

2006 NEOC SPRING ROCK FESTIVAL SPRINT RELAY

Open Team Info and Sign-Up

Welcome to the Sprint Relay. The attached sign-up form is to be used only by orienteers who are *not* representing their Varsity or Junior Varsity team in the relay component of the IC Team Competition.

OVERVIEW: Two different relay courses will be offered on Saturday afternoon at Wells State Park: a three-person relay for orienteers at the Orange level or above, and a two-person White/Yellow relay. For both courses the order will be mixed, so all teams will run all legs for their course, but not in the same order. The Start/Finish will be near the pavilion (the same location as the Finish for the morning Short event).

SCHEDULE: Both courses will begin at the same time with a mass start at 2 PM (or as close to 2 PM as possible). Prizes will be awarded at approximately 3 PM to the top three teams in each category.

COURSE INFORMATION:

3-Person Sprint Relay (Orange level controls, order of the legs will be mixed)

Leg A	1.84 k, 110 m, 9 controls
Leg B	1.84 k, 100 m, 11 controls
Leg C	2.13 k, 105 m, 9 controls

2-Person White/Yellow Relay (order of the legs will be mixed)

White	1.43 k, 50 m, 8 controls
Yellow	1.9 k, 80 m, 11 controls

REGISTRATION TIMES: Friday 6-10 PM in the Program Lodge at Camp Woodstock & Saturday 8 AM - noon at Wells State Park.

REGISTRATION PROCESS: Find some teammates, fill out the attached form, and submit it to the relay registrar with a payment of \$15 for the three-person relay or \$10 for the two-person relay. You will be given a relay packet with bib numbers and corresponding control cards in it. Running order within a team is indicated by the first digit of the bib number, while the second and third digits indicate the team number. For instance, bib #134 would be worn by the first runner for team 34. **DO NOT** wear the same bib used for the short event in the morning! The actual leg that each person runs is indicated by a letter written on the bib and punch card – more on this below.

TEAM CATEGORIES: Open teams will be competing in the following five classes: 3-Point, 6-Point, 9-Point, College Club, and White /Yellow. Teams are made up of individuals with total point values of at least 3, 6, or 9 points as determined by the USOF Point System:

Age	Male	Female
Under 15	3	5
15-16	2	4
17-20	1	3
21-34	0	2
35-49	1	3
50-59	2	4
60 and over	3	5

College clubs are made up of individuals who are not competing officially in the relay for their Varsity or JV Intercollegiate team. In other words, if an Intercollegiate Varsity Team has 5 members, 3 of them will compete officially for their team in the relay. We want everyone to participate in the sprint relay if they're interested, so the other 2 members of the Varsity or JV team can join or form another team for the relay only. They can find other college students from the same primary club and form a College Club team (ex: USMAOC or GMOC) or they can join a 3-Point, 6-Point, or 9-Point team. Just be sure to give your relay team a name that is distinctive (ex: "the Green Monsters" or "the West Point Black Hawks").

AWARDS: Lindt chocolate prizes will be awarded to the top three teams in all seven categories. For the W/Y relay, anyone can participate, but only juniors who normally compete on the White and Yellow courses will be eligible for the prizes.

RACE PROCEDURES: The order in which a team runs its legs has been randomly assigned, and is indicated on the front of the registration packet and by an A, B or C (or W or Y) written on a competitor's bib and punch card. Thus, if bib 134 has a "B" written on it, that competitor is running Leg B. Be sure you have the right map before beginning your leg! The first runners for each team will have their maps handed to them before the mass start (but should not look at the maps until the start signal). Subsequent runners, after being tagged, must pick up their map from the correct box, which will be clearly labeled.

Instructions on finishing and tagging will be included on a separate sheet in the registration packet, and will be demonstrated immediately before the mass start to make sure everyone knows the drill. The race may get pretty fast and furious, so be ready when your team member is heading to the tag area from the last control, which will be visible from the pavilion. We also hope to have a "radio control" a bit earlier in the course to provide additional warning. There will be multiple punches at the first and last controls for each leg.

Confused????? Ask our helpful staff.

Team #: _____
 Relay Course (circle): 3-Leg, W/Y W/Y nc
 Leg Order: _____
 Paid: _____

NEOC SPRINT RELAY Open Team Entry Form (3-Pt, 6-Pt, 9-Pt, College Club, W/Y)

Category: Check one

3-Point Team (0-3 pts) 6-Point Team (4-6 pts) 9-Point Team (7-9+ pts) College Club White/Yellow

Team Name: _____

Team Contact (person submitting this form): _____

Club: _____

Primary Sprint Relay: Use This Table to Calculate Points (not needed for College Club teams)

Age	Male	Female
Under 15	3	5
15-16	2	4
17-20	1	3
21-34	0	2
35-49	1	3
50-59	2	4
60 and over	3	5

Registrar Will Fill in

Race Order	Relay Bib #	Leg Assigned	Name	Age	M or F	Points
1						
2						
3						
						Total Pts:

OR

White/Yellow Relay: Competing for Prizes (see info sheet)? Yes No

Registrar Will Fill in

Leg	Name	Relay Bib #	Race Order
W			
Y			