

2012-2013
Bay Area Orienteering Club
California Outdoor Orienteering League
(BAOC COOL)
Season 6

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. Beginner clinics are available at nearly 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. If you don't own one, you can rent one at the event. 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 for each school-group category
- Top 3 school teams for the season

COOL Registration

Register yourself as a COOL member to be eligible for season awards.

- COOL registration is free.
- Register at <http://baocool.blogspot.com/>
- Email president@baoc.org to change your registration.

Event Registration

Registration will be day-of-event only.

- \$3 for a White or Yellow course
- \$5 for an Orange course
- \$3 for an EPunch finger stick rental (if you don't already own one.)

Important: If a parent won't be at the event to sign the registration form for their child, please fill it out and sign in advance: http://baoc.org/pdfs/entry_form.pdf, and bring the signed form with you.

Need more information?

For additional information about BAOC COOL or orienteering, check out the BAOC Web site (baoc.org), or contact president@baoc.org.

BAOC COOL and Other Orienteering Events

Oct 21, 2012: Golden Gate Park, San Francisco CA

Oct 28, 2012: Morgan Territory Regional Preserve, Livermore CA

Nov 4, 2012: Goat and Mini-Kid - Coyote Lake-Harvey Bear Ranch County Park
(For Middle School, JV and Varsity COOL participants only. No course level 1 (white course).

Nov 11, 2012: Annadel State Park, Santa Rosa CA

Dec 15: Willow Glen Holiday Lights, San Jose CA (Saturday)
Not an official COOL event. Evening Score-O and Holiday Social.

Jan event: TBA

Feb 24: Joaquin Miller Park, Oakland

Mar 3: Sprint, U.C. Berkeley

Mar 10: McLaren Park, San Francisco
COOL 2012-2013 Championship Award Ceremony

TBA: Western Region Interscholastic Champs

March 9-10, 2013: Interscholastic and Intercollegiate Champs, PTOC/OK Kansas