

Welcome to the AOCs 2016 and recreational courses

Waivers: EVERYONE will be required to sign a lilac waiver. One will be ready for those who pre-registered, others will need to complete the form as well as sign the waiver.

Rentals: if you need to rent an SI card, compass or whistle, take your driver's licence to the registrar as deposit.

Washrooms: there are 'better than average' outhouses next to the registration. There are 2 portable toilets at the side of the road near the area of the Saturday BBQ / Middle & Long start & finish.

Fences: the fences between the fields and forest areas are mostly barbed wire. Only the most advanced courses cross these. The dividing fences between one field and the next field are tight horizontal wire; cross these by climbing through or rolling UNDER.

Flagging: any sections flagged are with pin flags.

Cell phones work quite well over most of the map.

Categories will be on courses as per the guidelines for smaller Canada Cup events (except that W55 will be on course 3 for the sprint)

Schedule:

Saturday May 28:

- **9:00 to 11:00 am** Registration/check-in and waiver signing at Waskehegan trailhead. You may send your bags/lawn chairs etc. to the finish on the shuttle.
- 1.6km walk to the sprint start, which is at the gate to Field 7C. Use model map to get there.
- **10:30 am to 11:30 am** Sprint Starts - *Clear and check, give your name to the start monitor, who will ensure people on the same course do not start too close together. Use start punch, pick up map and go; follow the flagging to the start flag (no punch).*
- Sprint finishes at the far side of Field 7C. Follow flagging 300m to download station and BBQ area.
- **11:30 am to 1:30 pm** BBQ
- **12:00** **Special Meeting of the Alberta Orienteering Association** at the BBQ location

12:30 pm to 2:00 pm Registration for late-comers at Waskehegan trailhead (shuttle van to Middle distance area or jog 4.8km)

- **1:30 pm to 2:30 pm** Middle distance Starts (500 m from shuttle drop-off & BBQ) *Clear and check, give your name to the start monitor, who will ensure people on the same course do not start too close together. Use start punch, pick up map and go; follow the flagging to the start flag (no punch).*
- Awards at Middle Finish asap
- **4:30 pm** Course Closing – everyone must check back in, finished or not

Take shuttle or walk back to parking - 4.8km by road, or about 3km via the sprint field.

Help with control pick up for controls from the sprint map much appreciated. Talk to Geraint.

See over for Sunday schedule

Sunday May 29:

- **9:00 am to 10:30 am** Registration/check-in and waiver signing at Waskehegan trailhead (shuttle van, or ride your bike 5 km on gravel road to Long Start/Finish – same place as the Middle was)
- **10:00 am to 11:00 am** Long distance Starts (500 m from shuttle drop-off) *Clear and check, give your name to the start monitor, who will ensure people on the same course do not start too close together. Use start punch, pick up map and go; follow the flagging to the start flag (no punch).*
- Awards at Long Finish asap
- **2:00 pm** Course Closing - everyone must check back in, finished or not.

Help with control pick up or site take down much appreciated.

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Officials: Geraint Edmunds and Einar Viddal, with lots of help from Tom De Vries and Chris S.
Registrar: Marilyn Edmunds