

Registration and Waiver

2010-2011 WASHINGTON INTERSCHOLASTIC ORIENTEERING LEAGUE (WIOL)

Complete if you are a student attending school (or home school) and intend to participate in competitive solo orienteering during the WIOL season. If you have a team, team members still navigate individually, but individual scores are combined into a team score. **Your parent or guardian and you must sign before you can participate in a meet.**

1. CONTACT AND ELIGIBILITY INFORMATION: PLEASE PRINT LEGIBLY.

First Name _____ Last Name _____ Male Female

Address _____ City _____ Zip Code _____

Telephone (_____) _____ Email Address _____

Date of Birth _____ Age _____ Grade _____

School _____ Coach (if any) _____

Have you participated in **WIOL** before? Yes No If so, what year was your first season? _____

2. CATEGORY (Select one after reading Page 2 for category eligibility):

- Elementary School Grade K-6 High School Grade 9-12 Junior Varsity (JV)
 Middle School Grade 6-9 High School Grade 9-12 Varsity

3. ENTRY STATUS (Select one after reading Page 2). Make check payable to Cascade Orienteering Club:

- Season Pass: 8 meets for \$40 – or \$35 if using your own SI card. (\$5 late fee after Oct 19).
 Day of Meet: Pay as you go. \$5 one-time registration and \$7 at each meet (\$61 for 8 meets)

SI Card # if you are using your own: _____

4. WAIVER OF LIABILITY.

Participants in orienteering events should be aware that, as with any sport, participation can be a dangerous activity, involving potential risks of injury or death. I hereby assume all risks associated with my participation in this event. I hereby for myself, my heirs, executors and administrators, waive and release all rights and claims against the Cascade Orienteering Club and its members, Sammamish Orienteering Club, Orienteering USA, the U.S. Government, the State of Washington, Washington Cities and Counties, and public and private land owners and lessees and all foregoing subsidiaries, affiliates, assigns, representative, and successors, and any and all other sponsors, persons, and entities associated with this event that may arise from my participation in it.

I attest and verify that I am physically fit, have sufficiently trained for the competition of the event, and have full knowledge of any risks involved in this event. I have read the above warning and certify my compliance with the terms of this waiver by my signature. **If I am less than 18 years of age, my parent or legal guardian must co-sign.**

Student Signature _____ Date _____ Parent Cell Phone Number _____

Parent/Guardian _____ Date _____
Print Name Signature

5. ELECTRONIC PUNCH CARD (E-PUNCH) RENTAL AGREEMENT.

Sign if you do not have your own e-punch. I agree to use a SPORTIdent electronic punch card (e-punch) provided by the Cascade Orienteering Club for this WIOL season. If I lose or damage my e-punch, I agree to reimburse Cascade Orienteering Club \$40.00.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Registration Guidance

[For #2: CATEGORY]

Participants in WIOL in each meet run on six separate courses, split by grade level, sex, and demonstrated ability. Participants can run up one or more levels, but they can never run down:

- Elementary School Grade K-6: All elementary school students, whether boys or girls, run Course 1. They can be shadowed by an adult for safety, but cannot be given assistance in this solo navigation activity.
- Middle School Grade 6-9: All middle school students, whether boys or girls, run Course 2. Sixth-graders at this level cannot be shadowed, but have the option to run Elementary K-6 instead if shadowing is still needed. Ninth graders have the option of running either in Middle School or High School JV. Middle schools also have a team competition. A WIOL middle school team combines the scores of the top three boys or girls from each school for each meet.
- High School JV: High school JV is where novice high school students and experienced middle school students compete. Girls run Course 3. Boys run Course 4. Ninth graders have the option of running either in Middle School or High School JV. There are separate Boys and Girls JV teams, combining the top 3 individual scores from each school for each meet.
- High School Varsity: High School Varsity is for experienced high school students and extremely experienced middle school students who can conquer the most technically demanding courses in WIOL. Girls run Course 5. Boys run Course 6. To qualify, a student must have performed well in the JV field in the prior season or have specific approval from the WIOL Director. There are separate Boys and Girls Varsity teams, combining the top 3 individual scores from each school for each meet. At the end of the season, the top five boys and top five girls who decide to attend the national Interscholastics meet will receive a stipend to assist with air travel.

General note #1: Solo running. Competitive orienteering tests your ability to rely on your own skills. Anyone observed helping with navigation or being helped with navigation will be disqualified for that meet. So it's essential that you are competing at the appropriate level for your skills.

General note #2: Moving up. Individuals in JV who place in the top 10% can officially move up to Varsity during the season. Also, anyone near the end of the season who has locked up his or her final placement and wants to try a tougher course can move up temporarily for additional experience, before moving back to the correct level for the championships.

[For #3: ENTRY STATUS]

Participants in WIOL have a choice about how to enter. For most students, a Season Pass makes sense, but Day-of-Meet also has advantages in certain circumstances:

- Season Pass. A \$40 Season Pass effectively combines the convenience of one-time registration with a "bulk discount" on meet fees. You stand in line at the registration table only once in the season, while saving \$21 across the full 8-meet season. Even if you sign up late and miss the first two meets, a Season Pass will still save you money over day-of-meet. (If registering after Tuesday, Oct 19, then add a \$5 late fee).

If you purchase your own e-punch, you can also save another \$5 per WIOL season and save at every off-season meet as well. Ask for details at bob@forgrave.net.
- Day-of-Meet. Day-of-meet is the pay-as-you go option. Maybe you're just trying WIOL and want to start with one meet. Or, if you are planning on missing half the season due to schedule conflicts, or want to use the first few WIOL meets to run on the public course with someone else before soloing, then Day-of-Meet might be for you. Cost is a \$5 one-time registration fee plus \$7 per meet.

General note: Administration. Make sure both the student and parent have signed in all required places. Students who do not have completed forms will not be allowed to compete.

Mail completed forms to: WIOL C/O Bob Forgrave, 10925 128th Place NE, Kirkland, WA 98033.