

BULLETIN 3

Delaware Water Gap National Recreation Area | **October 18-21, 2012**



The Delaware Valley Orienteering Association (DVOA) is pleased to welcome you to the 2012 North American Orienteering Championships. We are looking forward to a weekend of challenging orienteering and many social activities.

The events are taking place at venues in the Delaware Water Gap National Recreation Area, located in the Pocono Mountain region in northeastern Pennsylvania, USA. We hope you enjoy your stay in the Poconos and have time to visit some of the many area attractions.

In the Sprint, Middle and Long distance races the M-21+ and W-21+ classes are sanctioned by the IOF as the IOF North American Regional Championships and the eligible winners will be named IOF Regional Champions. In addition, each of these races is an IOF World Ranking Event and all competitors in the M-21+ and W-21+ classes can compete for World Ranking points.

In all age classes, eligible winners will receive North American Championship medals. In addition to individual results, countries from the North American Region will be competing for the Björn Kellström Cup (Elites) and the Future Champions Cup (Juniors). The weekend of racing will culminate with the national team relays in men's and women's elite and junior categories.

event program in brief

Thursday, October 18, 2012

- Model event opens
- Event Center opens

Friday, October 19, 2012

- Middle Distance event: Adams Creek, WRE
- Awards at Event Center
- Dinner and other activities at Event Center

Saturday, October 20, 2012

- Long Distance event: Egypt Mills, WRE
- Model event closes
- Awards at Event Center
- Banquet and other activities at Event Center

Sunday, October 21, 2012

- Sprint Distance event: PEEC, WRE
- National Team relay: PEEC
- Awards and Closing Ceremony at Event Center
- Event Center closes

Please see www.naoc2012.org for information about events during the week before and the week after NAOC 2012.

contacts:

Event Director

Sandy Fillebrown
sandydvoa@yahoo.com

Registrar

Doug Sevon
dsevon@verizon.net

Technical Director

Tom Overbaugh
toverbaugh@comcast.net

Course Setters

Clem McGrath
Petr Hartman
Sam Reed

Event Office

NAOC 2012
c/o Sandy Fillebrown
824 Scotia Rd.
Philadelphia, PA USA 19128
215-482-9479

venues

The Delaware Water Gap National Recreation Area is located in the northeast corner of Pennsylvania. It is most easily accessible from EWR, Newark Liberty International Airport near New York City. JFK in New York and PHL in Philadelphia are reasonable alternatives as is LVI near Allentown, PA. The best means of travel to the event center is by car. Rental cars are available at all airports. Be advised that US 209 is closed between I-84 and Dingmans Ferry.

The event center will be at PEEC, the Pocono Environmental Education Center. It is located just off US 209 between Interstate 80 and Interstate 84.

PEEC
538 Emery Road
Dingmans Ferry, PA 18328
570-828-2319
peec@peec.org



maps

NAOC 2012 will be using new and updated maps of areas within the Delaware Water Gap.

Model Event: Pickerel Pond and Front Pond

Pickerel Pond is being used as the model for the middle and long distance courses and Front Pond is being used as the model for the sprint. Both are on the overlap of the Stuckey Pond and Spackman Creek maps first field checked in 1999 by Mark Dominie and used in 2000 for the US Championships. Both were revised in 2012 by Vladimir Zherdev. There are two versions of Pickerel Pond, both ISOM with 5m contours; one is printed at 1:10,000 and one at 1:15,000. Front Pond is ISSOM with a scale of 1:4000 and 2.5m contours.

Middle Distance: Adams Creek

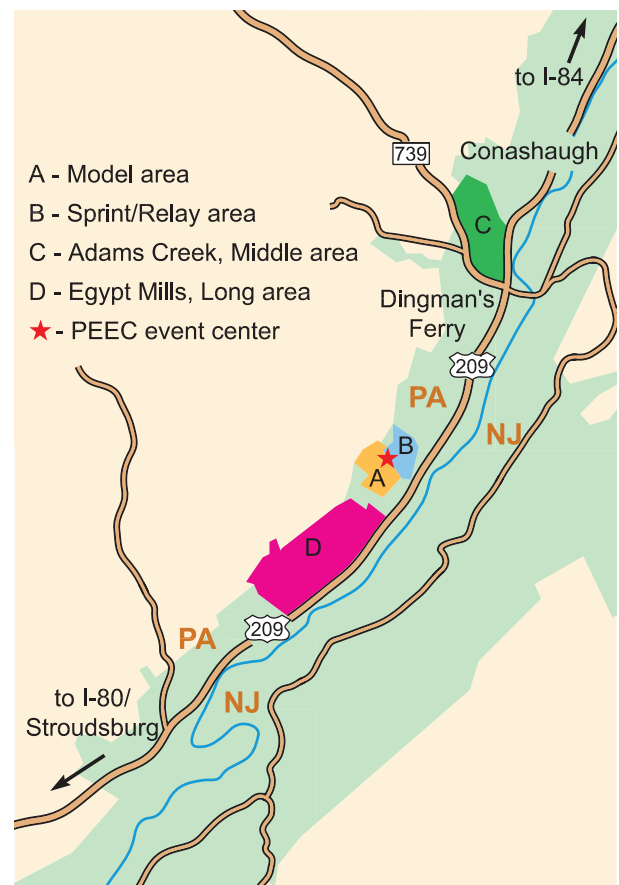
Field checked in the fall of 2011 by Alexey Zuev and Vladimir Zherdev. This new map is ISOM with a scale of 1:10,000 and 5m contours. Updates in the summer of 2012 by Eric Weyman.

Long Distance: Egypt Mills

Field checked in the fall of 2011 by Mark Dominie. The map is ISOM with a scale of 1:15,000 and 5m contours for the Blue, RedX and RedY courses. It is 1:10,000 and 5m contours for all other courses. This map covers portions of the existing Stuckey Pond map, which was field checked in 1999 by Mark Dominie and used in 2000 for the US Championships. Updates in the summer of 2012 by Vladimir Zherdev.

Sprint Distance: Pocono Environmental Education Center National Team Relay: Pocono Environmental Education Center

Field checked in the fall of 2011 by Alexey Zuev. This area is on the overlap of the Stuckey Pond and Spackman Creek maps first field checked in 1999 by Mark Dominie and used in 2000 for the US Championships. The map is ISSOM with a scale of 1:4000 and 2.5m contours. Updates in the summer of 2012 by Bob Burg.



schedule of naoc 2012 activities

Thursday, October 18, 2012

1:00pm: Model event opens

1:00pm – 6:00pm, 8:00pm – 10:00pm: Registration open in main PEEC building

Friday, October 19, 2012

8:00am – 1:00pm: Registration open at Dingmans Campground

9:00am: First bus from Dingmans Campground to Arena

11:00am – 2:00pm: Starts for Middle event at Adam's Creek [WRE]

4:00pm – 6:00pm: Registration open at PEEC, main PEEC building

4:00pm: Parking available at PEEC for social activities

4:30pm: Last bus from Arena to Dingmans Campground

5:00pm: Awards Ceremony for Middle at PEEC, main PEEC building

5:30pm – 6:30pm: Beer tasting at PEEC, Room 1

6:30pm – 8:00pm: Friday night dinner at PEEC including music by Eric Landburg

8:00pm – 9:00pm: Registration open at PEEC, main PEEC building

Saturday, October 20, 2012

8:00am – 12:00pm: Registration open at PEEC, main PEEC building

8:00am: First bus from Dingmans Campground to PEEC and Arena

8:30am: First bus from PEEC to Arena

10:00am – 1:00pm: Starts for Long event at Egypt Mills [WRE]

12:00pm: Model event closes

3:30pm – 4:30pm: Ice Cream Social at PEEC, PEEC Dining Hall

4:00pm – 6:00pm: Registration open at PEEC, main PEEC building

4:30pm: Last bus from Arena to PEEC and Dingmans Campground

4:30pm: Relay Team Rosters Due at PEEC

5:00pm: Award Ceremony for Long & Announcement of Relay Teams at PEEC

6:30pm – 8:00pm: Banquet, PEEC Dining Hall

Sunday, October 21, 2012

6:30am: First bus from Dingmans Campground to PEEC

7:00am – 10:00am: Registration open at PEEC, main PEEC building

7:00am – 7:30am: Quarantine Check-in for W-21+ and M-21+ classes (WRE Sprint)

8:00am – 10:30am: Starts for Sprint at PEEC [WRE]

11:00am – 11:15am: Quarantine Check-in for National Team Relays

11:15am: Relay Guide with maps goes on sale (can be pre-paid)

11:30am: National Team Relays at PEEC

1:00pm: Awards and the presentation of the BK and Future Champions Cups

2:00pm: Last bus from PEEC to Dingmans Campground

general event information

Recreational Courses: A non-competitive beginner course (White only) will be available each day. The fee is \$10 per map. SI-card rental is included. Those wishing to do a recreational course should sign up at Registration. On Friday this will be at Dingmans Campground and on Saturday and Sunday this will be at PEEC. Note that Registration closes one hour before the end of the start window each day and that there is a bus ride on both Friday and Saturday to get to the start from Registration. The start crew will close the start promptly at the end of the start window, so those wishing to do recreational courses should make sure to leave enough time to get to the start before it closes.

Maps for Sale: Copies of the model maps for the event will be on sale for \$5 at Registration. Copies of the previously used maps in the Delaware Water Gap, Stuckey Pond and Spackman Creek, will be on sale for \$5 each at Registration. Copies of Stuckey Pond and Spackman Creek will be on display at Registration.

Relay Registration: There are 4 relay categories: Elite Men, Elite Women, Junior Men and Junior Women. Each country in the IOF North American Region may enter up to two teams in each category. The Team Leaders appointed by each participating North American Federation is responsible for turning in final rosters for the relays prior to Saturday, October 20 at 4:30pm. Please turn in relay rosters at Registration, in the main PEEC building.

Relay Guide: A relay guide will be on sale for spectators for \$10. The guide will include copies of the relay maps for each of the four divisions (elite women, elite men, junior women and junior men) and will show all forkings. In addition, members of the USA and Canadian teams will be profiled. Guides will go on sale and be distributed to those who have purchased tickets as soon as all relay runners have checked into the quarantine area – about fifteen minutes before the relays begin. Tickets may be purchased in advance at Registration. Proceeds from the sale of the relay guide will be donated to the USA and Canadian teams.

Award Ceremonies: The award ceremony for each competition will take place at the end of each day's event. We ask that award recipients please gather approximately 15 minutes before the start of the award ceremony so that the ceremony may proceed in a timely fashion. Awards for competitors not present may be picked up after the conclusion of the ceremony. There are three sets of awards: overall awards to the top 3 finishers in all classes; North American Championship medals for those eligible under OUSA rules to the top 3 in all age classes; and IOF Regional Champion for the North American Region awards for those eligible under IOF rules to the top 3 in W-21+ and M-21+.

- Middle Distance Award Ceremony: 5:00pm Friday, Oct. 19 in the main PEEC building
- Long Distance Award Ceremony: 5:00pm Saturday, Oct. 20 in the main PEEC building
- Sprint Distance Award Ceremony: 1:00pm Sunday, Oct 21 in the Sprint/Relay finish arena or the main PEEC building in the case of bad weather.

Friday Beer Tasting: The Friday Beer Tasting has sold out. It is possible that some tickets will be available at the door. Tickets are \$12 per person and ID will be required to enter (must be 21 years of age or older). The Beer Tasting will be from 5:30pm – 6:30pm in Room 1 of the Main PEEC building. For those not staying at PEEC, there will be parking available on the PEEC campus after 4:00pm. Please be sure to have a non-drinking designated driver.

Friday Dinner: The Friday dinner has sold out. It is possible that some tickets will become available. Check at Registration. Tickets are \$12.50 per person over 12 years of age; \$10 for ages 6-12. Dinner is from 6:30pm – 8:00pm in the PEEC Dining Hall. For those not staying at PEEC, there will be parking available on the PEEC campus after 4:00pm.

Saturday Afternoon Ice Cream Social: The Ice Cream Social has sold out. It is likely that some tickets will be available at the door. Tickets are \$6 per person. Net proceeds will be donated to the OUSA junior team. Ice cream will be served from 3:30pm – 4:30 pm in the PEEC Dining Hall. For those not staying at PEEC, there will be parking available on the PEEC campus after 3:00pm.

Saturday Banquet: The Saturday banquet has sold out. It is possible that some tickets will become available. Check at Registration. Tickets are \$20.00 per person over 12 years of age; \$16 for ages 6-12. Dinner is from 6:30pm – 8:00pm in the PEEC Dining Hall. For those not staying at PEEC, there will be parking on the PEEC campus after 3:00pm.

Babysitting: Babysitting each day is at PEEC in the Arts and Crafts building. This includes Friday, when there is no bus service between the off-site parking at Dingmans Campground and PEEC. If you are staying at PEEC, please drop off your child (or children) right before you leave PEEC to compete. If you are not staying at PEEC, on Friday only, please drive to PEEC

and bring your child directly to the babysitting location. (There will be signs.) On Saturday, please drive to the off-site parking, take the bus with your child to PEEC, take your child to the babysitting location and then take another bus to the competition arena. On Sunday, please drive to the off-site parking, take the bus with your child to PEEC, take your child to the babysitting location and then proceed to the start area. On all days, please pick up your child promptly when you are done competing. Please bring snacks, extra clothing, toys, etc. for your child.

Fees for babysitting are \$5 per hour for each child age 3 and over and \$10 per hour for each child under the age of 3. Please have cash or a check made out to the Pocono Environmental Education Center if you will owe more than the deposit paid when registering.

Pets: Pets are allowed in the Delaware Water Gap NRA but must remain on a leash at all times. Pets may not be left unattended at Dingmans Campground. Pets will not be permitted on the shuttle buses.

Alcohol Policy: While alcohol is permitted in some areas of the Delaware Water Gap NRA, it is strictly prohibited in the finish arenas at Adams Creek and Egypt Mills and at Dingmans Campground.

Other Scheduled Activities:

Friday, October 19, 2012

5:30pm - 6:30pm: Junior Meeting – all juniors welcome, Nature Center, lower PEEC campus

7:30pm - 9:00pm: Coaches Meeting, main PEEC building, Room 3

Saturday, October 20, 2012

3:00pm - 5:00pm: OUSA BOD Meeting, open to all, main PEEC building, Room 1

5:30pm - 6:30pm: Junior Meeting – all juniors welcome, Nature Center, lower PEEC campus

5:30pm - 6:30pm: OUSA Senior Team Meeting, main PEEC building, Room 3

information for all races

GPS: On the WRE courses (M-21+ and W-21+) the use of GPS devices for any purpose (including logging) is forbidden unless there is no display or audible feedback. In all other classes, competitors may carry GPS devices but the use of GPS devices for navigational purposes is forbidden.

Shadowing: For safety reasons, parents (or other designated individuals) will be allowed to shadow children on the White course. If the person doing the shadowing is also competing, they must complete their own course first. If any assistance is given while shadowing on an NA Championship class, the person doing the shadowing is asked, upon reaching the download tent, to request a change from the NA Championship class to the open class on White.

Rules, Complaints, Protests and Jury: For the WRE classes (M-21+ and W-21+), IOF rules will apply. For all other classes OUSA rules apply. A complaint may be filed by any competitor or team official about infringements of the rules or the organizer's directions. Complaints shall be made in writing and should be taken to the Download area where they will be passed on to the Event Director. Complaints will be adjudicated by the Event Director as soon as possible and the complainant shall be informed of the decision immediately. If the complaint involves a WRE course or competitor, the IOF Event Advisor will be informed of the complaint and the decision. All complaints must be filed within one hour after the close of courses (last start time plus course

A protest may be made against the organizer's decision about a complaint. Any protest shall be made in writing no later than one hour after the Event Director has announced the decision about the complaint. Protests should be taken to the Download area where they will be passed on to the Event Director. If the protest involves a WRE course or competitor, the IOF Event Advisor will be notified and will convene a Jury. If the protest does not involve a WRE course or competitor, the Event Director will convene a Jury. Decisions of the Jury will be posted in the results area.

IOF Event Advisor:	Adrian Zissos – Canada
Event Director:	Sandy Fillebrown - USA
Jury:	Alex Kerr – Canada Cristina Luis – USA Jan Arild Johnsen – Norway
Alternates:	Linda Kohn – USA Marg Ellis – Canada Mike Minium – USA

information for all races (cont.)

Hazards, Hospitals and Emergency First Aid: During competition hours each day, there will be an Emergency Medical Technician (EMT) on duty near the finish. If there is a serious emergency, park personnel will be on hand to assist with transport as needed.

On Friday and Saturday, competitors are cautioned that hunting is allowed in the Delaware Water Gap NRA and are encouraged to wear bright clothing. Hunting is not allowed on Sunday.

The Delaware Water Gap is home to black bears. These bears are smaller than brown bears seen in the West, and they are generally peaceful, but they are still wild animals and are capable of inflicting serious injury. Please do not approach bears. If bears are seen on courses, please inform event staff.

Deer ticks are common in this area of Pennsylvania and may carry the bacteria that causes Lyme Disease. Please check carefully for ticks at the end of each day.

The nearest hospital to the event sites and to the Pocono Environmental Education Center is the Pocono Medical Center (PMC), located in East Stroudsburg, PA. It is located just off I-80. From I-80, take Exit 308 (East Stroudsburg University Exit). At the stop sign, turn right onto Prospect Street. At the first light, turn right onto East Brown Street. PMC is located on the left, at 206 East Brown Street (Main Visitor Parking is located on the right of East Brown Street, across from PMC).

Buses and Parking: Parking is at a premium all weekend. Please obey signs and event staff as they direct you to available parking. We have arranged for bus transport from an off-site parking area each race day. There is no parking at the event sites with the exception of those staying at PEEC for the Sprint and Relay. Everyone must take the shuttle buses to the Middle and Long arenas (there is no drop-off). Everyone not staying at PEEC must take the shuttle buses to the Sprint and Relay (or be dropped off at PEEC).

A detailed bus schedule is given with the information specific for each race day. Please leave plenty of time for the bus rides and subsequent walks to start. The off-site parking is at Dingmans Campground along US 209 near the intersection with PA 739 and the Dingmans Ferry Bridge.

Start Procedures: The start procedure will be the same each day. Competitors should clear their SI-cards and make their way to the first call-up line at the start at four (4) minutes before their start time. **There will be clocks at this call-up line showing event time plus 4 minutes. When this clock shows your start time, you should be at the line, ready to proceed into the call-up lanes.**

With four minutes to go,	you will be checked in to the start lanes.
With three minutes to go,	you will proceed into the second section of the call-up lanes where you will be able to get your control descriptions.
With two minutes to go,	you will proceed into the third section of the call-up lanes where you will verify that you have cleared your SI-card. It is imperative that you Check your SI-card at this point as that will be our record that you have gone out on a course.
With one minute to go,	you will proceed into the final section of the call-up lanes where you will get your map. You will be directed to write your name and/or bib# on the back of your map.
When the next beep sounds,	you will be on the clock. There is no start unit. For each race, there is a mandatory streamered route to the actual start location indicated on your map. At this location, there will be a streamered triangle on the ground with a control flag in the center. Again, there will be no start unit to punch. Note that you are on the clock from your assigned start time, the time you are released from the call-up lanes.

Competitors that are late to the start should check in with a start official. They will be ushered through the call-up lanes and allowed to start as soon as possible without affecting other competitors. **Their time will be calculated from their assigned start time, not the time they actually start.**

If a competitor believes they were late to the start through no fault of their own but through the fault of the event organizers, they will be allowed to use a start box to record their new start time. The Event Director will be consulted as to whether to allow the new start time to stand. If any competitor does not agree with the decision of the Event Director, a protest may be filed.

Electronic Timing: The SportIdent system of electronic timing will be used for all courses. Competitors are required to use an SI-Card. If an SI unit is not working properly there will be a backup pin punch at the control. Competitors should pin-punch their map and report the problem to Download when they finish. Note that pin punching will be accepted in place of a valid SI punch only in the case of a unit not working.

If you need to replace your SI-Card, please go to Registration where you will be able to rent or buy an SI-Card. If you lose your SI-Card while on a course, you will receive a result of MP for the course.

Warm-Up Maps: Warm up maps of the terrain near the start are available for the Middle, Long and Sprint. They will be in the registration packets.

Clothing Return: Clothing left at the start will be transported to a location near the finish each day. We will not transport gear bags or knapsacks. Competitors may leave items in the arena each day while competing. Tents will be provided for your items in case of inclement weather. Competitors should retrieve gear bags or other large items left at the start from the start area.

Finish: We will be using SI Finish stations each day. Competitors must punch the Finish unit at the end of each race. Competitors should proceed directly to the Download station. Competitors that do not finish MUST check in at the Download Tent to alert event staff that they are out of the woods. Competitors will be required to leave their competition maps at the finish. Maps will be released after all starters are out on their courses. There will be no exceptions.

Water: There will be water on the Middle and Long courses. There will not be water on the Sprint or Relay. Water will be at control locations as indicated on the control descriptions. Competitors are prohibited from drinking directly from containers; please use the cups provided.

Results: We plan to have live results displayed at the finish arena each day on large screens. Live results will also be available via the internet at www.naoc2012.org/results. We plan to have wireless internet available in the arenas. In addition, many phone carriers have service in the arenas and a special mobile version of the results will be available.

A print out station will also be available for competitors to get results for just their class. Insert your SI-card in the SI station, and the results for your class will automatically print out.

model event – thursday, october 18 – pickerel pond and front pond

There are three model maps available: Pickerel Pond at 1:10,000, Pickerel Pond at 1:15,000 and Front Pond at 1:4,000. The contour interval on Pickerel Pond is 5m and the contour interval on Front Pond is 2.5m. The model event controls will be in place from 1:00pm on Thursday, October 18 until 12:00pm on Saturday, October 20.

The model maps are of the area directly across the street from the Pocono Environmental Education Center (PEEC). Parking on Thursday is at PEEC. For those staying at PEEC, please use the main parking lot, pick up your registration materials and model event maps and then move your vehicle as soon as possible to the area near your cabin or to other parking areas as directed by parking staff. For those not staying at PEEC, please use the parking designated as model event parking and/or other parking areas as directed by parking staff. From the parking, proceed to the main PEEC building to get your registration packet and model maps.

The model event will demonstrate the call up procedure being used for the weekend. There will be SI Clear and Check stations in the area before the first call up line. Signs and streamers will indicate the start procedure, and there will be a streamered route to the actual start location.

There is no finish on the model event. If you would like a print out of your splits, there will be a splits printer at Registration that can be used for that purpose.

middle distance – friday, october 19 – adams creek

Course: Classes	Length (km)	Climb (m)	# Controls	# Water Controls	Size of Control Descriptions (cm)
White: W-10, W-12, W-White, M-10, M-12, M-White	2.5	65	13	1	13.8 x 5
Yellow: W-14, W-Yellow, M-14, M-Yellow	3.3	110	15	1	13.8 x 5
Orange: W-16, W-Orange, M-16, M-Orange	3.5	95	17	1	13.4 x 5
BrownA: W70+, W75+, W80+, M80+, M85+, M90+	2.3	60	10	1	9.2 x 5
BrownB: M65+, M70+, M75+, M-Brown	2.9	95	14	2	11.6 x 5
BrownC: W-18, W55+, W60+, W65+, W-Brown	2.9	75	14	2	11.6 x 5
GreenX: M-18, M50+, M55+	3.9	110	17	2	13.4 x 5
GreenY: W-20, W35+, W40+, W45+, W50+, W-Green	3.3	90	16	2	12.8 x 5
GreenZ: M60+, M-Green	3.7	115	19	2	14.6 x 5
RedX: M-20, M35+, M40+, M45+, M-Red	4.3	160	18	2	14 x 5
RedY: W-21+	4.3	130	19	2	14.6 x 5
Blue: M-21+	5.0	165	20	2	15.2 x 5

The map scale for all courses is 1:10,000. The contour interval is 5m. There is a two (2) hour time limit on all courses.

Starts: There are two starts: one for all classes competing on the White and Yellow courses, and one start for everyone else, all classes on the Orange through Blue courses.

Course Notes:

- The White and Yellow courses have several legs without linear features; these legs are streamered in the terrain, along the entirety of the route between the starting and ending controls. In most cases, the prescribed route is not a straight line; streamered legs are indicated with the ISOM 705 Marked route symbol—a dashed purple line that depicts the actual route of the streamers in the terrain.
- White and Yellow courses use ISOM 539 Special man-made features (a small black circle on the map) as a control location. This location is a woodpile, and indicated as such on the control descriptions for each affected course.
- Several piles of trash or broken glass have been marked off with streamers in the terrain. The more extensive areas are also indicated with the ISOM 709 Out-of-bounds area purple overprint symbol on all competition maps.
- Water features may appear drier than mapped, depending on the precipitation leading up to the event.
- Safety bearing for all courses is west towards Route 739 — the western edge of the map and the location of the bus drop-off.
- There is a common spectator control for all courses except White, Yellow and Orange at the northern edge of the arena. Orange has a separate spectator control on the eastern edge of the arena. Spectators will not be permitted to approach these controls, but can follow the action from the finish area.

Logistics: There will be a bus ride from the parking at Dingmans Campground to a bus drop-off point. There is a walk to the arena and to the starts from there.

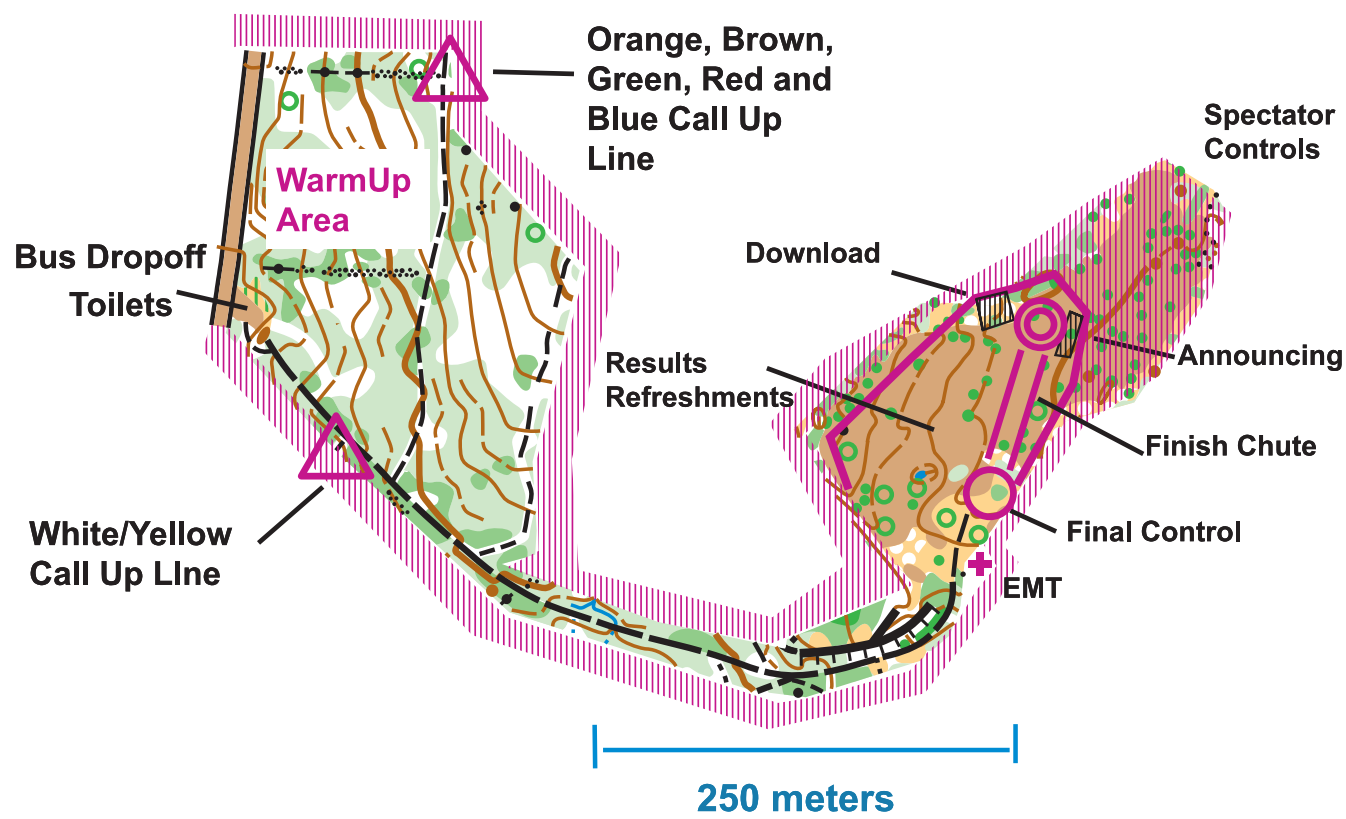
There will be portable toilets at the parking area and at the bus drop-off point. There will not be any facilities in the finish arena or at the starts.

Competitors are encouraged to walk to the finish arena after being dropped off by the bus and before they start. It is no more than a 15 minute walk to the arena.

Distances

Bus Drop-Off to Arena	650m
Arena to Start 1 (White/Yellow)	550m
Arena to Start 2 (Orange/Brown/Green/Red/Blue)	750m

Bus Schedule	First/Last	Trip Duration	Frequency
Dingmans Campground to Bus Drop-Off	From 9:00am	10 minutes	Approximately every 8 minutes
Bus Drop-Off to Dingmans Campground	Until 4:30pm	10 minutes	Approximately every 8 minutes



long distance – saturday, october 20 – egypt mills

Course: Classes	Length (km)	Climb (m)	# Controls	# Water Controls	Size of Control Descriptions (cm)
White: W-10, W-12, W-White, M-10, M-12, M-White	2.8	65	10	1	9.2 x 5
Yellow: W-14, W-Yellow, M-14, M-Yellow	3.5	120	13	1	11 x 5
Orange: W-16, W-Orange, M-16, M-Orange	6.4	240	13	3	11 x 5
BrownA: W70+, W75+, W80+, M80+, M85+, M90+	4.4	120	10	1	9.2 x 5
BrownB: M65+, M70+,M75+, M-Brown	4.9	195	14	2	11.6 x 5
BrownC: W-18, W55+, W60+, W65+, W-Brown	4.7	190	13	1	11 x 5
GreenX: M-18, M50+, M55+	7.4	290	15	3	12.2 x 5
GreenY: W-20, W35+, W40+, W45+, W50+, W-Green	6.5	260	15	2	12.2 x 5
GreenZ: M60+, M-Green	7.4	270	16	3	12.8 x 5
RedX: M-20, M35+, M40+, M45+, M-Red	9.2	350	19	3	14.6 x 5
RedY: W-21+	8.9	290	17	3	13.4 x 5
Blue: M-21+	13.1	600	26	7	18.8 x 5

The map scale for the Red X, Red Y, and Blue courses is 1:15,000. The map scale for all other courses is 1:10,000. The contour interval is 5m. The course time limit is three (3) hours.

Starts: There is one start for all courses.

Course Notes:

- Several piles of broken glass have been marked with streamers in the terrain.
- Water features may appear drier than mapped, depending on precipitation leading up to the event.
- Safety bearing for all courses is north towards Milford Rd.
- The RedX, RedY and Blue courses have a spectator control located a short distance from the arena. Refer to the arena map for location or follow signs from the arena.

Logistics: There will be two bus routes. Route 1 goes from the Dingmans Campground parking area to the start/finish arena and back stopping at PEEC on the way in both directions. Route 2 goes from PEEC to the start/finish arena and back. Competitors staying at PEEC may board buses en route from Dingmans Campground if there is room on the bus.

Competitors may be dropped off at PEEC, but there will be no parking at PEEC for those not staying at PEEC until after 3pm.

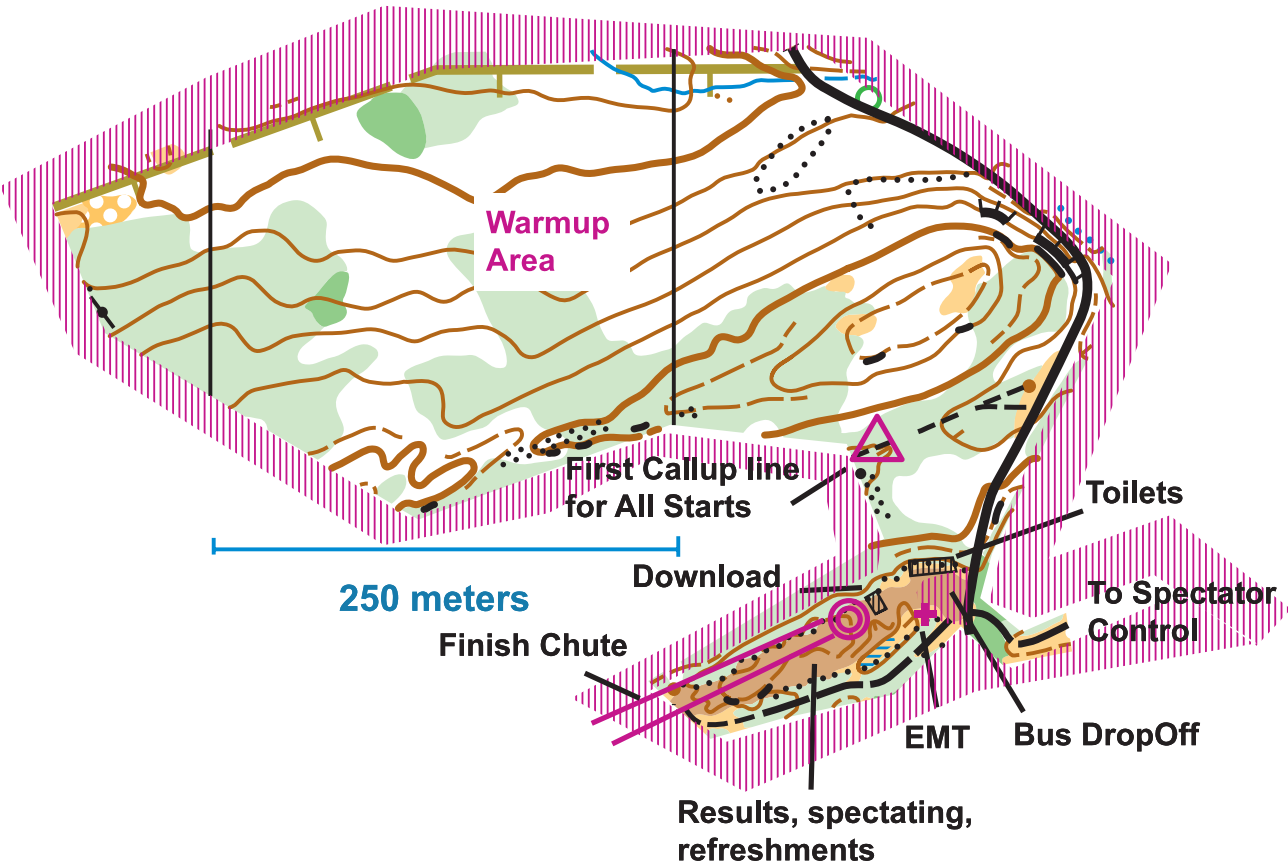
There will be portable toilets at the parking area, at PEEC and in the finish arena. There are no facilities at the start.

The buses will drop off competitors in the finish arena.

Distances

Bus Drop-Off (Arena) to Start	250m
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Bus Schedule	First/Last	Trip Duration	Frequency
Route 1			
Dingmans Campground to PEEC to Arena	From 8:00am	30 minutes	Approximately every 12 minutes
Arena to PEEC to Dingmans Campground	Until 4:30pm	30 minutes	Approximately every 12 minutes
Route 2			
PEEC to Arena	From 8:30am	15 minutes	Approximately every 30 minutes
Arena to PEEC	Until 3:30pm	15 minutes	Approximately every 30 minutes



sprint distance – sunday, october 21 – pocono environmental education center

Course: Classes	Length (km)	Climb (m)	# Controls	Size of Control Descriptions (cm)
White: W-10, W-12, W-White, M-10, M-12, M-White	1.6	34	15	12.2 x 5
Yellow: W-14, W-Yellow, M-14, M-Yellow	1.8	42	13	11 x 5
Orange: W-16, W-Orange, M-16, M-Orange	2.1	53	16	12.8 x 5
BrownM: M65+, M70+, M75+, M-Brown, M80+, M85+, M90+	1.9	38	16	12.8 x 5
BrownW: W-18, W55+, W60+, W65+, W70+, W75+, W80+, W-Brown	1.9	42	15	12.2 x 5
GreenX: M-18, M50+, M55+, M60+, M-Green	2.2	43	16	12.8 x 5
GreenY: W-20, W35+, W40+, W45+, W50+, W-Green	2.2	42	16	12.8 x 5
RedX: M-20, M35+, M40+, M45+, M-Red	2.4	55	20	15.2 x 5
RedY: W-21+	2.4	51	20	15.2 x 5
Blue: M-21+	2.7	69	20	15.2 x 5

The map scale for all courses is 1:4000. The contour interval is 2.5m. The course time limit is one (1) hour. There are no refreshments on any of the sprint courses.

Starts: There is one start for all courses.

Quarantine: All runners in the W-21+ and M-21+ classes must be in the quarantine area by 7:30am at the latest. The quarantine area will open at 7:00am.

Course Notes:

- There are a number of black Xs on the map. These black Xs can mean a number of things, including junk piles, rope and wooden constructs, signs, and stone ruins. Black Os are fewer and are often fire rings, but not always.
- There is an area in the southwestern part of the map that has wooden tent platforms. These platforms are about half a meter off the ground and are marked on the map as square areas of pavement.
- Because this park receives so many visitors there are many unmapped indistinct paths.
- There are wooden orange and white permanent control markers hanging on trees throughout the park. These will be covered with black trash bags during the event to eliminate any confusion they might cause.
- As always, please check control codes carefully. The distance between the closest pair of controls is 23m. It is common that two controls are within 40 meters of each other.

Embargoed Areas: Competitors not on the WRE courses are free to spectate the sprint in the finish arena before their start. There are several controls visible from the finish arena. It is approximately 400m from the finish arena to the start, mostly uphill. Competitors must stay on the main road through the PEEC campus.

All competitors, including those staying at PEEC, are limited to the cabins and the areas immediately around the cabins during the weekend. No competitors should be in the woods surrounding the PEEC campus until after the sprint and relay competitions on Sunday.

Logistics: Parking is again at Dingmans Campground for those not staying at PEEC. Buses will go from Dingmans Campground to PEEC.

Competitors may be dropped off at PEEC but there will be no parking at PEEC for those not staying at PEEC.

For safety and fairness issues, no vehicles will be permitted to move on the PEEC campus during the sprint competition.

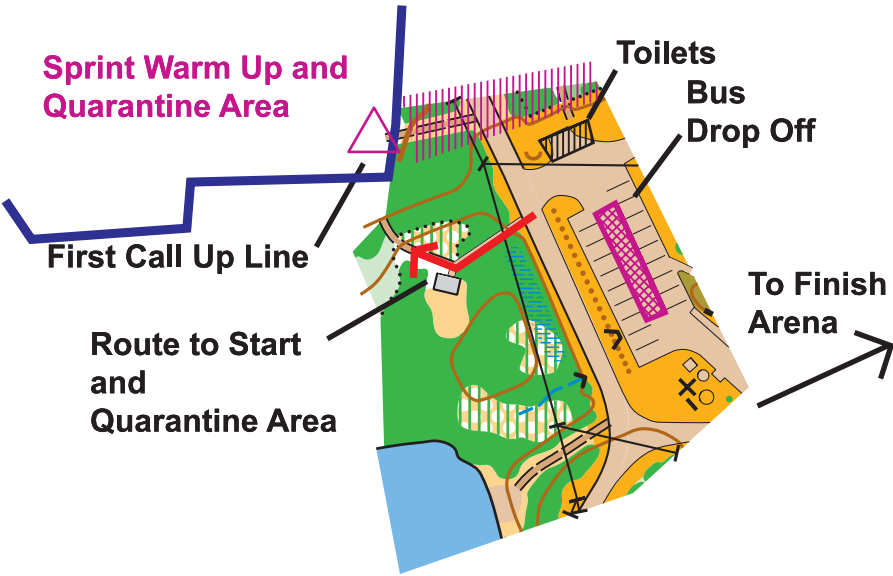
There will be portable toilets in the finish arena and at the bus drop-off point, which is very close to the start. There will be toilets inside the quarantine area.

Distances

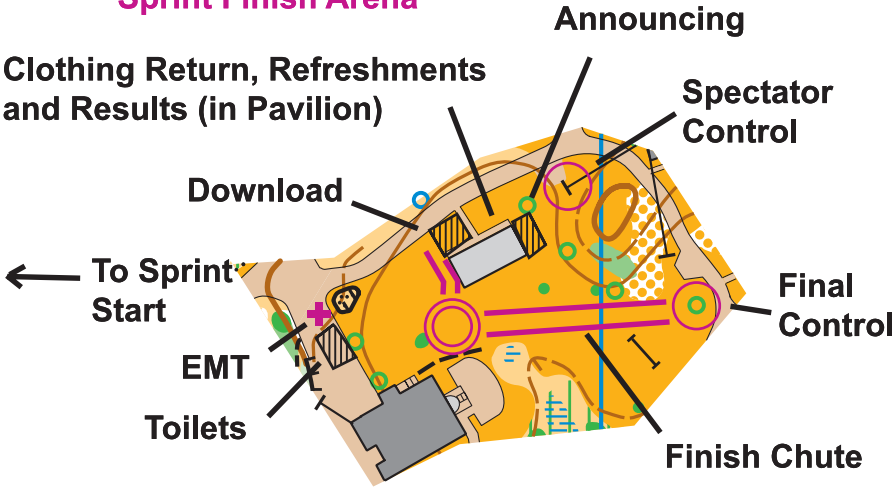
Bus Drop-Off to Start	85m
Bus Drop-Off to Finish Arena	400m

Bus Schedule

	First/Last	Trip Duration	Frequency
Dingmans Campground to PEEC	From 6:30am	15 minutes	Approximately every 8 minutes
PEEC to Dingmans Campground	Until 2:00pm	15 minutes	Approximately every 8 minutes



Sprint Finish Arena



national team relay – sunday, october 21 – pocono environmental education center

The map scale for all courses is 1:4000. The contour interval is 2.5 m.

There are four relay divisions: Junior Women, Junior Men, Women and Men. Each North American country may enter up to two (2) teams in each division. Each relay consists of three (3) legs of approximately the same distance. Start times and other information for each relay:

Category	Start Time	Total Approximate Length for all 3 Legs	Total Expected Winning Time
Junior Women	11:30 am	6.0 km	40-45 minutes
Junior Men	11:40 am	7.4 km	45-50 minutes
Women	11:50 am	7.6 km	50-55 minutes
Men	12:00 pm	9.7 km	55-60 minutes

Course Notes:

- On the map, the ordinal control numbers (e.g., 1, 2, 3 ...) are followed with a 3 digit number, which indicates the code of the control to be found. Control codes are in the 200s.
- There are a few areas indicated with the ISOM 709 Out-of-bounds area (a purple overprint symbol) on all competition maps. Some of these may be streamered in the terrain.
- There is a 175m marked route to the start triangle and the start of the orienteering.
- There is forking on all legs of all relays. Each leg within a division, subject to forking is the same length. Each team, among their three runs, will complete all possible forkings by the conclusion of the third leg.

Quarantine: All members of all relay teams must check in to the relay quarantine area between 11:00am and 11:15am. The quarantine area will be directly behind the finish area and include the Nature Center building.

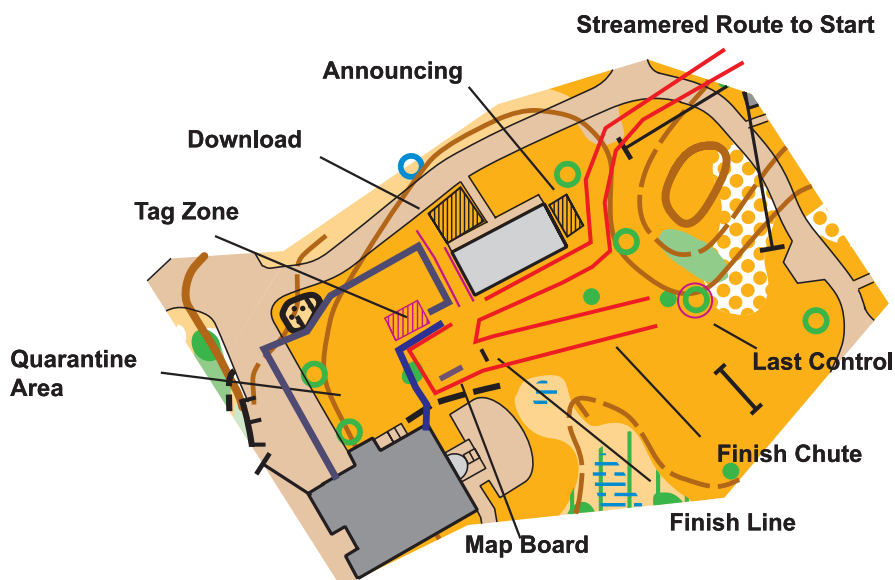
Relay Logistics: At the conclusion of the first and second legs, the finishing runner will punch the finish control, which is just past the official finish line, proceed a short distance to the map board where he/she will pick up the map for the team's next runner, continue around to the tag zone, and hand off. Again, there is no starting punch. After the tag, once the chute is clear, the finishing runner must proceed to download.

The third leg finishes at the finish line and the first competitor across the line wins. The finish punch will be slightly past the line and final leg runners are asked to punch in the order they finish. The relay has the same finish line as the sprint.

Each course is set up with ample spectating. The last two controls on each leg are radio controls. It will be the responsibility of the on-deck runner to watch and listen for the arrival of the finishing runner of their team.

Relay Guide: A Relay Guide will go on sale, or be distributed to those who have pre-paid, starting at 11:15 am, once all relay runners have checked into the quarantine area.

Bus Schedule & Parking: Please see the notes for the Sprint for information on parking and the bus schedule.



amenities

This is a small sample of the nearest amenities to the north and south of the PEEC Event Center. Most nearby amenities will be found along 209 towards Stroudsburg (to the SW) and Milford (to the NE).

Southwest of PEEC (towards Stroudsburg and I80 junction)

24 hour convenience store and gas station

Turkey Hill Minit Market
5005 Winona Falls Rd., East Stroudsburg, PA
Junction of Winona Falls Road (Highway 2028) and US 209 [at Fernwood Hotel & Resort]
9.6 miles SW from PEEC on US 209, 12 minutes

Groceries

Foodtown
Junction of Municipal Drive and US 209 (south side)
12.3 miles SW from PEEC on US 209, 17 minutes

Restaurant

Petrizzo's Restaurant
Just NE of Fernwood Hotel & Resort
9.3 miles SW from PEEC on US 209 (north side),
12 minutes

In addition, there are various amenities slightly further to the SW along US 209 past Fernwood Hotel & Resort

Northeast of PEEC (towards Milford and I84 junction)

[Note: US 209 is closed NE of Dingmans Ferry, necessitating a detour on Mill Street/Milford Road (County Road 2001)]

24 hour convenience store and gas station

Turkey Hill Minit Market
211 West Harford Street, Milford, PA
Junction of Mill Street/Milford Road
(County Road 2001) and West Hartford Street
15.8 miles NE from PEEC, 27 minutes

Groceries

Walmart
220 US 6, Milford, PA
US 6/US 209, NE of Milford
20.3 miles NE from PEEC on US 209, 35 minutes

Restaurant

Milford Diner
301 Broad Street, Milford, PA
16.1 miles NE from PEEC on US 209, 28 minutes

In addition, there are a few amenities 3.3 miles from Dingmans Campground, NW along State Route 739 (past the Adams Creek bus drop-off) at the junction of Mill Street/Milford Road (County Road 2001) and Route 739. There are various other amenities in and around Milford, PA. Finally, there is a small camp store at the entrance to the Dingmans Campground.

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organizing committee for naoc 2012

Event Director: Sandy Fillebrown

Assistant Event Director: Dave Urban

Director of Course Setting: Tom Overbaugh

Course Setters: Clem McGrath, Petr Hartman, Sam Reed

Vetters: Ralph Tolbert, Mike Bertram, Bob Huebner

OUSA Course Consultant: Don Davis

Map Printing: Fred Kruesi

Registrar: Doug Sevon

Results and Housing Coordinator: Valerie Meyer

Web Master: Kent Shaw

Technology Team: Vadim Masalkov, Fred Reed, Hugh MacMullan IV, Eddie Bergeron, Ed Despard

Arena Production: Ron Bortz

Announcing: Greg Balter, Nevin French

Busing and Parking: Roger Hartley

Starts and Start Timing: Ed Scott, Ed Niemann

Finish: Steve Ohrwaschel

Publicity: Kathy Urban

Awards: Dasha Babushok, Sandy Ahlswede, Ann MacMullan



PEEC
Pocono Environmental
Education Center

www.peec.org

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