

BC CHAMPIONSHIPS - WHISTLER BC 1 - 2 OCTOBER 2016



Event Handbook

Welcome to the 2016 BC Orienteering Championships in Whistler!

If you read nothing else, please note the following:

- [There is an event-specific waiver](#) - print, read, sign. Minors must have it signed by a parent/guardian.
- **You must check in at registration before the Middle and Long - before you set off to the start!**
- Whistles are mandatory on all courses, and will be checked at the start.
- Course assignments are different for all three events - know your course number and start time.
- There is a 45-60 minute uphill walk to the start for courses 5-7 on the Long - don't get caught out!

Thank you for coming, be safe and have fun!

And a special thank you to all the volunteers who helped make this weekend happen - you are awesome!

What to bring

Before you leave home... don't forget

						
Whistle	SI Stick	Compass	Watch	Control descriptions holder	Event waiver, membership form, this book	Reusable water bottle

- Print, read and sign the event waiver - [get it here!](#)
- Make sure you know which COURSE NUMBER you are running for each race - check the tables at <http://bcoc2016.orienteeingvancover.ca/races/> .You can check your class [here](#)

Weekend Overview

Friday September 30

2pm - 6:45pm ish (dusk) Model event open

4pm Accommodation check-in available at Whistler Athletes Centre

7-8pm and 9-10pm Event registration open in Surrey Room, 3rd floor, Whistler Athletes Centre

Saturday October 1

12am - 2:45pm	Cheakamus Crossing embargo in place
8:15am - 10:15am	Model event open
9:15am - 10:15am	Registration & check in at the Middle distance
10am - 10:30am	Middle starts for courses 1 & 2
10am - 11:15am	Middle starts for courses 3 - 7
1:30pm	Middle course close
2:45pm - 4pm	Sprint starts for all courses
5pm	Sprint course close & awards for sprint/middle (if weather permits)
6:30pm	Banquet served, in the Kitchen at Whistler Athletes Centre & sprint/middle awards

Sunday October 2

8:45am - 11:15am	Check in for long race at the event arena (all competitors!)
11:15am - 11:45am	Long starts for courses 1-4
10:15am - 11:30am	Long starts for courses 5-7 Check notes for walk to start
2:15pm	Long awards at the finish area
2:45pm	Long course close

Accommodation

For those staying at the Whistler Athletes Centre:

- Directions and parking:
 - [Google Map](#)
 - From Highway 99 north, turn right at the lights just after the 165 km marker and follow Cheakamus Lake road (which becomes Legacy Way) for ~ 1km into Cheakamus Crossing. Pass the HI hostel on the right, then pull into the Whistler Athletes Centre unloading area on the left - red sign above the door.
 - For parking, head up Legacy Way, then turn RIGHT into a gravel parking lot. Yes, this parking lot is sign posted "No overnight parking", but this is where you park overnight. Don't park in the parking lot on the left which confusingly is marked for guests of the Whistler Athletes Centre - this is a day use lot apparently.
- Check in:
 - Officially 4pm, you can probably check in earlier. Rooms will be in the name of the participant or in the name of the primary person on the booking.
 - If you arrive after 11pm, the front door will be locked. Your keys will be available from the HI hostel across the road, which has 24 hour reception facilities.
- Info:
 - Towels and bedding provided. Bring your own toiletries
 - Fridge space available in the kitchen. You will find a tray in your room that you should use to store your food in the fridge. The full kitchen is available for use
 - Wet shoes can be stored on the racks outside rooms. Please take off dirty shoes before entering.

Event Registration

- Registration will be available:
 - Friday evening at the Whistler Athletes Centre
 - In the Surrey Room, 3rd floor, opposite end from the elevator
 - 7- 8 pm and 9-10pm
 - Saturday morning at the Middle, 9:15am to 10:15am
- Bring to registration:
 - Your SI stick (number check) - renters collect their SI stick at registration
 - If you are not a member of a **7 UbUXJub** Orienteering Club you need to print, read, sign and bring a GVOC membership form and waiver for each participant
 - Everyone: Print, read, and sign the event waiver - available [here](#)
 - A pen, some cash (optional)

General

- Pre-Race check-in
 - **At the Middle and Long events EVERYONE is required to check in at the registration tent upon arrival - before heading to the start - bring your SI STICK to the registration tent.**
 - Change of clothing may be left in the registration tent.
- First Aid: available at the FINISH for all events
- Starts

- All races have pre-assigned start times for championship class competitors.
- Start times will be posted at registration in the Whistler Athletes Centre, and at each event.
- Please arrive at the start in time for your assigned time!
- Clear and check BEFORE entering the start grid.
- All starts will use a 3 minute start grid.
 - Clear and check well before your call up time
 - 3 minutes prior: enter box 3 - verify SI number and punch “check” control
 - 2 minutes prior: enter box 2 - pick up control descriptions
 - 1 minute prior: enter box 1 - pick up map but do not turn over, a start official will confirm the course number your map (and also confirm scale and contour if you have forgotten)
 - On the beep: punch the start SI unit on the start line, then go!
 - Participants are required to pass within 5m of the start control flag, there is no SI unit on the start control flag
- Finish
 - Punch the finish then proceed to download **Ja a YXJUH m** It is very important that we know you are safe
 - Middle and Sprint will have **map collection** at the finish or at download.
 - All races have a **start** and an **end**
 - All participants **MUST** report to the finish before course closure and download immediately.
- Equipment:
 - Whistles are MANDATORY on ALL COURSES and will be checked at the start
 - A watch enables participants to adhere to course closure times and individual time limits
 - GPS watches are allowed
 - If you've rented an SI stick it'll be available at registration to pick up. Please return it at the finish after the Long! [Info on how to use an SI Stick.](#)
- Jury for all events: Bruce Rennie, Bryan Chubb, James Golding
- Any protest must be filed in writing within 30 minutes of course closure at the event registration or finish.

Model - Brandywine Falls Park (North)

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Directions	<p>Google Map</p> <p style="text-align: center;">There is very <u>limited parking</u> at Brandywine Falls. <u>Please carpool!</u></p> <p>Getting there from Vancouver: Continue past the turn off for Brandywine Falls parking lot for 2.7km, then turn right onto McGuire Road. The start is 100m down the unpaved road on the right.</p> <p>Getting there from the Whistler Athletes Centre: Allow 15 mins. Leave Cheakamus Crossing, turning left at the lights to head south on Hwy 99. After 7.5km pass the turnoff to Brandywine Valley and Whistler Olympic Park, 500m after is the road you want on the left, but you cannot turn left into McGuire Road going southbound: continue 1800m further south to the next right turn for the RV park, turn around then turn left to come back up the Highway and to turn right onto McGuire.</p>
Map and course details	Maps will be at the Provincial Park Boundary sign at the junction of an obvious trail and McGuire.

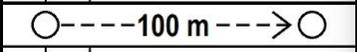
	
Officials	Course planned and event organized by Orienteering Canada High Performance Program members - Graeme Rennie, Pia Blake, Emma Sherwood and Nicole Whitmore.
Notes	<p>Expect a map like a Score-O. You choose which controls you want to visit and how you want to navigate the legs – you might choose to visit a control more than once, approaching from different directions or using different orienteering methods and tools</p> <p>Safety bearing north and west towards McGuire Road and Highway 99.</p> <p>No drinking water or facilities - nearest is at Brandywine Falls parking lot</p>

Middle - Brandywine Falls Park

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Start & close times	Max time permitted: 2 hours Course closure: 1:30pm
Directions to parking	<p>Google Map</p> <p style="text-align: center;">There is very <u>limited parking</u> at Brandywine Falls. <u>Please carpool!</u></p> <p>Getting to the Middle from the Model: Allow 10 mins. Turn right to head north on the Highway for 500m, then turn left at the “Brandywine Valley” turn, turn around, then head south back down the highway for about 3.2km to the Brandywine Falls Provincial Park turnoff to the left.</p> <p>Getting to the Middle from the Whistler Athletes Centre: Allow 15 mins. Leave Cheakamus Crossing, turning left at the lights to head south on Hwy 99 for 9.5km. Turn left into Brandywine Falls Provincial Park.</p> <p>Getting to the Middle from Vancouver: Head north on Highway 99. Just past the 155km marker is a sign for Brandywine Falls parking lot; in 400m, take the right hand turn into the parking lot.</p>

<p>Registration and Check in</p>	<p>Everyone must check in at the registration/check in desk before heading to the starts.</p> <p>Registration and check in open at 9:15am. Registration closes at 10:15am</p>
<p>Map and course details</p>	<p>Brandywine Falls Provincial Park, 5m contours. 1:10000 for all courses except course 4 (1:7500) ISOM standard. Last updated summer 2016 by Ben Smith.</p>
<p>Course planner notes - abbreviated</p>	<p>Brandywine Falls Provincial Park is a wonderfully technical area which is surprisingly flat for the west coast! There's an abundance of ponds, lakes and marshes to complement the intricate contour detail, and the forest is generally very visible.</p> <p>There is generally very little undergrowth, though much of the area is rocky underfoot, which does limit running speed.</p> <p>The relatively dry summer means that many of the smaller water features have dried up. The features are still visible though, due to the change in surface appearance (less moss, more bare mud).</p>
<p>Registration & Check in to the start(s)</p>	<p>Follow the yellow flagging tape to the starts The start for course 1 and 2 is on the path Continue off the main trail for course 3-7 starts (5 mins walk from the parking lot)</p>
<p>Drinking water, facilities</p>	<p>Toilets by the parking lot / registration No water on the course Refreshments and water after download</p>
<p>Hazards</p>	<ul style="list-style-type: none"> ● Please be careful on the rocky terrain - slippery if wet! ● We are in black bear country. Please be bear aware. Consider carrying bear spray. ● Stay away from the following: <ul style="list-style-type: none"> ○ The railway line – do not cross, walk along, or approach ○ Brandywine Creek ○ Cliff areas, cliff edges ○ The highway
<p>Safety route</p>	<p>The event area is bounded on all 4 sides by dangerous but highly obvious boundaries which are easy to follow back to the finish; the railway track to the east and south, Brandywine Creek, the Highway to the west and McGuire Road to the very far north. The Sea to Sky valley trail bisects the park and provides an obvious and safe route out once on it. The highway noise can be heard everywhere and could be a useful audible guide west.</p> <p>Safety bearing should generally be south west.</p>

Officials	Event director – James Golding (GVOC) Course planner – Ben Smith (GVOC) Controller – John Rance (GVOC)
Awards ceremony	After sprint (if time and sunny) or following the banquet
Notes	<p>Courses 1 & 2 have a number of legs which are flagged with flagging tape, shown in the control descriptions like this: </p> <p>If you are volunteering after your Middle race, consider bringing lunch with you to allow it to digest before the sprint!</p> <p><u>Course will close very promptly at 1:30pm.</u> There is only a short turnaround between the Middle and Sprint, so don't be out late!</p>

Sprint - Cheakamus Crossing

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Start & close times	<p>Max time permitted: 1 hour Course closure: 4:45pm</p>
Directions	<p>Google Map</p> <p>From the Middle: Turn right out of the parking lot to head north on Highway 99 for 9.5km. After the 165 km marker, turn right at the lights onto Cheakamus Lake Road which becomes Legacy Way. About 1km after the lights, pass the Whistler Athletes Centre on your left, then park in the parking lots shown on the map below.</p> <p>Event embargo: On Saturday 1st October, until the completion of the Sprint, Cheakamus Crossing is out of bounds to all competitors. You may park in the parking lots shown, use the warm up area, route to start and you may enter the Whistler Athletes Centre.</p> <p>Access by vehicle is directly via Legacy Way only.</p>

	 <p> ■ Parking ■ Overflow Parking ■ Warm Up Area ■ Route To Start </p>
<p>Parking to start</p>	<p>There is no registration or check-in at this event. Remember your SI stick, whistle, compass, etc! Proceed along the route to the Start in time for your race.</p>
<p>Map and course details</p>	<p>Cheakamus Crossing, ISSOM standard 1:4000 for all courses, 2.5 m contours. Fieldwork and drafting, Remo Madella, 2014. Updated fall 2016, Brian Ellis.</p>
<p>Course Planner's notes - abbreviated</p>	<p>Footwear: Running shoes or trail shoes with non-aggressive tread. No spikes or dobs. You will be crossing some lawn areas.</p> <p>The Cheakamus Crossing map contains complex mixed housing areas, open fields, forest areas, trails, and one prominent hill.</p> <p>Heavy black lines on some cliffs mean that they are uncrossable.</p> <p>Areas mapped in olive green around the housing units are out-of-bounds and other out-of-bounds areas have been indicated by purple hatching (community garden, BMX track, construction sites).</p> <p> Forbidden access - OUT OF BOUNDS </p> <p> Uncrossable fence - DO NOT CROSS </p> <p> Uncrossable wall - DO NOT CROSS </p> <p> Building - DO NOT ENTER </p>
<p>Drinking water, facilities</p>	<p>No drinking water on the course or at the start. Water bottles can be filled in the Whistler Athletes Centre kitchen. Refreshments afterwards served from the kitchen Toilets in the Whistler Athletes Centre</p>
<p>Safety route</p>	<p>Head back towards Cheakamus Crossing buildings and Legacy Way (there is no single bearing or</p>

	direction, but you should be able to tell which way to go in general).
Hazards	There are a number of road crossings on all courses so watch for traffic and cross only when safe.
Officials	Event director – James Golding (GVOC) Course planner – Marg Ellis (GVOC) Controller – Alex Kerr (GVOC)
Awards ceremony	Following the sprint outside (if sunny) or following the banquet
Notes	<ul style="list-style-type: none"> No muddy shoes to be worn in the Whistler Athletes Centre! No metal spikes or metal studs on the course

Banquet - Whistler Athletes Centre

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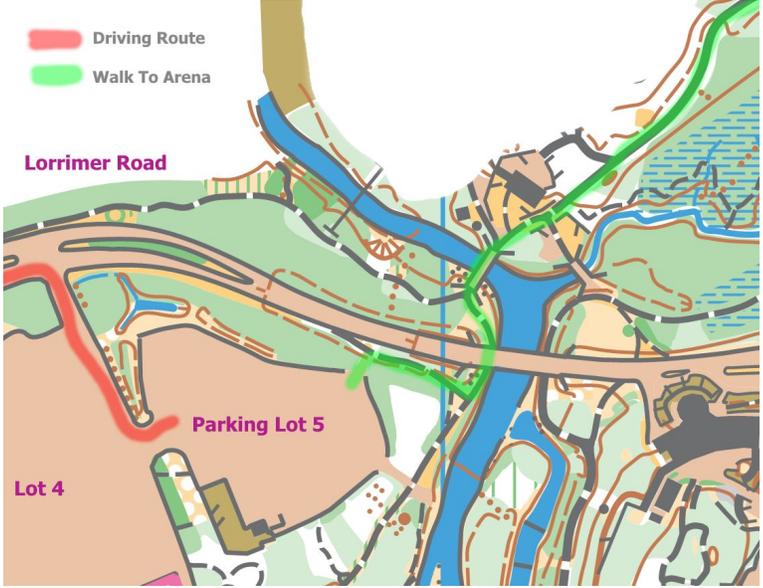
- Make sure you bring your dinner ticket!
- Afterwards, everyone needs to feed the plates, bowls and cutlery through the commercial dishwasher - it's more fun than it sounds!

Long - Lost Magic

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Warning: The course 5-7 Start is approx 70-80 minutes walk from the parking lot! Plan your day!

Start & close times	Max time permitted: 3 hours Course closure: 2:45pm
Directions	<p>Google Directions</p> <p>Our assigned parking lot is Parking Lot 5 in Whistler village (free parking).</p> <p>From the Whistler Athletes Centre: Allow 15 minutes (10km). Return to highway 99 and turn right to head north towards Whistler. After 7.7km, pass the main turn off into Whistler, and 500m later turn right at Lorimer Road (i.e. the next lights). After crossing the intersection of Lorimer with Blackcomb Way, stay in the right lane to enter the Day Lots. Lot 5 is the unpaved parking lot on your left (if you prefer, you can use paved parking lot 4, which is also free).Á</p>
Parking to check-in	<p>Allow 20 minutes walking (1600m) to Check in at the Event Arena - check in opens at 8:45am.</p> <p>Á</p> <p>Ûæø•KÖ[~!•^ÁË KFFKÍ æ Á ÁFFKÍ æ ÈÖ[~!•^ÁË KFFKÍ æ Á ÁFFKÍ æ ÁÛ} åæ Á</p>

	 <ul style="list-style-type: none"> • From the back of parking lot 5, follow the trail to the river, turn left, pass under the highway, then over the footbridge. • Pass to the right of the Cross Country Connection/Passive Haus building, and go through the giant archway with the sign reading “Lost Lake Cross Country Ski Trails”. • Continue along this trail for 900m; stick to the main trail, do not take any of the left hand turns or forks. • When you reach a footbridge on your right, cross the bridge and continue. • 80m after the bridge, turn right at the T junction • 200m further, turn left into the Event Arena
Gear return	<p>A very limited gear return service will be provided from the C5-7 Start to the Event Arena. Please bring as little as possible to the Start - it has to be carried down by hand! You may bring a lightweight waterproof jacket and one or two essential layers, plus a water bottle, which must be left EMPTY.</p>
Route to Starts	<p>Course 1-4: Allow 10 minutes walking from the Event Arena. Retrace your steps back to the bridge, about 300m. Continue straight over the bridge and up the hill, following the yellow flagging.</p> <p>Course 5-7: Allow 45-60mins walking. This is a 4km up hill hike, mainly along mountain bike trails (an M35 required 45 mins, at a brisk walk). Follow blue flagging along the paved path from the Event Arena to the Lost Lake Park road. Cross the road when you see a yellow gate on the other side. 30m on, take the unpaved path leading between a pond (on your left) and the Lost Lake Lodge (on your right). Pass The Cedars condo complex (keeping off their lawn), and follow the trail a short distance up through the forest. Cross a narrow gravel road and continue on a mountain bike trail up hill to reach a gravel road. Turn left follow it across a bridge (Blackcomb Creek) to reach the second mountain bike trail entrance on the right. Continue following blue flagging from here to reach first the upper gravel road and then the entrance to the Yummy Numby bike trail. Follow this trail up several switchbacks to the flagged turn-off (150m through the forest) to the Start call-up area. Flagging to the call-up area turn-off is pink.</p>
Map and course details	<p>Lost Magic Course 1-4: 1:7500, Course 5-7: 1:10,000, 5m contours ISOM Standard. Mapped by Erik Sundberg (2014) and Remo Madella (2015). Minor updates by Brian Ellis in 2016.</p> <p>Each course in courses 5-7 has been printed on two maps, bagged back-to-back. Start on the side with the large number “1” in the top right hand corner.</p>
Course planner's notes -	<p>The Lost Lake area is laced with winding trails of all sizes, from large vehicle tracks to narrow but generally very distinct single-track bike paths. Trails are fast but rarely go in a straight line - expect</p>

abbreviated	<p>some forest running. The Lost Lake forest is a very diverse mix of small clearings, numerous intricate rock features and distinct marshes, set in a patchwork of open forest and thicker (green) forest.</p> <p>Note that lamp posts on the lighted trails are not marked on the map, but disc golf tees and baskets are. The Lost Lake area tends to be hilly, and rocky underfoot, so O shoes or sturdy trail shoes are recommended.</p> <p>The Black Magic area is totally different from Lost Lake. This is mountainside terrain – remote, wild and constantly challenging. Courses 5-7 will start high on the mountainside, ultimately descend from Black Magic to the Lost Lake area.</p>
Drinking water, facilities	<p>Water available at the event arena. Toilets behind the event arena. No toilets or water at either start! Refreshments afterwards in the event arena Course 1-4: 1 water location on the course Course 5-7: 2 water locations on the course</p>
Hazards	<p>Lost Lake:</p> <ul style="list-style-type: none"> ● Cyclists ● Rocky areas (slippery when wet, steep) <p>Black Magic:</p> <ul style="list-style-type: none"> ● We are in bear country, please be bear aware. Consider carrying bear spray. ● The landscape is dotted with pocket swamps and small streams, and is divided by two major streams. ● All courses can easily cross the first stream at the same point, using fallen trees (marked with pink flagging). ● The second stream (Blackcomb Creek) has a more challenging crossing. For Course 5 and 6 runners, the marked crossing is a route choice option; it can be avoided, if you desire. Course 7 runners, must cross the same stream at a higher point (marked on the map). Both crossings require descending a short steep slope to the water's edge (marked in the terrain with pink or orange flagging), and wading 2-3 metres across the stream. You will get your feet wet, but the water is not deep (20-30cm). In both cases, exiting up the far bank involves another short steep scramble (also flagged with pink tape). ● Courses 5-7 MAY ONLY CROSS THE TWO MAJOR STREAMS AT THE CROSSING POINTS SHOWN ON THE MAP. THESE CROSSING POINTS ARE CLEARLY FLAGGED IN THE TERRAIN.
Safety route	<p>Lost Lake: Go downhill from virtually anywhere on the map and find a trail that will eventually take you back to civilization (aka Lost Lake Park).</p> <p>Black Magic: If you get lost in the first part of your Black Magic course, go southwest (downhill) and pick up the main bike trail that you used to climb up to the Start. If you get lost in the central part of the course (i.e. after the first stream crossing), go due west (downhill), which will take you down to a major service road and/or the golf course. If you get lost in the final (Lost Lake) portion of your course, see the earlier note.</p>
Officials	<p>Event Director: James Golding Course Planner: Brian Ellis Course Consultant: Adrian Zissos Controller: Mark McMillan</p>
Awards ceremony	<p>Immediately following the Long, approx 2:15pm.</p>