



2015 Maritime Orienteering Festival

Including the Canadian Championships and 3-days of Fishbones
August 14-23

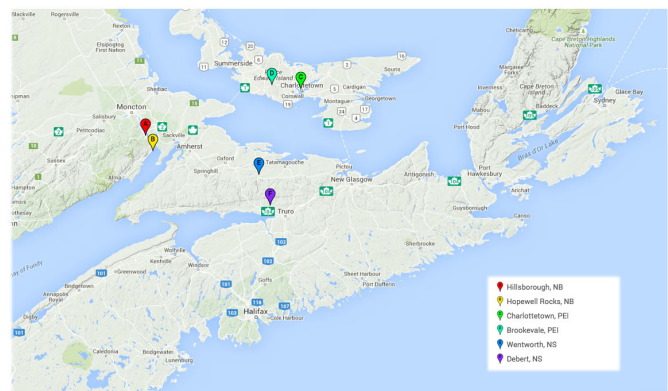


The Orienteering Association of Nova Scotia, Orienteering New Brunswick, together with Orienteering Canada invite you to join us August 14 - 23, 2015 for nine days of outstanding Orienteering at the 2015 Maritime Orienteering Festival, including the 2015 Canadian Orienteering Championships, and Fishbones 3-day. Events will be held in all three Maritime Provinces on challenging, fun, high quality new and updated maps of some very unique terrain, including the ocean floor in the Bay of Fundy, the infamous "Pits of Despair", two Maritime ski hills, and orienteering on Prince Edward Island which will be a first for almost all of us!

Programme

Date	Event	Map	Nearest city
Aug 16, Sun	COC Middle (WRE)	Hillsborough	Moncton
Aug 17, Mon	Ocean-floor sprint	Hopewell Rocks	Moncton
Aug 17, Mon	Fishbones Stage 1	Hillsborough	Moncton
Aug 18-20	Sass Peepre Junior camp		Moncton
Aug 20, Thu	COC Sprint (WRE)	UPEI	Charlottetown
Aug 21, Fri	Fishbones Stage 2 (Farsta)	Brookvale	Charlottetown
Aug 22, Sat	COC Long (WRE)	Wentworth	Truro
Aug 23, Sun	Fishbones Stage 3 (Chase)	Debert	Truro

Region



Organization and Information

Event Director: Harold McQuade

Event website: <http://www.coc2015.ca/>

Event email: registrar@coc2015.ca

IOF WRE Event Advisor: Adrian Zissos (FWOC, Canada)

Registration Centre

Registration package pickup will be available in Moncton on Friday Aug 14, and in Hillsborough on Saturday Aug 15. From then onwards the Registration Centre will be at the event site.

Accommodation

The programme is designed to give participants a taste of the different Maritime provinces. As such we suggest participants stay in a few different areas, close to the competitions. We urge you to make arrangements early since this is a busy holiday season. Here is our suggested accommodation itinerary:

Dates

Sat Aug 15 & Sun Aug 16	Stay around Hillsborough/Moncton/Fundy area for the COC middle, Banquet & Silent Auction, Hopewell Rocks and Fishbones Day 1
Mon Aug 17 & Tue Aug 18	The Sass Peepre Jr training camp will be in Hillsborough, so some of you will be in that area, or you have a couple days to explore!!
Wed Aug 19 & Thu Aug 20	Stay around Charlottetown for the COC sprint, lobster dinner and Fishbones Day 2 at Brookvale
Fri Aug 21 & Sat Aug 22	Stay around Wentworth/Debert for the COC long, Orienteering Canada AGM and Conference, Pasta Night and Fishbones Day 3.

NEW BRUNSWICK

We have made arrangements with the Village of Hillsborough to have camping and a parking lot for RVs at the ball field located next to the Kiwanis Community Centre where the Banquet and Silent Auction will be held. This is the closest community to the map where the middle distance event will be run. The Village will have the Kiwanis Community Centre open for use by the campers. The washroom facilities will be available. No showers. Camping is available overnight Friday, Saturday, and Sunday (leave Monday). We are charging a flat \$10 per adult rate for any/all nights (Juniors free). Registration for the Hillsborough camping is done with your event registration on zone4.

Showers for campers will be available at the Hockey Arena, Mill Street, Hillsborough, NB. Hours of operation of the showers:

Saturday August 15th/15: Noon to 8pm

Sunday August 16th/15: 8am to 8pm

Note: The showers are available to campers that have registered for camping in Hillsborough. Others are welcome to use the showers. There is a fix cost to the organizers for the use of the facility and for this reason a donation from non-campers would be appreciated.

Orienteers may also choose to stay in Moncton, or in smaller communities along the Bay of Fundy.

Other accommodation links:

- [Moncton Tourism Information](#)
- [Tourism New Brunswick](#)

PEI

There are many accommodation options in Charlottetown, including some availability in the residences at UPEI. **There is an embargo at UPEI, but you are able to access the residence buildings and nearby parking.**

UPEI Summer Accommodation Information: Andrew Hall Double Suite, \$116.00 per night plus tax. Each air-conditioned Andrew Hall Double Suite features a small kitchenette with a mini fridge and microwave, a private bathroom and two private bedrooms, each equipped with a double bed and television. All rates include a complimentary towel and linen exchange, free parking, 24 hour security and complimentary wireless internet access. All residence rooms are 100% smoke and pet free. If you would like to book a room with UPEI Summer Accommodation, please call the 24-hour front desk at 902-566-0442.

Other accommodation links:

- [Discover Charlottetown](#)
- [Tourism PEI](#)

NOVA SCOTIA

The AGM, conference sessions and Sat eve Pasta dinner will be at the Debert Hospitality Conference Centre ([website](#)), 20 minutes from the Wentworth map and less than 5 minutes from the Debert map.

- Debert Hospitality Centre
Indoor accommodation option - The Debert Hospitality Centre has a number of "houses" that have either 6 bedrooms or 10 bedrooms. The bedroom have various bed configurations (twins and doubles). There are shared bathrooms, common living spaces and mini kitchenettes in each house. There is also a heated outdoor pool and a hot tub. Each bedroom costs \$55 + tax per night. *Update: There are no longer any rooms available at the Debert Hospitality Centre (as of May 2015, but you can contact them to see if any rooms have become available)*
Outdoor accommodation option - The Debert Hospitality Centre also offers a camping options (they have 10 acres of green space). \$12 per tent or trailer (no hook-ups and no showers, but access to public washrooms in the hospitality centre)
Booking - To check availability and book space (for bedrooms, camping, breakfast and lunches), call them at (902) 662-4074 or email them at dhc@eastlink.ca. Also if over 20 people request it, they will serve a full breakfast Sat and Sun am for \$13/person. Please request breakfast when you book. They will also offer a bagged lunch Sat and Sun for \$14 (2 sandwiches, fruit, sweet item, bottled water). Please request bagged lunches when you book.at the Debert Hospitality Centre (as of May 2015, but you can contact them to see if any rooms have become available)

Other options:

- There is a motel - [The Valley Inn](#) - close to the Wentworth ski hill.
- There is a [hostel](#) in Wentworth
- For another camping option, there is the [Hidden Hilltop Campground](#) located about 7 kms east of Debert.
- Another camping option is the [Elm River RV Park](#) near Glenholme, about 10 km SW of Debert
- Staying in nearby Truro is also an option - here's a [helpful link](#) to different types of accommodation in the area.
- You can also find accommodation options in Tatamagouche or Amherst.

Other accommodation links:

- [Central Nova Scotia Tourism](#)
- [Tourism Nova Scotia](#)

Embargoed Areas, Previous Maps

- Hillsborough Map (aka "Pits of Despair") - the entire map is embargoed.
- Wentworth map - the entire map is embargoed. However it is allowed to downhill ski on the slopes.
- University of PEI - the entire campus is embargoed other than the residences and dining hall.

Any previous maps of the competition areas will be available on the website.

Training

Friday Aug 14 – Saturday Aug 15, Hillsborough

The model event adjacent to the COC Middle distance competition area offers you an opportunity to experience the Hillsborough terrain and mapping style. A number of controls will be placed in the terrain.

Tuesday Aug 18 – Friday Aug 21, Wentworth

This model event offers you an opportunity to experience the Wentworth terrain that is similar to the COC Long Distance terrain, but not similar in the mapping style, since the model map was made by a different mapper at an earlier date. A number of controls will be placed in the terrain across the road from the COC Long distance area. The model event will be set up from Tuesday Aug 18 - Friday Aug 21, so that you may go at your convenience.

Maps & Terrain

Hillsborough – COC Middle + Fishbones Day 1

ISOM. 1:10,000, 5m contours. Remapped in 2014

A unique and complex terrain, the result of gypsum mining many years ago. There are areas where the mining was that are now dense with sink holes - so it is a fascinating forest with technical negative terrain. Time loss is inevitable! But time loss will also be limited as you are never far from a track. There is also a variety of less complex terrain, and areas littered with a complex maze of

ponds. So there will be a lot of variety in the courses, and the area will support two wonderfully enjoyable days of orienteering.

Hopewell Rocks – Ocean Floor Sprint

ISSOM. 1:4,000

Low tide running on the ocean floor between the Hopewell Rocks 'towers'. A truly unique experience in the Bay of Fundy with its 35' tides. The ground dries quickly, though it will be slightly muddy in places. Generally flat and easy running, with some seaweed-covered knolls and many tall spires.

University of Prince Edward Island – COC Sprint

ISSOM. 1:4,000, 2.5m contours. New map in 2014

Typical small campus map, with a networks of buildings and gardens and parkways. Also there is an attached area of forest with some marshy ground.

Brookvale Provincial Park – Fishbones Day 2

ISOM. 1:10,000, 5m contours. New map in 2015.

Built for the 1991 Canada Winter Games, the Brookvale nordic ski trail network has jammed over 30km of tightly twisting trails into an impossibly small area - this makes for perfect terrain for a Farsta. There is lots of route choice, and a variety of trail types from single track mountain bike tracks to skate-ski trails. Cutting through the forest is also a good option. Lots of chances to drop your competition in what will be a high-intensity, high-fun, head to head race.

Wentworth – COC Long

ISOM. 1:15,000 & 1:10,000. 5m contours. Remapped in 2014, additional fieldwork in 2015.

Open runnable hardwood forest, with pockets of thicker evergreen forest. Areas of lots with contour detail, areas with lots of marshes, areas with not many features at all. Very few rock features and boulders tend to be on the small size.

Debert – Fishbones Day 3

ISOM. 1:10,000. 5m contours. Remapped in 2015.

Flat forest with several trails and marshes.

Climate

The competition takes place during the summer with temperatures expected in the range of 20 – 25 degree Celsius. The competitions all take place close to sea level.

Competition Classes

Standard Orienteering Canada age groups are used:

M/W 12, M/W13-14, M/W15-16, M/W 17-20, M/W21-34E, M/W35-44, M/W45-54, M/W65-74, M/W75-79, M/W80-84, M/W85+

In addition the following open courses are available:

Beginner, Intermediate, Advanced, Expert, and Sport.

On the day entry is available only in the Open classes.

Prize Giving, Prizes and Mementoes

Prize giving will take place at the end of each Canadian Championship race and after the final day of Fishbones. The top three finishers in each age class, regardless of nationality, will be given a small memento prize. Canadian Championship medals will be given to the top three Canadian orienteers in each age class.

Punching System

The SportIdent (SI) electronic punching system will be used for all races. SI cards can be rented when registering.

Clothing Restrictions

There are no clothing restrictions for orienteering in Canada. However, leg protection is recommended for all races, including the Sprint.

Hazards

Ticks

Ticks carrying Lyme disease have been reported in New Brunswick, Nova Scotia and Prince Edward Island. It is recommended to check for ticks after being in the forest. How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Mosquitoes

There are lots of mosquitoes. Use bug off

Insects

Wasp and bees are found in the local forest.

Wild Animals

Bears have been spotted in Hillsborough, NB and Wentworth, NS. Coyotes moose, deer and other animals can be found in the woods. The likely hood of seeing any of these animals is very low.

What to do if you encounter a bear?

- Stop
- Do not panic
- Don't announce your presence if the bear has not seen you. If possible, retreat slowly and give the bear plenty of space
- If the bear spots you make slow arm movements to make yourself look big and speak calmly while slowly backing away. Bears have poor eye sight
- Do not make eye contact with the bear
- If he comes toward you. DO NOT PLAY DEAD
- Make noise
- The bear may charge than stop or even run of into the woods.

- Remember that they can run faster than you and are good tree climbers
- If attacked fight back
- Report the encounter to the organizers when you return to the finish.

IMPORTANT safety notices

Hillsborough:

The Hillsborough venue will take place on a newly mapped area, White Rock, name after the distinct white gypsum that is found throughout the area. The gypsum was mined commercially up to 1978 and shortly afterwards in 1980 it was permanently closed.

The area is physically littered with sink holes from the collapsing underground mines. The sink holes make it unique from other maps. The following are known dangers:

Caves: The caves are out of bounds. A) The roofs are unstable and B) the bats occupying the caves are endangered species and are protected.

Orange fencing: The orange fencing marks the location of openings in the ground that drop into the underground mine and holes that disappear underground. Example Vertical Mine shaft.

Pits: There are many pits on the map. The pits are over 1 metre deep and many are over 1.4 metre deep and some over 3 metre deep.

Depressions: There are numerous depressions in the area caused by the collapsing mine. Avoid going into them as some have unstable bottoms.

Parking: Park only in designated parking areas. There are areas that do not support heavy loads.

Wentworth West (Training Map), Wentworth

The participants will be required to cross a busy railway crossing. The participants must stop at the railway crossing, listen for trains and look both ways before crossing the track.

Social Events

A number of social events will give a taste of Maritime foods and hospitality.

Sunday August 16 – COC Banquet and Silent Auction

Kiwanis Community Center in Hillsborough

During the banquet will be the always fun silent auction that raises funds for Orienteering Canada's High Performance Program (HPP) which helps develop Canada's elite orienteers.

Thursday Aug 20 PEI lobster supper

We will be making a group reservation at [New Glasgow Lobster Suppers](#) after the COC Sprint on Thursday. The menu includes mussels, chowder, soup, salads, desserts and beverages (all-you-can-eat) plus a choice of entree.

Saturday Aug 22 Pasta Night at the Debert Hospitality Centre

Time to wrap up the Maritime Orienteering Festival with a pasta dinner and a cash bar at the Debert Hospitality Centre. Reminisce over your week and share the last evening of the Festival with your orienteering friends.

Orienteering Canada Conference

The conference sessions confirmed to date are:

- Coaching workshop: Competitive-Introduction (9 hours over 3 sessions, Aug 15, Aug18 (tbc) and Aug 21
- AGM Aug 22 at 4pm

- Pecha Kucha Evening Aug 22 at 7pm (a bundle of short presentations on a wide variety of orienteering topics)

Full details are on [Orienteering Canada's 2015 Conference page](#).

Sass Peepre Junior Training Camp

August 17-19 at Broadleaf Guest Ranch, New Brunswick

Junior athletes of all abilities from 11 to 20 years of age are invited to participate in the 3 day camp, which always has amazing volunteer coaches coming from the ranks of the Senior National Team, High Performance Programme athletes, ex-national team members, and parents wanting to help their kids.

Our 2015 National Junior Training Camp will be held at the Broadleaf Guest Ranch, which is a 10 minute drive south of Hopewell Rocks in New Brunswick. Full details on the event website.

Entries

Register online via the event website. Very limited late entries will be accepted at a high price premium. On the day entry is limited to the Open classes.

Transport

No official transport will be offered. Competitors are advised to hire a car. Roads are good and all events are accessible by paved roads.

There are international airports in Moncton, Halifax, and Charlottetown.

Tourism

The Canadian Maritimes are a delight for tourism, with great natural attractions and plenty of history. Many tourism links are available on the event website.