

Join The Excitement Rise To The Challenge The 26th School Orienteering Season Begins November 3, 2007

Washington Interscholastic Orienteering League, the oldest and largest such league in the United States, hosts a series of competitive orienteering events from November through February, concluding with a **state championship**. The events attract over **150** high school (including **JROTC**), middle school and grade school students.

Orienteering is the sport of using a **map** (and a **compass**) to navigate between designated points around a course. In competition, the object is to do so as quickly as possible. The **route** a participant takes from one control point to the next is whatever they decide is the best (fastest) for them (take this trail or that one?). Making the right choice can be key, and even the slightest bit of time lost by being, well, lost, can cost a participant dearly. The best orienteers are physically fit, mentally sharp, and perform well under pressure. In recent years state cross country champions, National Merit scholars and math champions have taken part in the orienteering league. Many participants are in honors programs; others have earned varsity letters in one or more sports.

Student orienteers learn map skills and develop the ability to **solve problems** on the run, especially when alone on a course. They learn self reliance and gain self confidence.

Equipment requirements for orienteering are minimal: running shoes with good traction and a reliable **compass**. WIOL events use **electronic punching**, and participants must provide an electronic punch (rentals available).

Instruction and training are available at all events, as are light refreshments and a great experience. Come join fun – learn with us in the forest!



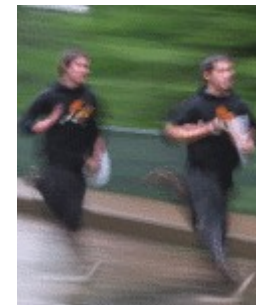
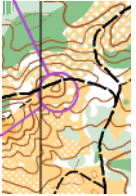
Washington Interscholastic Orienteering League <http://www.wiol.org>
WIOL is an activity of Cascade Orienteering Club <http://www.cascadeoc.org>



Do You Enjoy a Challenge? Are You Smart? Do You Like To Run?

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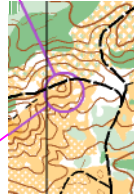
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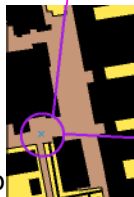


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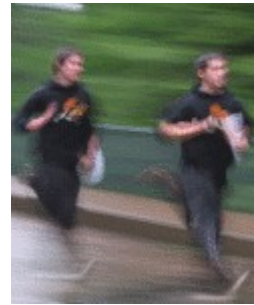
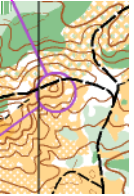
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2007-08 Schedule

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A first time youth participant at any Cascade OC Meet through February 29th, 2008 ,will receive \$1 off the entry fee by presenting this flier at registration.

Not all events shown are WIOL meets. Registration from 10:00 to noon unless indicated.

September 29	CELL Phone O' WIOL benefit	North Seattle Community College, Seattle
September 30 <i>Sunday</i>	Issaquah Salmon Days <i>hosted by Sammamish Orienteering Club</i>	Lake Sammamish State Park, Issaquah
October 20	Founders' Day	Ft. Casey State Park,Whidbey Island
October 20-21 <i>Saturday and Sunday</i>	WIOL Training Camp <i>Pre-registration only</i>	Camp Casey, Whidbey Island
October 27 <i>Registration 5:45 - 6:45 PM, mass start at 7:00 PM</i>	Vampire O'	Lynndale Park, Lynnwood
November 3	WIOL 1	North SeaTac Park, SeaTac
November 17	WIOL 2	Magnuson Park, Seattle
December 1	WIOL 3	Hamlin Park, Shoreline
December 15	WIOL 4	UW campus, Seattle
December 29	Bog Slog	St. Edward State Park,Kenmore
January 5	WIOL 5	Bridle Trails State Park, Kirkland
January 19	WIOL 6	Priest Point Park, Olympia
February 2	WIOL 7	Fire Mountain Boy Scout Camp, Mt. Vernon
February 9	Relay <i>hosted by Sammamish Orienteering Club</i>	Wapato Park, Tacoma
February 16-17 <i>Saturday and Sunday</i>	2008 US Interscholastic Championship	near Dallas, Texas <i>Advance pre-registration required</i>
February 23	WIOL Championship	Green River Community College, Auburn

Last update: September 21, 2007

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