COURSE NOTES

<u>On the map</u> are 30 CONTROL POINTS – marked by purple circles. Next to each control is a number – this is the control code. <u>In the park</u>, the controls are marked by a stake with a white and orange orienteering flag. At the top of the stake is a blue 'brick' with the control code written on it. At the start, each <u>team</u> will be given an SI CARD to wear on your finger. When you find a control, you must insert the SI card into the hole in the brick. The brick will beep and the code will be stored on your SI card. This is how we know you <u>actually</u> found that control. At the finish, you bring your SI Card to the download station, and your results will be downloaded into the computer.

Each control is worth a <u>different</u> point value (between 10 & 50 pts). The ones that are harder to find, or further from the start, are worth more. On the map is a rectangle containing CONTROL DESCRIPTIONS. In the first column is the pt value of the control, and column two is the control code. There is also a brief description of where the control is located. On the map, the START is marked as a purple triangle, and the FINISH is a purple BULLS EYE. You can find the controls in ANY ORDER.

The winning team (in each age group) is the one that gets the highest number of points <u>WITHIN THE</u> <u>ONE HOUR TIME LIMIT</u>. If your finish time exceeds one hour – you will be <u>penalised 10 points for each</u> <u>minute</u>. For example: if your finish time is 1 hr 1sec – your penalty is 10 pts. If your finish time is 1 hr 1 min 1 sec – your penalty is 20 pts, etc. If teams are tied on points – the team with the lower finish time is the winner. At the start, there is a START brick, when you insert your SI Card into this brick – your time starts. At the finish there is a FINISH brick – when you insert your SI card into this brick, your time is stopped. Then you can (leisurely) proceed to the download station to find out your score.

There are several areas that are OUT OF BOUNDS – marked by purple lines on the map. You must AVOID these areas!

You should plan a route that depends on your level of fitness and orienteering experience. Always be aware of the TIME, and how long it will take you to get back to the finish – penalty points will quickly erode your score. A perfect score is 760 points.

There will be MONITORS out on the course to keep you from going off the map. They will be wearing orange ribbons. Your team MUST STAY TOGETHER at all times. And cross the stream ONLY by the bridges.