

Meet Essentials

If you read nothing else, read this!
Attention School Coaches...Please read this to your teams

Conduct

While you are at this event, you are representing the orienteering community and honoring a trust it has built with the Park. Acts of rowdiness, vandalism, molesting wildlife or unsporting conduct will result in the offender and his/her entire team being disqualified from this event.

Basic Competition Rules

1. The competition area is off limits until you officially start each day.
2. Do not follow or assist competitors unless rendering first aid. There will be officials on the course observing competitors.
3. You may only use a compass and watch for aids – no radios.
4. You must punch in the appropriate box on your punch card. Do not lose your card.
5. There is a mandatory 3-hour time limit. Wear a watch and do not go over 3 hours!
6. If you get lost, take the safety bearing described in the meet notes to relocate then continue orienteering as long as you are within the time limit.
7. If you get injured, blow your whistle three times. This signals anyone who hears it to stop orienteering and render aid.
8. Only cross Sweetwater Creek at the bridge indicated on the map.
9. You must check in at the finish whether you complete your course or not. Exceptions will not be tolerated and will result in discipline.
10. If a teammate goes overtime, do not initiate a search. Contact a meet official.
11. Once a search is initiated, please notify the meet officials if your teammate checks in.

Start Procedures

1. Do not miss your start time! If an emergency or illness occurs, report to a meet official at the group shelter. They will determine if a new start time can be assigned.
2. Allow a 15-minute walk to the start on Day 1 and Day 2.
3. Wear your bib number on your chest on your outer clothing. No exceptions.
4. Bring your punch card, compass and whistle to the start. Maps with pre-printed courses and clues will be provided at the start.
5. Arrive at the start at least 15 minutes prior to your official start time to accommodate our three-stage start.

Three-Stage Start Example

- 09:57 whistle - proceed to Stage 1 for check in
- 09:58 whistle - proceed to Stage 2
- 09:59 whistle - proceed to Stage 3 where you'll get your map & clues
- 10:00 whistle - you are officially on the clock. Start your course.