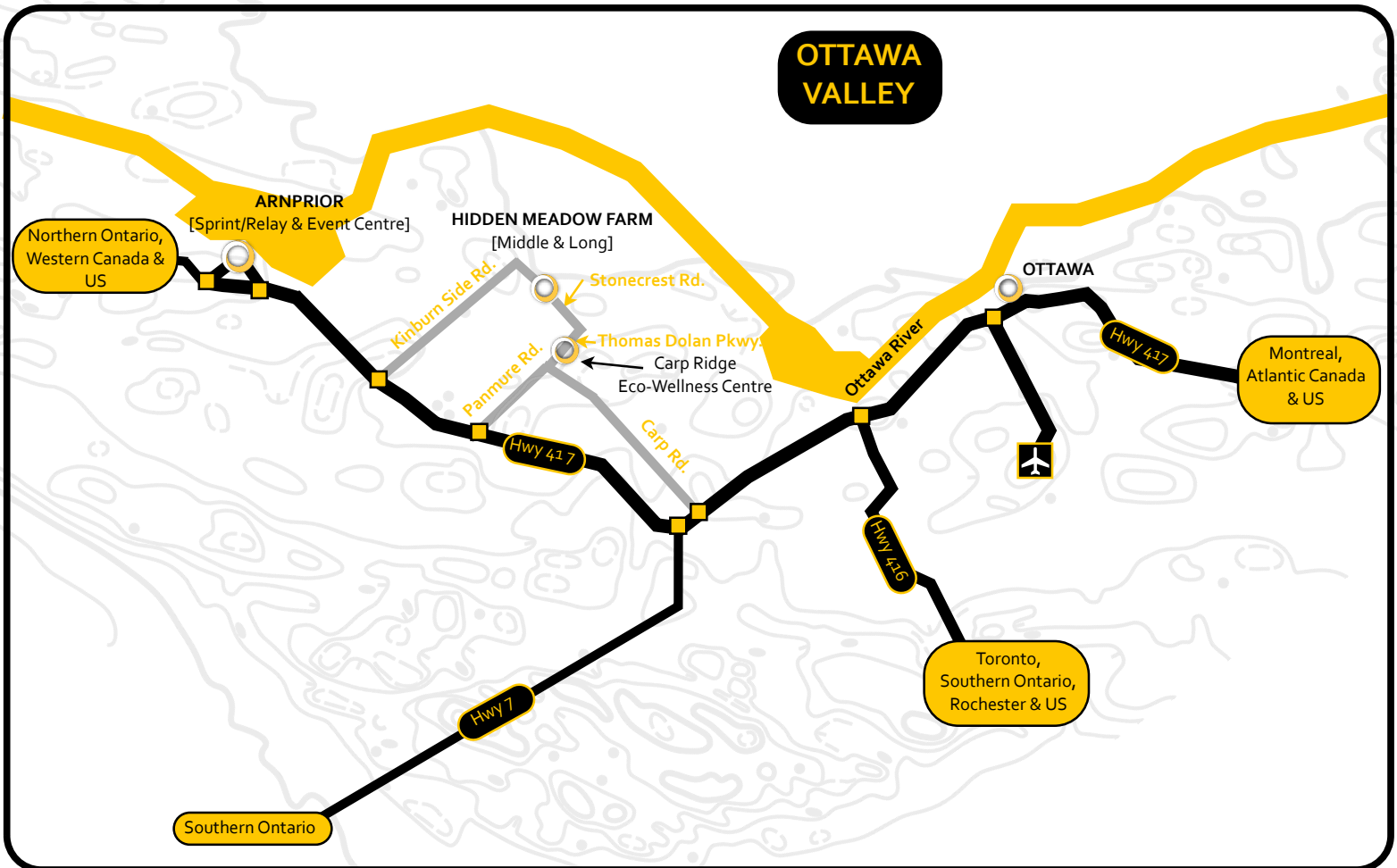
WEBSITE: NAOC2014.ca
EMAIL: info@NAOC2014.ca
FACEBOOK: /OttawaOfest
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TAKE CONTROL

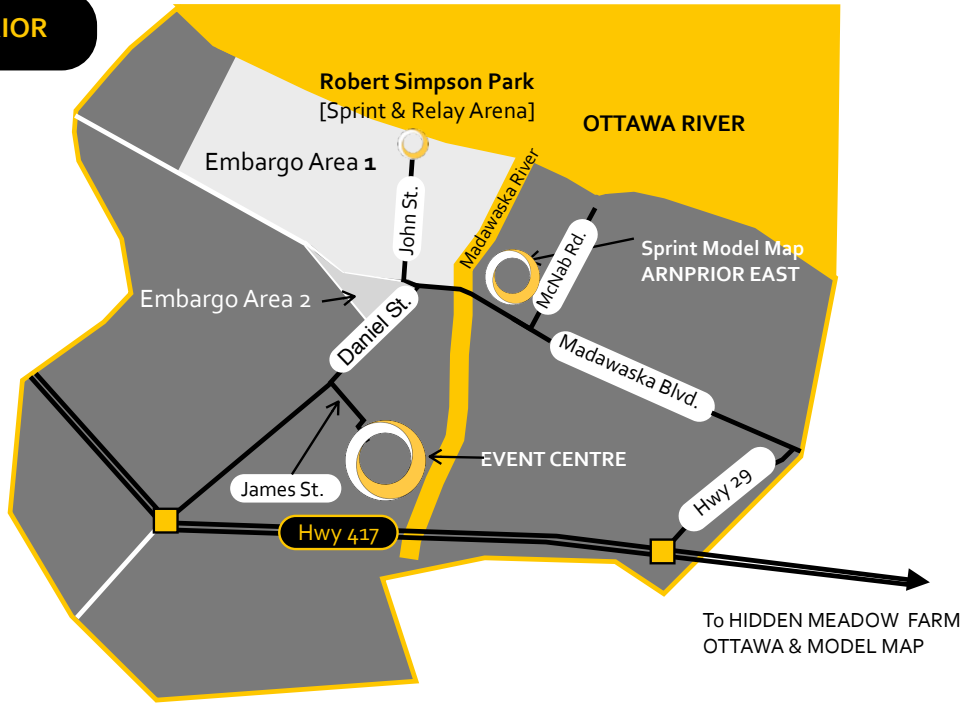
BULLETIN #3 - Final Details

TABLE OF CONTENTS

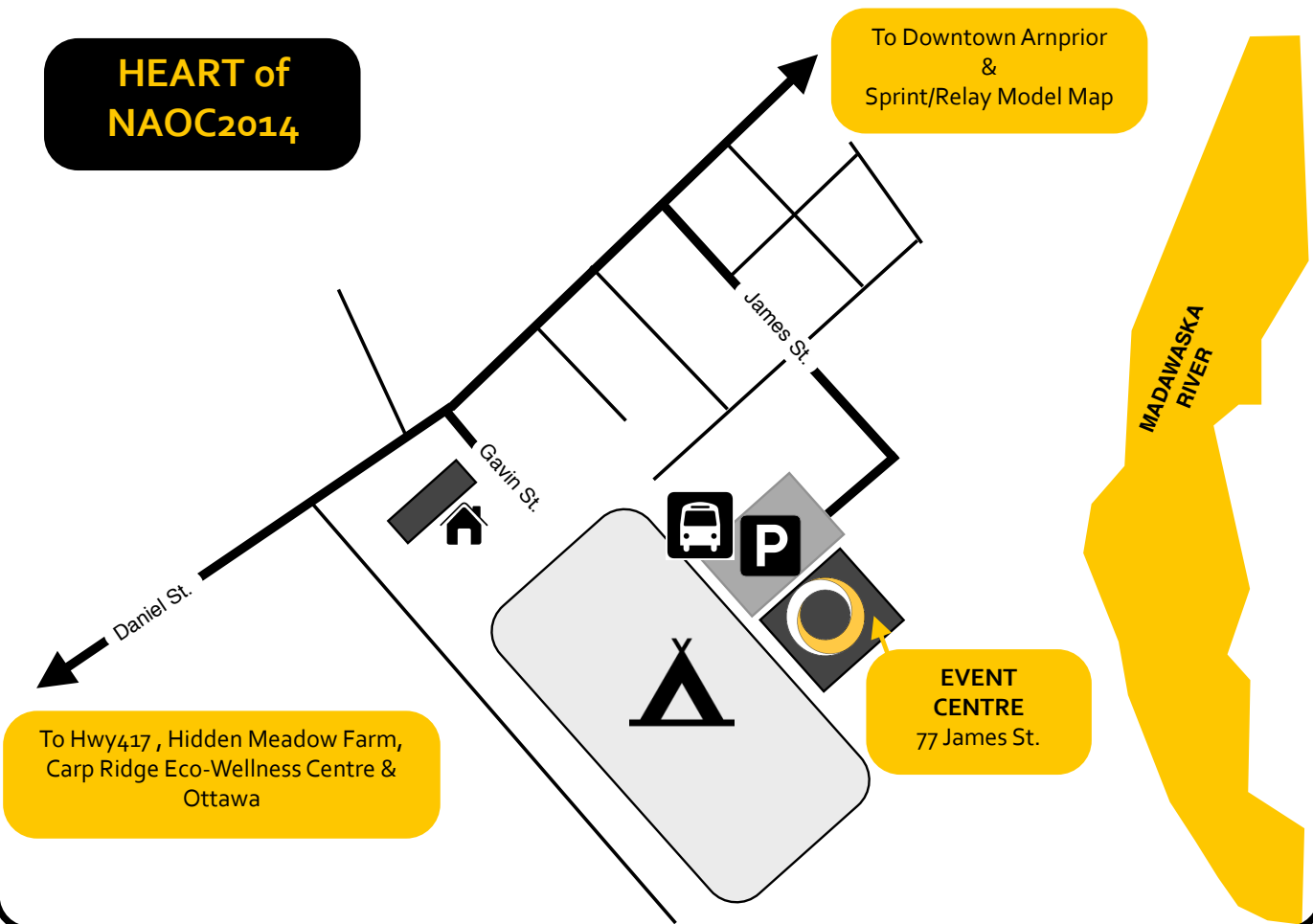
LOCATION MAPS page 2-3
WELCOME TO NAOC2014 page 4
FULL SCHEDULE page 5
MIDDLE DISTANCE page 6-7
LONG DISTANCE page 8-9
SPRINT page 10-11
RELAY & PEOPLE'S CUP FINALE page 12
BK & FUTURE CHAMPIONS CUP page 13
PEOPLE'S CUP page 14
RACE REGULATIONS page 15
EMBARGOED AREAS & MODEL MAPS page 16
TRAINING page 17
MAPS page 18
GENERAL INFORMATION: Transportation & Safety|Medical page 19
AWARDS | NAOC2014 SHIRTS page 20
ARENA SERVICES page 21
SPECTATING & FESTIVITIES page 22
EVENT REGULATIONS page 23
FOOD & ACCOMODATION page 24
TEAM NAOC2014 page 25



ARNPRIOR



HEART of NAOc2014



WELCOME TO NAOC2014

NAOC2014 is the North American Orienteering Championships sanctioned by the International Orienteering Federation (IOF) as an official Regional Championships. Held every two years, the largest orienteering event in North America is alternately hosted between Canada and the United States of America. In 2014 they will feature 3 World Ranking Events (WRE), the Björn Kjellström Cup, Future Champions Cup, training camps, the People's Cup, clinics, festivities, food, fun, after hours concerts, the town of Arnprior, 12 countries, the attractions of Canada's Capital - Ottawa, and so much more.

As the official Regional Championships a lot is on the line - the top North American in each race in the 21-34 elite classes will automatically be entered in the World Championships. The stakes will be high and the drama will be well worth watching. We invite you to TAKE CONTROL!

HOST TOWN ARNPRIOR

The gateway to the Upper Ottawa Valley, Arnprior is the HOST TOWN for NAOC2014. It is located at the mouth of the Madawaska River as it enters the Ottawa River. The town is a namesake of Arnprior, Scotland and is known for lumber, hydro power generation, aerospace and farming. A modern town where you will find all the conveniences of living in an urban area surrounded by the beauty of nature, which comes from being WHERE THE RIVERS MEET.

We are lucky to have such a great partner that has bought into the idea of a host town and is doing everything to help make NAOC2014 a great experience for all participants.

Take some time and explore all the town has to offer including a restored early 20th century theatre, unique shops and some great nature areas including the Macnamara Trail.

www.arnprior.ca

TAKE CONTROL

the NAOC2014 Theme Song
by The Orienteers

Listen & download it on SoundCloud
<https://soundcloud.com/orienteers/take-control-naoc-2014-theme-song>

EVENT CENTRE

77 James Street | Arnprior, Ontario

NICK SMITH CENTRE | Downtown Arnprior

The epi-centre of NAOC2014. Outside of the races Arnprior's recreation centre will be the hub of the action. It will be the PLACE TO BE, the place to TAKE CONTROL; a place to relax and socialize with each other. The EVENT CENTRE is 30 minutes to Hidden Meadow Farm, 55 minutes to Ottawa and 5 minutes to ROBERT SIMPSON PARK.

The opening ceremonies, medal presentations, meals, pool, entertainment and showers happen here. This is also our main event office for race and training kit pick ups, and general enquiries during NAOC2014. There is also a pool onsite. Camping and Hardfloor accommodation are located next to the NICK SMITH CENTRE as well as the main parking for all events. Shuttle buses will provide transportation to and from Carp Ridge and Robert Simpson Park, so you don't have to worry about the driving.

INFORMATION DESK

The Race Kit Pick-Up / Information Desk will be open not quite 24/7 but close! Its services include race kit pick-up; changes to your registration information; ticket purchasing for meals, accommodation, parking and child care; sales of the souvenir Spectator Guide; registration for the National team Relay and the People's Cup Finale; clothing pick-up after races, lost and found; questions or get answers and a smiling face. If you don't know where to go, visit the Information Desk. They will direct you!

HOURS & LOCATION

Thursday, October 9	12:00 - 22:00	Event Centre
Friday, October 10	10:00 - 22:00	Event Centre
Saturday, October 11	8:30 - 16:30 17:00 - 20:00	Hidden Meadow Farm Event Centre
Sunday, October 12	8:00 - 16:30 17:00 - 20:00	Hidden Meadow Farm Event Centre
Monday, October 13	8:00 - 16:00	Robert Simpson Park

FULL SCHEDULE

Thursday

12:00-22:00	Information Desk & Race Kit Pick-up	Event Centre
12:00-16:00	Middle & Long Model Events	Carp Ridge
12:00-16:00	Shuttle Buses to Model Events	Event Centre

Oct 9th

FRIDAY

10:00-22:00	Information Desk & Race Kit Pick-up	Event Centre
10:00-16:00	Middle, Long & Sprint Model Events	Carp Ridge & Arnprior East
12:00-16:00	Shuttle Buses to Model Events	Event Centre
18:30	Opening Ceremonies	Event Centre
19:00	Dinner	Event Centre
20:00	After Hours: THE ORIENTEERS	Event Centre

Oct 10th

SATURDAY

7:00-9:30	Breakfast	Event Centre
8:00	First Shuttle to Middle Event	Event Centre
8:00-12:00	Middle Model Events	Carp Ridge
8:30-16:30	Information Desk & Race Kit Pick-up	Hidden Meadow Farm
9:00-10:00	Orienteering Clinics	Hidden Meadow Farm
10:30-11:30	Recreational Event	Hidden Meadow Farm
10:30 - 13:40	NAOC Middle Distance Start Window	Hidden Meadow Farm
14:45	Flower Ceremony	Hidden Meadow Farm
14:00-18:00	Long & Sprint Model Events	Carp Ridge & Arnprior East
17:00-20:00	Information Desk & Race Kit Pick-up	Event Centre
18:00	Dinner	Event Centre
19:00	NAOC Middle Distance Awards	Event Centre
20:00	After Hours: GAMES NIGHT	Event Centre

Oct 11th

SUNDAY

6:30-9:30	Breakfast	Event Centre
7:30	First Shuttle to Long Event	Event Centre
8:00-16:30	Information Desk & Race Kit Pick-up	Hidden Meadow Farm
9:30 - 13:00	NAOC Long Distance Start Window	Hidden Meadow Farm
10:30-11:30	Recreational Event	Hidden Meadow Farm
15:00	Flower Ceremony	Hidden Meadow Farm
14:00-18:00	Sprint Model Events	Arnprior East
17:00-20:00	Information Desk & Race Kit Pick-up	Event Centre
18:00	Banquet	Event Centre
19:00	NAOC Long Distance Awards	Event Centre
20:00	After Hours: GLEBOP JAZZ QUARTET	Event Centre

Oct 12th

MONDAY

7:00-9:00	Breakfast	Event Centre
7:30	First Shuttle to Sprint Event	Event Centre
8:00-16:00	Information Desk & Race Kit Pick-up	Robert Simpson Park
9:00-11:30	NAOC Sprint Start Window	Robert Simpson Park
12:00	Flower & Awards Ceremony	Robert Simpson Park
12:30-13:30	NAOC National Team Relay	Robert Simpson Park
14:00-15:00	People's Cup Finale	Robert Simpson Park
14:00-15:00	Recreational Event	Robert Simpson Park
15:00	Awards, Closing Ceremony & Farewell	Robert Simpson Park

Oct 13th

MIDDLE DISTANCE - Oct. 11

This is the official North American Middle Distance Orienteering Championships for all age classes. For the M21-34E and F21-34E classes this is the official IOF sanctioned Regional Championships for the North American Region and a World Ranking Event. This means that course 9 and 10 will follow IOF rules and M21-34E and F21-34E competitors must obey such rules as not carrying any GPS devices with a display of any kind. This also means that the North American winner of the M21-34E and F21-34E classes will get an automatic personal starting spot in the Middle Distance Final at the 2015 World Orienteering Championships.

Hidden Meadow Farm | Andrew Cornett - Course Setter | Bill Meldrum - Controller

The Middle Distance race is the opportunity for runners to demonstrate their ability for technical orienteering and precise navigation in complex terrain at a sustained fast pace. The NAOC2014 Middle will run on a new portion of an expanded Carp Ridge map, with contours derived from LiDAR data. Form lines are used sparingly for additional detail. Map scale will be 1:7,500 for course 4, and 1:10,000 for all other courses.

While the mapped terrain does not include any large hills, there is no shortage of smaller hills, knolls and subtle contour detail. Marshes, ponds and small lakes are also plentiful. If the fine dry autumn weather continues until race day, most of the indistinct and even the distinct marshes will be relatively dry. Beaver dams, which are mapped using the earth embankment symbol, are generally crossable. Runners will encounter cliffs, rock faces and boulders scattered throughout the area. Only boulders >1m high and cliffs / rock faces larger than 1m high by 5m long are mapped. Some areas feature a dense trail network while other areas are entirely devoid of trails.

In early October these woods are a living palette of rich and beautiful colour. The runnability of the forest is mixed. As usual, the relative runnability of the woods is mapped using white (fast), and three shades of green (slower). The boundaries/transitions between the various forest densities are generally gradual and indistinct. Visibility should be quite good on race day as many of the leaves will already have fallen. However, the carpet of colourful leaves on the forest floor can make it difficult to recognize indistinct trails and smaller indistinct marshes.

There are numerous clearings of various sizes in the terrain as well as some abandoned fields. The abandoned fields are generally overgrown with goldenrod and other wild plants, including sharp raspberry canes. In some of the clearings where the ground is rocky, runners could be slowed by the presence of low juniper bushes. The juniper patches are indicated on the map by vertical green lines (dense undergrowth symbol).

There are several maintained and ruined fences in the terrain and they are indicated on the map. Some of these fences are/were constructed from barbed wire. Although we have worked diligently to mark the fences with survey ribbon in areas where runners are likely to cross, it is likely that some loose strands of barbed wire have evaded us. Please watch out for ribbons and use caution near all fences.

Runners are encouraged to check their control codes, as there will be a rather large number of controls in the terrain. The safety bearing for all courses is east to Stonecrest Road. The Arena is at Hidden Meadow Farm, 3407 Stonecrest Rd. Courses 9 and 10 will have a spectator control which will also serve as a water station.

We hope you enjoy these courses and the many orienteering challenges and route choices waiting for you!

A portion of the 1.8 km route to the start follows a country road that is open to traffic – so for your own safety, please keep to the shoulder and watch out for vehicles.

A warm-up area with several control flags and a warm-up map will be available near the start. Toilets will be situated in the arena and near the start and the warm-up map. The start and warm-up area are located on privately owned land, and we expect the landowners will be present on race day to witness the fun. Please help us maintain good relations with these folks who have welcomed us onto their property - please use the toilets and not the woods!

WARNING: Please see Safety & Medical Section on Page 19 for more information on Poison Ivy and Ticks.

COURSE	1	2	3	4	5	6a	6b	7a	7b	8	9	10
Length (km)	2.4	2.5	3.3	1.5	2.2	2.9	2.8	3.9	3.7	3.4	4.3	4.9
Climb (m)	35	40	50	25	35	40	40	65	65	60	75	90
Controls	15	14	15	9	11	13	12	17	16	15	18	21
RWT (min)	20	20	25	25	25	25	25	25	25	30	30-35	30-35
CLASS	M12-, F12-, Open	F14-, M14-, Open	F16-, M16-, Open	F75+, F80+, F85+, M80+, M85+, Open	F55+, F65+, M75+, Open	F20-A, M65+	F45+, Open	M45+, Open	M55+	F21-34A, F20-E, F35+, M20-A	F21-34E, M21-34A, M20-E, M35+	M21-34E

Start window - age classes:	10:30 - 13:15
Start window - elite classes:	11:20-13:40
Flower Ceremony (elite classes):	14:45
Course closing time*:	15:30
Course time limit**:	2 hours

*All competitors are required to report to the results desk no later than course closing time. Failure to do so will cause search and rescue procedures to be initiated.

Competitors who take over 2 hours on their course will be disqualified for being over time. Please make every attempt to be back at the finish within the course time limit. **You MUST report to the results desk whether or not you have completed your course.

GPS coordinates for the arena:	45.418784, -76.096906
Arena Parking:	Parking available for \$10/day
Distance from Event Centre:	30km
Length of shuttle bus ride from Event Centre:	30 min
Frequency of Shuttle	10-15 min
First Shuttle to Arena	8:00
Last Shuttle From Arena	16:30
Distance from parking / shuttle bus drop-off arena:	50m
Distance from arena to start:	~1.8km relatively flat, marked route

ARENA AMENITIES

Portable toilets
 Drinking Water
 O-store.ca
 [O-equipment vendor]

Information desk
 Lost and found
 First aid
 KidZone and child care
 Marketplace Food vendors
 Shelter

MAP

Carp Ridge - Hidden Meadow Farm

SCALE

1:10,000

*1:7,500 - Course 4

CONTOUR INTERVAL

2.5m

LAST USED

Portion used -2011 O-Fest

ORIGINAL FIELD WORK

Bryan Chubb / Bill Anderson 2009-10

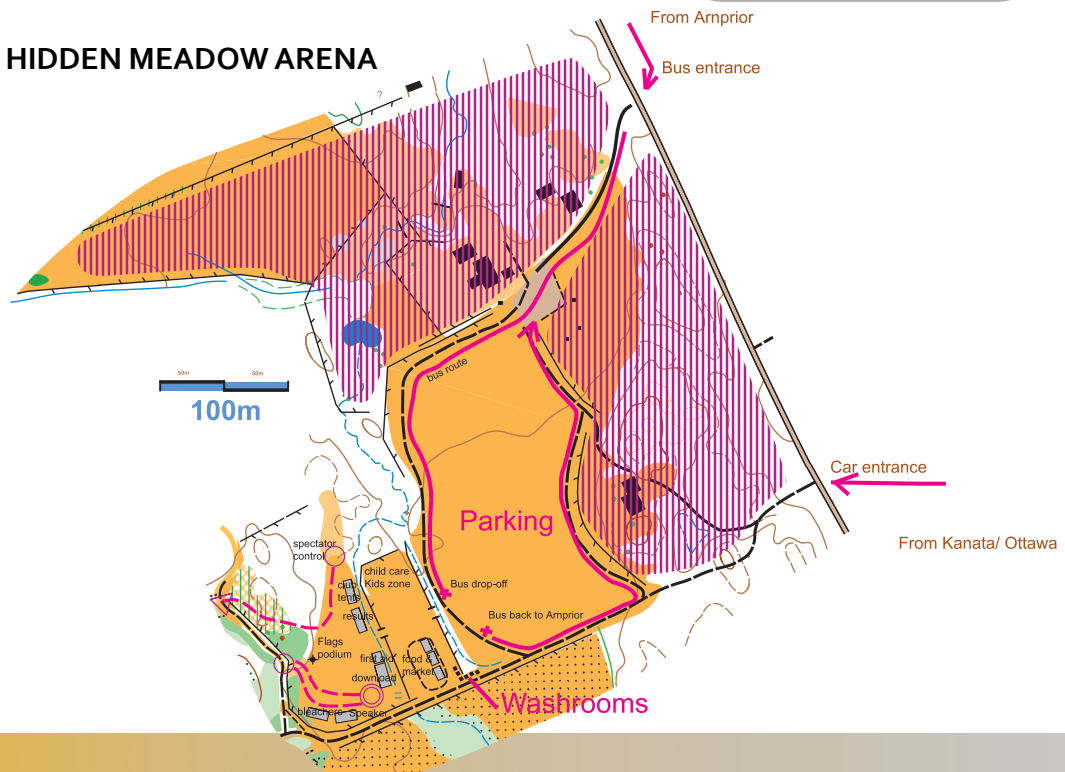
Expanded Map

Bill Anderson - 2014

REVISION & DRAWING

Bill Anderson 2014

HIDDEN MEADOW ARENA



LONG DISTANCE - Oct. 12

This is the official North American Long Distance Orienteering Championships for all age classes. For the M21-34E and F21-34E classes this is the official IOF sanctioned Regional Championships for the North American Region and a World Ranking Event. This means that course 9 and 10 will follow IOF rules and M21-34E and F21-34E competitors must obey such rules as not carrying any GPS devices with a display of any kind. This also means that the North American winner of the M21-34E and F21-34E classes will get an automatic personal starting spot in the Long Distance Final at the 2015 World Orienteering Championships.

Hidden Meadow Farm | Brian Graham - Course Setter | Richard Guttormson - Controller

The general area of the long courses is the same area as the middle event. However the longer courses will cover terrain further north and south than the middle event. The north end of the map consists of generally flat topography with subtle topographic features and few trails. Runnability varies from fair to very good with some areas of slower running. The powerline corridor in the north end of the map is somewhat overgrown with moderate to slow running. The south end of the map has more topographical relief with a dense trail network. Smaller trails may be difficult to see in the terrain. Forest runnability is variable.

Semi-open land marked with vertical green lines is either low juniper bushes (common on open hills) or thorny raspberry vines (along the powerline). Visibility is good but runnability is slow (walk). Beaver dams are crossable as marked, but runnability is generally slow (walk) due to poor footing. In October, small water features may be dry, unless significant rain occurs prior to the event. Uncrossable marshes are deep year-round and soft-bottomed. There are electric livestock fences in the vicinity of the start and finish. Power will be off during the competition.

Courses 9 and 10 have a spectator control and a map exchange. Please take note the different map scales in use: Courses 1 through 3 will use 1:10,000, Course 4 will use 1:7,500, Courses 5 through 7b will use 1:10,000 and Courses 8 through 10 will use 1:15,000 as per IOF regulations. Please note the change for course 4 and the addition of 7b.

Safety bearing is east northeast (67 degrees) to Stonecrest Road.

There is a 1km walk to the start. There is no warm-up map or toilets near the start. Like the Middle Distance the start area and walk to the start are on private land. Please respect the owners by using the facilities at the arena.

COURSE	1	2	3	4	5	6	7a	7b	8	9	10
Length (km)	2.5	2.6	3.6	2.2	2.9	3.8	5.2	5.2	6.5	7.9	12
Climb (m)	30	70	75	40	65	105	120	120	80	115	150
Controls	12	10	8	6	7	9	9	9	14	17	24
RWT (min)	30	30	50	45-50	45-50	45-50	55	55	55	70-80	90-100
CLASS	M12-, F12-, Open	F14-, M14-, Open	F16-, M16-, Open	F75+, F80+, F85+, M80+, M85+, Open	F55+, F65+, M75+, Open	F20-A, F45+, M65+, Open	M45+, Open	M55+	F21-34A, F20-E, F35+, M20-A	F21-34E, M21-34A, M20-E, M35+	M21-34E

Start window - age classes:	9:30 - 12:30
Start window - elite classes:	10:00 - 13:00
Flower Ceremony (elite classes):	15:00
Course closing time*:	16:00
Course time limit**:	3 hours

*All competitors are required to report to the results desk no later than course closing time. Failure to do so will cause search and rescue procedures to be initiated.

Competitors who take over 3 hours on their course will be disqualified for being over time. Please make every attempt to be back at the finish within the course time limit. **You MUST report to the results desk whether or not you have completed your course.

GPS coordinates for the arena:	45.418784, -76.096906
Arena Parking:	Parking available for \$10/day
Distance from Event Centre:	30km
Length of shuttle bus ride from Event Centre:	30 min
Frequency of Shuttle	10-15 min
First Shuttle to Arena	7:30
Last Shuttle From Arena	16:30
Distance from parking / shuttle bus drop-off arena:	50m
Distance from arena to start:	~1km marked route

ARENA AMENITIES

- Portable toilets
- Drinking Water
- O-store.ca
- [O-equipment vendor]
- Information desk
- Lost and found
- First aid
- KidZone and child care
- Marketplace Food vendors
- Shelter

MAP

Carp Ridge - Hidden Meadow Farm
SCALE

1:10,000 - Course 1-3, 5-7

* 1:7,500 - Course 4

* 1:15,000 - Course 8-10

CONTOUR INTERVAL

2.5m

LAST USED

Portion used -2011 O-Fest

ORIGINAL FIELD WORK

Bryan Chubb / Bill Anderson 2009-10

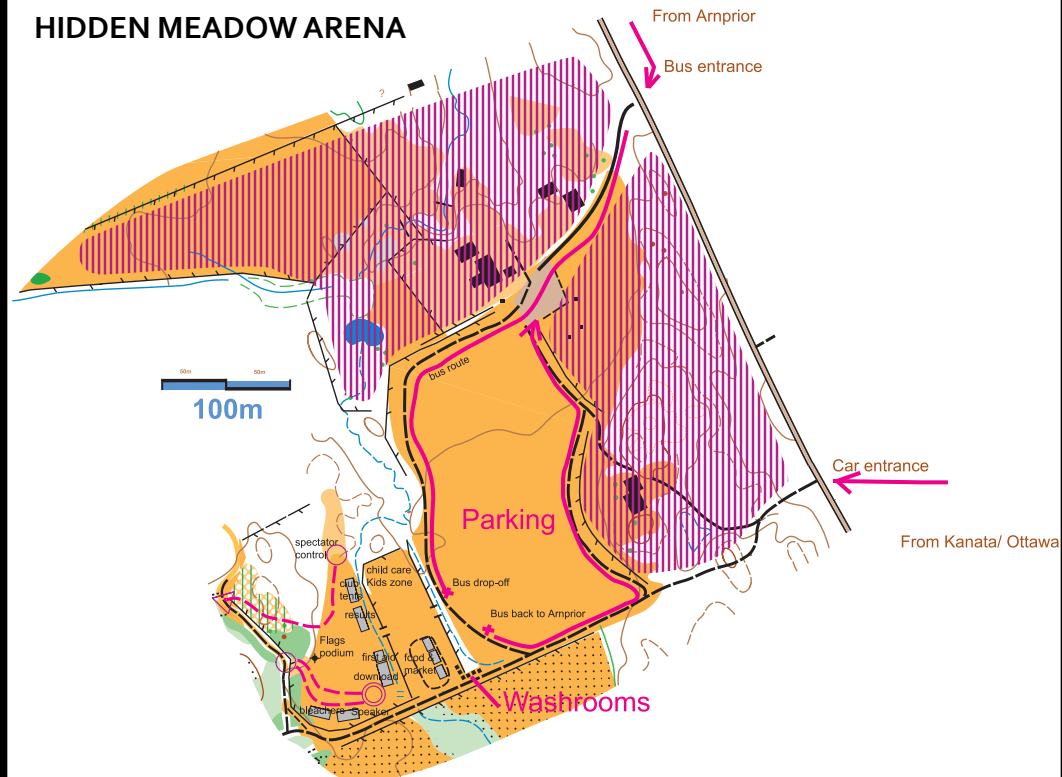
Expanded Map

Bill Anderson - 2014

REVISION & DRAWING

Bill Anderson 2014

HIDDEN MEADOW ARENA



WARNINGS

Please see Safety & Medical Section on Page 19 for more information on Poison Ivy and Ticks.

MAPPER NOTES: CARP RIDGE-HIDDEN MEADOWS | Middle & Long Events | Bill Anderson

Ten property owners have kindly allowed us to run all over their 100 acre "back yards". It contains small hills, deep marshes, a maze of trails, and a fair amount of rock detail. Rock faces/cliffs may be as short as 5 metres in length but they are vertical, higher than 1 metre, and contiguous.

The woods are quite dry this time of year. Indistinct marshes may be only "moist". Marshes outlined with the bank line are very difficult to cross. Even dry-looking marshes have a deep, sticky mud. The beavers have been very busy and their dams keep raising the level of the lakes or creating new ones. A couple of large dams have burst leaving large grassy marshes where lakes used to be.

A wet summer has been a boon for the tall weeds in the rough open areas and especially in the hydro right-of-way which runs through the middle of the map. Thick juniper bushes, raspberry cane, and small vines fill some of those areas. As indicated in the course notes they are drawn with the rough open symbol overlaid by the thick undergrowth symbol. As such, I highly recommend that participants wear full protection on their lower body. Double tights and/or gaiters will be appropriate.

There are old broken strands of barbed wire along the borders of the properties. We have tried to cut down and/or ribbon every piece we can find. There are also many sections of single-strand electric wire which can be easily jumped – and all turned off!

SPRINT - Oct. 12

This is the official North American Sprint Orienteering Championships for all age classes. For the M21-34E and F21-34E classes this is the official IOF sanctioned Regional Championships for the North American Region and a World Ranking Event. This means that course 4 and 5 will follow IOF rules and M21-34E and F21-34E competitors must obey such rules as not carrying any GPS devices with a display of any kind. All athletes competing in the 20-E and 21-34E classes, plus anyone else on course 4 and 5 wishing to receive World Ranking points will be required to be in quarantine at the Event Centre.

Robert Simpson Park | Randy Kemp - Course Setter | Gord Hunter - Controller

The sprint races in the Town of Arnprior start off with an incredible view of the Madawaska Falls and finish in scenic Robert Simpson Park along the Ottawa River. Runners on courses 1, 4 and 5 will stay in the urban area for the entire race. Courses 2 and 3 include a jaunt through the old growth forest of Gillies Grove (long pants recommended).

All of the courses have very minimal climb of 20-25 metres and the running conditions are very fast. As most of the Sprint courses will be on paved surfaces non-cleated or at least non-metal spiked shoes are recommended.

All courses have numerous opportunities for route choice. Split-second decision making, efficient control taking and an empty tank at the finish line will win the race. Winning times for the elite classes are expected to be well within 14-15 minutes. Traffic will be blocked and rerouted around the main Downtown area to allow us to orienteer safely. However, there can still be some traffic on residential streets so be cautious when crossing streets. The general public is permitted to be in this area and while crowd control will be in place runners should be aware.

There are 14 control points located within 120 metres of the finish chute, so govern yourself accordingly to prevent disqualification for mispunching.

The sprint arena is a spectator's paradise with the possibility of 7 spectator controls for both the Men's and Women's Elite courses. Radio controls will inform spectators of the runner's status as they enter Robert Simpson Park with many controls remaining. The Arena map has many features from the actual map removed.

QUARANTINE

Runners in the 20-E and 21-34E classes will be held in quarantine prior to the start of the Sprint event. The quarantine location is the EVENT CENTRE. Athletes are required to be in the EVENT CENTRE by 9:00 on Monday morning. From there they will be bussed directly to the warm-up area without going to the arena. From the warm-up area, athletes will make their own way to the start. Bags and warm-up clothing will be transported to the arena.

All other competitors will be bussed to Robert Simpson Park from the Event Centre and then will have a 1.2km walk to the start. Bags and warm-up clothes will be transported from the start to the arena. No participant may walk or drive directly to Robert Simpson Park, as they will be entering the competition area. Free parking will be provided at EVENT CENTRE with frequent shuttles. Toilets will be available at the arena.

Start window - age classes:	9:00 - 11:15
Start window - elite classes:	10:30 - 11:30
Course closing time*:	12:30
Course time limit**:	1 hour

*All competitors are required to report to the results desk no later than course closing time. Failure to do so will cause search and rescue procedures to be initiated.

Competitors who take over 1 hour on their course will be disqualified for being over time. Please make every attempt to be back at the finish within the course time limit. **You MUST report to the results desk whether or not you have completed your course.

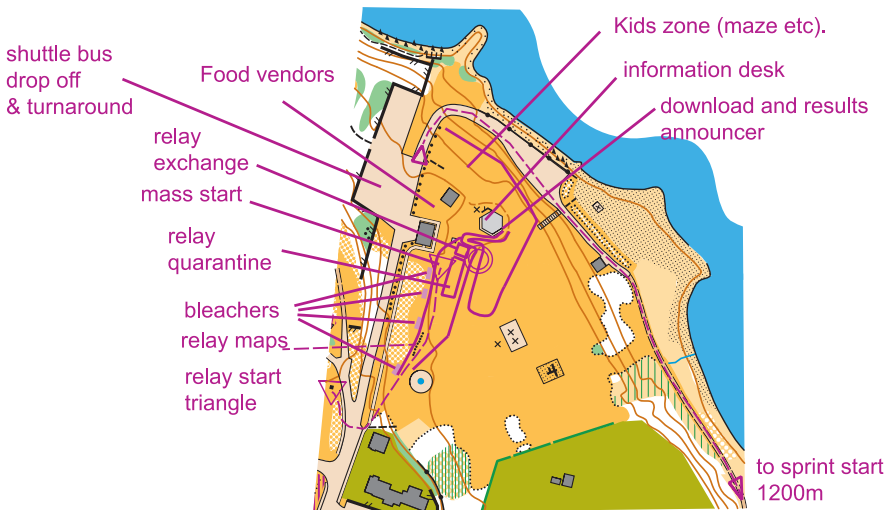
COURSE	1	2	3	4	5A	5B
Length (km)	2.4	2.4	3.4	3.4	4.1	4.0
Climb (m)	25	20	20	20	25	25
Controls	16	12	14	20	22	20
EWT (min)	10-12	12-15	12-15	12-15	12-15	12-15
CLASS	F12- F14- M12- M14- Open	F55+ F65+, F75+ F80+, F85+ M75+ M80+ M85+ Open	F45+ M55+ M65+	F16- F20-E F20-A F21-34E F21-34A F35+ M16-	M21-34 EM20-E M35+	M20-A M21-34A M45+

MAP
Robert Simpson Park | Gillies Grove | Arnprior
LAST USED
 Never
FIELD WORK & DRAWING
 Bill Anderson - 2014
SCALE
 1:4,000
CONTOUR INTERVAL
 2.5m

GPS coordinates for the arena:	45.443161, -76.351596
Arena Parking:	NOT PERMITTED - Event Centre Only
Distance from Event Centre:	2.3km
Length of shuttle bus ride from Event Centre:	6 min
Frequency of Shuttle	5-10 min
First Shuttle to Arena	7:30
Last Shuttle From Arena	16:30
Distance from parking / shuttle bus drop-off arena:	50m
Distance from arena to start:	~1.2km marked route

ARENA AMENITIES
 Portable & Flush toilets
 Drinking Water
 O-store.ca
 [O-equipment vendor]
 Information desk
 Lost and found
 First aid
 KidZone and child care
 Marketplace Food vendors
 Shelter

ROBERT SIMPSON PARK ARENA: Sprint & Relay



MAPPER NOTES: ARNPRIOR-GILLIES GROVE | Sprint & Relay | Bill Anderson

A mix of urban, forest and parkland areas. The man-made object symbol - "X" - is most often a very large sign. In Gilles Grove, an old-growth pine forest, I have used the vegetation-impassable symbol (a very dark green) to indicate the location of huge, distinct, felled pines that are too large to pass over. Root stocks must be 1.5 metres or higher to be included on the map. Large, distinct, deciduous trees are indicated by the green circle symbol filled with white. Large, distinct conifers and bushes are drawn with the dark green symbol. Smaller individual trees are shown with a small green dot.

Good Luck! Bill Anderson

RELAY & PEOPLE'S CUP FINALE - Oct. 13

The National Team Relay is the 4th and final event of the Björn Kjellström and Future Champions Cups for the senior and junior national teams. The format for this year's relay is the IOF sprint relay format. Teams consist of four runners, at least two of which must be female, who must also run the first and last legs. Note that this means there are not separate men's and women's classes. There will still be 20- and 21-34 categories but they will be on the same course and start in the same mass start. Each leg of the relay is designed for a winning time of about 12-15 minutes. All legs will include forking so runners will not be running the exact same course as others on the same leg but in the end all teams will run all of the same control to control legs as all other teams.

Each North American country (USA, Canada) will be able to enter as many teams as they can field with the restriction that registration is limited to those athletes who have competed in the elite (M20-E, F20-E, M21-34E, F21-34E) classes in the individual races. International and mixed teams will also be permitted to register, with the same athlete restrictions. The National Team Relay has been specifically designed to be watched by spectators so we hope everyone not running the relay will stay in the arena after the sprint to watch it.

Following the National Team Relay, spectators will have an opportunity to run in the People's Cup Finale which features the same courses as the relay. The start for these will be a mass start by age class and maps will be assigned randomly at the start. The People's Cup Finale is the final race of the People's Cup club competition.

ROBERT SIMPSON PARK - GILLIES GROVE | Gord Hunter - Course Setter | Randy Kemp - Controller

The NATIONAL TEAM RELAY and the mass start PEOPLE'S CUP FINALE following the relay is taking place in the Gilles Grove old growth forest and the park terrain around the Galilee Centre and Robert Simpson Park. The old growth forest with towering trees is very open except for some green areas with limited visibility. The running is very fast for most parts, but sometimes slowed by fallen trees, the biggest being mapped as green lines on the map. Root stocks are mapped with the green x. Stumps are not mapped, only root stocks with the roots in the air are mapped. The area is criss-crossed with a network of trails. There are some patches of poison ivy so please use full leg cover. Orienteering shoes with cleats are recommended.

The Relay start, finish & exchange is in Robert Simpson Park. After start or relay exchange follow the streamers 150 m to the start triangle. The courses are forked. Seniors and Juniors run the same course but are counted separately in the results.

Course lengths are approximately 2.6 km for legs 1 and 4, and 2.9 km for legs 2 and 3.

MAP

Robert Simpson Park | Gillies Grove

LAST USED

Never

FIELD WORK & DRAWING

Bill Anderson - 2014

SCALE

*1:5,000

CONTOUR INTERVAL

2.5m

Arena:	Sprint Arena - Robert Simpson Park
Last Shuttle From Arena	16:30
Distance from arena to start:	~0 Km -in Arena
National Team Relay Start	12:30
People's Cup Finale Mass Start Window	14:00-14:30
Course Closes	15:30
Time Limit	1 Hour

To register for the National Team Relay, coaches or team managers must complete a registration form at the Information Desk, no later than 19:30 on Sunday. For registration information for the People's Cup Finale see the People's Cup section on page 14.

Eligibility and Rules

Eligibility

- Competitors must have full passport-holding citizenship of the country they are representing prior to the start of a race.
- Competitors must be members in good standing of the national federation they are representing prior to the start of a race.
- In case there is a need for last-minute membership (new or renewal), it will be sufficient to give the necessary paperwork and payment to the event director or his/her designated subordinate.
- Before the competitions begin, any competitors who are potentially eligible to represent more than one North American Federation must declare which country they intend to represent. Because this cup is a friendly competition, on a trial basis, there will not be a "credentials committee" but protests will be referred to a jury to determine eligibility.

Rules

Individual Events: There are three individual events for both men and women (Sprint, Middle Long). Each is scored separately with points distributed among the top finishers (see details below).

Relay: NAO2014 will be using the IOC format of a sprint relay with mixed teams of 4, containing at least 2 women, with women running the first and last legs.

To get points, a team has to finish within the time limit (which might be quite tight). No points for DQ or DNF.

Ranking: Ranking is determined in each race class using only those competitors meeting the eligibility criteria above. To determine ranking, the results of the race will first have the non-eligible finishers removed, then be ranked from one for the first eligible finisher to 15 for the 15th eligible finisher.

Point Scoring: For the individual races and the 4 person relay, up to the top three eligible finishers from each country will receive points. For the 3 person relay, up to the top two teams from each country will receive points. Points will be awarded to each country using the ranking as described above and the accompanying points tables. Note that lowest ranking finisher to receive points varies, as indicated in the points tables, depending on the race.

Ties in Ranking: If two competitors tie in a race, and both will receive points, they each receive the average point value of the higher and lower points if they had not tied. For example a tie for 4th place (4th = 16 points, 5th = 13 points) results in each competitor receiving 14.5 points. If two competitors tie in a race, but only one will receive points, that competitor receives the points that would have been allotted had the other competitor not been there.

Total Score: The overall score for each country is based on combined scores for men and women, for all 4 races (Sprint, Middle, Long, Relay).

Ties in Total Score: In case of a tie, the cup is retained by the country in possession of it.

Junior/Senior overlap: In situations where junior classes run the same course as the senior classes, juniors are eligible to be scored as both a junior and a senior.

Points Tables

Individual Events, for BK Cup;

Individual Events for FC Cup when there is a 20- class but no 18- class (usual practice in Canada)

Rank	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Points	25	22	19	16	13	10	9	8	7	6	5	4	3	2	1

Relay Events, for mixed sprint relays

Rank	1	2	3	4	5	6
Points	70	50	40	30	20	10

PEOPLE'S CUP

The People's Cup is being introduced at NAO2014 as a friendly interclub competition for which the winning club will be awarded a trophy and, more importantly, will receive bragging rights for at least two years, until the next biennial North American Orienteering Championships in 2016. It is our hope that the People's Cup will become a regular part of the North American Orienteering Championships.

The club competition will take place throughout the weekend, as part of each of the Middle, Sprint and Long events. The culmination of the entire weekend of races will be the People's Cup Finale, a mass start, short and sweet, age class event following the National Team Relay on Monday.

Everyone who is a member of an Orienteering Club in North America is eligible to win points for their club towards the People's Cup. Points will be awarded to the top 15 eligible finishers in every age class in every race.

Each evening, the People's Cup cumulative points will be displayed at the Event Centre for clubs to check how they are doing and how their competition is doing.

On Monday, after the Sprint event and the National Team Relay, the People's Cup Finale will close out NAO2014. This mass start race takes place on the same courses as the relay, so it's a chance to see just where you stand in comparison to the top orienteers of the US and Canada. Points from the Finale will be weighted double relative to each of the Sprint, Middle, and Long events.

At the final awards ceremony of the weekend, after the Bjorn Kjellstrom and Future Champions Cups have been presented, the People's Cup will be presented to the winning club as the final presentation prior to handing over the North American Orienteering Championships to the USA for 2016.

Registration for the People's Cup Finale will be included in the purchase of the weekend's Spectator Guide. For those not purchasing the guide there will be a \$10 fee. Registration will take place at the Information Desk throughout the weekend.

Eligibility

1. Competitors must be registered in the races as a member of a North American club, recognized as such by either OUSA or Orienteering Canada;
2. Competitors must be registered in age class races; Open and Recreational events are not included in the People's Cup; In races where there is an "E" and an "A" class, both classes will be included in awarding points towards the People's Cup;

Scoring

1. **People's Cup Races:** The Sprint, Middle, and Long events, and the People's Cup Finale will all award points towards the People's Cup.
2. **Ranking:** Ranking is determined in each eligible race class using only those competitors meeting the eligibility criteria above. To determine ranking, the results of the race will first have the non-eligible finishers removed, then ranked from one for the first eligible finisher to the 15 for the 15th eligible finisher.
3. **Point Scoring:** The top 15 eligible finishers in each age class in each of the four races will receive People's Cup points. Points will be awarded as shown in the accompanying points table. Note that the People's Cup Finale awards double points as each of the Sprint, Middle, and Long events.
4. **Ties in Ranking:** If two competitors tie in a race, and both will receive points, they each receive the average point value of the higher and lower points if they had not tied. For example a tie for 4th place (4th= 16 points, 5th = 13 points) results in each competitor receiving 14.5 points.
5. **Total Score:** The points awarded for each class for each event will be added up for each club. The club with the highest total points score will be awarded the People's Cup at the awards ceremony immediately following the People's Cup Finale.

Points Table

Rank	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Sprint, Middle, Long points	25	22	19	16	13	10	9	8	7	6	5	4	3	2	1
Cup Finale points	50	44	38	32	26	20	18	16	14	12	10	8	6	4	2

RACE REGULATIONS

START & FINISH PROCEDURES

START: Clear and check for your SI timing stick will be available in the arena and at the start area. Be sure to have your SI timing stick and a whistle with you. Both are required to start the race.

From the arena follow streamers and signs to the start area for each race. The one exception to this is for those competing in M20-E, F20-E, M21-34E and F21-34E in the Sprint. For these classes there will be a quarantine area at the Event Centre for the Sprint event only. These athletes will be dropped off by bus near the start area and will follow streamers the rest of the way. They WILL NOT be permitted near the arena prior to their race.

At the start area, there will be a 3 minute call-up. Three minutes prior to your start time, you will be called to the first line to check in with start officials. When you are called up, the clock at the call-up line will show your start time (ie. it will be three minutes ahead of real world time). Officials will check that you have the correct SI timing stick and a whistle.

Two minutes prior to your start time, you will proceed to the next line where you will pick up a control description sheet for your course.

One minute prior to your start time, you will proceed to the third and final line, the start line. You will pick up your map for your course and write your name or number on the back of it, but WILL NOT be permitted to turn your map over to look.

At your start time, after the clock beeper indicates the minute, you may turn your map over and must follow the trail or streamers to the start triangle located at some distance from the start line. There will be no punch at the start triangle. You are timed from the moment the beeper indicates your start time.

FINISH: All competitors who start the race MUST report to the timing crew at the download tent to download their SI stick. This is IMPERATIVE for safety reasons as it is how officials know who is still out on course. If you complete the race, you will be directed, via a chute, to the download control. You will download twice.

Competitors will be required to leave their maps with officials at the download tent. These will be made available again to pick up once all competitors have started the race.

Water, snacks and first aid will be available immediately after you leave the download tent. You may be requested to speak with an announcer. We thank you for helping us make this a spectator-friendly event!

If you do not finish the race, when you return to the arena, immediately head to the download tent to report in.

LATE STARTS

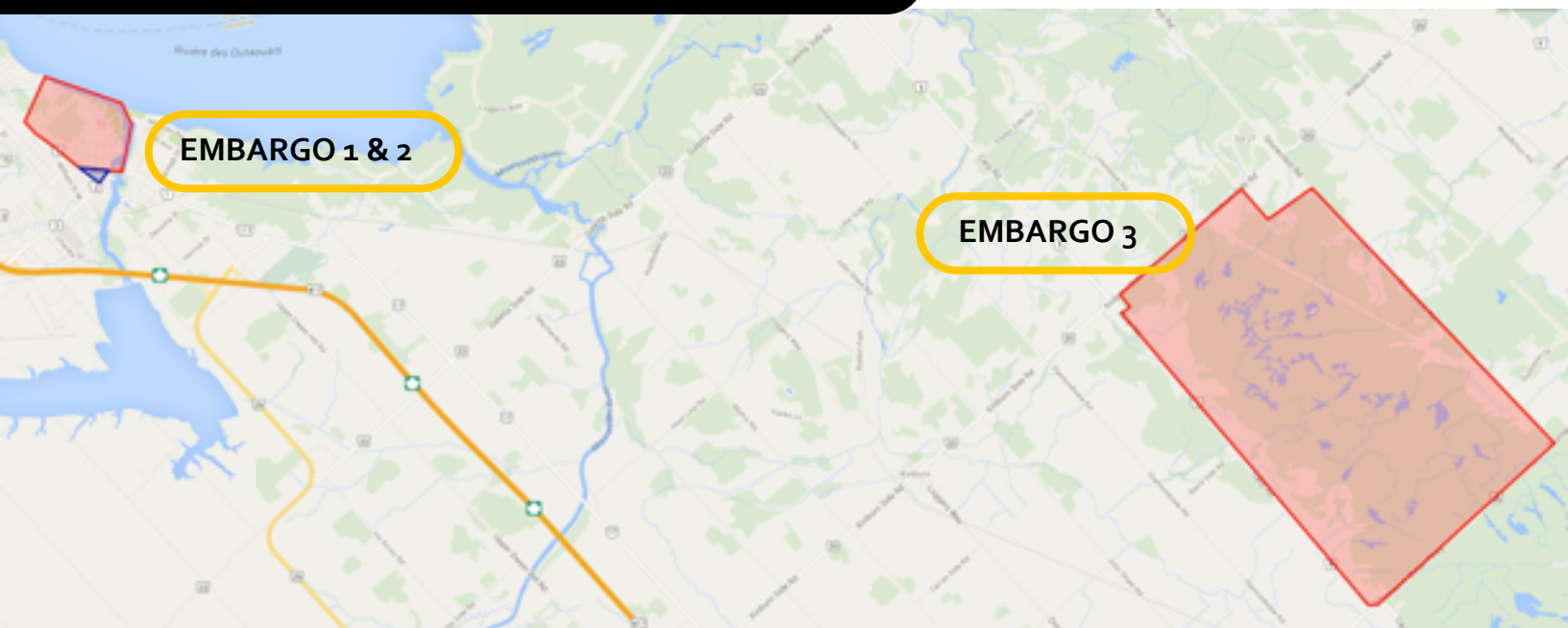
If you are late for your start you must check in with start officials. You will be permitted by officials to start as soon as it can be done without affecting other competitors. Note that your time will be calculated from your originally assigned start time. Officials will, however, record the actual time you start. If you believe you are late for your start due a fault of the organizers or the event, you may consult the Event Director AFTER your race. The Event Director will then determine if the actual start time shall be used as your new official start time. If you disagree with the decision of the Event Director, you may file a protest in the approved manner.

TIMING

Timing of all races will be done using the SPORTident (SI) timing system. All competitors are required to carry an SI timing stick (finger stick) during their race. If you do not own one, you can rent an SI finger stick from event organizers at the Information Desk.

In the event that an SI timing unit at a control fails, competitors shall use the pin punch at the control. Pin-punch your map and report the problem to the timing officials at the download tent when you finish your race.

EMBARGOED AREAS



EMBARGO 1 : ARNPRIOR - In the Town of Arnprior the area north of Madawaska Street and Elgin Street west of its junction with Madawaska River (in red), is embargoed until after the sprint and relay events, with exception for John Street north from Madawaska Street to the Arnprior Hospital entrance.

EMBARGO 2 : ARNPRIOR - Competitors are allowed (and encouraged) to visit the Arnprior Downtown business district south of Madawaska Street, and the Arnprior Museum and Library on the north side of Madawaska Street (at corner of John Street), but it is prohibited to do any orienteering training, use a map, test routes, etc. in this area. On the morning of Mon Oct 13th the whole of Downtown Arnprior west of Daniel Street and north of Elgin Street is out of bounds. ALL participants must take a shuttle from the parking area at the EVENT CENTRE to ROBERT SIMPSON PARK.

EMBARGO 3: HIDDEN MEADOW FARM - Everything in the rectangle bounded by Carp Road to the south-west, Thomas A.Dolan Parkway to the south-east, Stonecrest Road to the north-east, and Kinburn Side Road to the north-west is embargoed. The only exceptions are the Bell Sensplex at the corner of Kinburn Side Road and Carp Road and the Stonecrest School at the corner of Kinburn Side Road and Stonecrest Road.

MODEL MAPS

MIDDLE & LONG DISTANCE

The middle and long distance model area is typical Carp Ridge terrain right next to our NAOC map. It is located at the Carp Ridge Eco-Wellness Centre. This area is a retreat centre so please be respectful of the peaceful setting when you are in the parking area.

Parking is available in the first parking lot at the Carp Ridge Ecowellness Centre off of Thomas Dolan Parkway. GPS - 45.374900, -76.092717

SPRINT & RELAY

This new map is called Arnprior East. It is located off of McNab Street on the eastern side of the Madawaska River. Please see the location map on page 3.

TRAINING

We are offering 12 different courses on 8 of Orienteering Ottawa's best maps as training opportunities for the North American Orienteering Championships. To purchase any of these maps please e-mail our registrar at registrar@NAOC2014.ca.

Maps will be available for pickup at the front desk at the Event Centre in Arnprior from 8:30 to 21:00 Monday Oct. 6th through Thursday Oct. 9th or at Race Kit Pickup from the 9th to the 13th. If you wish to pick up your maps earlier please contact Jeff Teutsch at jeff.teutsch@gmail.com to arrange alternate arrangements.

Ribbons or orienteering flags will be hung at the marked control locations between Monday Oct. 6th and Thursday Oct. 9th. You are welcome to train on these courses at other times but we do not guarantee there will be any markers at the control locations.

Orienteering Ottawa will also be holding its regular Wednesday evening running training at 18:00 which is open to everyone. If you are interested in joining this session please e-mail coach Francis at bruskikawam@rogers.com.

The following map shows locations of the training maps and approximate locations for parking for each area. For specific locations, as well as driving and parking directions refer to NAOC2014.ca/training/training-camps.

Model Maps

All maps	\$16
Each individual map	\$5

Training Maps

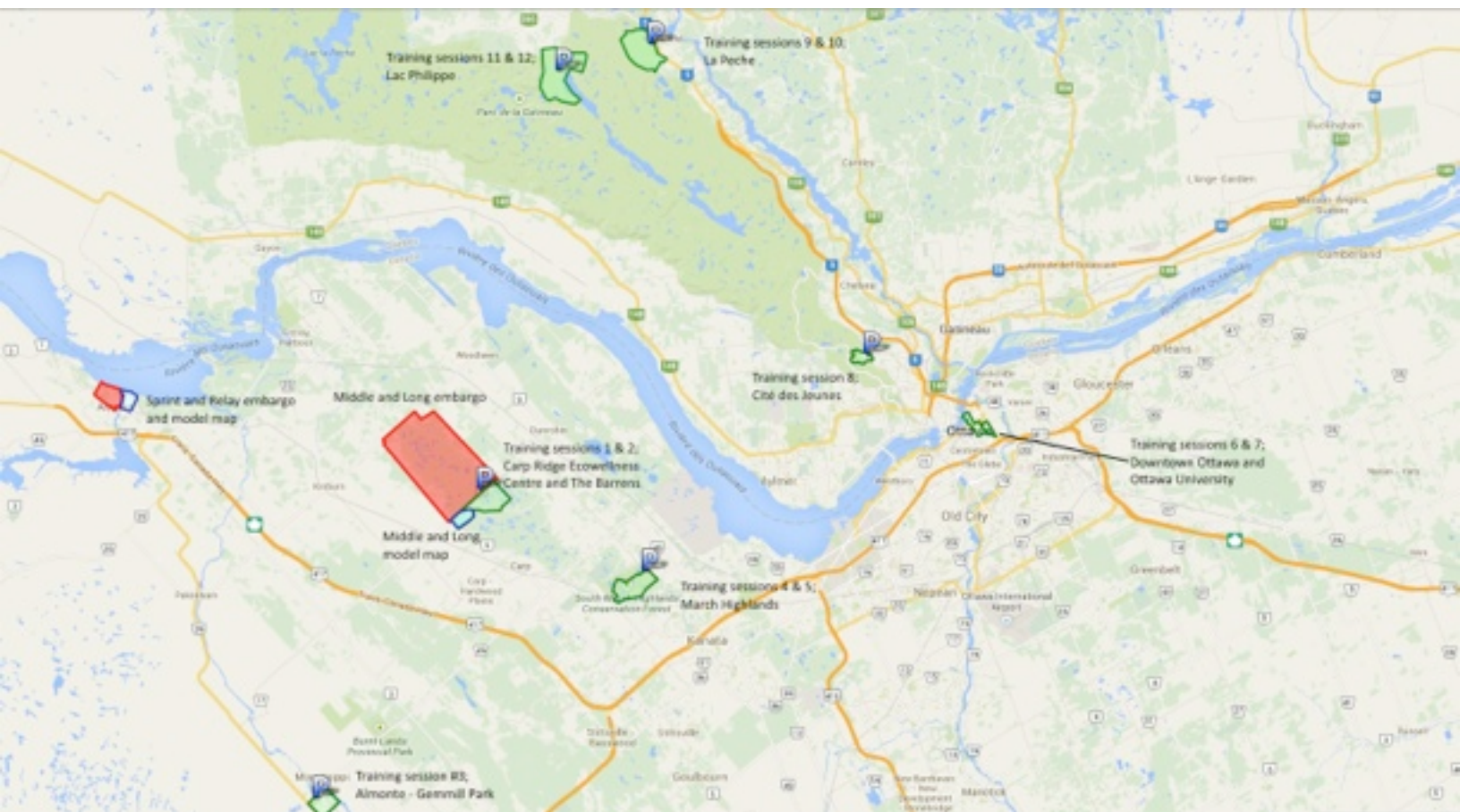
All 12 maps	\$60
Any 8 maps	\$45
Any 4 maps	\$25
Any 2 maps	\$14
Any 1 map	\$8

SWIMMING

The EVENT CENTRE has a pool for your exclusive use at the following times:

Saturday 17:00-17:50 | Sunday 17:30-18:20

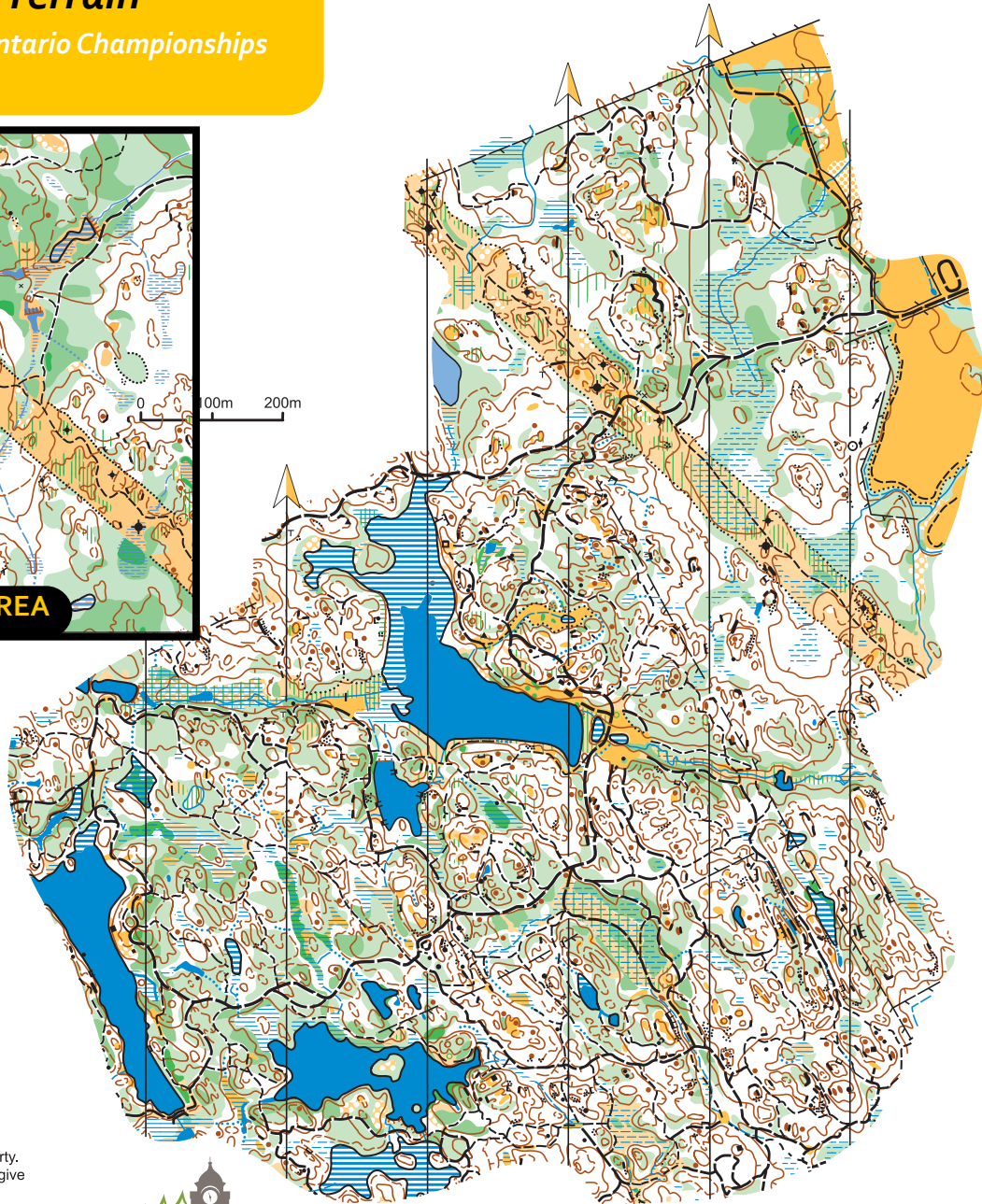
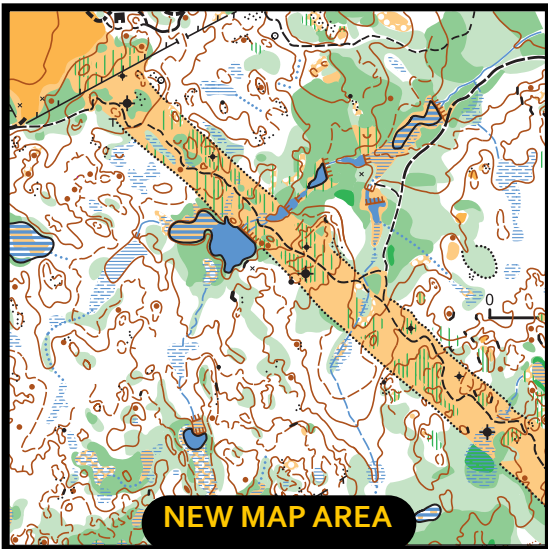
The cost is \$3/\$2.50 for children paid at the pool. There are also open public swims, see <http://arnprior.ca/live/nick-smith-centre/swim-skate-shinny-schedules/#swimming>



Existing 2011 Map Middle & Long Terrain

As used for the 2011 Ontario Championships
& Ottawa O-Fest

MAPS



ARNPRIOR

Sprint & Relay Map

The Arnprior map is brand new. The area is very small and so to provide a map sample would be giving too much away.

All of this map is on private property. Possession of this map does not give right of access.

Basemap by Stirling Surveys.
Fieldwork and drawing by Bryan Chubb and Bill Anderson 2009/2010.
Updates in 2011 by Bill Anderson.
Copyright: Ottawa Orienteering Club 2010



ARNPRIOR
WHERE THE RIVERS MEET

**Orienteering
Ottawa**

Explore, Discover, Excel!

NAOC2014
Oct 10th-13th: Arnprior Canada

**Hidden Meadow &
Spreckley's Trails**

An Orienteering Ottawa map. Made for sport.

*Contour Int.: 2.5m
Scale: 1:10 000*

TAKE CONTROL

18

NAOC2014.ca

GENERAL INFORMATION

SHUTTLES BUSES & PARKING

There will be free shuttle buses from the Nick Smith Event Centre to the races on all three race days. There is free parking at the Nick Smith Centre. We encourage all participants to make use of the free shuttle. Shuttle buses will run every 10 to 15 minutes: Saturday - 8:00 to 16:30 | Sunday - 7:30 to 16:30 | Monday - 7:30 to 16:00

Those who wish to drive to Hidden Meadow Farm Arena on Saturday or Sunday for the Middle or Long events should purchase a parking pass for \$10 per day at the Race Kit-Pick-Up / Information Desk. Parking is immediately adjacent to the arena.

On Monday, for the Sprint, Relay and People's Cup Finale, there will be NO parking permitted at the Robert Simpson Park Arena. All participants will be REQUIRED to take the free shuttle bus from the Nick Smith Event Centre to the arena / start. Walking to the arena from the Event Centre, although only 1.6 km, is NOT PERMITTED as it would mean walking through the competition area!

There will be free shuttle buses between the Event Centre and the Carp Ridge Eco-Wellness Centre model map on Thursday and Friday. Departures from the Event Centre will be every hour on the hour. Departures from the Model map will be on the half hour. First bus on Thursday is at 12:00, last return is at 16:30. First bus on Friday is at 12:00, last return is at 16:30. Don't miss the last return bus! It's a long walk back to Arnprior.

Airport Shuttle

If you are reading this before making your trip to Ottawa/Arnprior and are looking for a drive from either the airport or the train station to Arnprior, please contact our transportation coordinator, Tracy Bradley at transportation@naoc2014.ca to arrange for a shuttle. The cost is \$20 per person, or \$40 for a family.

SAFETY & MEDICAL

Road Safety

Parts of the Sprint races are on roads within the town of Arnprior. While main roads will be closed for the races, residential streets will not be. Please use caution, as always, when crossing streets.

Ticks & Poison Ivy

Poison ivy may be found in the area. All competitors should wash their legs and pants as soon as possible after the competition. Wash basins and soap will be available in the arena. Ticks with the potential to carry Lyme disease are sometimes found in the area. All competitors should check their body for ticks after racing. Tick removal keys are available for purchase at the o-store. We invite you to visit the Orienteering Ottawa [website](#) for information about both ticks and poison ivy, which also points you to further informative sites.

Reporting In

All participants MUST report to the download tent after their race, whether or not they have completed their course. This is imperative, as this is what tells meet officials if there is still someone out on the course. All participants MUST be off the course by course closing time. Know the course closing time for each race (it is with the course information). After course closing time, officials will begin search and rescue procedures if it is believed there are still participants on the course.

First Aid

A first aid station will be at the arena on all race days. Anyone requiring assistance should report to the First Aid tent.

Hospital

The nearest hospital for all NAOC2014 events and activities is the Arnprior and District Memorial Hospital. From the Event Centre, Tenting and Hard Floor Accommodation it is 1.5 km. From the Robert Simpson Park Arena it is 300 metres. From the Hidden Meadow Farm it is 33 km (a 30 minute drive). The hospital address is 350 John Street North, Arnprior. The telephone number is 613-623-3166.

AWARDS

AWARDS & MEDALS

We will have a 2 part ceremony for each event:

A flower ceremony will follow each event in the arena (middle, long and sprint) to honour the top North American 20-E and 21-34E athletes. These will be held at 14:45 on Saturday, 15:00 on Sunday and at 12:00 on Monday. Top athletes in these categories are asked to report to the podium area 10 minutes prior in their team competition uniform.

Prize and medal presentations for all categories at 19:00 on Saturday and Sunday dinners and at 12:00 on Monday for the sprint awards. If you are not attending the dinners please join us at 19:00 in the dinner hall to help celebrate these winners.

All athletes receiving awards (top 3 finishers in all classes and best 3 North American finishers in all classes) are asked to assemble for middle and long awards at 18:45 in the dining hall at the EVENT CENTRE. For sprint awards at 11:45 in Robert Simpson Park . Again you will be asked to assemble in presentation order.

North American 21-34E and 20-E athletes – please wear (or borrow) your team uniform (jacket or shirt)

Please make every effort to be present and on time if you are to receive an award. If you cannot be there: if you ask someone else to receive for you, that person should approach the awards table following the presentations. Otherwise the awards will be available the next day at the information desk in the arena.

The presentation of the Björn Kjellström, Future Champions and People's Cups will be made at the Closing Ceremonies in Robert Simpson Park on Monday.

NAOC2014 SHIRTS



Want a sweet looking NAOc2014 souvenir that you will use over and over again?

Take Control with these limited edition NAOc2014 orienteering racing shirts. Thanks to sponsorship from Trimtex and O-store.ca we are able to sell these top of the line orienteering shirts for only \$50.

You can pre-order shirts by e-mailing our registrar Linda Connell at registrar@NAOC2014.ca or you can purchase them on the weekend at the o-store. They are limited supply though so it's a good idea to get them early.

ARENA SERVICES

CLINICS

The Saturday morning *Learn to Orienteer* and *Orienteer Smarter* clinics require pre-registration. Clinics run from 9:00 to 10:00. Participants should check in at the Clinics and Recreational Events Tent at the Hidden Meadow Farm Arena by 8:45 on Saturday morning.

RECREATIONAL EVENTS

There will be a Recreational Score-O style event on each day of competition. Pre-registration is required for these events. The Recreational Events run for one hour from 10:30 to 11:30 on Saturday and Sunday, and from 14:00 to 15:00 on Monday. Participants should check in at the Clinics and Recreational Events Tent no later than 20 minutes prior to the start of the event (10:10 on Saturday and Sunday, 13:40 on Monday). Participants are reminded to check in BEFORE going out on course and to check in again when RETURNING from the course. This is IMPERATIVE, as for all orienteering events, so that organizers have a record that all are safely back at the arena. Each participant will receive a print-out of the controls they found during the event.

KIDZONE

For all the young folks with lots of energy to spare, we have organized a KidZone at the arenas. Kids are welcome to come and try out a Maze-O, String-O, and Brain-O, puzzles including orienteering crosswords, word search and sudoku, lawn games Kubb and Bocce. Complete with Passport and sticker prizes! No fee, no registration, just lots of fun! Parents are responsible for their children while at the KidZone.

CHILD CARE

Child Care services will be provided at a nominal fee of \$10 per day at each of the arenas. This service is intended to support parents/guardians wishing to participate in the races, recreational events or clinics. It is NOT intended as an all day service. Parents/guardians wishing to make use of the child care should pay at the Information Desk, where they will receive a Child Care ticket to present to the care givers.

MARKETPLACE

NAOC2014 with our partners in Arnprior, are making the Arena the place to be, not only for the races and events but for our Marketplace. Here you will find a variety of food vendors to grab your lunch and get back to watch the races. Delicious nourishment will include sandwiches, soups and stews from Ottawa's famous LUNCH, Himalayan Dumplings, Thai food, & the Arnprior Lions and Rotary Clubs' Grill. Of course the O-Store.ca will be on hand for all your orienteering supply needs. Marketplace hours are from the beginning of the start window to the end of the flower ceremonies on each day.

TOILETS

At the Hidden Meadow Arena there will be portable toilets. Due to the distance from the arena, there will be additional portable toilets near the Middle start. There are no toilets at the start of the Long event. Please remember that we will be walking across private property from the Hidden Meadow Arena to the starts on both days. We ask all participants to respect the property of the local landowners.

At the Robert Simpson Park Arena there are indoor washrooms. There will also be portable toilets near the Sprint start.

CLOTHING DROP/RETURN

Participants in all races will be able to drop off warm-up clothing at the start from where it will be taken to the arena for pick-up after your race. You will find the clothing pick-up area adjacent to the Information Desk.

SPECTATING & FESTIVITIES

WATCHING THE RACES

The best spot to watch the races is from in the 'arena' where the races finish. Each arena has bleachers set up along the finish chute for your viewing pleasure and there will be a team of announcers - a mix of local sportscasters and knowledgeable orienteers - detailing the races as they unfold.

Saturday and Sunday's races at Hidden Meadow Farm will feature spectator controls in the arena.

Monday morning's Sprint race will pass through Arnprior's downtown core bounded by Elgin St., Madawaska Blvd., and Daniel St. North. Spectating will be available in this area for all non-competitors. We ask that all spectators in this area leave space around controls and give competitors the right of way. We also ask that you don't tell competitors which way to go or give directions in any way though it can be tempting to do so. The competitors appreciate your understanding in helping maintain the integrity and fairness of the race. The Sprint and Relay race will be a showcase for Orienteering as a spectator sport.

SPECTATOR GUIDE - \$15

The NAOc2014 spectator guidebook will be available for sale throughout the weekend at the Information Desk. It will provide information on the elite North American races, on top athletes racing for North American Championship titles, and all the other information you will need to following along as our national team athletes battle it out. The guide will also have tickets to get the maps of the elite class sprint and relay courses in the Robert Simpson Park arena so you can better follow along with the action. Also included is **free entry into Monday afternoon's People's Cup Finale**. The spectator guide also contains detailed information about after-hours entertainment, an autograph page for juniors to fill out and other exclusive information.

ANNOUNCERS

Our announcing team features orienteers Nevin French and Meghan Rance along with local sportscasters Jason Marshall of Heritage Valley Radio and Jerry Jordan. Together they will keep you informed and entertained with results, analysis and interviews.

OPENING CEREMONY

Starting at **18:30 sharp on Friday the 10th** we will officially open NAOc2014 with a parade of clubs/nations in the hockey arena of the Event Centre. The ceremonies will also feature a cultural exhibition, torch lighting, music and an opening address. Make sure you are in Arnprior to cheer on your club/nation along with members of the public. We ask that you arrive early and are seated at 18:30 as we need to start on time; we have great support from the town but it's Canada and hockey games are still trumps. The ceremony will be over in time for dinner.

AFTER-HOURS

When the races are done each day NAOc2014 will not go to sleep. Some may want to be preparing for the next race, but we will have activities to keep everyone else entertained, making it well worth it to spend the evenings at the EVENT CENTRE. Entry to **After-Hours** events is included in your registration fee. Non-participants are welcome for a \$10 cover charge. The Town of Arnprior will be operating a cash bar at the EVENT CENTRE for meals and **After-Hours**.

Friday 10th - 20:00 - THE ORIENTEERS

Saturday 11th - 20:00 - NAOc GAMES NIGHT - bring your favourite game to share!

Sunday 12th - 20:00 - THE GLEBOP JAZZ QUARTET

EVENT REGULATIONS

RULES

IOF rules apply for the M21-34E and F21-34E classes. Orienteering Canada rules apply for other classes. IOF rules can be found at <http://orienteering.org/wp-content/uploads/2010/12/Competition-Rules-for-IOF-Foot-Orienteering-Events-2014.pdf>. Orienteering Canada Rules can be found at http://www.orienteering.ca/pdfs/OrienteeringCanada_Rules.pdf.

NAOC ELIGIBILITY

To be eligible for North American Championship medals in all age classes and in the elite (21-34E and 20-E) classes, athletes must be passport carrying citizens of Canada, the United States, Barbados, Jamaica or Puerto Rico.

SAFETY

All participants are required to carry a whistle with them while on course. Three blasts of the whistle is an indication that an orienteer is in need of assistance, due to injury, medical emergency or being lost and unable to relocate to a known location.

QUARANTINE

Athletes in the 20-E and 21-34E classes will be held in quarantine prior to the start of the Sprint event. The quarantine location is the EVENT CENTRE. Athletes are required to be in the EVENT CENTRE by 9:00 on Monday morning. From there they will be bussed to the warm-up area. From the warm-up area, athletes will make their own way to the start.

GPS

GPS devices are not permitted to be carried by competitors in the M21-34E and F21-34E classes and others running the same courses, unless there is no display and no audible feedback.

SHADOWING

Parents or others who wish to shadow young children for safety reasons will be permitted to do so only after they have completed their own course (or if they are not competing themselves). When shadowing a child, no assistance is to be given if the child's time is to be included in the official age class results. If assistance is required and given, the person shadowing is asked to report this at the download tent after the race, at which time the child's result will be moved from the age class competition to the Open class.

COMPLAINTS & PROTESTS

Complaints shall be made in writing and shall be filed with officials at the Information Desk, within one hour after the close of courses. Complaints will be given by officials to the Event Director and will be dealt with as quickly as is reasonably possible. Complainants will be informed of the decision immediately.

Protests are made only when a complainant wishes to challenge the decision of the Event Director on a complaint. Protests must be made in writing no later than 1 hour after the complaint decision has been indicated to the complainant. Protests shall be filed with officials at the Information Desk, who will pass them on to the jury. The jury will render a decision and inform the complainant as quickly as is reasonably possible. The NAOc2014 Jury is Mike Minium, John Rance & Adrian Zissos. Alex Kerr will be the alternate.

WRE

The Middle, Long & Sprint events are IOF World Ranking Events (WRE). All competitors wishing to qualify must provide their IOF WRE number at Race Kit Pick-Up. Please check the IOF website to ensure you have your correct number. Only those registered in F21-34E and M21-34E for the Long and Middle, and for the Sprint those on Course 4 and 5 registered with a World Ranking Number can receive World Ranking points. If you do not have an IOF Athlete ID and want one you must apply for one at <http://orienteering.org/foot-orienteering/event-organizing/world-ranking-instructions/> to receive ranking points.

ACCOMMODATION & FOOD

EVENT CENTRE ACCOMODATION

Hard Floor Accommodation -ALMOST SOLD OUT

The Arnprior Curling Club is steps from the EVENT CENTRE. Night time security will be provided. The Event Centre will be open for showers and washrooms. Please check in at the EVENT CENTRE Information Desk upon arrival.

GPS - 45.426868, -76.361181 | ADDRESS : 27 Galvin Street, Arnprior

Camping - \$5 per person per night - \$20 Max per family per night.

Thanks to the Town of Arnprior we are offering camping for tents, tent trailers and RVs adjacent to the Event Centre. The Event Centre will be open for showers and washrooms. Please check in at the EVENT CENTRE Information Desk upon arrival.

GPS - 45.425629, -76.355811 | ADDRESS: 77 James Street, Arnprior

Contact Registrar Linda Connell to book these spaces - registrar@NAOC2014.ca

ARNPRIOR ACCOMODATION

There are several hotels and bed and breakfasts in our host town of Arnprior. Please visit naoc2014.ca for details.

OTHER ACCOMMODATION

Should you not be able to find available accommodation in Arnprior there are hotel options in Kanata, located in the west end of Ottawa, 45 minutes drive from Arnprior and 15 minutes from Carp Ridge.

MEALS

Join us at the EVENT CENTRE for healthy, hearty, plentiful, mouth-watering and reasonably-priced **breakfasts** and **dinners**. Menus have been planned by our food coordinator, Registered Dietitian **Marketa Graham** and Arnprior caterer **Riley's Catering Co.** There are a limited number of meal tickets still available. Contact Registrar Linda Connell to reserve a meal, registrar@NAOC2014.ca. Daily **lunches** will be available for purchase from one of our Marketplace food vendors.

FRIDAY DINNER - \$20

Chicken Cacciatore
Roasted Garlic Potatoes
Vegetarian Lasagna
Rice Pilaf
Caesar, Caprese, and Broccoli Orange Salads
Homemade Rolls & Butter
Carrot Cake, Ice Cream, Fresh Fruit
Coffee, Tea, Water, Milk

SATURDAY DINNER-\$20

Pork Loin with Mango Chutney
Morrocan Chickpea Stew
Chicken Breast,
Apricot & Pistachio Couscous
Lemon Mint Potatoes
Spinach Salad
Carrot and Toasted Cumin Salad
Homemade Rolls & Butter
Lemon Meringue Pies,
Fresh Fruit Platter
Coffee, Tea, Water, Milk

SUNDAY BANQUET-\$25

Carved Hip of Beef with Homemade Gravy
Horseradish and Peppercorn Sauce
Stuffed Chicken Breast
Honey Garlic Roast Pork
Cheese Tortellini with Marinara Sauce
Roasted Rosemary and Garlic Potatoes
Green Beans & Baby Carrots
Whole Dressed Atlantic Salmon Platter
Mixed Baby Salad Greens
Broccoli & Sunflower Seed Salad
Cheese & Fresh Fruit & Pickle Trays
Homemade Rolls & Butter
Tiramisu Cake, Cherry Cheesecake,

BREAKFAST-Saturday, Sunday, Monday-\$11

Eggs, Ham/Sausage, Baked Beans
Pancakes or French Toast
Yogurt, Cottage Cheese, Fresh Fruit
Muffins, Scones, Fruit Bread, Bagels
Peanut Butter, Jams & Butter
Hot and cold beverages

Kids 5 - 10 years old eat for 1/2 price & under 5 are free.
*All prices include tax and tip.

Cash Bar operated by Town of Arnprior every evening in the EVENT CENTRE.

CO-ORDINATING COMMITTEE

Anne Teutsch

Event Director | anne@NAOC2014.ca

Stefan Bergstrom

Course & Map Co-ordinator

Karen Tippett

Financial Administrator & Start Chief

James Richardson

Public Relations Co-ordinator | pr@NAOC2014.ca

It's Time to TAKE CONTROL!

DAVID ROSEN

IOF Senior Event Adviser

HOSTS



SANCTIONING & NATIONAL FEDERATIONS



PARTNERS



SUPPORTERS



FRIENDS



SANDER GEOPHYSICS
WORLD OF MAPS

Glenn Arthur, Linda Betts & Lindsay Wilson

Arnprior Connection

Jeff Teutsch

Pizazz Guru, Webmaster & Arena Production

Linda Connell

Registrar | registrar@NAOC2014.ca

Andrew Cornett, Brian Graham, Gord Hunter &

Randy Kemp

Course Setters

Richard Guttormson, Gord Hunter &

Bill Meldrum, Randy Kemp

Controllers

Lorna Guttormson

Awards Co-ordinator

Marketa Graham

Food Co-ordinator

Adrian Turcanu

Equipment & Logistics Co-ordinator

Peter Williamson

Arena Manager

Peter Laurich

Training Co-ordinator

Eric Teutsch

Technology Guru

John Moffet

Technology Co-ordinator

Rob Haddow

Timing Chief

Isabelle Robert

Safety Co-ordinator

Luise Sander

Sponsorship

Bill Anderson

Mapping Guru

Jennie Anderson

Clinics & Rec. Event Co-ordinator

Laura Teutsch

KidZone Co-ordinator

Tracy Bradley

Transportation Co-ordinator

Francis Kawam

Volunteer Co-ordinator

Rick Gwalchmai

Child Care