

**Course Setter Notes**  
**NCAC 19th Annual Scout Orienteering Meet**  
**Prince William Forest Park**  
**May 4, 2024**

Course Name	Length (km)	Climb (m)	No. Controls
White1	2.2	40	8
White2	2.2	40	8
Yellow1	3.0	80	9
Yellow2	2.9	80	9
Orange	5.0	115	10
Brown	4.4	105	7
Old Goats (Adults)	5.9	130	8
Score-O	N/A	N/A	50

**Participant Notes:**

Strongly recommend bringing a towel and change of clothing, especially shoes and socks, for this event. If the weather is wet prior to the event, expect to return from the day's event quite dirty/muddy. Those running the Orange, Brown and Old Goats courses will be crossing water, marshes, and wet re-entrants. However, anyone on the Score-O seeking points will likely come across these terrain features as well. So, BE PREPARED.

Everyone needs to bring water as there will not be water points on any of the courses. The shorter courses (White & Yellow) will not be a problem, but it will be a good idea to have water when running the others or when you are finished running any course. Also bring a plastic sheet cover or gallon size zip lock bag to help keep your map clean and dry while out on the course.

Other things you should bring: weather appropriate clothing, watch (you will need to keep track of time during the day and while on the Score-O), and a compass. The compass should have a clear baseplate. Strongly discourage the use of a military type lensatic compass.

**Maps:**

Map scale for the White courses are 1:5,000, the Yellow courses are 1:7,500. All other courses are 1:10,000. The contour interval on this map is 5 meters. Runners should pay close attention to the contours and carefully consider their approach angles given the terrain. Large erosion gullies have steep banks and even the smaller gullies can be challenging to negotiate.

“Out of bounds” areas in the park are shown by the purple, vertical crisscross lines or black vertical lines. Two areas along the south side of South Fork Quantico Creek (red trail) are off-limits due to habitat restoration in progress. An additional area, 150 meters NW of the Start/Finish area has a trail running through it. All courses do not require use of this trail, but it is possible it could be used during the Score-O. Orienteers must remain on the trail while transiting these areas.

**Courses:**

**All courses:** The Park is relatively small and in some areas the controls are fairly close together. Be sure to check the control codes to ensure you are at the correct control before punching your punch card.

Use caution when moving along or crossing the main, hard surface roads. The speed limit for cars is slow, but always be careful when near the road. Accepting rides while on the course is prohibited unless there is an injury and only from someone from your unit or a member of the event staff. Two deep leadership will remain in effect as always.

**White & Yellow:** The White courses mostly follows clearly defined trails and is designed for participants who have never orienteered before. The Yellow courses is designed to get the participant away from fixed features such as trails, but not so far away that they cannot go back to them to reorient themselves if necessary. They will venture into the woods and need to be able to distinguish the hills and valleys depicted on the map. The Selecting a good attack point will be important.

**Orange:** Orange course will take the participant to the next level by relying more heavily on their skills using the map and natural terrain features rather than man-made terrain features. The course is uses allot of linear features to help you move up to the next level in Orienteering. This course will take you north of the Quantico Creek and is designed to be longer with one more control point. Scouts are encouraged to attempt this course in addition to one of the others in the morning. While being able to locate some controls without the compass is possible, knowing how to use the compass to navigate between controls may be useful.

**Brown:** This course is designed to be short and with fewer controls. However, the distance between each control is greater and requires strong route planning. Only experienced scouts are encouraged to attempt this course. Knowing the five techniques in Orienteering; **Attack Point**, **Aiming Off**, **Collecting Features**, **Handrails** and **Catching Features** are critical in your route planning at this level of orienteering. Details on the Five Techniques in Orienteering are found in the Orienteering Merit Badge pamphlet. Knowing these techniques is required for requirement 6c of the Orienteering Merit Badge.

**Old-Goats:** This is an effort to allow unit leaders the opportunity to orienteer. However, while on the course, adult participants are prohibited from assisting Scouts. The focus of this event is the Scouts. The course is a compilation of all courses (except Score-O). BUT!!! **As the name implies, this course involves several climbs and off-trail movement.** This course is not for those who have never orienteered before. If that is the case and you still want to go out, recommend going with another adult who has some orienteering experience. No youth will be permitted to run this course.

**Score-O:** As with each previous years, this is a Unit level event. There are a total of **50** controls worth a total of 2200 points. Instructions will be provided to the SPLs during the break after the morning activities.

## Start Procedures

**Check-in:** Six Positions – 1) White1; 2) White2; 3) Yellow1; 4) Yellow2; 5) Orange; 6) Brown & Old Goats. At check-in, the pairing number is logged and a start time is assigned no earlier than 15 minutes after the current time. White 1&2, Yellow 1&2, and Orange courses will have a minimum two minute separation between team starts. All other courses will have a minimum 4 minute separation between team starts. The punch card is annotated with the team pairing number, course, and start time. The team's pairing card is returned and they are given their punch card. The team is told to report to station 1 of the start area ready to start the course when the large clock at Station 1 displays their start time.

**\*\*\*\*\* Start at Station #1 15 minutes before your assigned start time \*\*\*\*\***

**Station 1:** Verify Scouts have a punch card and pairing card. Ensure they are in the station at the correct time (late ok, not early). The pairing card is collected here. A staff runner will take the pairing cards to the finish point. Note: If a team arrives at Station 1 late, they will not be allowed to advance through the stations to make up for their tardiness.

**Station 2:** Scouts retrieve one map per team and write the name of each team member on the back of the map.

**Station 3:** Scouts will receive reminder instructions for the following:

- 1) Punch the point in the correct box of the punch card;
- 2) On the start signal, they are on the clock for their course;
- 3) When they finish the course, they will end up in the finish area, but if they do not complete the course for any reason, they are still required to report to the finish location to check in. This is because they need to pick up their team cards which lets the staff know they are off the course; Also the pair card is returned to the scouts, who hands it into their SPL.
- 4) All members of their team must be at the finish for their time to stop. No having a single team member run ahead to stop the clock. This also means that for a group of three, don't leave a member on the course and two others continue on; and
- 5) All teams must return not later than 12:30 whether they have finished the course or not.

## Start Area setup:

