

2009-2010 Bay Area Orienteering Club California Outdoor Orienteering League (BAOC COOL) Season 3

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 control locations. 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 in the schedule that you can use for practice before and during the season.

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

The team score is based on the finish time of individual participants. The best 3 students' scores from each school make up 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
- 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 the BAOB COOL Web site (baoc.org/wiki/Juniors) 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 12 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

- BAOB COOL course -- same as the public course, usually \$6 (\$3 for the course and \$3 for stick rental)

Registration Forms

Registration forms are available on the BAOB COOL Web site (baoc.org/wiki/Juniors).

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 BAOB) to:

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

Need more information?

For additional information about BAOB COOL or orienteering, check out the BAOB Web site (baoc.org).

BAOB COOL and Other Orienteering Events

November 2009

Sat-Sun 7 th -8 th	Western Region IS Championships	Hollister, CA
Sat 7 th	Pacheco State Park COOL #1 ^[1,3]	Hollister, CA
Sun 8 th	Pacheco State Park COOL #2 ^[1,3]	Hollister, CA
Sat 14 th	San Francisco State COOL #3	San Francisco, CA
Sat 14 th	McLaren Park COOL #4	San Francisco, CA
Sun 15 th	McLaren Park COOL #5	San Francisco, CA
Sun 22 nd	Morgan Territory Reg. Park COOL #6	Livermore, CA

December

Sat 5 th	Vasquez Rocks County Park Trail-O COOL #7 ^[2,3]	Agua Dulce, CA
Sat 5 th	Vasquez Rocks County Park Sprint COOL #8 ^[2,3]	Agua Dulce, CA
Sun 6 th	Vasquez Rocks County Park Middle COOL #9 ^[2,3]	Agua Dulce, CA
Sat 20 th	Vasona Lake County Park COOL #10	Los Gatos, CA

January 2010

Sun 10 th	Oyster Bay Reg. Shoreline COOL #11	San Leandro, CA
Sun 24 th	Tilden Regional Park COOL #12	Berkeley, CA
Sun 31 st	Bear Valley Cross Country COOL #13	Bear Valley, CA
Sat-Sun 30 th -7 th	Sierra Ski-O Champs	Sierra Nevada, CA

February

Sun 14 th	Shell Ridge Open Space COOL #14	Walnut Creek, CA
Sat 27 th	Bayfront Park COOL #15, Champs	Menlo Park, CA

March

Sat-Sun 13 th -14 th	Western Region IS Championships	San Leandro, CA Sunol, CA
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April

Fri-Sun 15 th -19 th	US Interscholastic Championships	Batavia, OH
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[1] -- Season Pass covers only recreational course fees

[2] -- Season Pass excludes Vasquez Rocks

[3] -- Any registration, recreational or A-meet, counts toward COOL