

Western Canadian Middle Distance Championships

Sunday July 5, 2015

First start: 10:00 am

Start interval: Two minute start interval

Map:

Long Lake

1:10,000; contour interval = 5 metres

Courses 1 & 4 will be 1:7,500 scale, contour interval = 5 metres

Revised 2014 by Ludek Krticka and Radim Ondracek. Original fieldwork 2004 by Ales Hejna and Vendula Svobodova. Standard ISOM2000

Meet Officials:

Controller: Forest Pearson

Course Setter: Afan Jones

I.O.F. event advisor:

John Rance (for World Ranking Event: courses 9 and 10)

Directions to meet site:

From downtown Whitehorse, proceed south toward the large paddlewheeler and cross the bridge over the Yukon River toward the hospital. Take the first left on to Hospital Road. In about 200 metres, turn left on to Wickstrom Road. Follow this road about 4 km going past Long Lake to the parking area on the right hand side. There will be orienteering road signs from Hospital Road.

There will limited parking at the finish area. Car pooling is recommended. You may be required to park at Long Lake and then walk up or shuttle up to the arena/finish area.

Toilets:

There are port-a-potties at the Parking area.

Directions to the Start:

The start is approximately 500 metres away and uphill. Allow adequate time to get to the start. The route is marked with orange flagging tape.

Out of Bounds Area:

The Long Lake Road, beyond (i.e. north of) the Finish Line is out of bounds. Do not approach the last control. Warm-up on the road in the direction of the start.

Road Safety Issues:

Although we do not expect traffic to be heavy on Long Lake Road the finish and parking area are located on a winding section of the road. Please remember that and be safety conscious, especially concerning children.

Safety Bearing:

The safety bearing is generally east for courses 1-3; west for courses 4 - 10.

Climate

For July the average daily high is 21°C and the average daily low is 8°C. Be prepared for a range of daytime conditions from cool (10°C) and wet to hot (30°C) and dry.

Clothing

There are no special clothing or footwear restrictions.

Terrain:

Very complex kettle/kame glacial terrain. Very complex contours. No rock detail. Very few trails. Forest is mostly open pine, with some areas of spruce and aspen. Many natural meadows and clearings, especially on south-facing slopes. Very little undergrowth, although areas with deadfall are mapped with the “thin green lines” symbol.

Course Setter and Controller's Notes:

The Middle Distance course profiles for Long Lake are consistent with technical requirements. The emphasis is on detailed navigation where finding the controls constitutes a challenge. It requires constant concentration on map reading with numerous shifts in running direction out from controls. Route choice is essential but not be at the expense of technically demanding orienteering. The routes in themselves involve demanding navigation. The courses require speed shifts e.g. with legs through different types of vegetation.

Those who attended the 2004 Canadian Orienteering Championships will remember the challenge of the Long Lake North map; and for those who weren't there, you are in for a treat! This is some of the most technically challenging orienteering terrain found anywhere. The area was re-mapped last year, primarily to update the vegetation, but really not much has changed. There is more deadfall than there was in 2004, but it has now all been fairly mapped and is typically shown with green vertical lines (slow running, good visibility).

At the south end of the completion area there has been some recent illegal firewood cutting roads created over the last winter. Because these roads were put in during the winter, there is very little ground disturbance or track on the forest floor. Therefore they have been mapped as linear areas of rough open representing the cutting road. Only course 9 and 10 go into this area.

Wildlife maybe encountered throughout Yukon, including downtown Whitehorse. Larger species occasionally seen at Long Lake include deer and bears. If you encounter wildlife take the same precautions that you would anywhere else. Consult Staying safe in bear country.

Recommended winning times are consistent with I.O.F. standards.

The map was used as part of the Canadian Championships in 2004. Some consider it one of the most technically complex maps in Canada. A map sample can be seen at:

http://www.yukonorienteering.ca/wcoc2015/images/bulletins/LongLakeNorth_2004.pdf.

Awards:

The awards ceremony for the Middle Distance Championships will immediately follow the event at the finish at approximately 12.30 pm.