

## Welcome to the AOCs 2025 and recreational courses

**Waivers:** On the day registrants will be required to sign a 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.

**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

**Schedule:**

### **Saturday May 17:**

- **12:30 pm to 2:00 pm** Registration at Waskehegan trailhead
- **1:30 pm to 2:30 pm** Middle distance Starts; follow flags 800m from parking. There will be a 3 line start with pre assigned start times; *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. 1 km walk back to the parking.

### **Sunday May 18:**

- **9:00 am to 10:30 am** Registration/check-in and waiver signing at Waskehegan trailhead
- **10:00 am to 11:00 am** Long distance Starts; follow flags 1.5 km from parking. There will be a 3 line start with pre assigned start times; *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. 1 km walk back to parking.

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