

2010-2011 Washington Interscholastic Orienteering League (WIOL) –28th Season

Orienteering—the sport of cross-country navigation

The Washington Interscholastic Orienteering League (WIOL) 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 locations/controls. Experience the exhilaration of racing through the terrain while tracking your location and planned route with the outdoor observations you make along the way. You decide the best way to get to each control location.

Instruction

Not confident reading a map? No worries. There are several meets where you can build expertise with friends and coaches before WIOL starts. Also, each WIOL meet also includes beginner instruction and public courses for further fine-tuning before soloing on a WIOL course.

Eligibility

Anyone currently enrolled in an home, elementary, middle, junior, or senior high school in Washington is eligible to participate.

Equipment

A baseplate 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. You may want to bring a change of clothes for after the race.

Electronic Punching

A SPORTident electronic punch card (e-punch) is required. It is provided as part of the season pass fee or the day of meet fee. 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 or damaged e-punch is \$40.

Teams

Boy's and girl's teams compete separately. The team score is based on the placing of individual participants. The best 3 boy's scores from each school make up the boy's team score and the best 3 girl's scores from each school make up the girl's 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
- Top 3 boy's and girl's school teams for the season
- Top 3 boys and girls for the championship meet
- Top 3 boy's and girl's school teams for the championship meet
- Traveling season trophies to the top junior varsity and varsity boy's and girl's teams to display for one year

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 of the eight meets:

1. **Pre-registered Season Pass** -- \$40 (\$35 if you use your own e-punch). Once you are registered, you will be assigned an e-punch for the season. The e-punches will be distributed to coaches and individuals at the first meet. Your payment must be POSTMARKED by Tuesday, October 19 to avoid a \$5 late fee.

- Includes all 8 races
- Includes use of the same e-punch all season

2. **Day of Meet Registration** -- One-time WIOL registration fee of \$5, plus \$7 per meet. This includes use of a rental e-punch stick that must be returned after each meet. You can also run a public course for \$6 (including rental e-punch stick), which allows you to run with others, but you will not be eligible for WIOL points or awards.

Registration Forms

Registration forms are available on the Cascade Orienteering Club website at www.cascadeoc.org/pages/welcome-wiol.

Registration

To register, fill out a registration form, have your parent or guardian sign, you sign it, and send it with your payment (checks payable to Cascade Orienteering Club). Team members should turn forms in to their coach who will mail all team forms together to:

WIOL, c/o Bob Forgrave
10925 128th Place NE
Kirkland, WA 98033

2010 Pre-WIOL Practice Opportunities

These meets are excellent opportunities to get together and enjoy low-key courses as a group, with friends, family, or school teams, before soloing on competitive WIOL courses.

Summer Series #3

Robinswood Park, Bellevue
Weds, Jul 14, 5:30- 7 PM

Founder's Day

Ft. Ebey, Whidbey Island
Sun, Oct 10 (see website)

Summer Series #4

Luther Burbank Park, M.I.
Weds, Aug 4, 5:30- 7 PM

WIOL Training

Lynnwood Park, Lynnndale
Sat, Oct 16 (see website)

Canoe O

Univ. of Washington
Sun, Aug 22, 9:30-11:30 AM

Vampire O

North SeaTac Park
Sat, Oct 30, dusk (see site)

National Orienteering Day

Woodland Park
Sat, Sep 18, 10 AM - noon

For more information, see the Cascade Orienteering site at www.cascadeoc.org.

2010/2011 WIOL Schedule

All meets are Saturdays, with start times between 10 AM and noon. You MUST return the registration form, signed by a parent or guardian and yourself, before you will be allowed to participate.

WIOL #1: Nov 6
Lincoln Park, Seattle

WIOL # 5: Jan 8
Priest Point Park, Olympia

WIOL #2: Nov 20
Magnuson Park, Seattle

WIOL #6: Jan 22
Shoreview Park, Shoreline

WIOL #3: Dec 4
Bridle Trails, Kirkland

WIOL #7: Feb 5
Green River CC, Auburn

WIOL #4: Dec 18
UW Campus, Seattle

WIOL CHAMPIONSHIPS
Feb 19
Lord Hill Park (New Map)

For more information, see the WIOL intro site (www.cascadeoc.org/pages/welcome-wiol), the WIOL results site (www.wiol.org), or contact WIOL Director Bob Forgrave at 425-827-7344 or bob@forgrove.net.

NOTE: After the WIOL season ends, watch for the **MoboGoGlobo** meet in March. Once a year, you can orienteer by cell phone with a partner who is anywhere in the world! Money raised helps send our best WIOL students to the national Interscholastics orienteering meet (frequently on the East Coast).