

Meet Director Notes

Delaware Valley Orienteering Association (DVOA) and fellowship of close friends in orienteering community proudly present 2010 US Team Trials to be held at Harriman State Park, the site of WOC-93. We are thrilled to have you with us this year and hope to test your ability and skills to run and navigate in this complex terrain. We'll offer Middle, Sprint, and Long distances, featuring Red and Blue courses only. On Saturday morning, the Middle distance courses will take place at Rockhouse Mountain map. That same afternoon, the Sprint courses will occur around Lake Welch Beach parking area. Sunday morning Long distance courses will take place at Jackie Jones Mountain map.

Schedule

Saturday, May 15th, 2010.

- 8:00AM - Gates open.
- 8:45AM - Registration opens.
- 11:00AM - First Starts Middle Distance, Team Trialers.
- 12:00PM - First Starts Middle Distance, non-Team Trialers
- 2:30PM - Middle Distance courses close and controls pickup starts.
- 3:00PM - First Starts Sprint Distance, Team Trialers.
- 3:30PM - First Starts Sprint Distance, non-Team Trialers.
- 4:15PM - Sprint courses close and controls pick starts.
- 4:45PM - Empty the parking lot.
- 5:00PM - Gates close.

Sunday, May 16th, 2010

- 8:00AM - Gates open.
- 8:30AM - Registration Opens.
- 10:00AM - First Starts Long Distance, Team Trialers.
- 11:00AM - First Starts Long Distance, non-Team Trialers.
- 1:00-1:30PM - Team announcement.
- 3:00PM - Long distance courses close and controls pickup starts.
- 4:00PM - Gates close.

Embargoed Areas

Area around the Lake Welch Beach main parking lot will be off limits prior to the Sprint courses to ensure fairness of the competition. In other words, please don't warm-up beyond assembly area boundaries; everything is off limits except of the main parking lot (east side) and beach front south of it.

Assembly/Parking area

Parking and Assembly area for all 3 events will be at Lake Welch Beach in Harriman State Park.

On Sunday, we'll be sharing same parking lot with another group of about 200-300 people (bike race), please give them a space and park on the west side of the main parking lot.

Safety

Roads – Please watch carefully for cars while crossing roads.

On Saturday morning you'll be crossing Lake Welch Pkwy road on the way to/from remote Middle distance start/finish area.

On Sunday, all courses cross Gate Hill road (Rockland County 106) toward the end of both courses. Please be cautious and pay attention while crossing the road, cars go really fast on that section of the road. We'll have signs along the road as well as road crossing guards in two possible route choices along with the water stops.

Meet Director Notes

Start procedure

Both days will use start procedure with 2 stages as follows:

- **2 minutes** before start: call-up, Bib/e-punch check, control descriptions (self service).
- **1 minute** before start: mark Bib number on the map, course/map/description check by start crew,
- **Start:** punch the start unit, turn over the map, and run 50-100m toward the start triangle following marked route,

Sprint courses will use simplified version of start procedure.

Start intervals for the team trialers are 3 minutes for the Middle and Long distances and 1 minute for the Sprint. Others will have 2 minutes and 1 minute start intervals respectively.

Team trialers, F/M-21+ categories, will have the early series of starts on the Red/Blue courses. **Start times for these competitors cannot be changed so don't miss your start time.** If competitors are late for their start through their own fault they shall be started as soon as practically possible w/out punching start unit. The actual time of their start shall be noted on their map, or a start list at the start location. Their time will still be computed, however, from their original start time given in the official start list.

Other competitors will be starting after team trialers.

Remote Start(s)

- Middle distance – 2.5km walk from assembly area.
- Long distance – 1.2km walk from assembly area.

Please allow yourself enough time to walk/jog to the start. Follow the streamers and signs.

Download

Regardless of whether or not you finish the course, you **MUST** check in with the Finish-Results crew before leaving. We'll track runners based on who downloads splits and assume you are still missing in the wood if you don't check in.

It is very important that you download your results once you come back to the assembly area after finishing your Middle course and before Sprint. If you do not download within a reasonable time your result will be subject to DSQ.

Time limits

- Middle – 90min.
- Sprint – 30min.
- Long – 180min.

Sponsors/Awards

2010 US Orienteering Team members selected for World Orienteering Championships will be awarded by Amino Vital products. **Amino Vital** provides advanced sports nutrition products based on a proprietary blend of amino acids to improve athletes' performance. Amino Vital formulas help athletes improve their hydration, endurance, and recovery.

Protests

In the event of a protest, please notify, in writing, the Meet Director of the nature of the complaint within USOF time requirements.

Run fast, run smart,

Vadim Masalkov
Meet Director