



# **Canadian & Western Canadian Orienteering Championships**

**August 1 - 10, 2014**

## **Canadian Orienteering Championships**

**Whistler, BC : August 1 - 7, 2014**

**&**

## **Western Canadian Orienteering Championships**

**Kamloops, BC : August 8 - 10, 2014**

# **WRE Bulletin #1**

## **Welcome**

The Orienteering Association of BC, the Greater Vancouver Orienteering Club, and the SAGE orienteering clubs invite runners and spectators to the 2014 Canadian and Western Canadian Orienteering Championships to be held in Whistler and Kamloops, BC.

## **Canadian Orienteering Championships (COC)**

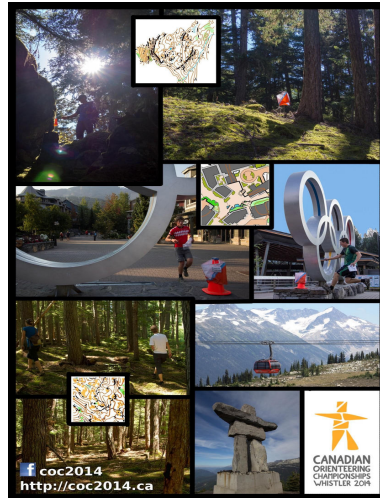
The Greater Vancouver Orienteering Club invites you to Whistler, BC, North America's favorite mountain resort town, to enjoy racing in world class terrain in breath-taking scenery. Whistler is a pedestrian-friendly town, with all races and social events accessible by walking or taking public transport from the heart of Whistler Village.

## Western Canadian Championships (WCOC)

The Sage Orienteering and Rogaining Club invites you to Kamloops in South central British Columbia. The orienteering terrain is a fantastic mix of runnable open grassland with mixed forest. Welcome to BC's Friendliest City and Canada's Tournament Capital!

## COCs Organization

|                   |   |
|-------------------|---|
| Course Planners   | Magnus Johansson<br>Meghan Rance<br>Brian Ellis |
| Controllers       | Adrian Zissos<br>Alex Kerr                      |
| Event Director    | Jeremy Gordon                                   |
| IOF Event Advisor | Finn Arildsen,<br>Denmark                       |



## Event website

For complete event information and registration please visit: [www.coc2014.ca](http://www.coc2014.ca)

## Event Centre

On Friday, August 1st the COC Event Centre will be open from 10am - 6pm in Passiv Haus in Lost Lake park. At all other times the Event Centre will be at Registration at each of the events.

## Programme

|                            |   |
|----------------------------|---|
| <b>Friday August 1st</b>   | Training  |
| <b>Saturday August 2nd</b> | IOF WRE Middle Distance championships<br>Evening BBQ & Silent Auction |
| <b>Sunday August 3rd</b>   | Sprint Distance championships<br>HPP Fundraiser                       |
| <b>Monday August 4th</b>   | IOF WRE Long Distance championships                                   |
| <b>Tuesday August 5th</b>  | Club relay competition  |
| <b>Friday August 8th</b>   | Western Canadians Sprint  |

**Saturday August 9th**

Western Canadians Middle Distance WRE  
Evening banquet

**Sunday August 10th**

Western Canadians Long Distance

## Entry

Please use the online entry form available on the event website ([www.coc2014.ca](http://www.coc2014.ca)).

Registration must be completed no later than July 16, 2014. Entry fees are shown on the event website. Various discounts are available for earlier entry. Payment is made online.

## Race Details

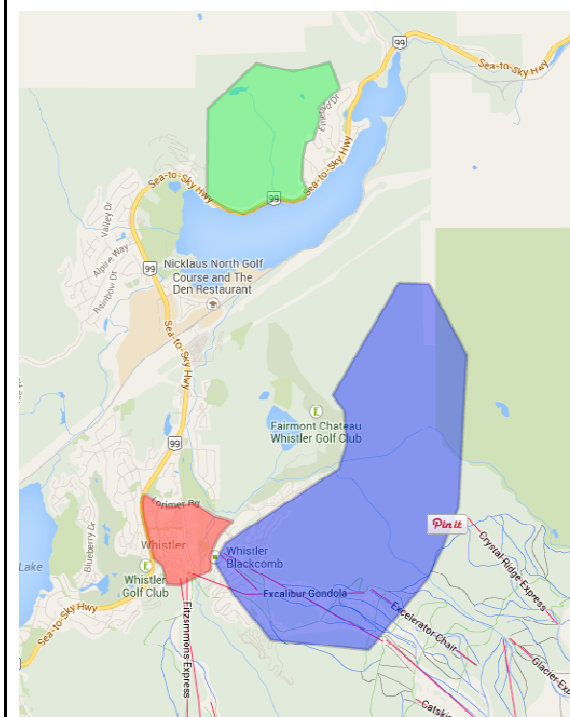
### Embargoed Areas

It is not allowed to enter any forested areas within the embargoed zones shown on the map.

#### Whistler Village

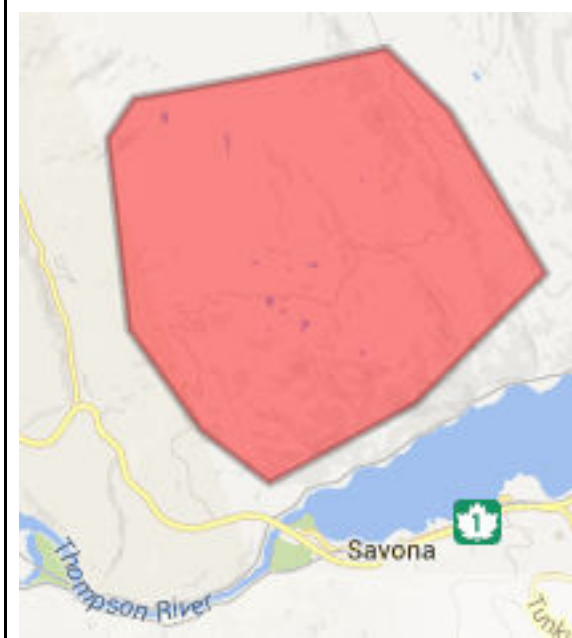
It is allowed to enter parking lots, roads and pedestrian zones in Whistler Village without a map.

Whistler Village will be embargoed completely from 6am Sunday Aug 3rd. See race information for directions to the arena.



## **Kamloops**

NOTE: The embargo is in effect from km 4 to km 18 on the Sabiston Creek Forest Service Rd. Somewhat relevant terrain can be found on existing SAGE maps: Red Plateau and the northern part of McQueen Lake. See the SAGE website for local events on these maps.



## **COC Training**

Training is available Friday August 1st on the Lost Lake and Nester's Hills maps. See the event website for more details.

## **Competition Rules**

The competition rules for IOF Foot Orienteering and Orienteering Canada apply. All competitors must represent a club or federation.

## **Clothing restrictions**

For the COCs Sprint, only soft-soled running shoes are allowed (no spikes).

There are no other clothing restrictions, but full body cover (long sleeves, no shorts) is recommended for the middle, long, and relay.

## **Timing System**

SPORTident electronic timing system will be used for all events. Athletes may rent or use their own SI-cards.

## Accommodation

Whistler has a wide range of accommodation to suit every budget - from camping, to hostels, to four and five star hotels, to vacation rentals in homes and condos.

See [www.coc2014.ca](http://www.coc2014.ca) for more details.

## Transportation

No transportation will be provided for this event, except for Middle Event (see below). For COC, all events are reachable by foot or public transportation. For WCOC, private transportation will be required.

COC Middle Race: free busing will be provided from Whistler Village centre to event start, and from event finish back to Village centre. More details will be provided on [www.coc2014.ca](http://www.coc2014.ca) closer to the event.

