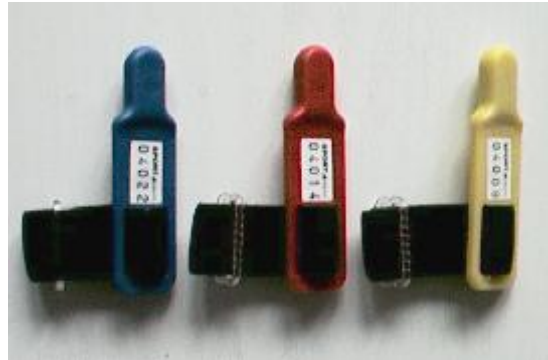


Epunching Instructions for Competitors

When an Orienteering event uses Epunching, instead of carrying a paper punch card, you carry a plastic e-card, usually called a finger stick. The finger stick contains a microchip which records your Start and Finish times, as well as up to 30 control punches with their split times. Each finger stick has an elastic band which enables you to wear it on a finger. If you don't own a finger stick, you can rent one from the event organizers.



Each finger stick has a unique number, which will either already be assigned to your name in the computer if you pre-registered, or will be read into the computer during on-site registration. Be sure that you write down the number of the finger stick you are using for multi-day events, so that you don't mix your stick up with someone else in your family or group. Finger sticks are expensive, so handle and store them with care.

Finger sticks are used to record data from Control boxes. There are different versions of Control boxes, below are some common versions. You will find control boxes at the Start, Finish and at each control site. At the control site, the control box is usually on a stand attached to the control marker. At the Start and Finish, the control boxes will usually be mounted on a stand without a control flag.

In order to "punch in" at a control, you insert the finger stick into the hole in the control box, waiting for a flash and beep. This indicates that the microchip in your finger stick has recorded the control number and time. If you mispunch, just go back and punch correctly, then all controls in order afterward. The Results computer program will ignore incorrect punches, as long as all the correct punches are there and in the correct order.



It's important that you Clear and Check your finger stick before Starting a course. This removes old data from the microchip in your finger stick and prepares it to be used for the day's event. At the Start area, you will find 2 control boxes marked "Clear" and "Check". First insert your finger stick into the hole in the "Clear" box, waiting for the flash and beep, then remove it. Once you have done that, put the finger stick into the hole in the "Check" box. If it flashes & beeps, your finger stick is cleared and ready to use again. If not, go back to the Clear box and re-clear. If you cannot get a flash and beep from the Check box on the 2nd try, report the problem to the event organizer, so that you can get a new stick that works correctly.

Unlike with paper punch cards, you must record your Start time and Finish time on your finger stick. When your Start time begins, you must insert your finger stick into the "Start" control box at the Start line. Likewise, when you finish, you must insert your finger stick into the "Finish" control box, which will be on a stand right under the Finish banner. Because if this, you do not want to run full-tilt under the Finish banner, you must be able to stop at the Finish banner and punch the Finish control box in order to stop your elapsed time.

Once you have Finished, it's Very Important that you immediately go to the Download station to have the microchip in your finger stick read into the Results computer. The Download station should be in the vicinity of the Finish line, but if it is not, there will be signs directing you to it. Do NOT go first to your vehicle to change, go directly to the Download station.



At the Download Station, there will be a Master Station attached to a computer which will read your finger stick. You simply put your finger stick in the hole of the Master station until it beeps, then remove it. Follow instructions given by the computer operator. You will receive a paper slip showing your elapsed time and your splits at each control. If there is a problem with your Results, go to the complaint taker to straighten it out.

If you are renting the finger stick and will not need to use it again (i.e., during a multi-day event), you will return the finger stick at the Download station once your Results have been successfully read into the computer.

It is a good idea to leave the data on your finger stick until you need to Clear it for the next event Start. In case of a computer glitch, your stick might have to be read again.