

Summer Fun and Getting Ready for WIOL

WIOL courses are competitive solo navigation events, at increasing levels of navigational challenge. But you don't have to wait for WIOL season to build skills and have fun orienteering!

Orienteering meets throughout the summer and fall provide great opportunities to experiment with navigation at your own pace, either solo or with friends—even with your whole family! Some laid-back evening meets even end with a social BBQ afterwards.

Wed, May 25, 5:30- 7 PM

Summer Barbecue Series
Forest Park, Everett

Wed, Jul 13, 5:30- 7 PM

Summer Barbecue Series
Robinswood Park, Bellevue

Wed, Aug 10, 5:30- 7 PM

Summer Barbecue Series
Luther Burbank Park, Mercer Island

Sat, Sep 17, 10 AM - noon

National Orienteering Day
Woodland Park. Includes training.

Sat, Oct 8, (Timing, see website)

WIOL Training
Lynnwood Park, Lynnwood

Mid-October (see website)

Founder's Day
Chinook Lands, Whidbey Island

See www.cascadeoc.org for details.

The 2011/2012 WIOL Season

All meets are **Saturdays**, with start times between 10 AM and noon. Your registration form, signed by a parent or guardian and yourself, is needed for you to participate.

Nov 5	WIOL #1	Island Crest Park, Mercer Island
Nov 19	WIOL #2	Ft. Steilacoom, Tacoma
Dec 3	WIOL #3	North SeaTac, Seattle
Dec 17	WIOL #4	Putney Woods, Whidbey Island
Jan 7	WIOL #5	Shoreview Park, Shoreline
Jan 21	WIOL #6	Pt. Defiance Park, Tacoma
Feb 4	WIOL #7	Green River CC, Auburn
Feb 18	CHAMPIONSHIP	Fire Mountain, Mt. Vernon

Apr 21-22 **NATIONAL CHAMPIONSHIP**

Meets during the season will increase in navigational complexity as skills improve. Maps of venues (but not courses) will be available for viewing all season at www.cascadeoc.org.

Participants who are not yet ready to complete a course solo at their competitive level can choose instead to do any recreational course at any meet, solo or with others at a relaxed pace.

Season results will be at www.wiol.org.



Cascade Orienteering Club
www.cascadeoc.org

Experience Your Parks Like Never Before...



...in the 2011-2012
Washington Interscholastic
Orienteering League

30th season, with a national
championship meet in our state!



MISSION: Find This.



You have a map, a compass, and a mission—to find all of the checkpoints (control markers) on your map in the least time, relying on your own wits.

You make observations about your surroundings, choose your own route for navigating through the park, and compare choices later with teammates or friends on other teams. And along the way, you get to experience the best of what each park has to offer.



How The League Works

Eligibility: Anyone currently enrolled in an elementary, middle, junior, or senior high, or home school is eligible to participate in the season. *You don't have to be on a team.*

Equipment: A compass is strongly recommended and a whistle is required. Limited compasses are available for loan 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. Bring a change of clothes for after the race.

Electronic Punching: An electronic punch card (e-punch) is required. It is provided as part of registration. The e-punch electronically records each control you visit and allows you to see your “split” time to each control after you download at the finish. Results calculations are fast and accurate. Replacement cost for a lost e-punch is \$40.

Teams: After middle school, boys' and girls' teams compete separately. The team score is based on the placing of individual participants. The top three boys' scores from each school make up the boy's team score; the top three girls' scores from each school make up the girl's team score. Team and individual awards are given after the championship meet.

Registration Options

There are two ways to register: season or day-of-meet. A season pass is strongly recommended and saves money if you attend at least five meets:

1. **Season Pass** -- \$40 (\$35 if you use your own e-punch). You will be assigned an e-punch for the season. The rental e-punches will be distributed at the first meet.
 - Includes all 8 races
 - Includes use of the same e-punch all season.
2. **Day-of-Meet** -- One-time WIOL registration fee of \$5, plus \$7/meet (totaling \$61 for the season). This includes a rental e-punch stick that must be re-issued before each meet.

Either way, you will need the registration form (see www.cascadeoc.org/pages/welcome-wiol on the Cascade Orienteering site). Questions? Contact Bob Forgrave at bob@forgrave.net.



At each event, you'll get a map with a course marked through interesting and varied areas of the park. Happy exploring!