



Quebec Orienteering Championships

A weekend in the spectacular Laurentians

Saturday & Sunday, September 13-14th, 2025

Bulletin No. 2

Welcome to the Quebec Orienteering Championships! This event is being hosted by the Ramblers Orienteering Club and participation is open to all orienteers.

*The organizing committee would like to extend greetings to all competitors and visitors to this event! This is a two-day weekend event being held in the beautiful Laurentians at Parc du Mont Loup-Garou in Ste-Adèle. We are pleased to offer you well-designed courses in beautiful terrain and the opportunity to socialize with fellow orienteers from the entire region. Please note the **parking instructions** and information about the **Saturday social**. The **start lists** may be found on the website.*

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Information and Contacts

For the most up to date information about the events please visit the [event website](#). If you still have questions, you may email info.ramblersoc@gmail.com. Information about accommodation is included on the Ramblers website.

If you are interested in giving a hand, your start time will be accommodated. If interested, please email info.ramblersoc@gmail.com. Thank you!

Officials

Event Director	Jennifer O'Connell
Course Setter	Dmitri Golovanov
Controller	Bruce Glen

Full Weekend Program At a glance

Date	Event	Starting at	Location
Sat, September 13	Quebec Orienteering Championship Middle	11:00	Parc du Mont Loup-Garou
	Awards ceremony	13:30	Parc du Mont Loup-Garou
	Recreational Starts	13:30	Parc du Mont Loup-Garou
	Social gathering	16:30-19:30	1200 Claude-Grégoire, Sainte Adèle
Sun, September 14	Quebec Orienteering Championship Long	10:00	Parc du Mont Loup-Garou
	Awards ceremony	13:30	Parc du Mont Loup-Garou
	Volunteer Social		Parc du Mont Loup-Garou

Registration

Online registration is now closed <https://2mev.com/#!/events/2025-09-13-mont-loup-garou>

Waiver. All participants must sign the Orienteering Canada waiver, valid for the calendar year. If Interpodia is not aware that you have signed the OC waiver for 2025 then it will require that you sign the OC waiver during the registration process. An acknowledgement of the park rules needs to be read and signed onsite.

Eligibility for Awards and Classes

This competition is open to all participants. To be eligible for awards, as of June 2, 2025 you must be a 2025 annual member of an FQCO-affiliated club (Ramblers, Ottawa, Accro-O-Sport, Azimut, Viking, Gaspésie, or Rikico) or an independent FQCO member. .

The top 3 competitors of each class will receive an award. Classes are defined by gender and age on December 31, 2025. As per Orienteering Canada rules, anyone may compete in a male class, but only females may compete in a female class.

Competitors under 20 years of age may compete in an older age class up to and including M/F21. Older competitors may compete in younger age classes down to and including M/F21. Those seeking an easier course than their age class can run in an open class. Please note there are no awards for open classes.

Middle Distance - Classes & Recommended Winning Times (RWT)

Course time limit is 2 hours.

Course	TD	Classes	Map Scale	Length km	Controls	Climb, m	RWT Middle
1	1	M10 F10 Open1	1:7500	1.8	10	60	20-25
2	2	M12 F12 Open 2	1:7500	1.7	7	75	20-25
3	3	M14 F14 Open 3	1:10000	1.7	8	70	20-25
4	4	M16 F16 Open 4	1:10000	1.9	9	100	25-30
5	5	M75 M80 M85 M90 F75 F80 F85 F90 Open 5	1:7500	2.0	8	75	35-45
6	5	M65 F18 F45 F55 F65 Open 6	1:7500	2.1	9	80	25-30
7	5	M18 M45 M55 F20 F21 F35 Open 7	1:10000	2.9	11	115	30-35
8	5	M20 M21 M35	1:10000	3.5	16	140	30-35

Long Distance - Classes & Recommended Winning Times (RWT)

Course time limit is 3 hours.

Course	TD	Classes	Map Scale	Length, km	Controls	Climb, m	RWT Long
1	1	M10 F10 Open1	1:7500	2.7	13	85	30-35
2	2	M12 F12 Open 2	1:7500	2.7	10	100	30-35
3	3	M14 F14 Open 3	1:10000	2.2	10	100	30-35
4	4	M16 F16 Open 4	1:10000	2.8	9	120	45-55
5	5	M75 M80 M85 M90 F75 F80 F85 F90 Open 5	1:7500	2.4	8	110	55-65
6	5	M65 F18 F45 F55 F65 Open 6	1:10000	3.7	12	160	55-65
7	5	M18 M45 M55 F20 F21 F35 Open 7	1:10000	5.4	13	260	88-92
8	5	M20 M21 M35	1:15000	8.2	22	390	90-100

Changes: Please notify the registration team if you change your class, SI number or find any errors in your registration information.

Race Packets: Pick-up will be available at the registration and information tent. Race packets will contain your bib, pins, and an SI card if you rented one.

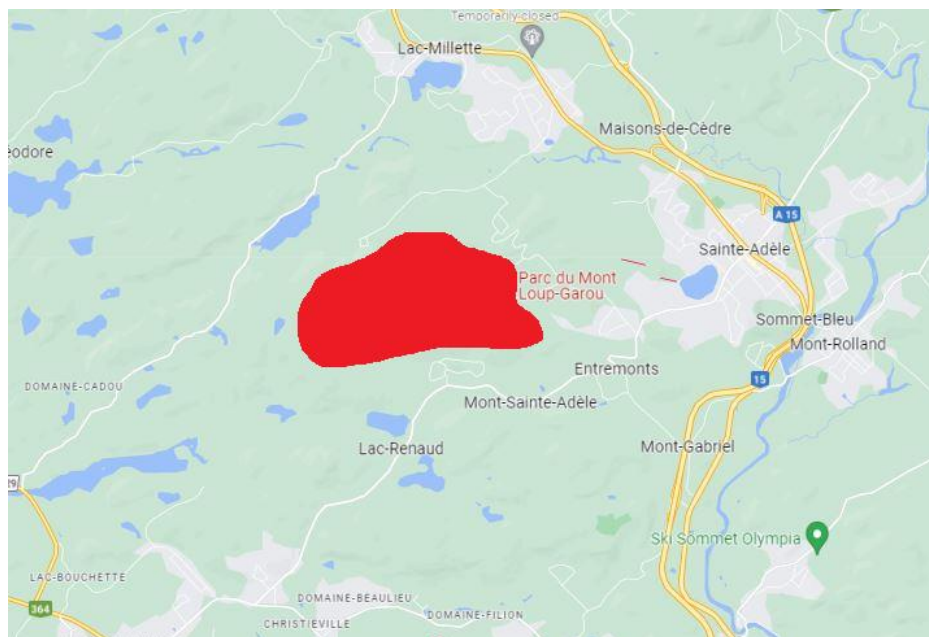
Waivers: The waiver for all events is the standard Orienteering Canada waiver and must be signed by all participants during the registration process.

Registration and Information at the Event: The **registration/information desk will open one hour before the first start and will remain open until all competitors have finished**. An park rules acknowledgement form needs to be read and signed at registration. Our registration/information team will be happy to help you with any questions or requirements you may have.

Event Details

Arena address: [Parc du Mont Loup-Garou, 1970 chem du Paysan, Ste-Adèle, J8B 3K5](#)

Embargo Area



Parking

Participants may not park in the lot of Parc du Mont Loup-Garou due to space limitations, and parking is forbidden on chemin du Paysan on either side of the street. Therefore, we have arranged transportation by minivan from chemin de la Campagne (1.0-1.5km walk to the arena) to help participants get to and from the arena on both days. Please bring everything you need for your race and food for after your race (light refreshments will be provided).

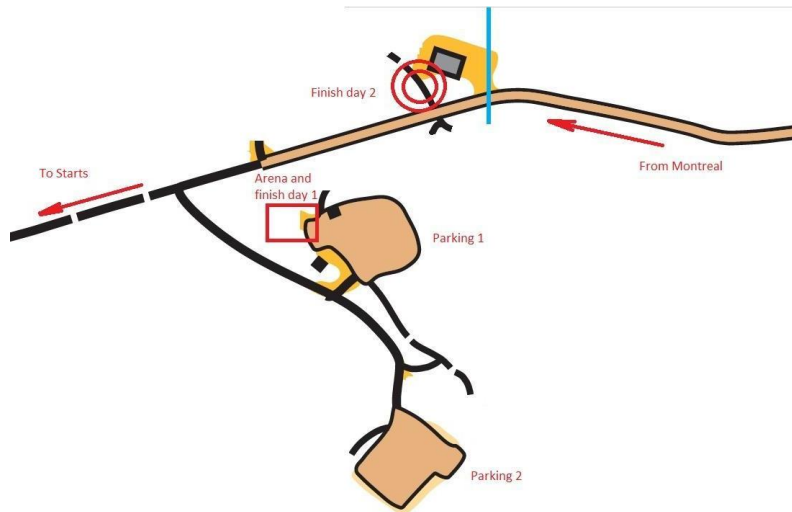
This Google Maps link will bring you to the intersection of chemin du Paysan and chemin de la Campagne:
<https://maps.app.goo.gl/pk6ssnfn8U4N5BkM8>

Arena Layout and Washrooms

The arena is at the first parking lot. The starts are along the gravel road to the west. The two privy toilets are located between the two parking lots. There is no tap water, but drinking water will be available.

Middle: Arena to start: 200 m. Finish is close to the arena.

Long: Arena to start is 1 km, 50' of climb, please allow up to 20 minutes. Finish to arena: 150 m.



Social Activities

From 4:30 to 7:30pm Saturday, we have reserved a space with kitchen facilities at the community centre located at 1200 Rue Claude Gregoire, Sainte-Adèle. Please join in and bring along your food and beverages to eat and to share if you would like (alcohol permitted). This is a nice opportunity to chat and interact with fellow orienteers. On Sunday, help out with taking down the arena and the controls and stay for some corn on the cob which should be ready by 3:00pm.

Maps & Terrain Notes

The Middle and Long events use a new map of the **Parc du Mont Loup-Garou** in the Laurentians. The area is forested with many hills, marshes and a few lakes. The vegetation varies from very runnable to quite dense. The trail system is significant. Several new trails are at different stages of development. 'Trails' that are only ribbons with enough trees cut to be noticeable are mapped as rides. In very open forest these new trails are hard to see when crossing and are not mapped. The new trails may be used even if there is tape or a minor blockage at their start or end.

A few trails are officially closed and in the process of disappearing, but are still quite distinct. The entrances to these trails may be obstructed by branches. These trails may be used. There are many rock features. Ones that are too small to be mapped are not mapped.

Course Notes

Maps are printed on A4 waterproof paper and have 5m contours.

Middle: The courses use a small part of the map with a few hills and a marsh. On two sides, the terrain drops off and is not used due to course climb limitations. At the lower levels, which are not intended to be used, the map lacks details and has not been field checked. Emergency bearing - North

Long: The park has many users including mountain bikers. Their activity is mainly on or outside of the area defined by the Fat Garou trail, which forms a large loop around the park. For safety, the Fat Garou trail and the area outside of it are out of bounds. Although it is okay to be beside the Fat Garou to use it as a handrail, do not travel on or cross the trail while on course. On the map, the trail is marked with a special **fat red line** with directional tags. Course 8 has a map flip and is printed on both sides. Emergency bearing - South East

Rules and Regulations

These events are organized per Orienteering Canada rules which can be found [here](#). Please note that all competitors must carry a safety whistle per Orienteering Canada insurance guidelines. The Orienteering Canada Course and class guidelines [may be found here](#)

Eight courses are available. Classes are based on age and gender. An Open category may be selected if the class is not appropriate for your skill level. The competitive (age/gender) classes are eligible for awards whereas the Open classes are not.

Start Times

The start list will be available on the [event website](#). The start times will also be posted at the registration desk. Starts will take place between 11am and 12:30pm on Saturday and between 10am and 11:30am on Sunday.

Electronic Timing System: Sport Ident

The SPORTident (SI) punching and timing system will be used. Touchless punching will be available for competitors using a SIAC (SI air card). Competitors who do not own their own timing cards will be required to rent one from the organizers or purchase one from the O-Store. Competitors who are renting SI cards will find them at registration.

Each control on the course will have a flag, a control unit, and a manual punch along with a control code on top of the unit. SI cards must be cleared and checked before the race. Once on course, a short beep and red-light flash indicate confirmation that the competitor's SI card has registered. If confirmation is not received, competitors must use the manual punch and mark one of the "R" boxes on their map. Inform a finish official after the race if you have used a manual punch.

Competitor Risk and Responsibility

Competitors must sign the event waiver, acknowledging they are participating at their own risk. Competitors must take their own safety precautions and are responsible for injuries that may occur to them during the races as well as accidents on the way to and from an event. Open fires and smoking are prohibited in all

competition areas. Every competitor must carry a whistle while on course. Whistles will be available for purchase at the Registration Desk, and should be used by anybody requiring urgent help due to injury or distress. Competitors are required to assist anyone who is injured or has blown their whistle. All maps specify a “safety bearing”, which will guide lost competitors to a major trail or road.

Competitors **must download at the download station** after they reach the finish even if they do not complete their course. **This is VERY important** as this is how we know you are back safely and will not need to search for you in the forest.

Fair Play

All competitors shall behave with fairness and honesty. Attempts to gain any information related to the courses, beyond that provided by the organizer, is prohibited before and during the competition. It is not permitted to bring previous orienteering maps of the competition area to the event.

Participants and spectators are not allowed to enter the competition terrain before and during the competition. Everyone must follow the routes specified by the organizers to reach the Event Arena and Start. Competitors are not allowed to re-enter the competition area after they have finished their race and before course closure without the permission from the event officials.

Please respect local residents, private property, fences, and walls at all times. A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

GPS and GoPros®

As per Orienteering Canada rule 15.3.6, competitors shall not use or carry telecommunication equipment between entering the start area and reaching the finish of a race, unless the equipment has been approved by the organizer. GPS-enabled devices (watches etc.) can be carried provided that they have no map display and are not used for navigation purposes.

Using a Go-Pro® or another similar recording device is permitted while on course. All such devices **must be surrendered to an official at the download station** in the finish chute. The devices will be labeled and available for pick-up at the Event Centre after the last competitor has started.

Medical and Safety

First Aid personnel will be present in the arena.

Temperature: Average daily high temperature is 12 degrees Celsius in September in Ste-Adèle, with an average high of 17 degrees and low of 7 degrees.

Whistles: All competitors are required 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.

Clothing: Full body cover is recommended, including long sleeves to protect the arms from bushes.

Natural Hazards: While competitors are very unlikely to encounter any large animals during the competition, ticks carrying Lyme Disease may be encountered. Normal precautions should be taken to avoid picking up ticks while on the course, and should be supplemented by a careful post-race examination.

Start and finish procedure

Assigned Starts

The start process will be a **three box** start (see Table on next page). Competitors are responsible for being at the call up line at least three minutes before their start time. While waiting at the call up line, your bib, SI and start time will be checked.

At the call up line the clock will be set three minutes ahead of the start clock. When this clock shows your start time (**T-3**) you step across the call up line into the first box. In the first box, your SI will be checked. If necessary, clear your SI and check it again.

At the long beep (**T-2**) step across the line into the second box. In the second box select your loose control description if you want one. Control descriptions are printed on the maps.

At the long beep (**T-1**) step across the line into the third box. In the third box select your map. Write your name on the back of your map. Do not look at your map yet. There is an exception, classes M1 and F1 may look at their map.

At the long beep (**T-0**) turn over your map and begin your race. There is no start punch SI station for assigned start times. Proceed along the marked route to the start triangle and continue on your course.

Late Starts

If you are only a minute or two late, then the official at the call up line will move you to the correct box. If you are later then you will have to go through the "Late" start process. You may cut the line and be served next. **Your original assigned start time will be used for calculating your result.**

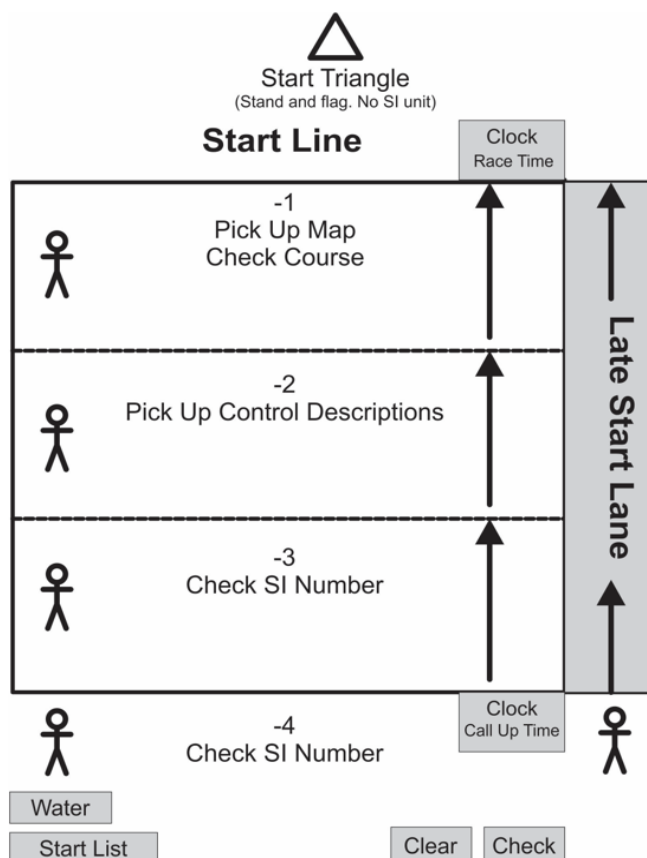
Volunteer and Open Starts

Event volunteers do not have assigned start times. They may go to the start at any time during the start window. They use the "Late" start process and will be started in the next available spot.

Finish procedure

The route from the last control to the Finish control will be marked. After punching the Finish control competitors will surrender their maps and proceed directly to the Download station. ***For safety reasons, all competitors must download even if they did not complete their course.*** Each competitor will receive a printout of their split times.

Competitors who miss one or more controls, do not punch the controls in the correct order, or exceed the maximum time on course will be disqualified. Maps will be available after the last competitor has started their course. Competitors using rented SI sticks are requested to return them to the Finish team. Light refreshments will be available for finishers after the download. Results will be displayed near the finish area and will be available online at <https://www.ramblersoc.ca/results>



Complaints and Protests

Questions and issues may be raised informally with the Event Director. If the response is not satisfactory then a complaint may be made. Complaints must be made in writing at the Registration/Information Desk. There is no fee to lodge a complaint. Complaints must be made by the competitor within 30 minutes of finishing their course.

Complaints are reviewed by the Complaints and Protests Committee made up of the Event Director (Jennifer O'Connell), Course Planner (Dmitri Golovanov) and the Controller (Bruce Glen). The complainant will be notified of the decision as soon as possible. If the complainant is not satisfied with the decision a protest may be made.

Protests must be made in writing at the Registration/Information Desk within 15 minutes of receiving the Complaints and Protests Committee's decision. A Jury of O300 officials who are not the event organizers will review the protest, make a decision and notify the complainant as soon as possible. The Jury's decision is final.

There is a \$25 fee to lodge a protest. The fee will be refunded if the protest is upheld.

