

American River College Sprint Orienteering - October 11 2026

Course Setter's Notes by Nik Weber

Welcome to our new map of American River College! We will have sprint courses of three different lengths; navigation will be simple as the idea behind sprint orienteering is to make fast decisions and read the map and control descriptions to minimize time loss. We will have a bit of a throwback event in that we will have manual punching instead of e-punch so old heads can fall back on their quick draw manual punching techniques.

NOTE: The **Medium sprint** course was designed specifically for orienteers who are heading to the **Masters US championships** soon, to give them a little extra sprint training. Of course, anyone can run any or all of the courses.

Course	Distance	Climb	Controls
Long Sprint	5.0 km	40m	24
Medium Sprint	2.2km	20m	15
Short Sprint	1.8km	10m	11

Parking: Please park in the southwest (ARC stadium) parking lot; parking is \$2 payable at numerous kiosks in the area. Coordinates are 38.646043, -121.349567. Porta-potties are located inside the fenced off football stadium—the gate is near the ticket office at the southwest end of the stadium. The campus is no-smoking and dogs are **not** allowed anywhere on campus. Shoes with metal spikes or studs in their soles are forbidden on campus and would be really uncomfortable anyway. Running shoes should be fine. Please stay off the athletic fields if there are organized activities happening on them (such as soccer games/practice).

Map details: The campus is very flat (indeed most of the climb on the medium and short courses are from staircases) while the northeast section has a creek with steep banks (dry this time of year) meandering through it. The campus is mapped to **IOF ISSprOM 2019-2** standards, at **1:4000** scale with **2.5 m** contour lines. North lines are **120 m** apart instead of the usual 300m. (please see [IOF ISSprOM 2019-2 Revision 6.indd](#) for a more exhaustive discussion about the current IOF sprint map standards).

Traffic: Roads will still be open to vehicles, so look both ways before crossing roads and yield to traffic. Parking lots and roads use the darker brown pavement color (possible heavy traffic); sidewalks use the lighter tan pavement color (light traffic). There are main roads north and west of campus; please do not cross these roads into the residential areas.

Vegetation: the large green circle symbol represents large trees. The smaller green circle is used for smaller trees and bushes. Some of the areas where larger trees are growing are mapped as white forest; the white area is the area covered by the trees' canopies. There is little dark green "uncrossable" vegetation other than a few tall hedges, but there are many areas of olive green "areas that must not be entered (Fig. 1)." These areas are out of bounds and you will be disqualified if you enter them—they are mostly landscaped areas but there are some native plant gardens which also have small pink flags to help you recognize them. Again, do not go into these areas. Please do not trample any vegetation that looks ornamental no matter how it's mapped; there are some small bushes here and there that may not be mapped as olive green.

Fences: most fences that you can't physically cross are mapped as uncrossable, though some of the small (1.5m tall or less) fences on the map are mapped with the smaller crossable fence symbol. If there is olive green inside the fence you are not allowed to cross it anyway, so don't try. Many of the railings are mapped with the crossable fence symbol; while you could get over them if you wanted, there would likely be no benefit to doing this.

The map includes several multi-level areas and runnable areas under building canopies; canopies are mapped as light grey and corridors through buildings are mapped as dark grey diagonal lines (Fig. 2). Some canopies are quite small, like awnings along the sides of buildings, and may be hard to see on the map. The parking garage (Fig. 3) is mapped with light grey diagonal lines indicating that both the bottom level and the level above it are runnable. Only two levels are mapped, the lower level and the second level. Do not go all the way up to the third level; this would be pointless. Lines of triangles indicate the locations of the lower-level entrances/exits and openings that you can run through. Box 3 on the control description will indicate whether the control is on the upper or lower level. Remember you are not allowed to enter any buildings or elevators at any time.

The following are not mapped: dumpsters, street lights, telephone lines/poles, benches, picnic tables, and miscellaneous other man made objects.

Figures (not the same scale):

Fig 1. Out of bounds areas mapped in **olive green**. Do not enter these. Also note the uncrossable fence (in this case it's a temporary fence).



Fig 2. Canopies (**light grey**) and passageways through a building (**dark grey diagonal lines**). Note the “**shark teeth**” indicating the entrances to the passageways. **Dotted lines** are the walls inside the corridor.

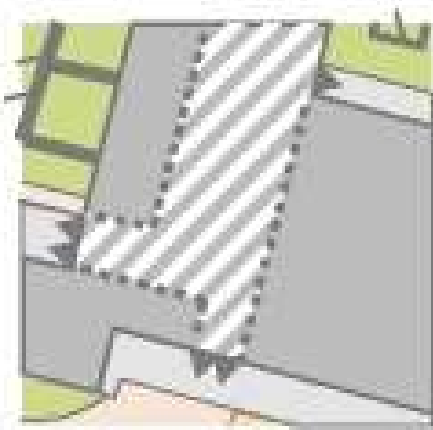


Fig 3. Parking structure. Note the light grey diagonal lines indicating that both levels are runnable. Also note the “shark teeth.”

