

2008-2009 Bay Area Orienteering Club California Outdoor Orienteering League (BAOC COOL) Season 2

Orienteering—the sport of cross-country navigation

The Bay Area Orienteering Club California Outdoor Orienteering League (BAOC COOL) invites you and your friends to try orienteering - the sport of cross-country navigation that tests both mind and body. Orienteers use a map and compass to run or walk through the woods while navigating a preset course to find specific locations/controls. Experience the exhilaration of racing through the woods, leaping over boulders, and climbing up hills. You decide the best way to get to each control location.

Instruction

Can't read a map? Don't worry. Instruction is available at every meet. In addition, we offer events you can use for practice before and during the season, which are included in the schedule.

Eligibility

Anyone currently enrolled in a home, elementary, middle, junior, or senior high school in California is eligible to participate.

Equipment

A compass is strongly recommended and a whistle is required. You can rent a compass and one free whistle will be provided. Wear clothing that is comfortable to run in. Full leg covering and shoes with good traction (trail running or soccer shoes) are recommended. You may want to bring a change of clothes for after the race.

Electronic Punching

A SPORtident (SI) electronic punch finger stick is required. It is provided as part of the season pass fee or the day of meet fee. The SI punch finger stick electronically records each control you visit and when you visit it. E-punch allows you to see your "split" time to each control after you download at the finish. Results calculations are fast and accurate. The replacement cost for a lost or damaged SI punch finger stick is \$25.

Teams

Boy's and girl's teams compete separately. The team score is based on the finish time of individual participants. The best 3 boys' scores from each school make up the boy's team score and the best 3 girls' scores from each school make up the girl's team score. For the time being, both boys' and girls' scores are combined for the team score.

Awards

Awards will be given at the championship meet in the following categories on all courses:

- Top 3 boys and girls for the season
- Top 3 school teams for the season
- Top 3 boys and girls for the championship meet
- Top 3 school teams for the championship meet
- Traveling season trophies to the top varsity team to display for one year

You MUST return the registration form, signed by a parent or guardian and yourself, before you will be allowed to participate.

See BAOCCOOL Website for Category eligibility.

Registration Options

1. Pre-registered Season Pass -- \$45 (\$30 if you use your own SI stick). There is a \$10 refund for the SI stick if you choose not to keep it.

- Includes all 8 races
- Includes SI electronic punch finger stick

Family Season Pass Discount --- \$30 for first child, \$20 for second child, \$10 for third child, fourth child is free. This applies only to the non-rental plan.

Pre-registration is strongly recommended. Once you are registered, you will be assigned an SI card for the season. SI cards will be distributed to coaches and individuals at the first meet.

2. Day of Meet Registration

- BAOCCOOL course - \$6 per meet plus a one-time \$5 registration fee.
- Public course - \$6 per meet (under 21, beginning course, includes SI stick rental). You will not be eligible for BAOCCOOL awards or team points, but you'll still have fun.

Registration Forms

Registration forms are available on the BAOCCOOL (baoc.org/wiki/Juniors) website.

Registration

To register, fill out a registration form, have your parent or guardian sign, you sign it, and send it with your payment (checks payable to BAOCCOOL) to:

BAOCCOOL
c/o Jay Hann
340 Topeka Place
Danville, CA 94526
925 872-3935, juniors@baoc.org

Need more information?

For additional information about BAOCCOOL or orienteering, check out the BAOCCOOL website (www.baoc.org).

BAOCCOOL and Other Orienteering Events

NOVEMBER 2008

Sun 2nd	Las Trampas COOL #1	San Ramon, CA
Sat 8th	Vasona Lake County Park COOL #2	Los Gatos, CA

DECEMBER

Sun 7th	Morgan Territory Reg. Park COOL #3	Livermore, CA
Sat 20th	Fremont Central Park COOL #4	Fremont, CA

JANUARY 2009

Sat 10th	Shell Ridge Open Space COOL #5	Walnut Creek, CA
Sat 24 th	Oyster Bay Regional Park	San Leandro, CA
Wed-Sun 28 th -1 st	Sierra Avalanche Ski-O Champs	North Tahoe, CA

FEBRUARY

Sat 14th	Bayfront Park COOL #7	Menlo Park, CA
Sat 21st	Point Pinole Regional Park	Richmond, CA
Sat-Sun 15 th -19 th	US Interscholastic Championships	West Point, NY