

California Outdoor Orienteering League Sac-Joaquin 2012-2013 Season



outSMART...outRUN...OUTside...
It's **Orienteering!**



What is COOL?

- Scholastic league for the competitive sport of ORIENTEERING
- Started in the Bay Area in 2008
- Coming to Sacramento for the 2012/2013 academic year
- California 6-12 grade levels
- 8 (mostly local) meets from November 2012 to February 2013
- Western Region Championships – March 2013
- US Interscholastic Championships – April 2013

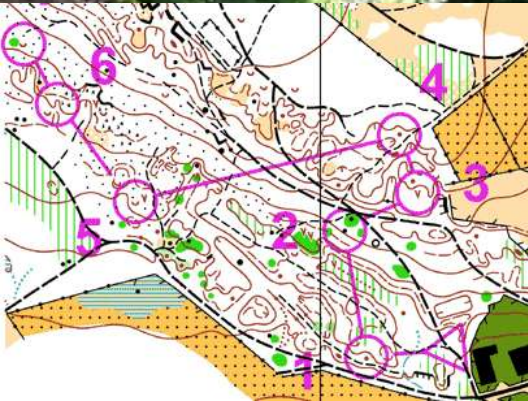
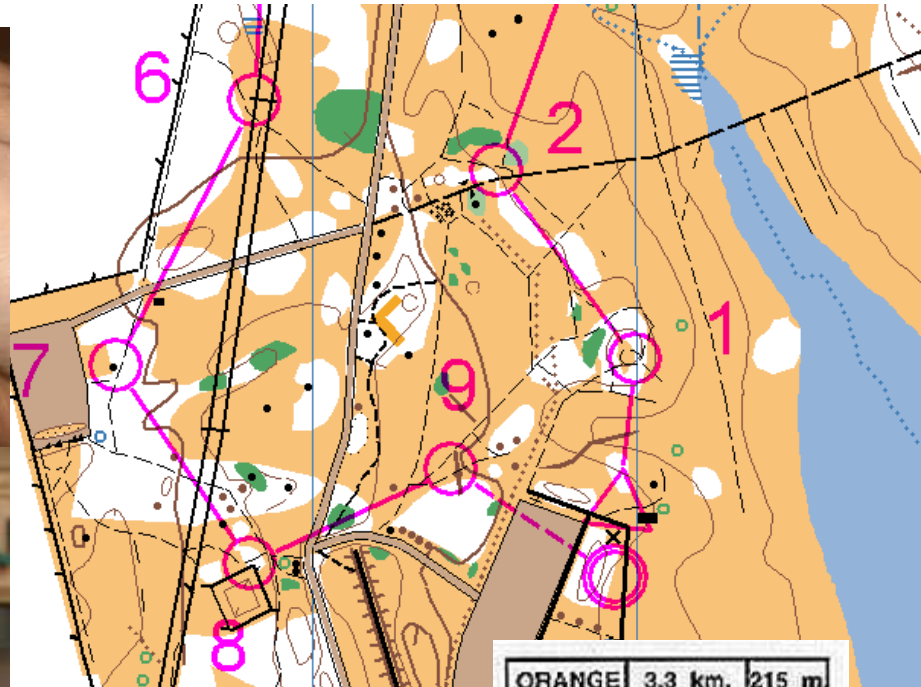


COOL Affiliations

- Orienteering USA (OUSA)
 - Governing body for the sport
 - Member of World Wide Orienteering Federation (WWOF)
- California Clubs
 - Gold Country Orienteers (Sacramento)
 - Bay Area Orienteering Club
 - Los Angeles Orienteering Club
 - San Diego Orienteering



But what is Orienteering?



ORANGE		3.3 km.	215 m.
1	86		
2	34		
3	95		
4	39		
5	78		
6	98		1 m
7	49		
8	72		
9	377		
10	GC		

100 m.

nteer

But what is Orienteering?



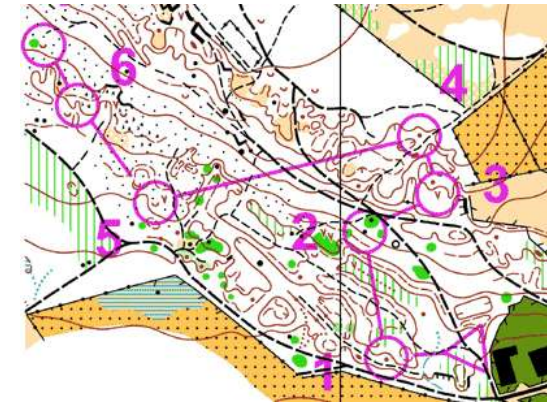
- A cross country run? A “treasure hunt”? An outdoor adventure? Or all of the above???
- The object of Orienteering is to navigate a point-to-point course in the shortest time possible.
- The course is only marked on a map of the terrain = Run + Think
- The only navigational aid (besides the map) allowed is a compass. No GPS allowed!
- Events are held in parks, forests and other suitable places (college campus, etc.)
- It is estimated more than 1 Million people compete regularly in Europe alone, with a vibrant pro circuit.
- Some Scandinavian events draw more than 20,000 participants!
- Events have courses for everyone – from short and easy, to long and difficult
 - **White** (Beginner): Short and almost entirely trail navigation
 - **Yellow** (Low Intermediate): A little longer, still mostly trail
 - **Orange** (High Intermediate): Trail and XC, but with “hand rails” and “catching features” around controls
 - **Brown** (Advanced): Short, but difficult navigation, with lots of XC.
 - **Green, Red and Blue** courses offer the same difficulty as Brown, with increasing distance.

Anyone can safely go out on a white course with just a 15 minute introduction, offered at each event

Simple and inexpensive gear



- Appropriate clothing, cover legs on “forest events”
- Shoes with traction (trail running shoes, or old soccer cleats)
- Compass
- Whistle
- Received at events:
 - Map w/ control card (for punching each control visit)



But what about getting lost?

- First of all – it is extremely rare, but it’s on some people’s mind, nevertheless...
- Our venues are not that “wild”
- Events all have a “bailout” protocol
 - “Head North until road, follow left (W) to event center”
- Whistle mandatory
- Use “shadow” – partner (parent, friend) that is near, and can assist, if all else fails.
- SmartPhone with GPS Tracker app (free app)





Why COOL is...well, cool!

- Individual as well as team competition
- Natural fit for cross country and track runners
- Season sandwiched between XC and Track - keeps the kids running in the “off season”
- Teaches navigation skills
- Teaches appreciation and respect for nature
- Teaches self sufficiency
- A fun alternative to “putting in the miles”
- Very affordable
- Simple administration
- No school coordination (off campus events)

COOL Sacramento-Joaquin 2012-2013 Schedule



- COOL #1 (Oct 20)
 - GCO Lower Sunrise / Sacramento Bar - Rancho Cordova, CA
- COOL #2 (Nov 18)
 - GCO Mississippi Bar - Orangevale, CA
- COOL #3 (Dec 9)
 - GCO Sailor Bar - Fair Oaks, CA
- COOL #4 (Dec 16)
 - CSUS Campus Sprint - Sacramento, CA
- COOL #5 & 6 (Mid Jan)
 - San Diego B-Meet - Borrego Springs, CA
- COOL #7 (early Feb)
 - UC Davis Campus Sprint – Davis, CA
- COOL #8 & Championship (late Feb)
 - TBD
- Western Region Championship (March)
 - TBD
- US Interscholastic Championship (April)
 - TBD

*Schedule subject to park approvals
and permits*



Divisions and Courses

	Course 1	Course 2	Course 3	Course 4	Course 5
Division	Elementary	Middle School	Junior Varsity	Varsity (Female)	Varsity (Male)
Grade level	Up to 6th	7-8	9-10	11-12	11-12
OUSA Course Rating	White	Yellow	Orange	Brown	Green
Typical length (as crow flies)	1.5-2.0 km	2.0-2.5 km	2.5-3.5 km	3.0-4.0 km	4.0-5.0 km
Technical level	Beginner	Low Intermediate	High Intermediate	Advanced	Advanced
Description	Along trails with minimal route choice	Mostly on trails and along obvious features, Some route choice	Some cross-country travel required	Cross-country travel required	Cross-country travel required

NOTE: Beginning student athletes can compete on a lower difficulty course. Scoring is adjusted when competing on a less difficult course. 50% of the score for 1 level down, and 25% of the score for 2 levels down. This allows everyone to compete, contribute, and grow, while keeping it fair.

COOL Scoring



- Individual Scoring

- Event score

- Points = (Winning time / Your time) X 100 X Course factor
 - Course factors:
 - Target course: 100%
 - 1 level down: 50%
 - 2 levels down: 25%
 - Max points possible: 100
 - Example
 - Winning time: 23:45
 - Your time: 31:20
 - 1 level down (Course 2 instead of 3): 50%
 - Your point total: 23.75 / 31.33 X 100 X 0.5 = 37.90

- Season score

- Top 4 event scores are added together

- Team Scoring

- Event score

- Add up top 3 individual scores in each division

- Season Score

- Top 4 event scores are added together

- Championship

- Scoring works the same as individual and team event scoring



COOL League Costs

- Mandatory costs
 - League fee per athlete – includes local club membership (GCO), entry to 6 local meets, mandatory equipment (compass and whistle), and awards - **\$95** (\$80 without compass)
- Optional/Extra costs
 - Travel expenses (mostly local)
 - San Diego weekend meet (if participating)
 - Western Regional and US Championships (if participating)
 - Non-GCO meets may feature “ePunch” – there is a small cost for renting an e-stick



COOL Awards

- Individual Awards
 - Event awards
 - 1st, 2nd & 3rd in each division
 - Season awards
 - 1st, 2nd & 3rd in each division
 - Sportsmanship, male and female
 - Western Region & US same as League
- Team Awards
 - Event awards
 - 1st, 2nd & 3rd teams in each division
 - Season awards
 - 1st, 2nd & 3rd teams in each division
 - Western Region & US same as League



Key Dates

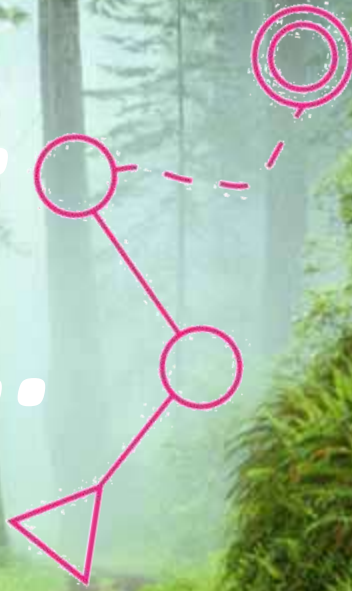
- April 30, 2012
 - Deadline to submit schools' intent to participate
- September 30, 2012
 - Deadline to submit team roster, intended meets, and pay fees
- October 20, 2012
 - Season starts with COOL event #1
- Late February 2013
 - Season ends with COOL event #8 Championship



NorCal COOL Info

- COOL Sac-Joaquin
 - Club affiliation: Gold Country Orienteers (GCO)
 - www.goldcountryorientees.org/cool/
 - Contacts
 - Dan Rathbun, 530-919-3160, dan@cal.net
 - Mats Jansson, 916-220-0224, mats.r.jansson@gmail.com
- COOL San Francisco
 - Club affiliation: Bay Area Orienteering Club (BAOC)
 - www.baoc.org/wiki/Juniors/Cool/2011-12
 - Contacts
 - Jay Hann, 925-872-3935, jay_hann@sbcglobal.net

outSMART...
outRUN...
OUTside...



...Try Orienteering!

