

2025 Canadian Orienteering Festival



featuring

Western Canadian Orienteering Championships

and the

Canadian Orienteering Championships

Bulletin #2





Contents

Welcome to the 2025 Canadian Orienteering Festival	5
Land Acknowledgment	5
Information.....	5
Programme	6
Locations.....	7
Travel	8
Travel Requirements	8
Climate.....	8
Accommodation & Food.....	8
At the WCOC Events	8
WCOC Indoor Picnic & Middle Awards.....	9
At the COC Events.....	9
COC Banquet and Awards.....	10
Team Canada Silent Auction.....	10
COF Key Volunteers	11
Jury	11
Complaints and Protests.....	11
Embargoes	12
Registration Summary	12
Day-Of Registration	12
Day-of Registration Fees.....	13
Open Categories	13
Package Pick-Up.....	14
Changes to Entries and Fees.....	14
Training Opportunities / Old Maps.....	14
Competition Rules	14
Special Notes	15
Safety	15
Safety Whistles	15
Road Safety.....	15
Clothing.....	15
Shoes	15



Terrain	15
Hazards on the Beaver Lake and Cooking Lake/Blackfoot PRA maps	16
Hazards on the urban maps.....	16
Drones	16
WCOC Parking Access Limitations	17
Air Quality Concerns	17
Media & Photography	17
Timing System	18
Start Intervals and Maximum Time on Course for all Classes	18
Maximum Time Allowed on Course	18
Starts.....	18
Competition Start Procedure	18
Late Starters.....	19
Shadowing	20
WCOC-specific start information.....	20
COC-specific start information	20
Map Collection.....	21
Results	21
Eligibility & Awards.....	21
Canadian Orienteering Championships.....	21
Western Canadian Orienteering Championships	21
Volunteering	21
Western Canadian Orienteering Championships	22
WCOC Middle and Long Event Details.....	22
Directions to Beaver Lake parking / arena	22
Mapper's Notes: Beaver Lake map.....	22
Model Event - Friday, 15 August	23
Middle Event - WRE – Saturday, 16 August.....	23
WCOC Middle Course Planner's Notes.....	23
WCOC Long Event Sunday, 17 August	24
WCOC Long Course Planner's Notes	24
WCOC Sprint Event – Monday, 18 August.....	26
Directions to the WCOC Sprint arena / parking	26



Mapper's Notes: Red Deer Polytechnic.....	27
Special note about ongoing construction at Red Deer Polytechnic	27
WCOC Sprint Course Planner's Notes.....	28
Canadian Orienteering Championships	29
Model Event – 21-22 August	29
Directions.....	29
Team Canada Fundraiser Relay & BBQ – Thursday, 21 August.....	29
Directions.....	29
COC Sprint Event – Friday, 22 August.....	30
Directions to COC Sprint Parking:.....	30
Mapper's Notes: Fort Saskatchewan map.....	30
COC Sprint Course Planner's Notes	32
COC Middle and Long Event Details	34
Directions to COC Middle / Long Parking	34
Mapper's Notes: Cooking Lake / Blackfoot PRA.....	34
COC Middle Event – WRE – Saturday, 23 August	35
COC Middle Course Planner's Notes	36
COC Long Event – Sunday, 24 August.....	37
COC Long Course Planner's Notes.....	37



Welcome to the 2025 Canadian Orienteering Festival

We are excited to welcome you to this premier Canadian Orienteering Festival, set in the distinctive terrain of central Alberta's rolling hills and parklands. The 2025 Festival brings together two thrilling events: the Western Canadian Orienteering Championships (WCOCs) and the Canadian Orienteering Championships (COCs). These events will showcase the best orienteering talent from across the country and beyond.

This year's festival also includes the Sass Peepre Skills Development Camp, designed to foster growth and passion for orienteering among our youngest athletes and families. With a variety of activities suitable for all ages and skill levels, the camp will provide invaluable training and the opportunity to learn from seasoned professionals.

For competitive athletes, the middle-distance races in each event are designated as world ranking events, offering a unique chance to earn IOF points. For recreational orienteers, there are many open classes from which to choose. Whether you are an elite athlete, experienced orienteer or newcomer, there will be something for everyone.

Join us in central Alberta for an unforgettable experience of adventure, skill, and camaraderie. Get ready to explore the beautiful prairie landscape, push your limits, and be part of a festival that celebrates orienteering.

Land Acknowledgment

The 2025 Canadian Orienteering Festival (COF) Committee respectfully acknowledges that the maps on which we will be orienteering are situated on ancient and storied lands steeped in ceremony and history that, until recently, were occupied exclusively by people indigenous to these places.

Specifically, the Beaver Lake map for the WCOC Middle and Long events is situated on Treaty 7 land, the traditional territory of the Blackfoot Confederacy (Siksika, Kainai, and Piikani), the Tsuut'ina Nation, and the Stoney Nakoda First Nation. We also acknowledge that this land is a historic Métis gathering site.

The WCOC Sprint map and the maps for the COCs are located within Treaty 6 Territory, the traditional lands of the Cree, Dene, Saulteaux, Nakota Sioux, and Blackfoot peoples. We acknowledge that these maps are also on the traditional homeland of the Métis people.

These lands will continue to host many nations. All inhabitants are responsible to each other, to the land, to the resources and to Treaty Six and Seven "as long as the sun shines, the grass grows and the river flows."

Information

DATES: 15 August to 24 August 2025

ORGANIZERS: FWOC and EOOC with assistance from AOA

WEBSITE: cof2025.ca

REGISTRATION: [Zone 4 COF 2025](#)

EMAIL: info@cof2025.ca or events@orienteeringcalgary.ca

Bulletin and Website

You will find all the general information about the Festival in this bulletin. Details of each event can be found after the general information. Any new information of importance that becomes available after this bulletin is

published will be accessible from the News section of the Festival website (cof2025.ca) as Updates. Be sure to keep up to date by checking the website homepage regularly.

Programme

2025 Canadian Orienteering Festival			
Western Canadian Orienteering Championships			
Date	Event	Time	Location
Friday 15 August 2025	Registration / Package pick-up	15:00 – 19:00	Beaver Lake
	Forest Model ¹	15:00 – 19:00	
Saturday 16 August 2025	Registration / Package pick-up	9:30 – 12:00	Beaver Lake
	Middle Event – WRE	11:00 – 15:00	
	WCOC Indoor Picnic & Middle Awards ²	16:30 – 19:30	Caroline Community HUB, Caroline, AB
Sunday 17 August 2025	Registration / Package pick-up	9:00 – 11:00	Beaver Lake
	Long Event	10:00 – 16:00	
Monday 18 August 2025	Registration / Package Pick-up	10:00 – 11:00	Red Deer Polytechnic
	Sprint Event	11:00 – 14:00	
19-22 August 2025	Sass Peepre Training Camp	18:00 Tuesday – 10:00 Friday	Strathcona Wilderness Centre
Canadian Orienteering Championships			
Date	Event	Time	Location
Thursday 21 August 2025	Registration / Package pick-up	13:00 – 16:00	Waskehegan Staging Area
	Forest Model	13:00 – 16:00	
	Team Canada Fundraiser	16:30	Strathcona Wilderness Centre
Friday 22 August 2025	Registration / Package pick-up	9:00 – 13:00	Waskehegan Staging Area
	Forest Model	9:00 – 13:00	
	Sprint Event	16:00 – 18:00	Fort Saskatchewan
Saturday 23 August 2025	Registration / Package pick-up	9:30 – 11:30	Cooking Lake Blackfoot Provincial Recreation Area (PRA)
	Middle Event – WRE	10:00 – 15:00	
	Banquet, COC Sprint & Middle Awards, and TC Silent Auction	18:00	Ardrossan Recreation Complex, Ardrossan, AB
Sunday 24 August 2025	Registration / Package pick-up	9:30 – 12:30	Cooking Lake Blackfoot PRA
	Long Event	10:00 – 16:00	

¹ The WCOC Model map is embargoed after Friday until after the Long on Sunday.

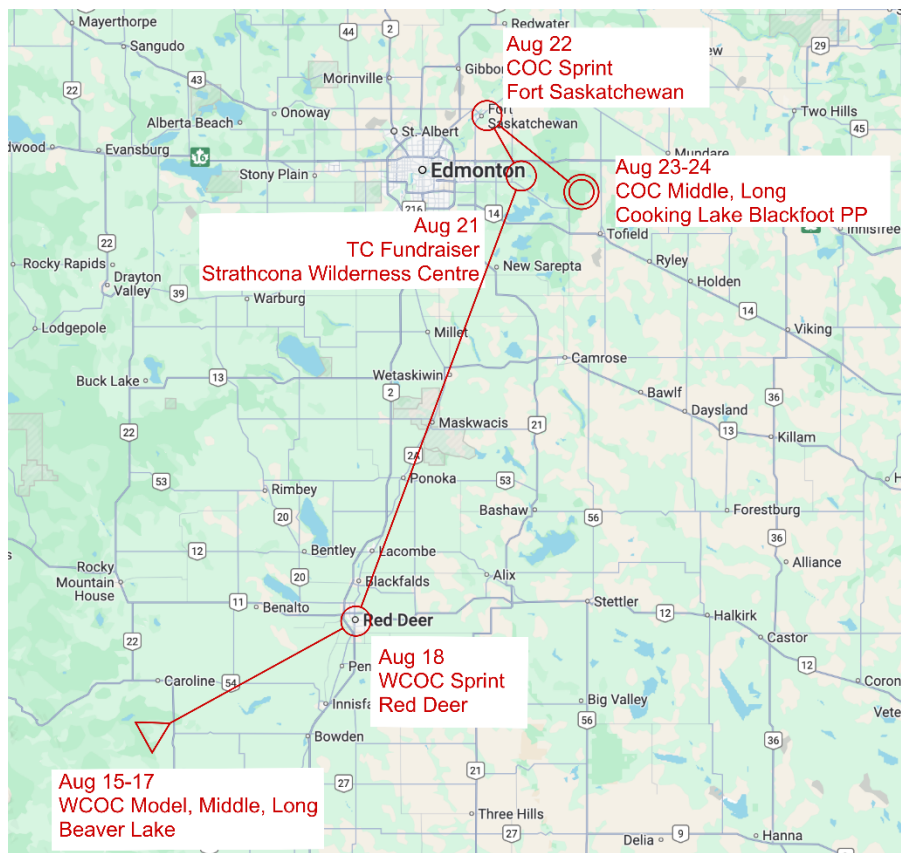
² Unless otherwise specified, awards will happen immediately following each event (WCOC Long & Sprint and COC Long).

Locations

The 2025 Canadian Orienteering Festival will take place across five maps in central Alberta.



FWOC will host the WCOC Middle and Long competitions on the Beaver Lake map near Caroline, northwest of Calgary. The WCOC Sprint competition will be staged in Red Deer. Team Canada athletes are hosting a Team Canada fundraiser (Relay) at the Strathcona Wilderness Centre, east of Edmonton. EOOC will host the 2025 COC events; the COC Sprint will be on a new map in Fort Saskatchewan. The COC Middle and Long events are on the Cooking Lake / Blackfoot Provincial Recreation Area map, the UNESCO designated Beaver Hills Biosphere.



Travel

The nearest international airports to the events are Calgary International Airport (YYC) and Edmonton International airport (YEG). Red Deer hosts a regional airport.

Participants are responsible for their own transportation. It would be difficult to access either the 2025 WCOC Middle and Long events or the COC Middle and Long events without a car. There is no public transit. A [shared google document](#) has been created and linked on the website to allow participants to coordinate shared travel opportunities.

The following charts show the estimated driving time from the airports to the events and driving time and distance between events at different locations.

Driving time from major airports		
From	To WCOC Middle arena	To COC Sprint arena
Calgary International Airport (YYC)	~1.5 hours	~3 hours
Edmonton International Airport (YEG)	~2.25 hours	~1 hour
Red Deer Regional Airport (YQF)	~1 hour	~2 hours

Driving distance / time between events		
	Time	Distance
From WCOC Long Arena to WCOC Sprint	~1 hour	88-98 km
From WCOC Sprint to COC Sprint	~2 hours	190 km
From WCOC Sprint to Strathcona Wilderness Centre (Sass Peepre camp)	~2 hours	192 km
From COC Sprint Arena to COC Middle and Long Arena	~45 minutes	60 km

Travel Requirements

Participants from outside of Canada can find details on the [Government of Canada website](#) regarding whether they need visas to enter Canada for this event.

Climate

In central Alberta, mid-August typically features warm and sunny days. It's considered part of the summer season, though August can sometimes bring a mix of warm and cool days. While it's generally dry, rain showers and thunderstorms are possible, and evenings can be chilly.

Temperature: Average highs are around 25°C (77°F), with lows around 10-15°C (50-59°F).

Accommodation & Food

At the WCOC Events

The Middle and Long events are in the countryside. There are two nearby towns, Caroline and Sundre, and the city of Red Deer:

- Caroline is about a 10-minute drive to the arena for the Middle / Long events;



- Sundre is about 25 minutes away. There is a limited selection of restaurants and grocery stores in these two towns.
- Red Deer is about a one-hour drive (from the Middle and Long) with a wide selection of dining options and grocery stores.

There will be **NO** food available at the WCOC events with the exception of drinks and snacks for finishing participants and volunteers.

Below is a list of accommodation possibilities in these three locales.

- [Caroline Municipal RV Park](#)
- [Burnstick Lake campground](#)
- [Sundre multiple campgrounds](#)
- [Caroline hotels & motels](#)
- [Sundre hotels & motels](#)
- [Lions Campground](#)
- [Westerner Campground](#)
- [Red Deer Polytechnic](#): **Block booking information on the [website](#)*
- [Hotels & motels](#) in Red Deer

WCOC Indoor Picnic & Middle Awards

FWOC invites all WCOC / COF 2025 participants to an indoor picnic on **Saturday (16:30 – 19:30) at the [Caroline Community HUB](#)**, just a 10-minute drive from the competition arena. The HUB features a **large hall, industrial kitchen**, and access to **nearby showers**—a perfect spot to relax and connect after the day's race.

Bring your own food—either pre-prepared or something to heat up using the kitchen facilities. Share it with others or just bring enough for yourself. Escape the weather—whether it's hot sun, rain, or mosquitos—and enjoy some downtime in comfort.

We'll also be announcing the **winners of the Middle event** during the picnic, so don't miss the celebration!

Participation by donation – suggested \$5 / person or \$10 / family, collected on-site to help cover hall and kitchen rental costs. We hope you'll join us!

At the COC Events

The COC events are also located a good distance from the major city (Edmonton). There are several towns within an hour's drive: Sherwood Park, Fort Saskatchewan (the location for the COC Sprint), and Tofield.

- Sherwood Park is 20 – 40 minutes from the COC events.
- Fort Saskatchewan is about 50 minutes to the Middle and Long events.
- Tofield is about 30 minutes away from the Middle and the Long.

All of these towns have restaurants and grocery stores. There will be **NO** food available at the COC events with the exception of drinks and snacks for finishing participants and volunteers.

Below is a list of accommodation possibilities.

- [Fort Lions Campground](#)
- [Lindbrook Star Campground](#)
- [Tofield Campground](#)
- [Sherwood Park hotels](#)
- [Hotels & motels in Fort Saskatchewan](#)
- [Hotels & motels in Tofield](#)

COC Banquet and Awards

Join us for a special **Canadian Orienteering Festival 2025 Banquet** on Saturday, 23 August from 18:00 at the [Ardrossan Recreation Complex](#) in Ardrossan, following the COC Middle Distance event. The entrance for the banquet, Silent Auction and awards for the Sprint and Middle-distance events is at the southwest corner of the building, adjacent to the large mural.

If you're coming straight from the event, you'll be glad to know that showers are available on-site at the Complex for \$2. Stop by the information desk which is located just inside the main entrance to the Rec Centre, on the south side of the building.

This celebration is open to all COF 2025 participants and their guests and will include a custom Indigenous dinner buffet catered by Culina, a Métis-owned restaurant and catering company. (Check out the banquet menu on our [website](#) and check out their [website](#) to learn more!) Beer and wine will be available for \$5 per beer or wine drink, soft drinks \$2 each. CASH ONLY

Alongside the banquet, there will be a **silent auction** to raise funds for the **Team Canada Program**—a great opportunity to support our national athletes. Details below.

Schedule

- 4:30 Doors open to banquet attendees and bar opens
- 5:00 Team Canada Silent Auction commences
- 6:00 Banquet (bar closed during banquet)
- 7:00 Doors open to **non-banquet attendees** for Awards and TC Silent Auction
- 7:30 Awards for Sprint and Middle-distance races

Following the awards last minute bidding will take place followed by table closures and wrap up of TC Silent Auction.

Tickets must be purchased in advance. If you neglected to but would still like to purchase banquet tickets (not orienteering event tickets), use this [link](#). All banquet tickets must be purchased by 14 August.

- \$40 for ages 11 and up
- \$20 for children 10 and under

We hope you'll join us for an evening of good food, great company, and celebration!

Team Canada Silent Auction

Team Canada athletes are grateful for your support. You can contribute in two ways: (1) donate an item to the auction and/or (2) bid on a item in the auction. This auction is a major annual fundraiser for Orienteering Canada's Team Canada Program. You can bring your item to the registration desk at any of the events, or you can bring it directly to the banquet. You can learn more here:

<https://orienteering.ca/posts/auctions2025>

How your donations and bids help Team Canada

The money raised during this auction helps us to provide more support to athletes year-round with coaching and training camp experiences in Canada and while at international events.



COF Key Volunteers

	WCOCs	COCs
Event Director(s)	Marsha Fehr	Geraint Edmunds (Overall); Mary-Lou Hogg (Middle and Long) Dorothy Penner (Sprint)
ED Mentors & Controllers	Jane Rowlands & Charlotte MacNaughton	Mary-Lou Hogg (Sprint ED Mentor)
Registration	Bogi Gyorfi	Bogi Gyorfi
WRE Event Advisor	Marion Owen	Erik Blake

Jury

Here are the Jury Pools for each event. If a jury is required, at least 3 members from the Jury Pool will be asked to form a Jury. The IOF Adviser will chair the Jury for WRE protests.

2025 Canadian Orienteering Festival Jury pool - by event						
	Sat 16 Aug	Sun 17 Aug	Mon 18 Aug	Fri 22 Aug	Sat 23 Aug	Sun 24 Aug
	WCOC Middle (WRE)	WCOC Long	WCOC Sprint	COC Sprint	COC Middle (WRE)	COC Long
John Rance CAN	x	x	x	x	x	x
Andrew Cornett CAN	x	x	x	x	x	x
Charlotte MacNaughton CAN				x		
Pam James CAN				x	x	x
Bruce Glen CAN	x	x	x	x	x	x
Forest Pearson CAN	x	x	x	x	x	x
Robyn Rennie CAN	x	x				
Erik Blake CAN						x
Marion Owen CAN			x			

Complaints and Protests

Official complaints must be made in writing by completing a Complaint form found at the Registration / Information Desk. Complaints must be submitted within 15 minutes of the full results being published and/or posted. If the participant is not satisfied with the decision regarding a complaint, they may submit a Protest, by completing the Protest section of the same form and paying a \$75 fee (not applicable to WRE athletes). The protest fee will be returned if the protest is upheld. Protests must be submitted within 15 minutes of receipt of the decision on the complaint. Protests will be addressed by the jury, with decisions announced as quickly as is



reasonable, after receiving the protest. The jury will be a group of three people pulled from the designated jury pool for each of the events (listed above).

Embargoes

All embargoes are depicted on the [website](#).

Beaver Lake (WCOC Middle and Long)

The embargoed area is 9.5 km south of Caroline. The northern boundary is Twp-Rd 35-4 and the eastern boundary: Range Rd 6-0. The other boundaries are not well-defined by roads so it is best to consult the embargo map. The embargo remains in effect until after Sunday's (17 August) WCOC Long distance race.

Red Deer Polytechnic (RDP; WCOC Sprint)

The entire campus is embargoed on Sunday and Monday (17-18 August) until after the race except for a small area on the northwest side of the campus where there is an option to use the RDP accommodation. Guests at RDP are only permitted to drive through the campus to the parking lot using the most direct route to access the accommodation. You are not permitted to walk on campus or on the perimeter of the campus along Taylor Drive, 32nd Street or Highway 2. On the day of the event, competitors staying at RDP will be able to walk to the start following a specific route.

Cooking Lake / Blackfoot (COC Middle and Long)

The embargoed area is north and mostly west of the Central Staging area at the provincial recreation area. The area is not well-defined by roads so it is best to consult the embargo map on the website.

Fort Saskatchewan (COC Sprint)

The embargoed area is defined on the website (link above). The embargo is in effect on Thursday and Friday (21 & 22 August).

Registration Summary

There is a total of 302 registrants spread across the 6 events. 246 competitors are Canadian, and there are 42 competitors from the US, 1 from the UK, Czech Republic, Sweden and Switzerland, 2 Australians, 4 Austrians and 4 from Denmark. Below is the breakdown by event.

	Adults	Juniors	Total
WCOC Middle	181	48	229
WCOC Long	177	50	227
WCOC Sprint	160	46	206
COC Sprint	174	52	226
COC Middle	179	52	231
COC Long	170	45	215

Day-Of Registration

COF 2025 Day-of registrations will be available for **Open** Class participants **ONLY**. You can pay and sign the waiver at the Registration / Information Desk at each event.

WCOC Day-of registration will be available:

- Saturday morning: 10:00 –11:00 in the arena before the Middle event
- Sunday morning: 9:30 – 10:30 in the arena before the Long event
- Monday morning: 9:30 – 10:30 before the Sprint

COC Day-of registration will be available:

- Thursday afternoon: 13:00 – 14:00 at Waskehegan
- Friday: 12:00 – 13:00 at Waskehegan,
- Saturday morning: 9:30 –10:30 at the arena before the Middle event
- Sunday morning: 9:30 – 10:30 at the arena before the Long event

Day-of Registration Fees

	Adult	Junior
	Day-Of Registration Prices	Day-Of Registration Prices
Individual Events		
WCOC Sprint	\$55	\$27.50
WCOC Middle or Long	\$70	\$35
WCOC Model	\$10	\$10
COC Sprint	\$55	\$27.50
COC Middle or Long	\$70	\$35
COC Model	\$10	\$10
TCP Fundraiser	\$30	\$15
Banquet (prior to Aug 14)	\$40	Under 11 = \$20, 12 or older = \$40
COF 2025 T-Shirts (limited selection)	\$35	\$35

Open Categories

Here is a comparison of Open course categories and level of difficulty.

Zone 4: WCOC / COC Sprint	Course Categories	Technical Difficulty
Op 1 Beginner / Novice	Open 1	TD1
Op 2 Intermediate	Open 2	TD3
Op 3 Short Expert	Open 3	TD4
Op 4 Expert	Open 4	TD5
Zone 4: WCOC / COC Middle & Long		
Op 1 Beginner	Open 1	TD 1
Op 2 Novice	Open 2	TD 2
Op 3 Intermediate	Open 3	TD 3
Op 4 intermediate /Advanced	Open 4	TD 3+
Op 5 Short expert, less physical	Open 5	TD 4
Op 6 Expert	Open 6	TD 5
Op 7 long Expert (Long event only)	Open 9	TD 5



An explanation of Technical Difficulty can be found on the [Orienteering Canada's website](#); go to the link and then scroll down until you find the Course and Class Guidelines document.

Package Pick-Up

WCOC / COF 2025 packages / bibs can be picked up

- at the Beaver Lake arena on Friday afternoon (15:00 – 19:00 pm), (see page 21 for directions)
- Saturday morning (10:00 – 12:30),
- Sunday morning (9:30 – 12:30) and
- at Red Deer Polytechnic on Monday (9:30 – 11:30). (see page for directions)

COC Packages can be picked up

- at Waskehegan Staging Area (see page 27 for directions) on Thursday (13:00-16:00) and
- Friday (9:00-13:00), and
- at the arena on Saturday morning (9:30 – 11:30), and
- Sunday morning (9:30 – 12:30).

Changes to Entries and Fees

There may be a fee associated with any changes as per the below list. NOTE: Changes to start times for IOF classes, or getting added to IOF classes is NEVER permitted.

- Competitor details (Name, club, eligibility) – \$5.00
- Competition class or start time - \$25.00 (paid at registration)
- Change SI/SIAC card number – \$5.00
- Lost rental SI sticks - \$50.00
- Lost rental SIAC - \$100
- Lost loaner Compass - \$50.00

Training Opportunities / Old Maps

Training (Model) maps for the Beaver Lake and Cooking Lake Blackfoot Recreation Area are available for purchase online with registration. The Model map areas will be open at specific times prior to the races in each location as indicated above.

Previous version of some of the maps (showing the terrain) can be found on and downloaded from the [festival website](#). You are not allowed on any competition map with any map.

Competition Rules

This event complies with Orienteering Canada's Competition Rules which can be found on their [website](#).

- A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.
- IOF competition rules apply to the IOF classes in the WRE events (and supersede the OC rules). IOF rules can be found at <https://orienteering.sport/orienteering/competition-rules/>.
 - Please take note of IOF rule 21.4 regarding smartphones and GPS tracking devices.
- Please note that IOF and OC have different rules regarding transgender participation in competitions. Under OC's rules no declaration is necessary – participants can register in the class they identify as. IOF has more restrictive rules which apply to M/F 21, and M/F 19-20 athletes. OC's policy can be found at <https://orienteering.ca/learn/about-us/policies>



and IOF's at <https://orienteering.sport/iof/governance-and-organisation/statutes-codes-and-policies/>.

- IOF prohibits athletes from Russia and Belarus from competing in WRE events, the WCOC and COC Middle events. Organizers will refer to the nationality in the [IOF Eventor database](#).

As a reminder, here are some Canadian Orienteering Competition rules relevant to these events:

- You are not allowed to enter the competition area (i.e., don't leave the road or cross any fences in the arena) before or after your event until the end of the Long event (except for the model area, which is only open for a limited time).
- You are not allowed to share or obtain information about the map, terrain, or courses with other competitors who have not yet started.
- Cell phones: The Orienteering Canada rules allow for a competitor to carry a cell phone while on course. Phones may be used **for safety purposes only** — not for navigation or non-emergency communication. Carrying a phone adds an extra layer of safety, for you, your friends and family, as well as the event organizers. We especially encourage newcomers, as well as anyone who would appreciate that added reassurance, to carry a phone while out orienteering. NOTE: Competitors in the WRE categories may not carry a cell phone on course - as per the IOF rules.

Special Notes

Safety

A comprehensive Safety Plan has been developed for each event, and a copy of the Safety Plan will be available at the Registration / Information Desk. This plan includes the location of the nearest hospitals. First aid services will be available in the arena, staffed by volunteers certified in first aid. NOTE: anyone with severe allergies must bring their own epi-pen.

Safety Whistles

As per Orienteering Canada regulations, it is mandatory for all participants to carry a safety whistle while on course. Three short whistles will obligate orienteers in hearing distance to stop and come to your aid. Only use the whistle in an emergency.

Road Safety

Remember that you are always responsible for your own safety when crossing roads. In some situations, there will be a crossing guard. Be aware of traffic; cross the roads safely!

Clothing

Long pants and sleeves are recommended, particularly for the middle and long events. Shrubs with burrs and thorns are common across all parkland maps. Long pants may also provide some protection from ticks.

Shoes

Shoes with studs or spikes are recommended for the forest events to ensure footing around deadfall. At the COC Sprint, shoes with studs or spikes are strictly forbidden.

Terrain

All the forest maps (**Beaver Lake and Cooking Lake/Blackfoot PRA**) are in the Parkland region of central Alberta. This knob and kettle terrain is characterised by rolling hills and depressions filled with water creating wetlands, small lakes and streams. The area has a diversity of vegetation including boreal mixed wood forest dominated

by aspen with patches of white spruce. The understory may include Alberta wild roses and shrubs, and stinging nettles and thistles grow well in some small clearings.

Beavers have been very active in some areas on the Cooking Lake/ Blackfoot PRA map, and care should be taken to avoid tripping and falling on the pointed stumps. The beaver dams may be a little challenging to cross with unsure footing.

Red Deer Polytechnic is a typical urban campus, bounded by busy roads on three sides and a forest on the south side. Waskasoo Creek runs through the forest.

The **Fort Saskatchewan** map is a mix of downtown commercial district, old suburban neighbourhood, parks, and forested river valley. The downtown district is filled with small commercial businesses, city hall, a senior care centre, and various low rise apartment buildings. The neighbourhood is a grid of streets with back alleys that have been accurately mapped.

The various parks are a mix of open fields, sports fields, bike paths, and a small historic village/museum and old fort. The slopes down to the river by the parks are forested with a mix of vegetation from very runnable to completely impassable with mountain bike trails through much of them.

Hazards on the Beaver Lake and Cooking Lake/Blackfoot PRA maps

- Livestock (cattle) may be present intermittently on these sites.
- Wildlife may be encountered. Wildlife that has been sighted include moose, deer, coyotes, beavers, and evidence of black bear and cougar.
- Fallen trees / branches may be concealed by the high prairie or marsh grasses.
- Ticks are likely to be active in Central Alberta during August; do a bodycheck following your race.
- Other insects include wasps, chiggers and mosquitos. Chiggers are tiny mites found in grassy or wooded areas near water. They thrive in warm weather, especially summer, and can attach to clothing, biting the skin and causing itching—often near seams of tight-fitting clothes.
- Other users of the parklands / recreation area, including horse riders.
- There is no way to predict air quality at this point but August is one of the months that typically sees increased wild fire activity and associated smoke plumes. See information below.

For those unfamiliar with bear encounters, consider reviewing the links on the website regarding bears: [Be Bear Smart](#). Because the Beaver Lake map is in bear territory, we recommend you run with bear spray. Bear spray can be purchased in many stores in [Caroline](#), Red Deer, Calgary and Edmonton.

Hazards on the urban maps

- Traffic is the number one concern on a city map.
- Other people on the map who are often not be paying attention to their surroundings including runners.
- Construction materials at RDP may be dangerous.
- Please respect the out-of-bounds areas.
- Air quality may also be a concern on the maps.

Drones

The use of drones is not permitted unless you have express written permission of the organizers and Park authorities.



WCOC Parking Access Limitations

Due to the location of the parking for the Middle and Long Events, the road to parking will be closed for short periods to ensure safety and fairness in the races:

- Saturday from 11:00 to 12:30
- Sunday from 12:00 to 13:30

You **MUST arrive before** these times to park in the designated parking. Otherwise, you will have to park on side roads much further away from the arena. As well, you **can only leave** the parking area after the later time. In addition, there will be STOP signs on the road as runners will be crossing at certain points. Please stop and look for runners, then proceed slowly.

Air Quality Concerns

Like many parts of the world, Alberta has seen a significant increase in wildfire frequency and severity. As wildfires become more common and intense, smoke — even from fires hundreds of kilometers away — increasingly degrades air quality. This includes raising levels of PM2.5 that can impair respiratory and cardiovascular health, particularly problematic for athletes, volunteers and spectators at outdoor events.

COF 2025 will adhere to the [Alberta Orienteering Association's Air Quality Policy](#). In brief, what participants should know:

- An orienteering event will be cancelled if the AQI PM2.5 is greater than 300.
- For Orienteering events such as COF 2025, the **decision to cancel** because of poor air quality will be made **at the event site, at the start time** of the event (using portable air quality monitors that measure air quality on-site and in real-time).
- If, during an event, the AQI PM2.5 goes above 300, no further starts will be allowed. As well, any competitor observed, who is still on the course (e.g. passing through an arena), will be told to stop their race.

Media & Photography

As the 2025 Canadian Orienteering Championships approach, we're excited by the growing local media interest in our festival. This coverage helps invite the wider community to explore the outdoors through orienteering and join in the celebration.

Please note: Media representatives may be onsite at select events to observe or cover the activities. As well, the AOA photographer will be on the map around the arena.

Spectators are restricted to the arena and parking area. Only competitors are allowed on the map. Spectators who want to take photos on-course must do so **only** if given permission by the organizers.

For all COC media communications, please contact:

- Media Liaison – Toni Kozak
- Email: tonikozak@hotmail.com
- Text/Call: (780) 902-1089



Timing System

SportIdent (SI) time-keeping will be used for all events in the Canadian Orienteering Festival 2025. All races will be set to accept touchless timing (SIAC timing sticks). Competitors provide their own SI/SIAC sticks or can rent a SI or SIAC stick through the registration form or at the Registration / Information Desk. The SI stick number that you provide on your entry form will be entered into the computer system and appear on your bib. If for any reason you will be using a different SI/SIAC stick from that shown on your entry, you must notify the organizers of the new number by completing a change form at Registration and paying the fee. All borrowed SI/SIAC sticks must be returned to Registration after the last competition, or you must pay the fee for lost sticks.

Each control is equipped with a control flag, one or more SI electronic controls and a red manual back-up punch. The control code is located on top of the SI unit. Where a control has more than one SI unit, the competitor may punch / read either unit.

If the SI unit at a control fails (does NOT “beep” or flash a light), when you insert your SI stick, or your SIAC stick does not beep and flash, you will have no electronic record of being at the control. In this case, it is the **responsibility of the competitor** to use the red back-up punch (hanging from the control stand) to record being at the control. Punch your map (anywhere along the edge) with the back-up punch, and be sure to report to the officials at the Timing tent at the finish line that you have done this. At championship events, you will be disqualified if you cannot show evidence that you were at all the controls on your course, either electronically or with the manual punch.

Start Intervals and Maximum Time on Course for all Classes

Event	Start Interval	Maximum Time Allowed on Course
Middle	2 minutes	2 hours
Long	*3 minutes	3 hours
Sprint	1 minute	1 hour

*For the Long competitions, organizers may reduce start interval to 2 minutes for certain classes.

Maximum Time Allowed on Course

Maximum time allowed on course is **not** the same as course closing. If a competitor on the Middle course starts at 10, they **MUST** be finished by noon. Course closes at 14:00 to allow all competitors who start at noon (the end of the start window) to have two hours on course. If a competitor exceeds the maximum time allowed on course, organizers will assume the competitor is **lost or injured** and *a search will be initiated*. Please do **NOT** choose to go over the maximum time allowed for your event.

If the maximum time allowed for that event is exceeded, the competitor will be **disqualified** and recorded as such (DSQ) in the results. The competitor may not be allowed to participate in the next competition.

Starts

Start Lists: Start lists will be published on the website (COF2025.ca) on 11 August 2025. These times will be indicated on your bib. NOTE: Bibs must be worn on the front of your shirt at chest-level.

Competition Start Procedure

The start procedure for all races will have a quiet zone before the call-up line and for the duration of the Start Box. Please respect the quiet zones. The clear and check controls will be in the quiet zones.



- For WCOC events, there will be a longer Start Box, and the quiet zone will be after a T-6 (start time plus 6 minutes) line. Only participants within 6 minutes of their start may enter.
- For the COC events, participants who want quiet may enter the quiet zone at any time so long as they are prepared to be silent. The quiet zone is the area before the Start Box.

The “call-up” line is at T-3 in the Start Box. At 3 minutes prior to your pre-assigned start time (T-3, the “call-up time”), you will check in with the start team and advance to box 1 of the start area. At 2 minutes prior to your start time, you will advance to box 2, where you will collect a control description sheet for your course. At 1 minute prior to your start time, you will proceed to the start line, and follow instructions from the start crew to find your course map and to print your name on the back. At your start time, you will be cleared to proceed. The start flag (triangle on the map) will be along the trail or marked route from the start line. There is no start punch; the clock for your race starts at your assigned start time. You **MUST** follow the flagged route to the **start flag (triangle)**. If you do not go to the start flag, you may be disqualified.

There will be two clocks in the start box. The WCOCs will have a third clock at T-6 showing that time (6 minutes prior to start time); at that point, you can enter the WCOC extended Start Box. When the Call-Up Clock, at T-3, shows your start time, that will be 3 minutes prior to your start. When the Start Clock, at the start line, shows your start time, that will be your actual start. The Start Clock will show real time; the Call-Up Clock will be 3 minutes “fast” - it will show 3 minutes later than real time.

Competition Classes

There are assigned start times for every competition except the TC Fundraiser. Your start times for each competition will be written on your bibs. All competition classes follow the procedure above.

F/M 10 and F/M 11-12 Classes

Participants in the F/M 10 and F/M 11-12 classes will follow the Competition Start Procedures **with the following exception**. These young orienteers will be permitted to pick up and study their map at 1 minute prior to their start time. They are permitted to ask for clarification of map symbols and control descriptions from the start official in that box or their shadow if they have one.

Open Classes – pre-registered

Pre-registered (before August 8) participants on Open classes will have assigned start times and will follow the same start procedure as the competition classes. Start times will be indicated on your bib.

Open Classes – registered on the day of the event

Participants who *register on the day* of the event will *not* have an assigned start time. You **may** come to the start any time **in the start window**. Start officials will ensure there is adequate separation between you and the other competitors on your course; this may entail a long wait. If you show up late in the start window, and there are other competitors ahead of you in the start queue, you may be started after the closing of the start window. Your maximum permitted time on course will then be shortened to get you back by course closing. Please follow the directions of the Start Crew.

Late Starters

If you arrive at call-up *after* your call-up time but *before* your start time, you may be advanced through the regular start or directed to the Late Start Lane, depending on how late you are and how busy the start is.



If you arrive at call-up after your assigned start time, you will be directed to the Late Start Lane. If you arrive at the start line less than one half-interval after your assigned start, the start official will have you punch a special control and start you immediately. If you arrive late by more than one half-interval, the start official will start you on the next available half interval. You will punch a special control as you start. Your pre-assigned start time will remain your official start time, used to calculate your race time.

If you believe that it is the fault of organizers that you are late, you may appeal to have the special punch time be your official start time. This you will do AFTER you finish your race. NOTE: The Start crew and the Timing crew CAN NOT officially adjust any start times. You must follow the process of submitting a written complaint at the end of your race. Please let the volunteer start crew do the job of getting everyone started. If you wish to appeal to have your start time adjusted to the special punch time, you must complete a formal complaint form which you can get at the Information Desk, again, *at the end of your race*.

Shadowing

Some young orienteers may feel more comfortable being shadowed (followed) by a parent or other adult. The person who shadows a younger orienteer may also be a competitor; in such a situation, the competitor may only shadow another (junior) competitor **after** they have completed their own course. Parents (or the adult “shadow”) who want to shadow their children **must have** requested an early start time for themselves and a late start for their child **PRIOR** to August 8th. In the start area, shadowers, please inform the Start volunteer at call-up that you are shadowing and go through the start chute with the child. NOTE: For the child to be eligible for awards, the shadower may not help the child on course. If the child received help from the shadower, please tell the Timing team at the finish, and they will move the child to the Open class of the same course.

WCOC-specific start information

Follow the road from the parking area west to the arena, toilets and the start locations. You may warm up on the road but you must not leave the road. Signs will indicate the location of each start for the current event. There will also be a map at the Registration / Information Desk showing start location for all three events.

There is no clothing drop for the Middle, the Sprint, nor for the Long for the start for courses C1-C5. There is a clothing drop at the start of the WCOC Long Event for courses C6 to C11 due to the long distance to the parking area.

COC-specific start information

Follow a marked route from the assembly area to the start location. Just before the start location there is a designated warm-up area where you can warm up. You are to stay on the marked route or in the designated warm-up area. From the designated warm-up area, flagging will mark the path to the start location.

At the start location a bulletin board will have important start information, including an alphabetical list of participants with their start time. This is where you can check and clear your SI units, continue to warm-up, drop off your clothing, etc. All COC races will have a clothing drop off. Clothing will be ferried from the start back to the assembly area a few times during the start window.

For courses 4, 5, and 6 of the COC Sprint, it will not be possible to receive your map as you enter the final box because the map will be double sided. In this case, you will receive your map just as you leave the starting chute at your race time. The maps will be provided to you with the first portion of the course already face up.



Map Collection

Maps will be collected in the finish chute at each race. For most events, the race maps will be available once the last competitor has started in that race. However, at the COCs, the Middle maps will be held and available only after all the participants of the Long event have started.

Results

Results will be displayed on electronic monitors in the arena. Official results will be posted to [COF 2025](#) webpage as soon as possible after each event, as well as full split times on Winsplits (by class). WRE results will be posted on Eventor.

Eligibility & Awards

Canadian Orienteering Championships

The top 3 Canadian Orienteers in the Championship Classes will receive awards (1st, 2nd, 3rd). If a non-Canadian finishes in any of the top three spots, they will also be called to the podium for recognition. To be eligible for a medal, you must be a full member of a provincial/territorial association; and (a) Canadian citizen; or (b) permanent resident as defined by Citizenship and Immigration Canada.

Western Canadian Orienteering Championships

WCOC medal winners must be full members of a western Canadian provincial/territorial association and residents of western Canada who have lived in BC, Alberta, Manitoba, Saskatchewan, or Yukon for the past 6 months. If any of the top three finishers are not residents of western Canada or members of a western Canadian club, they will also be called to the podium for recognition.

Volunteering

If you are interested in volunteering before or after your race, please check out the opportunities on the [WCOC 2025 Volunteer Sign-Up](#) or [COC 2025 Volunteer Sign-Up](#).

We can't thank our volunteers enough. From those who stepped up to help in planning over the last two years to those who contribute on the day of any event, **thank you so much!** Feel free to acknowledge the volunteers when you see them: at the start and finish, helping with refreshments, announcing, marshalling or helping at parking...



Western Canadian Orienteering Championships

WCOC Middle and Long Event Details

Directions to Beaver Lake parking / arena

The Beaver lake map is 10 minutes south of Caroline. The easiest way to get there whether coming from Edmonton or Calgary is to drive to Bowden on Highway 2 / Queen Elizabeth II Highway. Drive west from Bowden on Highway 587 to Range Road 6-1. Go north until you get to this [junction](#) (52.008024, -114.739416) with a small road that leads to a well-head. Turn east to get to the parking. There will be signage.

Mapper's Notes: Beaver Lake map

LiDAR: Airborne Imaging Inc. 2020

ISOM 2017 (rev 6, Jan 2024)

Scale 1:15 000 (see individual Course Details for printed scales)

Interval Contour: 2.5m

Fieldwork and drawing: Teresa Winn 2024, 2025

Basemap production from LiDAR: Don Bayly 2024

The area was first used for orienteering for a 1990 World Cup race and North American Championships. The majority of cut-lines pre-date the original 1990 map. Narrow cut-lines (ISOM 508) are drawn in accordance with ISOM with a slightly thicker line of yellow, green or white to show runnability. I.e. a yellow outlined cutline should offer better runnability than surrounding white forest. No outline means the same runnability as the surroundings. These narrow cut-lines can easily be missed by the runner, especially when crossing perpendicularly.

Marshes vary widely in openness, vegetation, and wetness. Wetness, especially, changes throughout the season and from season to season. Some distinct marshes could be dry by mid-August. The wettest marshes are shown with the uncrossable marsh (307) or water (301) symbols with a black outline. The uncrossable marsh symbol is combined either with white if forested or the rough open land symbols (403, 404) to show openness.

Care has been taken to reflect the frequent changes in runability of the forest; however, some unmapped deadfall (often hidden in grass) should be expected throughout the white and green portions of the map.

The distinctness of cattle trails varies considerably throughout the season, and new ones can appear. The intention is to show what is typical in August. However, cattle trails found along fence lines are not always mapped.

There are out of bounds areas on the map marked with the ISOM Out of Bounds symbol (709). Two of these are larger oilfield sites and bounded by fences. One is in the arena and this will be marked in the terrain. One small area on the model map in an oil well site will not be marked in the terrain.

Special Symbols

Green 'x' (419) brush pile or large rootstock

Black 'o' (530) oil well equipment

Black 'x' (531) other man-made objects



Model Event - Friday, 15 August

Time: 15:00 - 19:00

Pick up your WCOC / COF 2025 race package at the arena (directions above). If you purchased a model map, it will be in the package. The Registrar or volunteer can direct you to the model map location, accessible by foot.

Details: The WCOC Model Event is an opportunity to go on a small portion of the Beaver Lake map to observe how it is mapped and any relevant features. There will be one control with a stand, flag, SI unit and punch (similar to all controls that will be at the Middle/Long/Sprint events). There will also be Clear, Check, Start and Finish units at the Start/Finish. All other controls will just have a stand and flag. You must purchase the map (\$10) in advance, and it will be in your registration package. The terrain that surrounds the model is embargoed; do not enter any terrain for which you have to cross a road or a wide cutline. This event is considered “self-guided”; there is no first aid available.

Middle Event - WRE – Saturday, 16 August

Time: 11:00 - 15:00

Course Planner: David Campden

Controller & Mentor: Andree Powers

IOF EA: Marion Owen

Mapper: Teresa Winn

Contour Interval: 2.5m

WRE Event Details: Only participants in M/F 21E and M/F 19-20 are eligible to earn World Ranking points in the World Ranking Event.



WCOC Middle Course Planner's Notes

Most of the cattle should have been moved away from the Middle area, but some stragglers may be encountered. Other wildlife, such as elk and moose may be present but these will generally move away quickly when they hear a runner. Two non-standard shooting platforms are present on the Middle map, one of which is “ruined” - the platform has fallen out of the tree. No bears have been seen on the map, but there has been evidence of bears. The mapper and course planner always carried bear spray with them when out alone on the map.

The start for all courses is off the gravel road between the parking area and finish arena. The finish arena is just a few minutes walk from the start. Courses 5 to 9 cross the gravel road used to access the parking area. Please exercise caution if crossing this road. If you are a driver, please obey the stop signs and look out for runners. Courses 3, 4, 10 and 11 cross a lesser used dirt track. Courses 1 and 2 also cross or follow very lightly-used dirt tracks. The Elite courses have a spectator control visible from the Arena, so please stick around to cheer.

WCOC Middle Event Statistics

Course	*TD	⌚RWT (minutes)	Championship Classes	Non-Competitive Classes	Course Length (km)	Climb (m)	Number of Controls	Map Scale	Number of water controls	Loose Control Description Size (cm)
1	1	20-25	F10, M10	Open 1	2.7	62	15	1:7500	0	4x13
2	2	20-25	F11-12, M11-12	Open 2	2.5	62	13	1:7500	0	4x10
3	3	20-25	F13-14, M13-14	Open 3	3.2	69	10	1:10000	0	4x9
4	3	20-25	F15-16, M15-16	Open 4	3.2	81	10	1:10000	0	4x9
5	4	35-45 (°RFT 60)	F75+, F80+, M80+, F85+, M85+, F90+, M90+	Open 5	1.4	31	7	1:7500	1	6x11
6	5	30-35	F55+, F65+, F70+, M75+	Open 6	2.6	55	12	1:10000	1	4x10
7	5	30-35	F45+, M65+, M70+		2.9	73	15	1:10000	1	4x11
8	5	30-35	F35+, M55+		3.3	87	12	1:10000	1	4x9
9	5	25-30	F17-18, M45+		3.8	77	13	1:10000	1	4x10
10	5	30-35	F19-20, F21E, M17-18, M35+		4.4	107	16	1:10000	1	4x12
11	5	30-35	M19-20, M21E		4.7	122	19	1:10000	1	4x13

*Technical Difficulty, ⌚Recommended Winning Time, °Recommended Finish Time

WCOC Long Event Sunday, 17 August

Time: 10:00 – 15:00

Course Planner: Tim McLaren

Controller & Mentor: Don Riddle

Mapper: Teresa Winn

Contour Interval: 2.5m

WCOC Long Course Planner's Notes

The longest courses will traverse an area of roughly 10 square kilometres with relatively flat mixed forest with many marshes, forest rides, and open pastures. Although most hills are only 5-10m high, the intricate contours, frequent vegetation changes, and limited sightlines will reward careful map reading and route-finding to locate areas of higher runability. In many cases, the open marshes may be faster than the forest. Marshes combined with the orange open land colour should be much more runnable than marshes shown with only the blue and white colours.

The shorter courses (Courses 1-5) start a short walk from the arena at Start Area 1. Be very cautious around vehicles. All courses finish in the arena area. The Elite courses have a spectator control visible from the Arena, so please stick around to cheer.

The longer courses (Courses 6-11) start roughly 1km from the arena. Most of the way will be along a flat gravel road. You may warm up along the side of the road or the grassy portions along the road, but you may not enter the forest before the start of your course, except in the separate model event area. Please follow the instructions of any crossing marshals. Cars can be infrequent but travel at highway speeds. Courses 6-11 will cross this highway on the way to the Finish at a different designated crossing point. Instructions will be posted about how to use the designated highway crossing point.

WCOC Long Event Statistics

Course	TD	RWT (minutes)	Championship Classes	Non-Competitive Classes	Course Length (km)	Scale	Climb (m)	Number of Controls	Number of water controls	Loose Control Description Size (cm)
1	1	30-35	F10, M10	Open 1	3.4	1:7500	125	21	1	4x16
2	2	30-35	F11-12, M11-12	Open 2	3.6	1:7500	135	21	1	4x16
3	3	30-35	F13-14, M13-14	Open 3	3.5	1:10000	135	21	1	4x16
4	3	45-55	F15-16, M15-16	Open 4	4.0	1:10000	160	24	1	4x16
5a	4	60 (RFT 90)	F85+, M85+, F90+, M90+		1.7	1:5000	60	8	1	5.8x14
5b	4	60 (RFT 90)	F75+, F80+, M80+	Open 5	2.3	1:10000	90	11	1	5.8x14
6	5	50-55	F55+, F65+, F70+, M75+	Open 6	4.2	1:10000	160	15	2	5x15
7	5	50-55	F45+, M65+, M70+		4.3	1:10000	150	15	3	4x16
8	5	65-70	F17-18, F35+, M55+		4.3	1:10000	150	13	2	4x16
9	5	65-70	M17-18, F19-20, M45+	Open 9	5.3	1:10000	190	17	2	4x16
10	5	88-92	M19-20, F21E, M35+		9.1	1:15000	320	23	4	4x16
11	5	88-92	M21E		11.1	1:15000	375	23	4	4x16

WCOC Sprint Event – Monday, 18 August

Time: 11:00 – 14:00

Course Planner: David Roberts

Controller & Mentor: Meghan Rance

Mapper: Don Bayly

Contour Interval: 2.5m

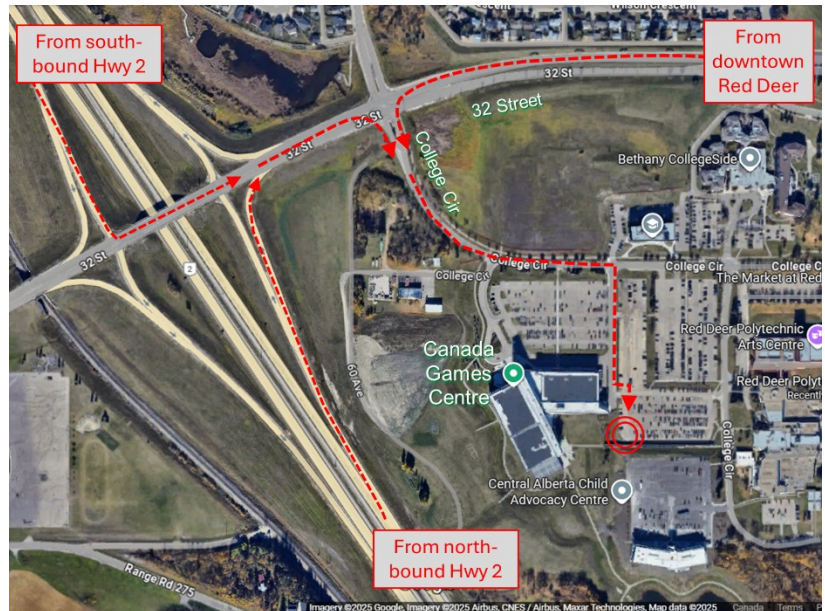
Directions to the WCOC Sprint arena / parking

The arena is in the SW corner of the map, south of the Sheldon Kennedy Centre. Parking for the event is in a gravel lot on the west side of campus and **participants are required to enter the venue from a specific direction (see maps below).**

Participants not staying on campus:

From Highway 2 (either northbound or southbound), take exit 397 to 32 Street east. Follow 32 Street for 400m to the first intersection. If staying in town, go west on 32 Street to the western-most entrance to RDP.

1. Turn south onto College Circle.
2. Continue 400m past the parking lot for the Canada Games Centre.
3. Turn right (south) at the immediate east end of the parking lot for the Canada Games Centre.
4. Continue 200m to the immediate east end of the Canada Games Centre building, then enter the parking lot on the left (east).



Participants staying on campus

For those participants staying on campus, you are required to follow a specified route to the arena. See the map below for walking (in red) and driving (in yellow) directions. Deviation from this route is a violation of the embargo. The walking route is roughly 1.5km long and will not be marked. **You must be out of the residence area by no later than 9:00am.**





Mapper's Notes: Red Deer Polytechnic

Lidar: from City of Red Deer 2019

ISSprOM 2019-2 Rev 6 Jan 2024

Scale 1:4000 (see individual Course Details for printed scales)

Contour Interval: 2.5m

Fieldwork and drawing: Don Bayly 2019 with updates in March 2025. Further updates by David Roberts

Contours were generated with the karttapullautin program. Building footprints were from Red Deer College campus maps supplemented by GPS and laser distance meter measurements.

This map was started in 2019 when the Polytechnic was still known as Red Deer College. Architects had spent several decades creating interesting building shapes, courtyards and landscaping, all to the benefit of orienteers. Fortunately, or not, their work continues. Last minute course changes have been necessary due to major construction projects.

The north part of the map is a typical campus, characterised by well-manicured grass areas with paved pathways, numerous individual trees, copses, and gardens. The campus features one main building in the centre of the map with numerous courtyards, parking lots, and other paved areas. Around the main campus building are a number of smaller buildings, mostly student residences. At the south end of the map is a wooded green space with a network of natural trails. Waskasoo Creek wends through the forest.

Special note about ongoing construction at Red Deer Polytechnic

There are several areas of the map that are currently under construction. In most cases, these areas will be physically fenced off with construction fencing. These areas are also marked on the map as out-of-bounds. Courses generally avoid these areas. We have been working hard with Red Deer Polytechnic to ensure that construction material and fencing remains contained to the mapped out-of-bounds areas. However, there may be some minor construction activity or small areas of stored construction materials in other unmarked locations on the map. For your safety, please avoid passing through any active construction or material storage areas.

WCOC Sprint Event Statistics

Course	RWT (minutes)	Championship Classes	Non-Competitive Classes	Course Length (km)	Climb (m)	Number of Controls	Map Scale	Loose Control Description Size (cm)
1	10-12	F10, M10	Open 1	1.3	5	13	1:3000	10x4
2	10-12	F11-12, M11-12, F13-14, M13-14	Open 2	1.5	5	13	1:3000	10x4
3	15 (RFT 20)	F75+, F80+, M80+, F85+, M85+, F90+, M90+	Open 3	2.1	10	16	1:3000	11.5x4
4	12-15	F45+, F55+, F65+, F70+, M65+, M70+, M75+	Open 4	2.7	10	16	1:4000	11.5x4
5	12-15	F15-16, M15-16, F17-18, F19-20, F21E, F35+, M55+		3.7	15	23	1:4000	15x4
6	12-15	M17-18, M19-20, M21E, M35+, M45+		3.9	15	21	1:4000	14x4



WCOC Sprint Course Planner's Notes

- Some stairwells on campus are narrow and winding. Please keep to the right on stairwells as there may be runners using them in both directions.
- The building areas feature many tight blind corners. While this is fun, it also increases the chances of collisions with other runners. Please take blind corners cautiously and try to keep your head up!
- There is one main road through the map that does a loop around campus. While this road is not busy, it is open to traffic and runners should use caution when crossing. Runners on lower courses will cross at marshalled crossings while runners on higher courses may make multiple unmarshalled road crossings.



Canadian Orienteering Championships

Model Event – 21-22 August

Times: 13:00 – 16:00, Friday; 9:00- 13:00 Saturday

Directions

Use Google maps to [Waskehegan Staging Area](#), Range Rd 210, Sherwood Park, AB T8G 1A6

The COC Model event will be available on the afternoon of Thursday August 21 and the morning of Friday August 22 at the Waskehegan Staging Area. There will be 16 controls with SI units. Some of the stands will be the same as those used for the competition. A sample of the competition stands and units will also be on display at the model registration.

The terrain of the 1.75 sq km model event is very similar to that of the Middle and Long distance events. This map is also being used for the Sass Peepre training camp on Thursday, so there may be additional controls out on the map. It is in the same recreation area/grazing reserve and was grazed at about the same time as the competition map so should have similar, very fast running in the open areas. Thanks to the cows, the wooded sections inside the large fields tend to be less dense than the forest outside.

The map was originally made in 2008 from air photos and photogrammetry and has had some adjustments using LiDAR data from April 2018. Some of the vegetation in the field, but not all, has been remapped using the LiDAR data. In particular, the woods containing controls 115, 116 and 117 and the marsh by control 110 have been remapped by Geraint Edmunds and later adjusted by Don Bayly the competition mapper. Geraint also mapped the new section at the south end of the map, in order to model forest outside the fields. Some of that area is a bit less dense than in the competition area, but also Geraint's mapping tends to be less green than Don's. Watch out for the ruined barbed wire fences marked on the map.

Team Canada Fundraiser Relay & BBQ – Thursday, 21 August

Time: 16:30 – 18:00

Course Planner: Robert Graham

Mapper: Geraint Edmunds & Robert Graham

Location: Strathcona Wilderness Centre, 52535 Range Rd 212, Uncas, AB T8G 2C8

Directions

Use Google maps to the [Strathcona Wilderness Centre](#)

Format

The race is a 3-person forest orienteering relay. Proceeds go to support the Team Canada Program to subsidize training, travel, and race entries. Check out all the details on the [webpage](#).

Registration

Each team member must first register for the TCP fundraiser through [the Canadian Orienteering Festival website](#). AND you must also [signup your team online](#) with TCP's organizers. The deadline has been extended for both registration and team signup; it is now **August 18th**. Don't have a team but still want to compete?

Email robert@ottawaoc.ca to be placed on a team.



Barbeque

Edmonton Overlanders (EOOC) is hosting a BBQ following the TCP Relay for relay participants and those who are staying onsite, with a cash donation.

COC Sprint Event – Friday, 22 August

Time: 16:00 – 18:00

Course Planner: Angela Pearson

Mentor: Robert Gilchrist

Controller: Bruce Rennie

Mapper: Jeff Teutsch of Navigation Sports

Contour Interval: 2.5m

Directions to COC Sprint Parking:

Parking for the Sprint event in Fort Saskatchewan will be located on the grass behind the Co-op Food Store at 10004 99 Avenue

Mapper's Notes: Fort Saskatchewan map

LiDAR: 2024 Aerial Imagery from the City of Fort Saskatchewan

ISSprOM 2019-2

Scale 1:4000 (see individual Course Details for printed scales)

Contour Interval: 2.5m

Fieldwork and drawing: Jeff Teutsch 2025

The Fort Saskatchewan map is a mix of downtown commercial district, parks, old suburban neighbourhood, and forested river valley. The downtown district is filled with small commercial businesses, city hall, a senior care centre, and various low rise apartment buildings. The neighbourhood is a grid of streets with back alleys that have been accurately mapped. Throughout the downtown district and the neighbourhood there are streets with vehicle traffic and many parking lots where there may be moving vehicles coming around corners. Runners should employ caution in all of these areas.

The various parks are a mix of open fields, sports fields, bike paths, and a small historic village/museum and old fort. There is also a campground by the river. The slopes down to the river by the parks are forested with a mix of vegetation from very runnable to completely impassable with mountain bike trails through much of them.

A few specific mapping notes:

A relatively new symbol (a screen of grey dots over yellow or pale yellow) representing scattered human-made objects is used on this map. Amongst other things, it is used to represent multiple or extremely large play structures.



Alleyways have been accurately mapped with large wooden fences mapped as impassable walls and major hedges to aid in navigation. Chain-link and smaller fences are not mapped. The start of driveways (between streets and sidewalks) is not mapped despite looking the same as the start of alleyways.

Obvious private property has been mapped as 520 'olive green'. Where back yards extend into forested areas that aren't obviously private, they have been mapped with some details and 709 Out-of-bounds crosshatching to minimize the risk of accidental trespassing.

Runnable trails in the forest are shown with a thin strip of white. Trails in green without the strip of white are overgrown.

Single line powerlines and lines in trafficked areas are not shown but there are a couple of multi-line powerlines in park areas that are mapped.





Small newly planted 'landscape trees' are not mapped. The large tree symbol is saved for particularly large trees that really stand out. Large evergreens with branches down to ground level are mapped to shape in dark green with a vegetation boundary.





There are lots of large objects that are not mapped for a variety of reasons including the following:

- All benches and picnic tables that are moveable (large permanent picnic tables *are* mapped)
- Portable toilets
- Large (bright green) dumpster bins
- BBQ pits
- Various other details in busy areas have been simplified off with only the most prominent objects put on the map.

Special Symbols List

Symbol	Map sample	Description of feature	Sample image
Black X		Large immovable picnic tables (not all picnic tables are mapped), large signs, play structures, other significant manmade objects)	Mapped picnic table: 
Black O		Basketball net, wooden lean-to structures	
Green X		Large planters, prominent vegetation features	

Black square (Pillar symbol)		Large power boxes (as well as pillars)	
---------------------------------	---	--	---

COC Sprint Event Statistics


Course	RWT (minutes)	Championship Classes	Non- Competitive Classes	Course Length (km)	Climb (m)	Number of Controls	Map Scale	Loose Control Description Length (cm)
1	10-12	F10, M10	Open 1	1.8	15	25	1:3000	16
2	10-12	F11-12, M11-12, F13-14, M13-14	Open 2	1.9	15	24	1:3000	16
3	15 (RFT 20)	F75+, F80+, M80+, F85+, M85+, F90+, M90+	Open 3	1.4	10	15	1:3000	15
4	12-15	F45+, F55+, F65+, F70+, M65+, M70+, M75+	Open 4	2.1	10	23	1:3000	17
5	12-15	F15-16, M15-16, F17-18, F19-20, F21E, F35+, M55+		2.8	30	22	1:4000	16
6	12-15	M17-18, M19-20, M21E, M35+, M45+		3.6	30	28	1:4000	19








Toilets: Both portable and permanent toilets will be available at or near the Arena. No Toilet will be available at the COC Sprint Start Area.

COC Sprint Course Planner's Notes

Out of bounds

Competitors are reminded that a number of features are forbidden to cross in sprint orienteering. Crossing these features will result in disqualification. In particular, for this COC Sprint, competitors must be aware of the uncrossable features listed in the following table.

Feature	Map Symbol	IOF Map Symbol	Other
Uncrossable vegetation, hedge		411	

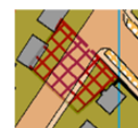
Uncrossable wall		515	
Uncrossable fence or railing		518	
Area that shall not be entered		520	
Building		521	
Out of bounds boundary		708	
Out of bounds area		709	
Out of bounds area with intermittent marking in terrain		709	The dashed-line border indicates intermittent marking in the terrain

For full definitions of these map symbols, see: International Standard for Sprint Orienteering Mapping (ISSPrOM 2019-2, revision 6, Jan 2024)

Some uncrossable features that are less obvious in the terrain will be marked in the terrain with yellow caution tape. For example, small gaps in hedges that are not shown on the map may be taped. In these cases, the tape is not marked on the map, which already shows the impassable feature. In all cases, yellow caution tape cannot be crossed. Uncrossable features throughout the course may also be marshalled.

Artificial barriers

Athletes on all courses may encounter closed roads and out of bounds areas added to the map for this event, either to block off specific areas of the terrain or to add route choice. It is forbidden to cross any such barrier in either direction. These will be shown on the map as “out of bounds areas with intermittent marking in the terrain”. See the example in the following map snippet:



In the terrain, these may be identified with

- A yellow or orange chalk line on the road
- A marshal in a high-visibility vest beside the road
- An orange traffic cone beside the road
- An “out of bounds” sign beside the road

Street crossings

All courses will pass through areas with streets with vehicle traffic, and parking lots where there may be moving vehicles. Competitors should exercise caution in all these areas. Participants are reminded to look carefully in both directions before crossing any streets. The same applies to crossing parking areas, and entrances and exits from parking areas.

All athletes will encounter crossing points that must be used to cross certain busier streets. These compulsory crossing points will be marshalled. Marshals may stop traffic, but it is the competitor's responsibility to cross roads safely and give way to any traffic. These compulsory crossing points will be marked on the map as illustrated to the right, with the streets showing the "out of bounds area" symbol (709).



Control descriptions

The control description "X" for "prominent feature / special item" is used to represent:

- Large power boxes
- Historical objects

Map flip

The COC sprint maps for courses 4, 5 and 6 will be two-sided, using a map flip. The first part of the course will be on side 1 of the map, and the remainder of the course on side 2. The map flip symbol (see below) will appear in your control description between the control description for the last control on side 1 of the map, and that for the first control on side 2, telling you to flip your map over. On side 1 of your map, the first part of your course will end at a control. On side 2 of your map, you will see the control symbol below (a triangle inside a circle) at that same control, indicating the start of the second part of the course.

map flip symbol (on control description):



start of part 2 of course (on map):



Shoes: Shoes with metal spikes or studs are strictly prohibited in the COC sprint.

COC Middle and Long Event Details

Directions to COC Middle / Long Parking

From Sherwood Park: Head south on Baseline Road. Then continue east onto Highway 630 east. Stay on this highway (630) for about 35 km. Turn south onto Township Road 515A, then east onto Range Road 195. Follow signs to Central Staging Area.

In Google Maps: "Central Staging Area, Blackfoot PRA" will take you right there.

Mapper's Notes: Cooking Lake / Blackfoot PRA

LiDAR: Natural Resources Canada, April 2018

ISOM 2017 (rev 6, Jan 2024)

Scale: 1:15000 (see individual Course Details for printed scales)

Interval contour: 2.5m

Fieldwork: Don Bayly, in stages from autumn 2023 to summer 2025.

Drawing: Don Bayly, Geraint Edmunds, Stefan Duret

This area has very good runnability in the open pastures and along the wide ski trails. The forest is on average quite thick. Search out the light green areas, runnable forest and the small trails where possible.



Trails:

- The ski trails are shown with the 505 Footpath symbol highlighted in yellow.
- Cattle trails in the pastures change from year to year so there may be new ones that haven't been mapped. Those that are mapped are often indistinct.
- The 506 Small footpath symbol has been used to show game trails in the forest
- Small game and cattle trails are not always reliable for navigation.

Beaver dams: beaver dams have been mapped with three different symbols:

- 105 Earth wall for older earth-covered dams;
- the 104 Earth bank symbol with tag lines where the water is noticeably lower on one side; and
- the 104.2 Earth bank top line symbol where the space between ponds is too close to show the tag lines.

Be cautious to avoid holes and loose logs when crossing beaver dams.

Beaver ponds typically have some rough open around the edges. Watch out for logs and stumps in the grass. Higher up from the pond is dense shrubbery. Sometimes these areas are indicated with the vertical green lines for Vegetation slow run, or walk, with good visibility. If the shrubs are taller than a person they may be shown with green area symbols for walk, slow run or fight.

Trails where the beavers drag logs and branches down to the ponds often don't extend very far into the forest. They are mapped if they connect with another pond or go out to a field.

Old dried up ponds have some beaver channels shown with blue dashed lines or brown dots. They can be up to a metre deep and hidden in long grass.

Marshes are mostly dry with tall grass and thistles. Low lying clearings in the forest often have tall nettles and thistles. Our vettors have made some tracks through them.

The Blackfoot Recreation Area is home to many wildlife species. A few of the larger animals have been seen or heard during event preparations, including deer, elk, moose, coyotes and bears.

Notices have been posted informing other park users about the event. We expect that equestrians might choose to ride somewhere else during our event. If you do encounter horseback riders, it is best to stand at the side of the trail while they go by. Horses can panic if they hear noise off in the forest or see movement that is perceived as a possible threat.

COC Middle Event – WRE – Saturday, 23 August

Time: 10:00 – 15:00

Course Planner: Dorothy Penner (courses 1-5) & Stefan Duret (courses 6-11)

Course Planner Mentor: Greg Yarkie

Controller: Bruce Rennie

IOF EA: Erik Blake

Mapper: Don Bayly

Contour Interval: 2.5m



WRE Event Details: Only participants in M/F 21E and M/F 19-20 are eligible to earn World Ranking points in the World Ranking Event.

COC Middle Course Statistics

Course	*TD	⌚RWT (minutes)	Championship Classes	Non- Competitive Classes	Course Length (km)	Climb (m)	Number of Controls	Map Scale	Number of water controls	Loose Control Description Length (cm)
1	1	20-25	F10, M10	Open 1	2.3	56	15	1:7500	0	11
2	2	20-25	F11-12, M11-12	Open 2	2.8	77	13	1:7500	1	11
3	3	20-25	F13-14, M13-14	Open 3	2.6	68	8	1:10000	1	7
4	3	20-25	F15-16, M15-16	Open 4	3.6	97	10	1:10000	1	8
5a	4	35-45 (*RFT 60)	F85+, M85+, F90+, M90+		1.2	48	9	1:7500	0	10
5b	4	35-45 (*RFT 60)	F75+, F80+, M80+	Open 5	2.5	72	8	1:7500	1	11
6	5	30-35	F55+, F65+, F70+, M75+	Open 6	4	93	14	1:7500	1	13
7	5	30-35	F45+, M65+, M70+		4.2	110	15	1:7500	1	11
8	5	30-35	F35+, M55+		4.3	113	16	1:10000	1	11
9	5	25-30	F17-18, M45+		5.4	144	20	1:10000	1	13
10	5	30-35	M17-18, F19- 20, F21E, M35+		5.7	166	18	1:10000	1	13
11	5	30-35	M19-20, M21E		6.1	180	19	1:10000	1	13

COC Middle Course Planner's Notes

All of the Middle course is entirely inside a large fenced field which is about 70% open pasture with interesting and subtle contour detail and 30% wilder areas with woods, ponds, and marshes.

The arena is a 1.3km walk from the parking lot, and the start is located ~300m to the west of the arena. Follow the flagging to the start and give yourself ample time as that walk involves crossing a beaver dam and/or some beaver channels. Feel free to use your walk to the arena to warm-up, but we will also have a warm-up map available at the information table.

There is 1 water stop marked on the map with the purple cup symbol. All courses other than course 1 and course 5A will cross the water stop approximately midway through their courses.

Note for M10-, F10-, M12-, F12-, Open1 and Open 2 participants: Courses 1 and 2 have several flagged routes on their courses.

There will be a clothing drop at the start, but as it is a very short walk (~300m) from the arena to the start we ask people to leave jackets in the arena if possible.

See Mapper Notes in the previous section for more information on the terrain and mapping.



COC Long Event – Sunday, 24 August

Time: 10:00 – 16:00

Course Planner: Peter Mackenzie

Controller: Stan Woods

Mapper: Don Bayly

Contour Interval: 2.5m

COC Long Event Statistics

Course	TD	RWT (minutes)	Championship Classes	Non-Competitive Classes	Course Length (km)	Climb (m)	Number of Controls	Map Scale	Number of water controls	Loose Control Description Length (cm)
1	1	30-35	F10, M10	Open 1	3	74	13	1:7500	1	12
2	2	30-35	F11-12, M11-12	Open 2	2.8	63	11	1:10000	1	9
3	3	30-35	F13-14, M13-14	Open 3	3.2	81	11	1:10000	1	9
4	3	45-55	F15-16, M15-16	Open 4	5.3	96	11	1:10000	3	9
5a	4	60 (RFT 90)	F85+, M85+, F90+, M90+		2.2	49	7	1:10000	1	9
5b	4	60 (RFT 90)	F75+, F80+, M80+	Open 5	3.1	77	9	1:10000	1	11
6	5	50-55	F55+, F65+, F70+, M75+	Open 6	4	83	8	1:10000	3	9
7	5	50-55	F45+, M65+, M70+		4.6	87	9	1:10000	3	8
8	5	65-70	F17-18, F35+, M55+		6.1	113	12	1:10000	3	10
9	5	65-70	M17-18, *F19-20, M45+	Open 9	7.4	126	11	1:10000, *1:15000	3	10
10	5	88-92	M19-20, F21E, M35+		11.1	157	18	1:15000	4	13
11	5	88-92	M21E		14.3	200	23	1:15000	4	15

COC Long Course Planner's Notes

Prepare yourself for a true test of endurance, strategy, and adaptability in the Long Distance race at the Canadian Orienteering Championships. This course is designed to challenge both your physical stamina and mental sharpness, with a premium placed on route choice and the ability to adjust your speed over varying terrain.



Runners will need to read the landscape carefully as they make decisions between direct but difficult routes and longer, potentially faster alternatives. While the hills are moderate in size, they'll steadily wear you down as you progress, demanding thoughtful pacing and resilience.

The forested terrain is often thick and unforgiving. Keen observation and attention to map detail will reveal efficient paths, but careless choices may lead you into tough underbrush. Some clearings, while tempting shortcuts, are riddled with natural hazards — expect waist-high stinging nettles, rosebushes, and thistles in places, ready to sap your momentum.

Special caution is advised near bodies of water, where the telltale signs of beaver activity may not be immediately obvious. Their sharp, low-cut stumps can be a serious hazard if you're not alert.

This long-distance course will reward those who can maintain focus, pace themselves wisely, and adapt quickly to the ever-changing terrain.