



2021 Quebec Orienteering Championships

September 18 - 19, 2021

Bulletin No. 1

Welcome to the 2021 Quebec Orienteering Championships! It’s been 5 years since the last QOC, and for some of you it will one of rare high-level events akin to the COC we organized in 2019. This event is being organized and hosted by the Montreal Ramblers Orienteering Club, with the help of Ottawa Orienteering and FQCO (fédération québécoise de course d’orientation). Registration for the races is available through our online site.

This is preliminary announcement, and there is a small chance that the event could be modified and even cancelled because of Covid-related rules of the Quebec government. While some details for the Quebec Championships have yet to be finalized, this bulletin outlines most of the basic information you need to know at this time. If you have questions do not hesitate to contact us by email.

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Information and Links

Ramblers OC website	http://www.ramblersoc.ca/
Email	info.ramblersoc@gmail.com
Facebook	https://www.facebook.com/ramblersorienteering
Twitter	https://twitter.com/ramblers_oc

There will be the Bulletin 2 with more detailed information after the registration is closed on September 9 or before that date. It will include the start procedure and other details.

Registration

Online Registration	https://zone4.ca/register.asp?id=26363&lan=1&cartlevel=1
Early bird price deadline:	August 1, 2021
Regular price deadline:	August 29, 2021
Late price deadline:	September 9, 2021

At this time, due to Covid-related restriction, the registration is limited to 250 people.

You will find the information about waivers and other details on Zone4 registration website.

Those who wish to participate in Open classes as a group, you still have to register individually, and at the start you can start as a group.

Officials and Organizing Committee

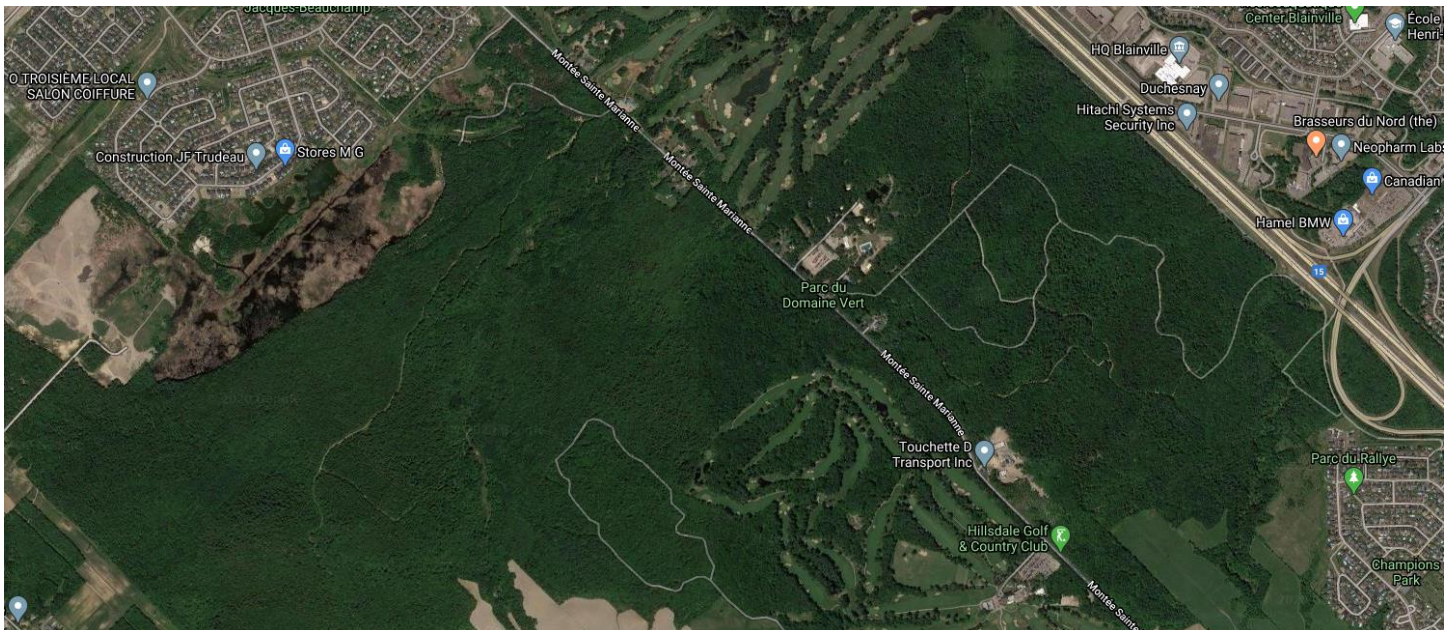
Function	Person in Charge
Event Director	Anna Fichman
Course Setter Middle	Scott Bohle
Course Setter Long	Sven von Fellenberg
Controller	Dmitri Golovanov
Registration online (Zone4)	Bruce Glen
Registration desk	Nadine Cybulski
Start Chief	Lina Gavrilova

Finish Chief	Bruce Glen
Volunteer Coordinator	Lina Gavrilova
Bulletin Editor	Dmitri Golovanov

Schedule

Date	Event	Location
Saturday, September 18, 2021	Middle	Domaine Vert (East)
Sunday, September 19, 2021	Long	Domaine Vert (West)

Maps and Terrain



The Domaine Vert Park is located about 20 km north of Montreal. It is forested terrain, with few ravines and small hills. The western section has many mountain bike trails.

The east part map was created in 2017. The west part was created in 2020.

Map scale depends on courses and 1:7500 or 1:10000; Contour interval: 2.5 m; Map size: 8.5 x 11 inches.

Course Time Limits: Middle distance: 2 hours; Long distance: 3 hours.

Embargo Area

Out of bounds for competitors and team officials until finish of the competition: the forested areas shown on the Google map above.

Classes and Recommended Winning Times

TD = technical difficulty. See the definitions in [Guidelines](#).

RWT = recommended winning time

Middle and Long Courses

Course	TD	Classes	Scale	RWT Middle	RWT Long
1	1	M10 F10 Open1	1:7500	25	35
2	2	M12 F12 Open 2	1:7500	25	35
3	3	M14 F14 Open 3	1:10000	25	35
4	4	M16 F16 Open 4	1:10000	30	55
5	5	M75 M80 M85 M90 F75 F80 F85 F90 Open 5	1:7500	35	50
6	5	M65 F18 F45 F55 F65 Open 6	1:10000	35	55
7	5	M18 M45 M55 F20 F21 F35 Open 7	1:10000	35	70
8	5	M20 M21 M35	1:10000*	35	90

Notes:

* The scale for the Long course 8 could be 1:15000. To be confirmed later.

“Open” designates non-competitive classes for which medals are not awarded, for competitors of any age.

Course Time Limits: Middle distance: 2 hours; Long distance: 3 hours.

General Information



Accommodation

For out-of-town competitors a wide selection of hotels & other accommodations is available in Laval and Montreal.

In Laval, three convenient options are Best Western, Comfort Suites and Quality Inn. All three are close to the Metro and a shopping mall. More information about Laval and surrounding area can be found at Tourism Laval: <https://www.tourismelaval.com>.

Campground:

Camping Mirabel. 8500 Chemin Bourgeois, Mirabel, QC J7N 2K1. campingmirabel.com. (450) 475-7725.
Distance from Domaine Vert: 7km.

Medical and Safety

There will be a number of measures implemented according to the government guidelines related to Covid-19 prevention.

First Aid personnel will be present at the arena.

Whistles: All competitors are recommended to carry a whistle for safety purposes. Three long blasts of a whistle indicate a competitor in need of assistance. Whistles will be available for purchase at the registration desk.

Timing

The SPORTident timing system will be used for all competitions. Competitors who do not own their own timing stick will be required to rent one from the organizers or purchase one from the O-Store. Competitors who request and pay for rental sticks during the registration process will receive them in their registration package.

The number of rental SI sticks is limited and we encourage the participants to buy their own at o-store.ca. It will be a good investment for the future.

Volunteers

We are seeking volunteers for several functions during the QOC competition. Please consider donating a bit of your time during the week – you will find a check box on the Zone4 Registration site. Thank you!

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Updated July 5, 2021

