

**California Orienteering Festival**  
**Stage 4: Northstar Sprint**  
**North American Orienteering Championships**  
**World Ranking Event**  
Friday July 21, 2023

## **Meet Director's Notes**

### **1. IOF Regional Championships Classes: Pre-Race Quarantine.**

The North American Regional Championships as specified by the International Orienteering Federation (IOF) comprises the following competitions and classes:

- North American Orienteering Championships: F21+ Elite, M21+ Elite
- North American Junior Orienteering Championships: F-20 Elite, M-20 Elite
- North American Youth Orienteering Championships: F-18, M-18, F-16, and M-16

IOF Rules require that, pre-race, **all competitors in these classes must proceed directly to the quarantine and may NOT first visit the arena. You must be signed into quarantine by 1:45pm. If you do not enter the quarantine before it closes at 1:45pm, you will not be allowed to compete in your class. DO NOT BE LATE!** If you miss the quarantine, the Organizers may or may not allow you to run in a recreational class.

Rules for quarantine:

- Competitors in all the above IOF classes must proceed directly from the parking to the quarantine. The entry point is about 0.4 km from the parking. You may not first visit the arena.
- Before entering quarantine, make sure you have your shoes, compass, bib, e-stick and other critical gear. Once you enter quarantine, you cannot leave to get things you have forgotten. Coaches and team officials may enter quarantine, but cannot return to quarantine once they leave.
- At the quarantine entry point, you will check in and will receive a map of the quarantine area, that clearly delineates the quarantine boundaries. Do not cross the boundaries.
- The quarantine area will have drinking water, a large warm-up area partly shaded, and a bag drop. Bags may be left at the bag drop for transport to the Arena. There will be a toilet.
- Cell phones and other devices capable of communication are not permitted in quarantine. No mobile phones, radios, computers, or any other communication devices – not even in flight (“airplane”) mode. Music players without any built-in wireless connectivity are permitted.

- The quarantine surface is mostly paved. Suggestions: bring a sitting pad, chair, pillow, umbrella, food, water, electrolytes, a book to read – whatever you need to be comfortable outside for 2+ hours.
- Competitors should plan to complete their pre-race warm-up and other preparations in quarantine. The first start for people in the quarantine is 16:00, and the last start is just before 17:00. You will be in quarantine for more than two hours.
- From the quarantine to the start area is a 4 minute comfortable, uphill walk. You should check out of the quarantine 12 minutes before your start time.

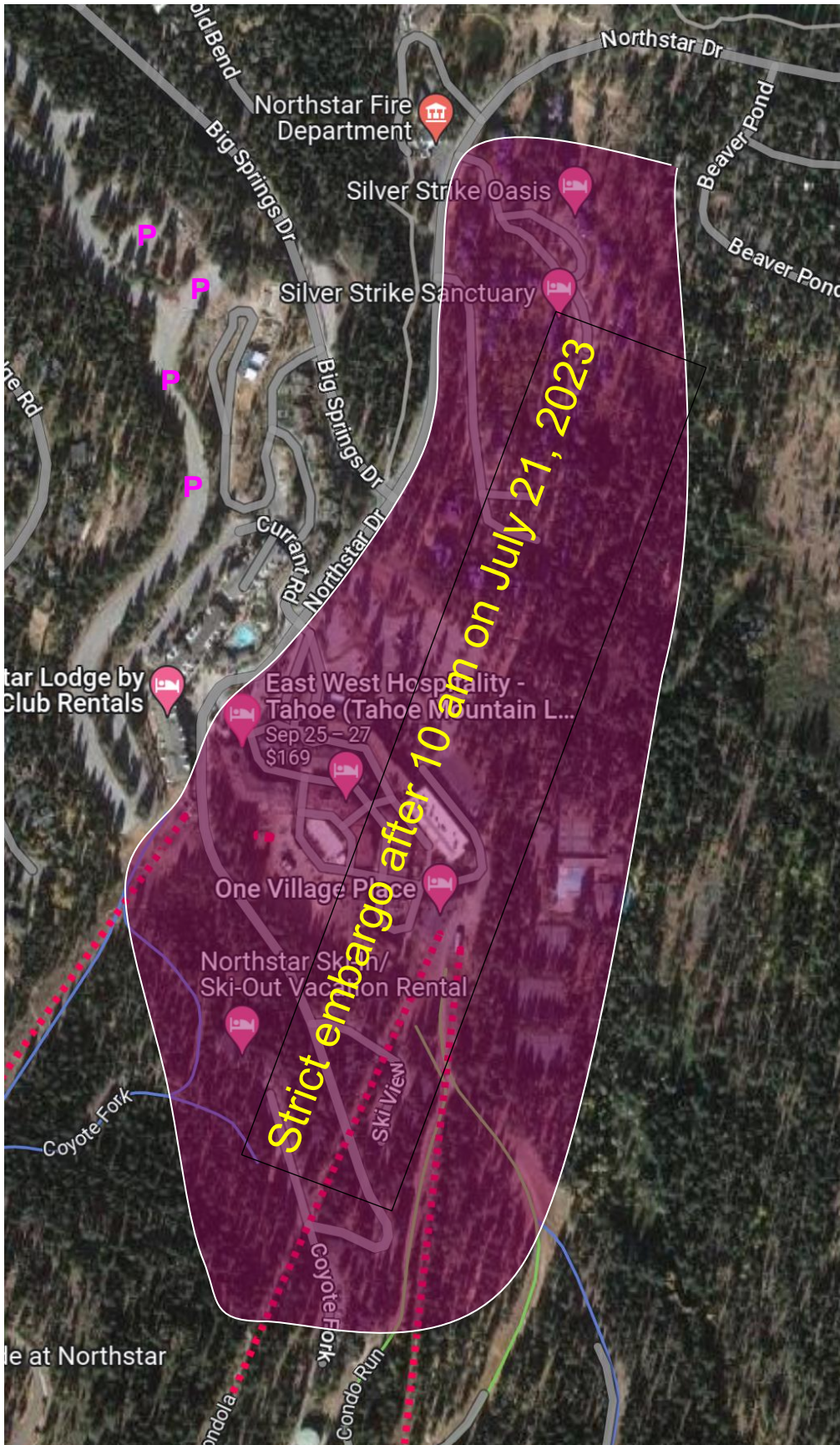
## **2. All Classes**

The sprint will be held in and around the Northstar Village. The whole Village map will be under strict embargo starting 10am on Friday morning (see figure below). This is so we can set up and have great courses for everyone. If you are staying in the village we encourage you to leave for a couple hours and return following the guidelines for all competitors. If we see anyone walking around the competition area outside the specific pathways to the arena, registration, quarantine and start, prior to their finishing their race they will be immediately disqualified from the competition.

From the event Parking (Northstar Lots D, E, F and G), you must follow the signs to either the Quarantine (described above) or for non-IOF classes, follow the signs to the Arena.

The courses and start times have been arranged to maximize spectator value. There are spectator controls, an arena passage, good visibility, and plenty of seating. Non-IOF classes will start beginning at 2:30 pm, and after finishing there will be ample opportunity to watch and cheer the remaining runners, culminating with the fastest runners in the IOF classes around 4:45 to 5:00 pm. The traditional North American rivalry will be fun to watch!

After everyone finishes, the Opening ceremonies, Dinner, NAOC Sprint awards, Western States Championships awards and entertainment will all be right there! Y'all come!!!



**P = Parking**



## Routes to quarantine. Arena, Warmup and Start from Parking

- Enter parking from Big Springs Road, coordinates 39.282506, -120.124821 (<https://goo.gl/maps/CD5dwETJ7x1UkBHz8>)
- Park in lots F, E, D, or C. Do not drive past the quarantine area!
- Quarantine opens at 13:00 and closes at 13:45. All competitors in classes F-21+ Elite, F-20 Elite, F-18, F-16, M-21+ Elite, M-20 Elite, M-18 and M-16 must enter the quarantine in



# Course Designer's Notes

By Erin Schirm

The sprint will be held in and around the Northstar Village. The area consists of a mix of village urban terrain and forested condominium areas. Running will be both on paved and unpaved ground. The ground is hard and the only real hazard on the ground is pine cones. Otherwise it's very runnable and hard packed. Rubber bottom shoes are recommended over any metal spikes.

The Sprint takes place during the summer season at Northstar which means you will encounter pedestrians and mountain bikers throughout the course. In the condominium areas there may be guests moving in for the weekend, or moving out. The majority of the courses do not cross areas where cars are traveling, however there are some crossings of active roads on the more advanced courses. We have put signs out that runners are crossing, however we will not have traffic control and runners are expected to proceed at their own risk.

There are a few areas of the courses that have blind corners and tight passages. Please be aware that there may be pedestrians or other runners coming from the other directions that could potentially lead to a collision.

The map uses the standard symbol set for ISSoM and there are no special symbols or any unique mapping used on the map. Symbol 531 (black X) is used to show snow blowing equipment and larger sign posts. Symbol 521 building minimum is used to depict small generators, larger AC units, and small structures. Symbol 530 (black circle) denotes fire pits.

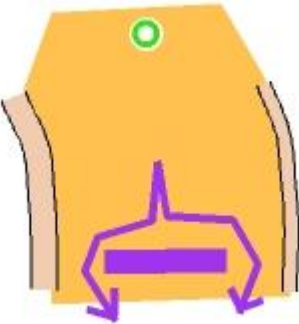

The following symbols are used to show out of bounds. Symbol 709.003 (out of bounds with a line) shows out-of-bounds, construction, and restaurant seating areas, and Symbol 708 (out of bounds Line) shows fencing that has been put up to keep people out of certain areas.



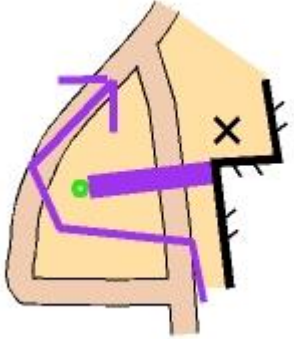

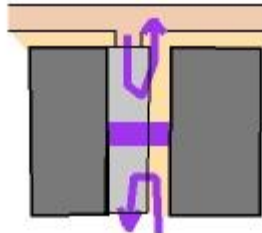

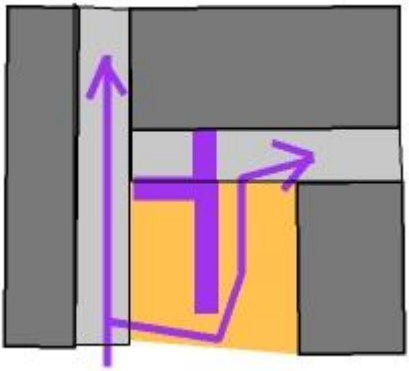
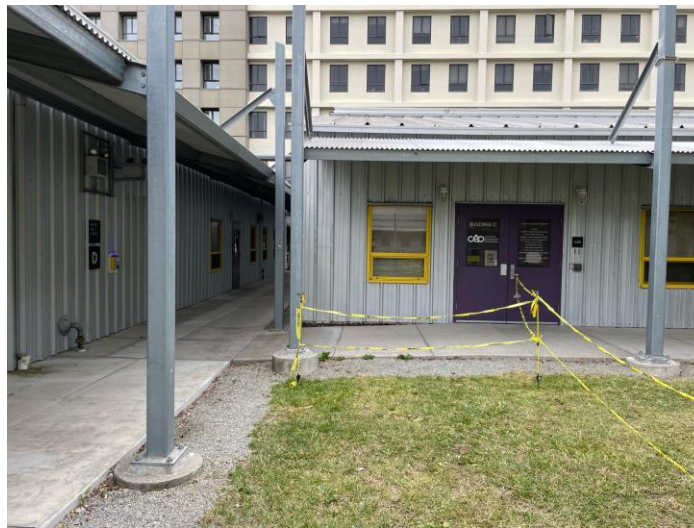
Symbols 512.1 and 512.101 (bridge) have been used on the map along with Symbols 512.310 and 512.311 to show where there are multiple levels and you can pass through on both levels. The map sample below is an example of how this might be used on the map (but is not taken from the map). In the example, the purple arrows show where you can go.



Artificial barriers have been placed on the course. These have been mapped with the two out of bounds symbols listed above. The purple line represents a fence and the hatched area represents an area that is not to be run through (usually with the thick purple lines on either side). Below are some images and their corresponding mapping to give you an idea of how this was done. Please note these examples are merely generalizations of what you may see on the course and not specific examples.

Example #	Mapping	Terrain Picture
1		

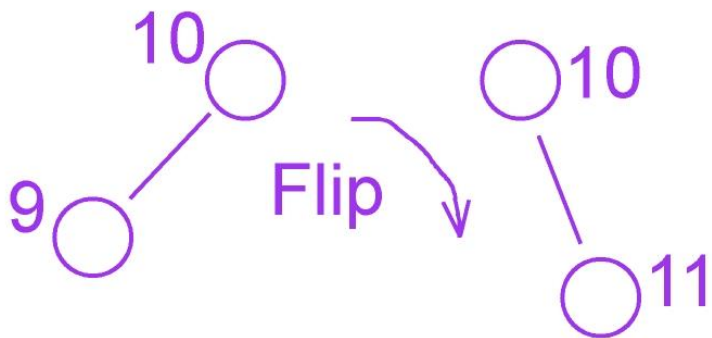


2		
3		
4		

In example 2 you will see a small gap in the cones, with tape on the ground. This is to allow pedestrians through without damaging the barriers, however for competitors **it is not permitted to cross the tape.**

In example 3 you can see a very small gap in one of the pictures between the fence and building, however the map shows the purple line extending all the way to the building. **This is not a cross-able gap for competitors.** The map is the main information you should go off even if you see something in the terrain that looks like a gap. The purple arrows show where you are allowed to pass.

Classes F-21+ Elite, F-20 Elite, M-21+ Elite and M-20 Elite have a map flip. At some point in the course, you will need to flip the map to the other side and continue on. The flip is marked at a control circle, for example if leg 9-10 is the last leg on the first side then the first leg on the next side would be 10-11.



If you are running in the IOF competitive categories you are required to enter the quarantine by 13:45.

Competitors take note: there will be Marshalls on the course, and there will be cameras in discreet locations. Do not cross the artificial barriers!





Final Notes: There is a control on some courses where the boulder feature is gone. We built a small feature with smaller rocks which is mapped as a boulder. See picture below.